OSHER LIFELONG LEARNING INSTITUTE

Course Catalog: Fall Term 1 2023

Registration Begins Tuesday, August 15, 2023, 8 a.m.
Term Dates: August 28-October 10, 2023
### MONDAYS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Code(s)</th>
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<tr>
<td>9-10:30 a.m.</td>
<td>Behind the Scenes at Morrill Hall</td>
<td>HIS068L</td>
<td>9</td>
</tr>
<tr>
<td>9-10:30 a.m.</td>
<td>Maxwell Arboretum Tour: A Beautiful Way to Learn</td>
<td>LIF032L, LIF032Z</td>
<td>10</td>
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<tr>
<td>9-10:30 a.m.</td>
<td>Disaster Response, Recovery and Preparedness</td>
<td>LIF112Z, LIF112L</td>
<td>10</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Love the Skin You’re In</td>
<td>H&amp;W039Z, H&amp;W039L</td>
<td>10</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>The 6888th All-Black Female WWII Battalion</td>
<td>HIS063Z, HIS063L, HIS063O</td>
<td>10</td>
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<tr>
<td>1:20 p.m.</td>
<td>Fencing: The Human Chess Game</td>
<td>LIF039L</td>
<td>11</td>
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<tr>
<td>1-2:30 p.m.</td>
<td>Environmental Public Health: Overview and Resources</td>
<td>CON049Z, CON049L</td>
<td>11</td>
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<tr>
<td>1-2 p.m.</td>
<td>Pickleball: Fun, Fitness &amp; Friendship</td>
<td>LIF026L</td>
<td>12</td>
</tr>
<tr>
<td>1-3 p.m.</td>
<td>Moving in the Right Direction: Senior Housing Issues</td>
<td>LIF053Z, LIF053L</td>
<td>12</td>
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<tr>
<td>3-4:30 p.m.</td>
<td>Artificial Intelligence: Friend or Foe?</td>
<td>CON046Z, CON046L</td>
<td>12</td>
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<tr>
<td>5:30-7 p.m.</td>
<td>The Politics and History of American Civil Religion</td>
<td>REL012Z, REL012L</td>
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### TUESDAYS

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<tr>
<td>9-10:30 a.m.</td>
<td>Genetic Disorders in Humans</td>
<td>SCI044L</td>
<td>13</td>
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<tr>
<td>9-10:30 a.m.</td>
<td>Uncovering the Beauty and Diversity of Today’s Children’s Literature</td>
<td>L&amp;L031L</td>
<td>13</td>
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<tr>
<td>9-10:30 a.m.</td>
<td>The Best and Worst Science Fiction Movies of All Time</td>
<td>SCI043Z, SCI043L</td>
<td>14</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Never Hitler: European Thinking Between World Wars</td>
<td>L&amp;L032L</td>
<td>14</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Historic Preservation 101</td>
<td>ART073Z, ART073L</td>
<td>14</td>
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<tr>
<td>1-2:30 p.m.</td>
<td>Decoding Book Cover Design</td>
<td>L&amp;L033Z, L&amp;L033L</td>
<td>15</td>
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<tr>
<td>1-2:30 p.m.</td>
<td>Nebraska’s Water Challenges: Too Much? Not Enough?</td>
<td>CON051Z, CON051L</td>
<td>15</td>
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<tr>
<td>1-2:30 p.m.</td>
<td>Ted Carter: From Top Gun Aviator to Higher Education Leader</td>
<td>CON045Z, CON045L, CON045O</td>
<td>16</td>
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<td>1-3 p.m.</td>
<td>Traditional Quilts of India and Pakistan</td>
<td>ART074L</td>
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<td>3-4:30 p.m.</td>
<td>Backstage at the Rep: “Sense and Sensibility” (Course)</td>
<td>ART072L</td>
<td>17</td>
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<tr>
<td>3-4:30 p.m.</td>
<td>Fall Prairie Hike</td>
<td>LIF059L</td>
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<td>3-4:30 p.m.</td>
<td>Sheldon Sculpture Garden Walk</td>
<td>ART076L</td>
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<tr>
<td>3-4:30 p.m.</td>
<td>“Kill the Indian to save the man.”</td>
<td>HIS065Z, HIS065L</td>
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<tr>
<td>4-7 p.m.</td>
<td>Introduction to Kayaking</td>
<td>LIF0192</td>
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<td>9-10:30 a.m.</td>
<td>Conquest of the Americas</td>
<td>HIS060L</td>
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<tr>
<td>9-10:30 a.m.</td>
<td>COVID-19 Lessons: How We Do Better Next Time</td>
<td>H&amp;W043Z, H&amp;W043L</td>
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<tr>
<td>9-10:30 a.m.</td>
<td>Feed Your Gut to Improve Your Health</td>
<td>H&amp;W042Z, H&amp;W042L</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>History and Archeology of the Historic Kennard House</td>
<td>HIS062L</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Labyrinths in Lincoln</td>
<td>REL014L</td>
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<tr>
<td>1-2 p.m.</td>
<td>Qigong: Refresh and Recharge</td>
<td>H&amp;W005L</td>
<td>20</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>All About Chocolate</td>
<td>LIF111L</td>
<td>20</td>
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<tr>
<td>1-2:30 p.m.</td>
<td>Nebraska Feeds the World:</td>
<td>CON044Z, CON044L</td>
<td>21</td>
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<td>The Transformation of “Grandpa’s Farm”</td>
<td>REL015Z, REL015L</td>
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<td>1-3 p.m.</td>
<td>Introduction to Bridge I</td>
<td>LIF004L</td>
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<td>3-4:30 p.m.</td>
<td>History and Genres of Opera</td>
<td>ART036L</td>
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<td>3-4:30 p.m.</td>
<td>Buddhism in East Asia</td>
<td>REL015Z, REL015L</td>
<td>22</td>
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<tr>
<td>4-7 p.m.</td>
<td>Introduction to Kayaking</td>
<td>LIF0191</td>
<td>8</td>
</tr>
<tr>
<td>4-7 p.m.</td>
<td>Explore Pawnee Lake by Kayaking</td>
<td>LIF020L</td>
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<tr>
<td>5-6:30 p.m.</td>
<td>Learn to Play: Bocce Ball</td>
<td>LIF105L</td>
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Cover: Italy is majestically beautiful with world-class food. About 30 OLLI members experienced a guided tour through the country this past spring. For those who choose the optional post-tour, one of the stops was the Ristorante Fattoria il Poggio and winery in Montecarlo, Italy, which overlooks the stunning Amalfi Coast. The optional tour also included a trip to the City of Sorrento, where OLLI members visited a popular shopping area. Photo Credit: Bruce Mitchell, OLLI member
THURSDAYS

9-10 a.m. Gentle Yoga
H&W001Z 22
9-10:30 a.m. A Working Capitol: See the Places
HIS0691, HIS0692, HIS0693 22
9 a.m.-12:30 p.m. Saving a Life with CPR
H&W008L 23
11 a.m.-12 p.m. Prepare to Care
LIF055Z, LIF055L 23
11 a.m.-12 p.m. Home Fit
LIF002Z, LIF002L 23
11 a.m.-12:30 p.m. A Native Plant Garden: Planning and Planting
LIF103L 24
11 a.m.-12:30 p.m. Sheet Pan Dinners
LIF054L 24
11 a.m.-12:30 p.m. Ukulele-Beyond the Basics
LIF101L 24
11 a.m.-12:30 p.m. An Expanded Look at
CON048Z, CON048L, CON048O 24
Criminal Justice in Nebraska
1-2:30 p.m. The 5 Ws of Healthcare Professions at SCC
H&W040L 25
1-2:30 p.m. Andrew Higgins and the Boats That Won World War II
HIS066Z, HIS066L 25
1-2:30 p.m. Social Media and the First Amendment
CON047Z, CON047L 26
3-4 p.m. Exploring Argentina, Chile and Iguazu Falls
LIF108Z 26
3-4:30 p.m. Aging Partners Tour and Overview at Victory Park
LIF109L 27
3-4:30 p.m. How Declining Religious Affiliation Is Changing Society
REL013Z, REL013L 27
3-4:30 p.m. The Many Faces of Chaplaincy
REL016Z, REL016L 28

FRIDAYS

9-10:30 a.m. Turn Friday into "Fri-Yay" with Friday Fitness Club
LIF003L 28
9-10:30 a.m. Living Your Best Life with Healthy Bones
H&W041Z, H&W041L 28
10 a.m.-12:30 p.m. Heimat: A Chronicle of Germany-Part I of II
HIS061L 29
11 a.m.-12 p.m. Which Lincoln Senior Retirement Community
LIF107L 29
May Be Right for You?
11 a.m.-12:30 p.m. Haymarket History Inside and Out
HIS059L 29
11 a.m.-12:30 p.m. Lincoln’s Sunken Gardens
ART0261, ART0262 30
1-2:30 p.m. Football 101
LIF104Z, LIF104L 30
1-3 p.m. Mah Jongg
LIF046L 30
3-4:30 p.m. Beer There, Done That: The Art of Craft Brewing
LIF106Z, LIF106L 31
3-5 p.m. An Afternoon in the Tallgrass: Exploring Spring Creek Prairie
SCI041L 31

SUNDAY

1-3 p.m. Meet the Artists at WallSpace-LNK
ART077L 32

CANVAS

Online, on demand. Watch at your convenience.
CAN0011 33

EVENTS

Sun, Aug 27 Flatwater Shakespeare Company presents: “The Winter’s Tale”
ART079L 36
Fri, Sep 8 Breakfast with UNL Athletics: Fred Hoiberg, Men’s Basketball Coach
LIF110L 36
Fri, Sep 15 Mahler’s “Resurrection” with the Lincoln Symphony Orchestra
ART075L 36
Fri, Sep 15 OLLI Picnic in the Park
LIF113L 37
Sun, Oct 1 Nebraska Repertory Theatre Presents:
“Sense and Sensibility” (Performance)
ART080L 17
Wed, Oct 4 Game Night with OLLI
LIF060L 37
Thu, Oct 5 OLLI at James Arthur Vineyards
LIF102P 37
Wed, Oct 11 A Spiritual Tour in Nebraska
REL003P 37
Thu, Oct 12 Historic Landmarks Tour
HIS067P 38
Sat, Oct 14 Misinformation and Conspiracy Theories:
Why People Believe Them and How to Address Them
CON050Z, CON050L 35
Thu, Oct 26 Cultural Landmarks in North Omaha Tour
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Oct 1-31 OLLI Member Art Show

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Registration Begins
Tuesday, August 15, 2023, 8 a.m.
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How to prepare to use Zoom

Where do I find the Zoom link for my course?

1) A registration confirmation will be emailed to you after you pay for your course. This email will contain the Zoom link. Remember to make note of this email and create a folder in your inbox labeled “OLLI Zoom” and save it.

2) A course reminder will be emailed to you four days prior to the start date of the course. This email will also contain the Zoom link. Again, make note and save it.

If you can, print out the emails; otherwise save them somewhere in your email inbox. By creating a folder in your inbox for your OLLI Zoom links, you won’t have to search through your emails later.

What devices do I need to use Zoom?

At the most basic level, all you need to use Zoom is a telephone, such as a smartphone or landline. However, if you have access to a computer or mobile device you can use the full capabilities of Zoom. The following equipment will enhance your experience:

- Mobile devices, including laptops with cameras and built-in microphones.
- Web camera on your device: A camera will increase your connection with your instructor and your peers by allowing you to see each other face-to-face. If you do not have access to a web camera, you will still be able to see the instructor.
- Headset with a microphone: This will let you hear and be heard more clearly. This does not need to be fancy equipment; it can be the same as the headphones you might use with your phone.

How do I join a Zoom meeting?

You will receive a Zoom link for your upcoming OLLI at UNL course(s) in your registration confirmation email, and in a reminder email prior to class. Next to or underneath each class title, you will see a link. Copy and paste that link into your web browser OR click on the link to enter the digital classroom. If your course has multiple sessions, you will use the same link every week the course meets.

A Zoom account is not required to attend a class session. Anyone can attend a class session using their laptop or desktop (Windows or Mac), tablet, or smartphone (iPhone or Android). A free download of Zoom is available in your app store for your device.

- If you have not used Zoom before, allow about five minutes to set it up before your first use.
- If you use a laptop or desktop, the first time you click on a link it will download a free and secure program to your computer.
- If you use a tablet or smartphone, you will need to download the free and secure Zoom application from your app store.

TERM DATES

To help you plan for the coming year, here are the term dates:

- Fall Term 1—Aug 28-Oct 10, 2023
- Fall Term 2—Oct 30-Dec 15, 2023
- Winter Term 3—Jan 22-March 2, 2024
- Spring Term 4—March 25-May 4, 2024
- Summer Term 5—June 3-July 13, 2024
Course Location Key
All locations in Lincoln unless otherwise noted.

American Lutheran Church, 4200 Vine St.
Antelope Park Shelter, 1650 Memorial Dr.
Barbara Weitz Community Engagement Center (UNO, CEC), 6400 University Dr. South, Omaha
Bridges to Better Living, 4230 Pioneer Woods Dr.
Bryan Medical Center, West Campus, 2300 S. 16th St.
Eastmont Towers, 6315 O St.
Eiseley Branch Public Library, 1530 Superior St.
Gateway Mall, 6100 O St.
Holmes Lake, S. 70th St. & Normal Blvd.
Hy-Vee, 1601 N. 84th (84th and Holdrege Sts.)
International Quilt Museum, 1523 N 33rd St.
Iron Horse Park, Lincoln Haymarket, 235 N. 7th St.
James Arthur Vineyards, 2001 W Raymond Rd., Raymond
Legacy Estates, 7200 Van Dorn St.
Lied Center for the Performing Arts, 301 N 12th St.
Lincoln Duplicate Bridge Club, 237 S. 70th St., #205
Lincoln Fencing Club, Gateway Mall, 6100 O St., #508
Lincoln Public Schools District Office, 5905 O St.
Malcolm X Foundation, 3448 Evan St., Omaha
Maxwell Arboretum, UNL East Campus, on East Campus Loop
Mormon Trail Center at Winter Quarters, 3215 State St., Omaha
Nebraska Public Media, 1800 N. 33rd St.
Nebraska State Capitol, 1445 K St.
Peterson Park Pickleball Courts, 4400 Southwood Dr.
Pioneers Park, 201 South Coddington, Prairie Building
Savannah Pines, 3900 Pine Lake Rd.
SCC-CEC, Southeast Community College, Continuing Education Center, 301 S. 68th St. Place
SCC Health Sciences Building, 8800 O St.
Sheldon Museum of Art, 12th St. and, R St.
South Gate United Methodist Church, 3500 Pioneers Blvd.
Spring Creek Prairie Audubon Center, 11700 SW 100th St., Denton
Sunken Gardens Rotary Pavilion, 2600 D St.
The Grand Lodge at the Preserve, 4400 S 80th St.
The Landing, 3500 Faulkner Dr.
Thomas P Kennard House, 1627 H St.
Union College, Lang Amphitheater-Krueger Science and Math Building, 49th & Bancroft Sts.
Unitarian Church of Lincoln, 6300 A St.
University of Nebraska State Museum-Morrill Hall, 645 N 14th St.
UNL East Campus, Newkirk Human Sciences Bldg., 1650 N. 35th St.
UNL East Campus, Recreation and Wellness Center, 1717 N 35th St.
UNL East Campus Union, 1705 Arbor Dr.
UNL East Campus, The Barkley Center, 4705 E Campus Loop
UNL Ruth Leverton Hall, 1700 N 35th St.
UNL Temple Building, Howell Theatre, 1209 R St.
Victory Park Center, 445 Honor Dr, Lincoln (at about 70th & O Sts.)
WallSpace-LNK, 1624 S 17th St.
Wyuka Stables, 3600 O St.

Membership & Registration

You receive a lot for your investment in your membership, including interest groups, some free programs and discounts specifically designed for OLLI members. We want to ensure you receive the best possible value.

Membership Fee
An annual membership is $75, valid from August 1, 2023-July 31, 2024. Membership is required to take most courses, to participate in events and interest groups, and take advantage of all OLLI opportunities.

Join and Register
- Register online at olli.unl.edu.
- Mail your registration form with your payment. If you mail your registration, send at least five business days prior to the first day of registration.
- Drop off your registration form at the OLLI office. Whether you drop off your form early or the first day of registration, staff will not record registrations while you wait.

Mailing Address
University of Nebraska–Lincoln
Osher Lifelong Learning Institute
105 Newkirk Human Sciences Bldg.
P.O. Box 830800
Lincoln, NE 68583-0800

We accept VISA, MasterCard, Discover, American Express, cash and personal check.
Make your check payable to the University of Nebraska-Lincoln.

Financial Scholarships Available
The Osher Lifelong Learning Institute at UNL believes the opportunity to take courses and participating in a rich intellectual life should be available to all adults. We have a limited number of financial scholarships available each year. A financial scholarship can provide a waiver of the membership fee and/or course fee, and still provide all the benefits of membership. Scholarships are not available for fee-based events and trips. If you or someone you know could benefit from this opportunity, we encourage you to apply. Applications are accepted year-round and expire at the end of the membership year. Call the OLLI office at 402-472-6265 for additional information.

ollu.unl.edu | 402-472-6265 | olli@unl.edu
Travel with OLLI and Star Destinations

Come explore some great adventures with OLLI and Star Destinations, OLLI’s travel vendor. Star Destinations provides outstanding educational and customized travel experiences locally, regionally, across the United States and internationally. OLLI travel opportunities are open to members and non-members.

The Cities of Chile & Argentina, Plus Iguazu Falls
February 1-12, 2024
Prepare to be captivated by the unique personalities of Chilean and Argentinian cities. Santiago exudes energy and sophistication, while Valparaiso’s freewheeling artistic attitude is evident in the vibrant colors splashed across the city. Buenos Aires, with its colonial facade and strong Latin passion, will entice you with the rhythm of tango music. Get to know these cities, plus head into the countryside to explore winemaking and cattle ranching culture as well.

Optional Post Tour | February 8-12, 2024
Extend your South American adventure with the journey to Puerto Iguazú for two days of exploring the famous Iguazú Falls from both the Brazil and Argentina sides. Taller than Niagara Falls and two times as wide, this UNESCO World Heritage Site boasts nearly 300 gorgeous waterfalls.

Indy the Dark-Solar Eclipse | April 6-11, 2024
Experience one of the greatest natural phenomena that occurs in our skies – a total solar eclipse. Satisfy your need for speed during a tour of the Indianapolis Speedway Museum, spend a day learning about the Amish lifestyle of self-sufficiency and simplicity, and explore the life of President Lincoln.
Chicago: The Windy City | April 22-26, 2024
Journey to the Windy City by Amtrak. The city’s renowned architecture will impress on a river boat tour and a deep-dive into Chicago sports history will fascinate even the most casual fan. Take in the views from high above the city, enjoy a show, and admire a neighborhood filled with Frank Lloyd Wright designs.

Portugal, Plus the Azores
September 21-October 2, 2024
Prepare to be immersed in centuries of history and the captivating culture of Portugal. Lisbon offers a unique blend of tradition and modernity, while Fatima is one of the most important pilgrimage sites in the country. Sintra, Coimbra, and Porto are each steeped in history with a flair all their own. Along the way, visit chapels, monasteries, universities, and palaces; savor the flavor of port wine; and cruise along the Douro River.

Optional Post Tour
September 29-October 2, 2024
Continue exploring Portugal with the journey to the Azores archipelago 900 miles out in the North Atlantic Ocean! The island of São Miguel is a gorgeous paradise boasting lake-filled calderas, lush vegetation, and stunning coastlines. Admire jewel-toned lakes and other reminders of the island’s volcanic past!

Magical New York Christmas | December 9-13, 2024
Experience the iconic traditions of Christmas in the Big Apple, from the Columbus Circle Holiday Market and a carriage ride in Central Park to the Radio City Music Hall Christmas Spectacular! Meet with a Broadway performer, see a Broadway show, reflect at the poignant 9/11 Museum, and so much more!
Outdoor Adventures with UNL Campus Recreation

All courses are instructed and facilitated by staff at UNL Campus Recreation.

**Introduction to Kayaking**

Recreational kayaking is a great lifetime activity and way to explore and enjoy the lakes in the Lincoln area. This class will introduce you to the basics of kayaking and safety measures so you can start enjoying this new activity on your own. All kayaking equipment is provided.

**Location:** Holmes Lake. Additional directions to the location will be provided before the class.

**Enrollment Limit:** 12 per session

**Cost:** $45 per session

*Register for only one session:*

**LIF0191**

**Day/Date:** Wed, Aug 30

**Time:** 4-7 p.m.

*Cancellation after Wednesday, Aug 23 will be non-refundable, unless cancelled by UNL.*

**LIF0192**

**Day/Date:** Tue, Sep 12

**Time:** 4-7 p.m.

*Cancellation after Tuesday, Sep 5 will be non-refundable, unless cancelled by UNL.*

**Explore Pawnee Lake by Kayaking**

**LIF020L**

Use your newfound kayaking skills to explore one of the many state recreation lakes around Lincoln. We will spend the afternoon paddling at Pawnee Lake and Middle Creek, which feeds this reservoir. This paddle up the creek provides a great opportunity to see birds and other wildlife. This class is targeted toward paddlers who have participated in one of the previous kayaking classes. All kayaking equipment is provided. You must provide your own entry fee into the state recreation area.

**Day/Date:** Wed, Sep 20

**Time:** 4-7 p.m.

**Location:** Pawnee Lake. Additional directions to the location will be provided before the class.

**Enrollment Limit:** 12

**Cost:** $50

*Cancellation after Wednesday, Sep 13 will be non-refundable, unless cancelled by UNL.*
Unmatched and Unequaled: America’s Contributions to Victory in World War II

HIS069R
When Americans discuss World War II, they rightfully recall how its economy, manpower, transportation, and military innovations contributed to victory. What they do not realize is that all these elements took decades to develop, from the initial idea to the ultimate application. We will examine America’s crucial innovations that Allied or Axis belligerents could not match or equal. America’s creation, development, and use of the Marine Corps’ amphibious assault, the Army Air Force’s strategic bombing, and the Navy’s carrier aviation as well as the home front’s skilled manpower, powerful economy, and dynamic transportation all combined to achieve victory far sooner and with fewer lives lost. America’s investment of time, lives, and money in these innovations over several decades before the nation’s entry into the war paid the ultimate dividend: Allied victory. If America had not developed these innovations, our world would be severely different and doubtfully for the better.

Instructor: Thomas Berg, Lecturer, history
Day/Date: Pre-Recorded
Location: Online
Enrollment Limit: N/A
Cost: $20

This recorded course is also offered in Canvas, courses online/demand. Check out the additional courses you will have access to if you register for Canvas. Canvas courses are offered for a single fee of $30.

MONDAYS

Behind the Scenes at Morrill Hall

HIS068L
Take a behind the scenes guided tour and walk through Nebraska’s premier Natural History Museum. Learn about when elephants roamed Nebraska and when marine reptiles swam over Lincoln. Explore the First Peoples of the Plains gallery and get an in-depth tour of our newest floor, Cherish Nebraska, plus hear from the UNSM director, Susan Weller.

Instructors: From the University of Nebraska-Lincoln State Museum—Hana Sindi, coordinator, Public Programs & Volunteer; Susan Weller, director
Facilitator: Hana Sindi
Day/Date: Mon, Aug 28
Time: 9-10:30 a.m.
Location: University of Nebraska State Museum-Morrill Hall, UNL City Campus. Gather at the front door by the big Archie statue. Elevators are available as needed.

Twelve free visitor parking spots and accessible parking are located on the east side of the museum and designated with “Museum Guest Parking Only” signs. Alternative parking is located on Stadium Drive or 14th and Avery parking garages for an additional fee. Metered parking is also available along 14th Street.

Enrollment Limit: 25
Cost: $15

Image Credit: Courtesy UNL
Maxwell Arboretum Tour: A Beautiful Way to Learn

This informal walking tour of Maxwell Arboretum on UNL’s East Campus will allow for questions and sharing of information. We will examine perennials, shrubs and trees. The tour is designed to help you learn what to look for and see perennials for late-season bloom, woody plant fruits, fall color, etc.

Instructor: Bob Henrickson, program coordinator, Horticulture, Nebraska Statewide Arboretum.
Facilitator: Kirk Dietrich
Location: Earl G. Maxwell Arboretum, UNL East Campus. Meet at the gazebo, one block east of the UNL Dairy Store.
Enrollment Limit: 20
Cost: $10

Register for only one session:
LIF0321
Day/Date: Mon, Sep 11
Time: 9-10:30 a.m.

LIF0322
Day/Date: Mon, Sep 18
Time: 9-10:30 a.m.

Disaster Response, Recovery and Preparedness

Disaster events are happening with more intensity and frequency the world over and Nebraska is no different. In 2023, a single week in April saw more than 50,000 acres around the state get consumed by wildfires, and a single 24-hour period in May had a record fifty tornado warnings announced for various communities. Learn about some of the largest, most impactful disaster incidents and trends of recent years. Gain an understanding of the processes involved in the immediate response, the continued long-term recovery efforts, the many lingering effects and lessons to be learned, and the means by which individuals, families, and communities can be prepared for whatever the future may hold.

Instructor: Chris Schroeder, state liaison and community outreach supervisor, Nebraska Emergency Management Agency, and coordinator of the Governor’s Task Force for Disaster Recovery during the 2019 floods.
Facilitator: Stephanie Nantkes
Day/Dates: Mon, Sep 25, Oct 2, 9

Time: 9-10:30 a.m.
Cost: $20

Register for only one format:
LIF112Z
Location: Zoom Live Stream
Enrollment Limit: 100

LIF112L
Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137
Enrollment Limit: 28

Love the Skin You’re In

There’s a lot to monitor as our skin ages. Learn what actions you can take to promote healthy skin and prevent skin cancer. Examples of the common types of skin cancers and precancers will be discussed, including diagnosis and treatment options. Common dermatologic conditions will also be reviewed, along with examples of several common skin conditions such as psoriasis, eczema, shingles, warts, rosacea, hair loss and others.

Instructors: Margaret Sutton, MD.; Nicolette Netz, PA.
Facilitator: Jeff Grubbe
Day/Dates: Mon, Aug 28, Sep 11, 18
Time: 11 a.m.-12:30 p.m.
Cost: $20

Register for only one format:
H&W039Z
Location: Zoom Live Stream
Enrollment Limit: 100

H&W039L
Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137
Enrollment Limit: 28

The 6888th All-Black Female WWII Battalion

In February 1945, at the request of General Eisenhower, 800 WAC (Women’s Army Corps) recruits in the segregated U.S. army sailed to Europe to do something crucial to the war effort: clear a massive two-year backlog of undelivered mail to troops whose morale was low, due to having no contact from home and family. Although they experienced constant credential challenges and discrimination, the Six Triple Eight worked around the clock, 7 days a week to process an average of 65,000 pieces of mail each day. Transferred from England
to France to repeat the same task, they were stunned at the lack of segregation and were treated as honored guests at the homes of local families. After 80 years, March 14, 2022, Congress passed a bill to recognize and thank the Six Triple Eight with the Congressional Medal. Also learn about the experience of other Black WACs at Fort Des Moines, Iowa.

Instructor: Lynn Roper, retired senior vice president, Merrill Lynch and self-taught historian  
Facilitator: Nancy Mitchell  
Day/Dates: Mon, Aug 28, Sep 11, 18, 25  
Time: 11 a.m.–12:30 p.m.  
Cost: $25

Register for only one format:  
**HIS063Z**  
Location: Zoom Live Stream  
Enrollment Limit: 100

**HIS063L**  
Location: South Gate United Methodist Church  
Enrollment Limit: 100

**HIS063O**  
Location: Barbara Weitz Community Engagement Center (UNO, CEC), Rm 127  
Free parking available in Lot E north of UNO, CEC.  
In-person attendees will view instructor via Zoom.  
Enrollment Limit: 20

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**Fencing: The Human Chess Game**  
**LIF039L**  
Have you ever thought: “I have always wanted to try that?” Here is your chance. You can learn about the sport’s history, weapons, clothing, timing and scoring. Suit up to fence foil, sabre and epee; fence and laugh while you enjoy the course or choose to watch rather than fence. All equipment is provided. Dress in sweatpants and tennis shoes. No sandals.

Instructor/Facilitator: Kit Boesch  
Day/Dates: Mon, Aug 28, Sep 11, 18, 25, Oct 2, 9  
Time: 1-2:30 p.m.  
Location: Lincoln Fencing Club, Gateway Mall. Park in the covered garage space behind Dick’s Sporting Goods. Enter at The Cookie Company. Take the escalator up.

Enrollment Limit: 15  
Cost: $35

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**Environmental Public Health: Overview and Resources**

Environmental public health focuses on the relationships between people and their environment; the promotion of human health; and in fostering healthy and safe communities. Get an overview of environmental health issues, from air and water quality to climate change impacts and environmental justice. Learn where to access resources on the above referenced topics at the state, national, and international level. Discuss questions, concerns, and solutions to protect your health and improve the health of your community.

Instructor: Sue Dempsey, environmental health consultant, UNMC, and adjunct instructor, Environmental and Earth Sciences, Doane University  
Facilitator: De Tonack  
Day/Date: Mon, Sep 25  
Time: 1-2:30 p.m.  
Cost: $10

Register for only one format:

**CON049Z**  
Location: Zoom Live Stream  
Enrollment Limit: 100

**CON049L**  
Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137  
Enrollment Limit: 28
Pickleball: Fun, Fitness & Friendship

LIF026L
Learn the basics of pickleball. You will be playing the game in 40 minutes. This course is for beginners. A limited supply of paddles and balls are available to borrow. Two mentors per court (per four OLLI participants) will be provided. Purchase pickleball paddles at local sporting goods stores starting around $50. Online purchase is not recommended. Questions? Contact the instructor, Bill Roehrs at 402-432-6790 or wroehrs@me.com.

Instructor/Facilitator: Bill Roehrs, district ambassador, USA Pickleball
Days/Dates: Mon-Thu, Oct 2, 3, 4, 5 (rain date Oct 6)
Time: 1-2 p.m.
Location: Peterson Park Pickleball Courts
Enrollment Limit: 40
Cost: $25

Moving in the Right Direction: Senior Housing Issues

At some point in most seniors' lives, decisions must be made regarding current and future housing needs. We must decide if our existing housing arrangements continue to be right for us. Learn how to work through situations that arise as we evaluate the housing options available. We will discuss the emotional issues associated with change, various housing options, health and safety issues, home adaptations and financial considerations. We will also discuss the process of getting your home ready to sell, if that is your decision, and moving on to new opportunities.

Instructor/Facilitator: Bruce Hahn, realtor and senior real estate specialist
Day/Date: Mon, Aug 28
Time: 1-3 p.m.
Cost: $10

Register for only one format:

Artificial Intelligence: Friend or Foe?

Obtain an in-depth introduction to artificial intelligence (AI), including how it works and its applications in various fields such as healthcare, finance, education, and more. Learn the history of AI and its evolution over time. We will examine ChatGPT, an AI language model that can generate human-like text. Live classroom demonstrations and hands-on exercises will be provided. We will also review other Generative Large Language Models such as GPT-4, Dall-E and the most recent “open source” GPT variants examining their growing importance in our daily lives. Build your understanding on navigating the ethical and societal issues surrounding AI, emphasizing its potential to impact society in profound ways, both positive and negative.

Instructors: From UNL—Zach Wrublewski, Ph.D. candidate, Philosophy and Embedded Ethics fellow; Rich Sincovec, professor emeritus, Computer Science and Engineering and OLLI member.
Facilitator: Bill Latenser
Day/Dates: Mon, Aug 28, Sep 11, 18, 25, Oct 2, 9
Time: 3-4:30 p.m.
Cost: $35

Register for only one format:
The Politics and History of American Civil Religion

Many Americans love to talk about America having a “separation of church and state” to justify certain ends. On the surface, the separation exists: there is no official national religion, and religious discrimination is forbidden by the First Amendment to the American Constitution. The reality is quite different, as what scholars call American Civil Religion weight heavily on issues like American morality, legality, justice and equality. We will consider ideas like religious freedom, religious choice, and whether this hypothetical separation of Church and State is real or a pipe dream. We will also consider the theologies behind the dominant streams of American Christianity to understand how political and religious leaders use their understanding of theology for political, social, and economic gain.

Instructor: Jonathan Redding, assistant professor, Religion, Nebraska Wesleyan University
Facilitator: Bob Michl
Day/Dates: Mon, Sep 18, 25, Oct 2, 9
Time: 5:30-7 p.m.
Cost: $25

Register for only one format:

REL012Z
Location: Zoom Live Stream
Enrollment Limit: 100

REL012L
Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137
Enrollment Limit: 28

TUESDAYS

Genetic Disorders in Humans

SCI044L
We will discuss human genetic abnormalities, their origins and their effects.

Instructor/Facilitator: Le Etta Sprackling, retired science teacher
Day/Dates: Tue, Aug 29, Sep 5, 12, 19, 26, Oct 3
Time: 9-10:30 a.m.
Location: SCC-CEC, Rm 404
Enrollment Limit: 24
Cost: $35

Uncovering the Beauty and Diversity of Today’s Children’s Literature

L&L031L
Need help choosing just the right book for a school ager in your family or neighborhood? Explore contemporary children’s literature, learn how school libraries evaluate and select high-quality literature for their respective communities, and obtain hands-on access to the Lincoln Public School’s MOSAIC collection, which features over 150 inclusive and culturally relevant titles that provide awareness and access for teachers, students and families to the newest and best titles published in the previous year.

Instructors: From Lincoln Public Schools—Chris Haeffner, Ph.D., director, Library Services; Joy Harvey, coordinator, Library Services
Facilitator: Becky Pasco
Day/Date: Tue, Oct 3
Time: 9-10:30 a.m.
Location: Lincoln Public Schools District Office. Park in the lot east or south of the building. Enter the building through the main doors on the east side.
Enrollment Limit: 15
Cost: $10

Image Credit: Courtesy “The Christian Post”

Image Credit: The “reedsyblog”
The Best and Worst Science Fiction Movies of All Time

Science fiction movies have been around since 1902’s “A Trip to the Moon.” We will discuss the best and the worst of the Sci Fi genre, strictly in terms of the science presented in the movie, not in terms of acting, cinematography, awards won, etc. Of course, the two lists are solely the opinion of the instructor. For example, the wildly popular “Star Wars” series will be on the worst Sci Fi movies list. The best Sci Fi movie of all time is the easiest to pick. Join us to find out what that movie is.

Instructor: Robert “Skip” Morris, retired educator and OLLI member
Facilitator: De Tonack
Day/Dates: Tue, Aug 29, Sep 5
Time: 9-10:30 a.m.
Cost: $15

Register for only one format:

SCI043Z
Location: Zoom Live Stream
Enrollment Limit: 100

SCI043L
Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137
Enrollment Limit: 28

Never Hitler: European Thinking Between World Wars

L&L032L
What can intelligent, well-meaning people do to improve their society and counter its anti-democratic tendencies? Continental European societies suffered disastrous blows in WWI and the coming depression. Their liberal world views proved unable to overcome their effects. Its thinkers—artists, writers, philosophers, logicians, theologians—attempted to provide advanced, progressive paths to more liberal society, but suffered set-backs in many areas, leading to the disastrous rise of fascist totalitarianism, anti-Semitism, and domination. We will consider how they sought to advance human civilization, what worthwhile versus counter-productive ideas they tried to formulate, and what they might possibly have done to achieve more cogent approaches. Will we be in any better position to achieve progress a century later?

Instructor: Wil Hass, professor emeritus, Argosy University and OLLI member
Facilitator: Ken Gobber
Day/Dates: Tue, Aug 29, Sep 5, 12, 19, 25, Oct 3
Time: 11 a.m.-12:30 p.m.
Location: SCC-CEC, Rm 404
Enrollment Limit: 24
Cost: $35

Historic Preservation 101

Have you ever wondered why your favorite old house was bulldozed, only to be replaced by a parking lot? How does the National Register of Historic Places protect historic sites? What are the roles of local, state and federal governments, as well as non-governmental groups such as the National Trust, Preserve Lincoln, and neighborhood groups, in identifying and protecting historic properties? How can you participate in protecting local landmarks? Join Ed Zimmer, retired Historic Preservation Planner for the City of Lincoln, as he explains how historic preservation really works and sometimes doesn't work. Explore the mysteries of preservation laws and tools and how they do and do not protect historic sites. Using abundant examples of preservation successes and failures, Ed will demystify the rules and policies that govern development and impact the historic fabric of cities such as Lincoln.
Decoding Book Cover Design

It has been said you can’t judge a book by its cover, but whether or not this is true, you can judge the cover of a book. Book design is an art form, an advertisement, and an invitation to potential readers. Find out the technical and artistic considerations book designers use to create a package that illustrates the work of the author. Learn some of the presenters’ favorite iconic and clever book design choices. You’ll never peruse the shelves the same way again.

Instructors: Nathan Putens, designer, University of Nebraska Press; Vicki Wood, librarian, Lincoln City Libraries
Facilitator: Becky Pasco
Day/Date: Tue, Sep 12
Time: 1-2:30 p.m.
Cost: $10

Register for only one format:
L&L033Z
Location: Zoom Live Stream
Enrollment Limit: 100
L&L033L
Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137
Enrollment Limit: 28

Nebraska’s Water Challenges: Too Much? Not Enough?

Learn about Lincoln’s search for a new drinking water supply for a growing population, flooding and flood plain management issues in the lower Platte South and Lincoln areas, and the declining Ogallala aquifer and geologically related aquifers and the resurrection of the proposed Perkins County canal.

Instructors: Liz Elliott, director, Lincoln Department of Transportation and Utilities; Brian Dunnigan, former director, Nebraska Department of Natural Resources; Mike Jess, former director, Nebraska Department of Water Resources
Facilitators: Peggy Apthorpe, Nancy Hicks Rose
Day/Date: Tue, Sep 19, 26, Oct 3
Time: 1-2:30 p.m.
Cost: $20

Register for only one format:
CON051Z
Location: Zoom Live Stream
Enrollment Limit: 100
CON051L
Location: UNL East Campus, Newkirk Human Sciences Bldg., Room 137
Enrollment Limit: 28

Image Credit: Conversation Nebraska

Image Credit: The“reedsyblog.”
Ted Carter: From Top Gun Aviator to Higher Education Leader

Ted Carter took over as president of the University of Nebraska System on Jan. 1, 2020, after five years as the superintendent of the U.S. Naval Academy. A retired vice admiral with 38 years of service, Carter was a Top Gun pilot. He has logged more than 6,300 flying hours and holds the American record for carrier-arrested landings. He is a Distinguished Flying Cross with combat distinction for valor and a Bronze Star recipient. He recently received the U.S. Naval Academy’s Distinguished Graduate Award, the U.S. Naval Academy’s highest honor, in recognition of his military service and leadership. Carter will talk about his experience as a Top Gun Naval Aviator and how it fits into the higher education landscape.

Instructor: Ted Carter, President, University of Nebraska and retired U.S. Navy vice admiral
Facilitator: Charlyne Berens
Day/Date: Tue, Aug 29
Time: 1-2:30 p.m.
Cost: $10

Register for only one format:

CON045Z
Location: Zoom Live Stream
Enrollment Limit: 100

CON045L
Location: South Gate United Methodist Church
Enrollment Limit: 120

CON045O
Location: Barbara Weitz Community Engagement Center (UNO, CEC), Rm 127
Free parking available in Lot E north of UNO, CEC. In-person attendees will view instructor via Zoom.
Enrollment Limit: 20

Traditional Quilts of India and Pakistan

ART074L
Learn the fascinating story of a quilting tradition found in southern Pakistan and western India from the world’s foremost expert and author of the seminal text on the subject. These quilts, called ralli are stunning in their designs, brilliant in their colors, and intriguing in their history. Following the lecture, enjoy a tour led by International Quilt Museum docents of “Placemaking: Quilts and the Creation of Special Spaces” as well as the companion exhibition of “Miniature Costumes and Quilts.”

Instructor: Patricia Stoddard, independent writer, researcher, lecturer, curator.
Facilitator: Pat Crews
Day/Date: Tue, Sep 19
Time: 1-3 p.m.
Location: International Quilt Museum.
Attendees will view the instructor live via Zoom, followed by a tour led by a docent.
Enrollment Limit: 40
Cost: $10
Nebraska Repertory Theatre Presents: “Sense and Sensibility”

Get a behind-the-scenes overview and/or attend a performance of “Sense and Sensibility,” a play based on the classic novel by Jane Austen.

Backstage at the Rep.: (Course) ART072L
Join director Rafael Untalan and the production design team who will discuss their concepts and show examples of their drawings, illustrations, models and more. This session will include a sneak-peek at the set, lighting, costumes, and sound.

Instructor: Tim Ganser, managing marketing director, Nebraska Repertory Theatre
Facilitator: Anne Diffendal
Day/Date: Tue, Sep 26
Time: 3-4:30 p.m.
Location: UNL Temple Building, Howell Theatre Lobby
Enrollment Limit: 35
Cost: $10

Performance ART080L
Register for the performance of “Sense and Sensibility” in the company of fellow OLLI members in a reserved section of the theatre or attend the production at a different time that works with your schedule by purchasing a ticket on your own. The same OLLI discount on ticket prices applies either way you attend.

Facilitator: Dori Bush
Day/Date: Sun, Oct 1
Time: 2-4:30 p.m.
Location: UNL Temple Building, Howell Theatre
Enrollment Limit: 25
Cost: $15
Registration Deadline: Fri, Sep 22. Cancellations after this date are non-refundable, unless canceled by UNL.

Fall Prairie Hike
LIF059L
It’s the beginning of Fall. Experience the sights and sounds of the fall prairie when it is at its most glorious state. We will meet at Pioneers Park at the Prairie Building for an introduction before hiking at least two miles on uneven terrain.

Instructor: From Pioneers Nature Center—Andrea Faas, coordinator; Neal Bryan, naturalist
Facilitator: Kathie Putensen
Day/Date: Tue, Sep 26
Time: 3-4:30 p.m.
Location: Pioneers Park, Prairie Building
Enrollment Limit: 24
Cost: $10

Sheldon Sculpture Garden Walk
ART076L
Are you eager to learn more about those monumental sculptures on the UNL campus near the Sheldon Museum of Art? Our nationally acclaimed art museum installed its sculpture garden in 1970 when it was one of the only three public sculpture gardens in the nation. These weekly tours will focus on sculptures by such world-renowned artists as Claes Oldenburg, Mark di Suvero, and Richard Serra and will include highly respected sculptures with local connections such as Jun Keneko and Catherine Ferguson. Dress for the weather and for walking comfortably throughout the garden. You may want to bring a bottle of water to keep hydrated on hot days.

Instructor: Amy Cederdahl, former K-12 art educator and current docent at the Sheldon Museum of Art
Facilitator: Mary Ann Sullivan
Day/Dates: Tue, Sep 12, 19, 26, and Oct 3
Time: 3-4:30 p.m.
Location: Sheldon Museum of Art, Sculpture Garden. Meet on the front/east steps of the museum for the first class. Parking is available at meters on the street or Que Place Parking Garage, 1111 Q Street.
Enrollment Limit: 20
Cost: $15
Registration Deadline: Fri, Sep 22. Cancellations after this date are non-refundable, unless canceled by UNL.

Image Credit: UNL, Communications Office
“Kill the Indian to save the man.” – Genoa U.S. Indian School

Captain Richard Henry Pratt described his philosophy of assimilation with these words: “Kill the Indian in him, and save the man,” in a speech delivered in 1892 during the National Conference of Charities and Correction. Nebraska was part of this assimilation process by opening its largest Native American Boarding School in 1884. It was the 4th largest in the U.S. and focused on stripping Indigenous children of their language and culture in the name of assimilation.

At its peak in 1932, the Genoa Indian Industrial School campus housed 599 students who ranged in age from 4 to 22 years old from more than 40 tribes. There is an ongoing search for graves at Genoa and efforts to identify children who died at the school. This history is now being broadly learned and preserved through Genoa student reunions and the Geneva Indian School Digital Reconciliation Project.

Take this course to learn more, then consider joining us for the OLLI Historic Landmarks Tour on October 12, when we will visit the site of the school in Genoa, and also visit the Andrew Higgins Memorial in Columbus. Get more details about this tour in the Events section of the catalog.

**Instructor:** Margaret Jacobs, professor, History, UNL, and director of the Center for Great Plains Studies  
**Facilitator:** Lynn Roper  
**Day/Dates:** Tue, Sep 19, 26, Oct 3  
**Time:** 3-4:30 p.m.  
**Cost:** $20  

**Register for only one format:**  
**HIS065Z**  
**Location:** Zoom Live Stream  
**Enrollment Limit:** 100  
**HIS065L**  
**Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137  
**Enrollment Limit:** 28

**Image Credit:** National Archives and Records Administration - The Genoa Indian School in 1911.

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**WEDNESDAYS**

**Conquest of the Americas**

**HIS060L**

A selection of lectures from a Great Courses DVD will be viewed. The lectures given by Professor Eakin focus on the hundred years following Columbus landing in the New World. The most colorful accounts include the Conquistadores in Mexico and Peru. Learn through an overview of all the New World states from Central America on South. Lectures also focus Spain and Portugal and the leadership in Europe that forced this colonial era to develop into a new economy. Trading companies were encouraged to exploit the colonies. The European powers went on to create the African slave trade. The sailing ships of the era were required for all this to happen, and Spain and Portugal led the way. The Early Modern World soon stretched to Asia and the Pacific, and China was now part of world trade. We will conclude with the PBS film “The Story of India” on the colonial era.

**Instructor/Facilitator:** Esa Jarvi, OLLI member  
**Day/Dates:** Wed, Aug 30, Sep 6, 13, 20, 27, Oct 4  
**Time:** 9-10:30 a.m.  
**Location:** SCC-CEC, Rm 404  
**Enrollment Limit:** 24  
**Cost:** $35

**COVID-19 Lessons: How We Do Better Next Time**

Learn how the COVID-19 pandemic response played out at the local, state, and national levels. Through examples at multiple levels, we’ll discover how the city of Lincoln and the state of Nebraska did compared to other peer regions of the United States. We will explore some of the recommendations from the investigative report, “Lessons from the COVID War,” as well as other sources to discuss how we might better respond to the next pandemic.

**Instructor:** Bob Rauner, M.D., MPH., president, Partnership for a Healthy Lincoln.  
**Facilitator:** David Dyke  
**Day/Dates:** Wed, Sept 6, 13  
**Time:** 9-10:30 a.m.  
**Cost:** $15
Feed Your Gut to Improve Your Health

Bacteria in our gastrointestinal tract are important to our health. These bacteria, also known as microbiota, play a role in both gut health and the health of the entire body. There is some evidence that microbiota can impact our glucose and cholesterol, our body weight, and even possibly how our brain works. While many factors influence both our health and our microbiota, we can positively change these bacteria to promote health through what we eat. Also, it is possible to change our microbiota through foods and supplements called prebiotics and probiotics. Learn about the microbiome, its relation to health, modification through diet, and how to apply these concepts.

Instructor: Heather Rasmussen, Ph.D., associate professor and director, Professional Studies, Dietetics Graduate Program, UNL
Facilitator: Laura Williams
Day/Date: Wed, Sep 27
Time: 9 – 10:30 a.m.
Cost: $10

Register for only one format:

H&W042Z
Location: Zoom Live Stream
Enrollment Limit: 100

H&W042L
Location: UNL East Campus, Newkirk Human Sciences Bldg., Room 137
Enrollment Limit: 28

History and Archaeology of the Historic Kennard House

HIS062L
Learn about the history of Lincoln’s Kennard House, originally the home of Thomas P. Kennard, Nebraska’s first Secretary of State. The Kennard House is the oldest building still standing that was part of Lincoln’s original town plat and was restored as a memorial to Nebraska statehood in 1967. We will tour the home, discuss its construction and architectural history, and learn about archeological investigations of the property conducted by UNL’s Summer Field School in Archeology and the History Nebraska State Archeology Office in the 1990s.

Instructor: Nolan Johnson, archeologist, History Nebraska
Facilitator: Charlyne Berens
Day/Date: Wed, Sep 6
Time: 11 a.m. – 12:30 p.m.
Location: Thomas P. Kennard House. Entering Kennard House requires walking up several steps. The tour will also include the second floor of the house, accessible by a stairway. Parking is available on H St. and on 16th St., and around the Capitol building, where the limit is two hours.
Enrollment Limit: 25
Cost: $10
Labyrinths in Lincoln

REL014L
Learn about the history, symbolism, and mindfulness practice of labyrinths. A labyrinth is a meandering, singular path leading to a center. Labyrinths are an ancient archetype dating back 4,000 years or more, used symbolically as a walking meditation, choreographed dance, or site of rituals and ceremonies, among other things. Labyrinths are tools for personal, psychological, and spiritual transformation, also thought to enhance right-brain activity. We will meet in the classroom for two sessions and spend two sessions visiting labyrinths in Lincoln.

Instructor: LauraLee (Clinchard) Woodruff, psychotherapist
Facilitator: Judy Hart
Day/Dates: Wed, Sep 13, 20, 27, Oct 4
Time: 11 a.m.-12:30 p.m.
Location: Sep 13 and Oct 4- UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. Locations for Sep 20 and 27 will be announced in class.
Enrollment Limit: 20
Cost: $25

Qigong: Refresh and Recharge

H&W005L
This ancient meditative practice focuses on slow, gentle movements which help to relieve aching muscles and stiff joints, improve balance, flexibility and increase energy. Movements begin from a chair, move to standing forms, closing with seated stretches and stimulating breath exercises. Appropriate for individuals at all levels of ability.

Instructor/Facilitator: Tracie Foreman, retired community health educator, Health and Fitness, Aging Partners
Day/Dates: Wed, Aug 30, Sep 6, 13, 20, 27, Oct 4
Time: 1-2 p.m.
Location: American Lutheran Church, Fellowship Hall
Enrollment Limit: 15
Cost: $35

All About Chocolate

LIF111L
Who doesn't love chocolate? In honor of International Chocolate Day, we briefly explore the history of chocolate, where it is grown and how it is produced. We will discuss why chocolate is good to eat and good for you. You will also learn what is bad about chocolate, including child exploitation and the difficulty of addressing child labor. You will have an opportunity to taste chocolates from various countries. Please bring a bottle of water to cleanse your palate between samples.

Instructor: Pat King, OLLI member
Facilitator: Jeanette Wellsandt
Day/Date: Wed, Sep 13
Time: 1-2:30 p.m.
Location: SCC-CEC. Rm 404
Enrollment Limit: 22
Cost: $15 includes cost of chocolate samples
Nebraska Feeds the World: The Transformation of “Grandpa’s Farm”

Nebraska agricultural production is a $30 billion industry. One out of every 4 jobs in Nebraska involves agriculture. Nebraska ranks fourth among all 50 states in the value of agricultural products: first in red meat production, second in number of cattle, plus third in corn, fourth in soybean and seventh in hog production. Approximately 44,000 farms and ranches exist in the state with an average size of 1,000 acres. Learn about government farm policy and other regulation issues. Marketing procedures, domestic and international market channels, developing markets and potential future markets will highlight the complexity of marketing our agricultural products. We’ll look at various challenges producers face. These include acquiring access to a viable land base through ownership and rental, farm consolidation and the transfer of assets between generations. These have implications for the viability and future of rural communities and the services they provide.

Instructors: From Agricultural Economics at UNL—Brad Lubben, extension associate professor; Jeff Peterson, assistant professor and president, Heartland Farm Partners Ag Marketing; Allan Vyhnalek, extension educator; Jim Jansen, associate extension educator; Cheryl Burkhart-Kriesel, extension professor. Stan Garbacz, former agricultural trade representative and currently executive strategy consultant, Nebraska Department of Agriculture; Andy Chvatal, executive director, Nebraska Soybean Board; Tom Hoegemeyer, hybrid seed corn breeder and former CEO of Hoegemeyer Hybrids, adjunct professor emeritus, Agronomy and Horticulture, UNL;

Facilitators: Peter Levitov and Doug Jose

Day/Dates: Wed, Aug 30, Sep 6, 13, 20, 27, Oct 4
Time: 1-2:30
Cost: $35

Register for only one format:

CON044Z
Location: Zoom Live Stream
Enrollment Limit: 100

CON044L
Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137
Enrollment Limit: 28

Introduction to Bridge I

LIF004L
This class is structured for the student who has no prior knowledge of the game of Bridge and for those who played it years ago and need a refresher. We will cover how the game is played, bridge vocabulary, basic Standard American bidding, and basic card play. There will be opportunities to play hands that will illustrate what has been taught in class. The students will dictate how fast the class will move.

Instructor/Facilitator: Henry Schuman
Day/Dates: Wed, Aug 30, Sep 6, 13, 20, 27, Oct 4
Time: 1-3 p.m.
Location: Lincoln Duplicate Bridge Club, Second Floor
Enrollment Limit: 36
Cost: $35

History and Genres of Opera

ART036L
Opera is a form of theater in which music has the leading role and the parts are taken by singers. It incorporates singing, acting, scenery, costumes, and dance. Learn about opera and what makes it so. Learn about the genres of opera, including opera “seria,” and opera buffa, Wagner’s musical drama and modern opera. Learn about several important elements of the genre like arias, recitatives and ensembles, without which opera does not exist.

Instructor: Marina Fabrikant, professor, Piano and Music Theory, Union College
Facilitator: Dori Bush
Day/Date: Wed, Sep 13
Time: 3-4:30 p.m.
Location: Union College, Lang Amphitheater-Krueger Science and Math Bldg. Parking is free.
Enrollment Limit: 50
Cost: $10

Image Credit: Courtesy of New York City Metropolitan Opera)
Buddhism in East Asia

Explore Buddhist traditions as they are lived and practiced in East Asia. Examine these traditions in China and Tibet, Korea and Japan. We will emphasize how Buddhist construct identities and live out their traditions today, while also discussing East Asian Buddhism and its presence in Nebraska.

**Instructor:** Courtney Brunzt, Ph.D., Buddhist Studies, Graduate Theological Union, Berkeley, CA.

**Facilitator:** Jeri Brandt

**Day/Dates:** Wed, Sep 20, 27, Oct 4

**Time:** 3-4:30 p.m.

**Cost:** $20

Register for only one format:

REL015Z

Location: Zoom Live Stream

Enrollment Limit: 100

REL015L

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137

Enrollment Limit: 28

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Learn to Play: Bocce Ball

**LIF105L**

Bocce Ball is the third most popular sport in the world, behind soccer and golf. It is a lawn or yard game played with weighted balls aimed at a smaller target ball. The object of the game is to earn points by getting your balls closer to the target ball than your opponent does. Come explore this leisurely outdoor game and how it’s played.

**Instructor/Facilitator:** Bob Michl

**Day/Dates:** Wed, Sep 20, 27

**Time:** 5-6:30 p.m.

**Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137

**Enrollment Limit:** 20

**Cost:** $15

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Gentle Yoga

**H&W001Z**

From the comfort of your own home, join in meditation, breath-work, balance, and mindful movements to reconnect your mind, body, and spirit. Class is for all levels, but poses will include a variety of positions requiring students to get on/off the floor. Instructor will provide modifications as needed. No homework, but you will learn some yoga tidbits to use in your future practice both on and off your mat. No equipment needed, but a yoga mat is encouraged. Consult with your physician prior to participating.

**Instructor/Facilitator:** Casey Bogenrief, Yoga Instructor

**Day/Dates:** Thu, Aug 31, Sep 7, 14, 21, 28, Oct 5

**Time:** 9-10 a.m.

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**Cost:** $35

Register for only one session.

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A Working Capitol: See the Places Where Government Works

Bertram Goodhue’s stunning architecture wows visitors with vaulted ceilings and marble mosaic floors in the public spaces. But Goodhue didn’t stop there; the rooms where elected leaders perform the functions of government are equally grand. Join us on a behind-the-scenes tour to see spaces in the Capitol where the architecture serves to elevate the work of government.

**Instructor:** Roxanne Smith, tourism supervisor

**Facilitator:** Lynn Roper

**Time:** 9-10:30 a.m.

**Location:** Nebraska State Capitol

**Enrollment Limit:** 20

**Cost:** $10

Register for only one session.

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HIS0691

**Day/Date:** Thu, Sep 7

HIS0692

**Day/Date:** Thu, Sep 14

HIS0693

**Day/Date:** Thu, Sep 21
Saving a Life with CPR

**H&W008L**

This course teaches the lifesaving skills of Adult Hands-Only CPR, Child CPR, Infant CPR and AED use. We will cover mild and severe airway block for adults, children and infants. Skills are taught in a dynamic group environment using the American Heart Association’s research-proven practice, while watching technique. We will also learn some bonus material on the use of life-saving tourniquets in controlling serious extremity hemorrhage. This course is information only and does not lead to re-certification in cardiopulmonary resuscitation.

**Instructor:** Mindi Jo Porto, NREMT-Paramedic, coordinator, Training Center, Bryan Medical Center

**Facilitator:** David Dyke

**Day/Date:** Thu, Oct 5

**Time:** 9 a.m.-12:30 p.m.

**Location:** Bryan West Campus, Gregorius Conference Center, Rm A

**Enrollment Limit:** 13

**Cost:** $20

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Prepare to Care

When it comes to caring for your loved ones, most families don’t have a plan until a crisis happens. Find out what YOU need to know to provide the best care for your loved one and/or to provide vital information for your children to assist you should that need arise. You will receive the tools to plan for future housing needs, caregiving considerations and financial planning for the cost of healthcare.

**Instructor/Facilitator:** Karla Frese, manager, Home Care Partners of Nebraska

**Day/Date:** Thu, Sep 21

**Time:** 11 a.m. – 12 p.m.

**Cost:** $10

**Register for only one format:**

**LIF055Z**

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**LIF055L**

**Location:** SCC-CEC, Rm 213

**Enrollment Limit:** 24

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Home Fit

Research consistently finds that the majority of people age 50 and older want to stay in their homes and communities for as long as possible. The AARP Home Fit session was created to help people stay in the homes they love by turning where they live into a “lifelong home,” suitable and safe for themselves and anyone in their household.

**Instructor/Facilitator:** Karla Frese, manager, Home Care Partners of Nebraska

**Date/Date:** Thu, Sep 28

**Time:** 11 a.m.-12 p.m.

**Cost:** $10

**Register for only one format:**

**LIF002Z**

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**LIF002L**

**Location:** SCC-CEC, Rm 213

**Enrollment Limit:** 24

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Image Credit: David Dyke, OLLI member
COURSES

A Native Plant Garden: Planning and Planting
LIF103L
Learn about plants native and adapted to eastern Nebraska. We will walk through planning a native plant garden, preparing the site, choosing plants, laying out the garden, and planting how-tos. Create and take home a garden layout, plant shopping list and management plan.

**Instructor:** Sarah Buckley, program coordinator, Nebraska Statewide Arboretum

**Facilitator:** Kirk Dietrich

**Day/Date:** Thu, Aug 31

**Time:** 11 a.m.-12:30 p.m.

**Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137

**Enrollment Limit:** 28

**Cost:** $10

Sheet Pan Dinners
LIF054L
Are you tired of using lots of pots and pans to make dinner? How about finding ways to reduce large recipes down to smaller amounts to feed one or two individuals? These hands-on classes will show you how easy and efficient it is to make dinner using a sheet pan. Please bring 2 containers to each class to take home your delicious meals. This course has been held in previous terms with the same course content and food preparation.

**Instructor:** Kathi Huenink, self-proclaimed foodie

**Facilitators:** Carla Fetch and Jeanette Wellsandt

**Day/Date:** Thu, Sep 7, 14

**Registration Deadline:** Thu, Aug 31.

Cancellation after this date will be non-refundable.

**Time:** 11 a.m. – 12:30 p.m.

**Location:** UNL Ruth Leverton Hall, Rm 206

**Enrollment Limit:** 14

**Cost:** $30 includes cost of course plus supplies

Image Credit: Mai Vu, former OLLI social media intern

Ukulele – Beyond the Basics
LIF101L
OLLI students who have completed the “Learn the Ukulele” course requested another opportunity to build on their basic skills. Challenge yourself to learn new techniques and have some more fun. Any standard “C” tuning Soprano, Concert or Tenor ukulele may be used. Members are encouraged to bring their own ukulele and music stand. The ukulele is an incredibly social instrument and can be played by anyone, young or old, musician or non-musician. There’s something about the ukulele that just makes you smile.

**Instructor/Facilitator:** Gary Kruce, Lincoln Ukulele Group

**Day/Dates:** Thu, Aug 31, Sep 7, 14, 21, 28, Oct 5

**Time:** 11 a.m.-12:30 p.m.

**Location:** Aug 31 at Eiseley Branch Public Library, Room #1. Other sessions are being held at various Lincoln City Libraries. Announcement of the locations will be provided in class.

**Enrollment Limit:** 18

**Cost:** $35

An Expanded Look at Criminal Justice in Nebraska

Obtain an expanded look at the criminal justice system in Nebraska with an emphasis on pre and post incarceration. Learn updated information on the state correctional system and build knowledge on the role of the probation and parole systems and the roles of transitional housing, as well as learn more about lobbying on justice issues in the Nebraska Unicameral.

**Instructors:** Doug Koebernick, inspector general, Nebraska Department of Correctional Services; Bob Denton, deputy probation administrator, Nebraska Probation Administration; Julie Micek, director, Nebraska Division of Parole Supervision; Christopher “Spike” Eickholt, defense attorney and lobbyist; Angela Labouchardiere, executive director, Western Alternative Corrections; Tessa Domingus, Omaha program coordinator, Mental Health Association of Nebraska

**Facilitators:** Kathy Campbell, Judy Johnson, Barbara Schliesser

**Day/Dates:** Thu, Sep 7, 14, 21, 28, Oct 5

**Time:** 11 a.m.-12:30 p.m.

**Cost:** $30
Register for only one format:

CON048Z
Location: Zoom Live Stream
Enrollment Limit: 100

CON048L
Location: South Gate United Methodist Church
Enrollment Limit: 100

CON048O
Location: Barbara Weitz Community Engagement Center (UNO, CEC), Rm 127
Free parking available in Lot E north of UNO, CEC. In-person attendees will view instructor via Zoom.
Enrollment Limit: 20

The 5 Ws of Healthcare Professions at SCC

H&W040L
Join us at the new Southeast Community College (SCC) Health Sciences building for an interactive tour and learn who the professions are in healthcare and what they do to support your health and wellness. Then learn when, where, and why to seek healthcare advice and options to better advocate for your own health and wellness as you age.

Instructor: Jill Sand, Med, RRT, dean, Health Sciences, Southeast Community College
Facilitator: Paula Eurek
Day/Dates: Thu, Sep 21, 28
Time: 1-2:30 p.m.
Location: SCC Health Sciences Building, East Entrance
Enrollment Limit: 25
Cost: $15

Andrew Higgins and the Boats That Won World War II

General Dwight Eisenhower once said: “Andrew Higgins . . . is the man who won the war for us. If Higgins had not designed and built those LCVPs (landing craft, vehicle, personnel), we never could have landed over an open beach.” Learn about the fascinating and unlikely history of how Columbus, Nebraska-born Andrew Higgins came to invent and manufacture the landing craft needed for D-Day. When government efforts to develop a craft were lacking, he stepped up and went on to create and meet a demanding manufacturing schedule. The concept of landing thousands of soldiers on a beach was a concept new to warfare before WW2. We will also learn how the shore landing concept evolved and matured.

Take this course to learn more, then consider joining us for the OLLI Historic Landmarks Tour on October 12, when we will visit the Andrew Higgins Memorial in Columbus, Neb., and also visit the site of the Genoa U.S. Indian School in Genoa. Get more details about this tour in the Events section of the catalog.

Instructor: Maj. Gen. (Ret.) Roger P. Lempke, former Nebraska Adjutant General
Facilitator: David Dyke
Day/Dates: Thu, Sep 28, Oct 5
Time: 1-2:30 p.m.
Cost: $15

Register for only one format:

HIS066Z
Location: Zoom Live Stream
Enrollment Limit: 100

HIS067L
Location: UNL East Campus, Newkirk Human Sciences Bldg., Room 137
Enrollment Limit: 28
Social Media and the First Amendment

Social media enable people to connect with friends and relatives rapidly and easily. They also are a means for people to harass others, spread disinformation and conspiracy theories, and undermine national security. Examine some of these problems and legal tools available for addressing them, such as lawsuits for defamation, invasion of privacy, and copyright infringement. Each of these has limitations, however. Furthermore, the First Amendment establishes barriers to legal actions that would address some of the most worrisome problems. We will discuss those barriers and some ideas about how the First Amendment could be reimagined for a social-media era.

**Instructor:** John Bender, professor emeritus, College of Journalism and Mass Communications, UNL

**Facilitator:** Charlyne Berens

**Day/Dates:** Thu, Aug 31, Sep 7, 14

**Time:** 1-2:30 p.m.

**Cost:** $20

Register for only one format:

**CON047Z**

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**CON047L**

**Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137

**Enrollment Limit:** 28

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Exploring Argentina, Chile, and Iguazu Falls

**LIF108Z**

Learn about OLLI’s travel opportunity to visit two vibrant capitals of South America in February 2024. Delve into the valley of Santiago, Chile, surrounded by snow-capped Andes. Feel like a local as you walk the streets of Santiago while admiring the history of the Spanish conquerors, learn the techniques of local winemaking, and visit the UNESCO city, Valparaiso as it hangs high on the hills. In Buenos Aires, Argentina, “The Paris of the South,” you can find your rhythm while embracing the vibe of the city before getting the taste of life as a rancher with a trip to an “Estancia” on the Pampas grasslands. Choose to cap off the adventure with a post-extension to Iguazu Falls, the largest waterfall system in the world. There will be time for questions about this custom OLLI trip as you consider joining OLLI friends on another exciting adventure!

**Instructor:** Star Destinations staff, OLLI’s travel vendor

**Facilitator:** Carol Myers

**Day/Date:** Thu, Aug 31

**Time:** 3 - 4 p.m.

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**Cost:** Free

**OPEN TO THE PUBLIC.**
### Aging Partners Tour and Overview at Victory Park

**LIF109L**

Aging Partners is now open at its new Victory Park location on the former Veterans Administration campus. Learn about the many services the agency provides to older adults in Lincoln. Tour the new facilities, including a look at the new fitness, recreation, and dining facilities as well as a foot and health assessment clinic.

**Instructor:** Randall Jones, Director, Aging Partners  
**Facilitator:** Bob Michl  
**Day/Date:** Thu, Sep 21  
**Time:** 3-4:30 p.m.  
**Location:** Victory Park Center  
**Enrollment Limit:** 65  
**Cost:** Free

### How Declining Religious Affiliation Is Changing Society

"Where Have All the Children Gone?" Examine how declining religious affiliation particularly among young Americans is fundamentally changing society. In the first session, the presenter will share information about his investigation into the relationship between religion and young Americans at the Pew Research Center. The percentage of Americans who identified with “no religion” increased from 7% in 1990 to 30% today, and an even higher percentage of young Americans claimed no religion. The research on the causes and consequences of the decline of religion among young Americans will be reviewed. The second session features a panel of religious leaders from Nebraska who will offer their perspectives on this topic and highlight what their churches are doing to address the issue of declining religious affiliation.

**Instructors:** Dr. Philip Schwadel, professor, Sociology, UNL; Rev. Ruth Tomlinson, moderator, retired Episcopal priest; Rev. Dr. Jim Keck, senior minister, First Plymouth Congregational Church; Rev. Canon Liz Easton, Canon to the Ordinary in the Episcopal Diocese of Nebraska; Bobby Cunningham, lead pastor, Epic Church  
**Facilitator:** Nancy Mitchell  
**Day/Dates:** Thu, Sept 7, 14  
**Time:** 3-4:30 p.m.  
**Cost:** $15

**Register for only one format:**

**REL013Z**  
**Location:** Zoom Live Stream  
**Enrollment Limit:** 100

**REL013L**  
**Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137  
**Enrollment Limit:** 28
The Many Faces of Chaplaincy

Chaplaincy is a rich and diverse world, with individuals – both men and women from all faith traditions – who typically work in settings outside of the church, such as healthcare, prisons, military, police and fire departments and more. The journey to becoming a chaplain is also varied, depending upon faith tradition and ultimate chaplaincy goals. It is a rich and rewarding field that allows the clergy person to engage in work that exists at the intersection of the sacred and secular worlds. Explore the role of a chaplain and the journey to becoming one. We will also listen to a panel discussion of chaplains from various occupations and faith traditions.

Instructor: Kara Hillhouse, coordinator, Hospice Spiritual, Tabitha Health
Facilitator: Jim O’Hanlon
Day/Dates: Thu, Sep 28, Oct 5
Time: 3-4:30 p.m.
Cost: $15

Register for only one format:
REL016Z
Location: Zoom Live Stream
Enrollment Limit: 100

REL016L
Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137
Enrollment Limit: 28

FRIDAYS
Turn Friday into “Fri-Yay” with Friday Fitness Club

LIF003L
Enjoy the “golden years” with a healthy and strong body. Join this exclusive physical activity club, open to OLLI members only. Each Friday, meet with a certified personal trainer to discover ways to incorporate physical activity and fitness into your daily life. All sessions will be broken into two main components: education and activity. Topics will include functional fitness, cardio training, strength training, flexibility training, balance exercises and core work. Modifications will be provided for all activities. Copies of the workouts will be provided to all participants so exercises can be done at home. Please wear comfortable workout attire and tennis shoes.

All participants must submit the Health Questionnaire and UNL Rec Center Waiver before beginning the workouts. The OLLI office will email a PDF of these forms, to print out and sign, then bring to the first class.

Instructors: Kinna Arp, graduate assistant, Group Fitness; Brenna Mazour, graduate assistant, Nutrition Education; Madie Ewing, graduate assistant, Personal Training
Facilitator: Brad Dwiggins
Day/Dates: Fri, Sep 1, 8, 15, 22, 29 Oct 6
Time: 9-10:30 a.m.
Location: UNL Recreation and Wellness Center, Rm 110
Enrollment Limit: 24
Cost: $35

Living Your Best Life with Healthy Bones

Understanding bone health is important to leading an active life where you can do the things you want to do for as long as possible. Learn about osteoporosis, including tests used for screening, diagnosis and treatment options. Hear more about ways to prevent osteoporosis, including calcium, Vitamin D and strategies to prevent falls.

Instructor: Heather Sorensen, APRN-NP
Facilitator: Kathy Grubbe
Day/Date: Fri, Sep 1
Time: 9-10:30 a.m.
Cost: $10
Register for only one format:

**H&W041Z**
Location: Zoom Live Stream  
Enrollment Limit: 100

**H&W041L**
Location: SCC-CEC, Rm 213  
Enrollment Limit: 24

**Heimat: A Chronicle of Germany – Part I of II**

**HIS061L**
German Film Maker Edgard Reitz, who was born 1932 in the Hunsruck area of Germany in the Rhineland province close to the western border near Luxembourg, has created a monumental film document with HEIMAT. There are four parts totaling more than 55 hours of film which chronicle the life of one family through multiple decades and depict the experiences of that family in Germany, and both Americas—North and South. It is also a chronicle of German history of the 20th century and a history of emigration from that area which mirrors the experiences of immigrants that settled in Nebraska. We will focus on the first part of HEIMAT, during both Terms 1 and 2.

**Instructor:** Peter Reinkordt, professor emeritus, German, Doane University  
**Facilitator:** Georgianne Mastera  
**Day/Dates:** Fri, Sep 1, 8, 15, 22, 29, Oct 6  
**Time:** 10 a.m.-12:30 p.m.  
**Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137  
**Enrollment Limit:** 28  
**Cost:** $35

**Which Lincoln Senior Retirement Community May Be Right for You?**

**LIF107L**
Tour five senior independent living communities in Lincoln and learn what an active, carefree lifestyle can be. In the first session, we will learn the aspects to consider when selecting a senior living community, to ensure social, physical, medical, and financial needs are met. Then, each week we will tour one of five senior living communities in Lincoln gathering information specific to each facility such as type and number of units, costs, special amenities and features and dining options. Start your search by learning about the different personalities of retirement communities.

**Instructor:** Mary Ann Stallings, president and CEO, Bridge to Better Living.  
**Facilitator:** Carla Fetch  
**Day/Dates:** Fri, Sep 1, 8, 15, 22, 29, Oct 6  
**Time:** 11 a.m. – 12 p.m.  
**Locations:** Sep 1, Bridges to Better Living; Sep 8, The Landing; Sep 15, The Grand Lodge at the Preserve; Sep 22, Legacy Estates, Sep 29, Savannah Pines; Oct 6, Eastmont Towers  
**Enrollment Limit:** 12  
**Cost:** $35

**Haymarket History Inside and Out**

**HIS059L**
Back by popular demand, this course is a repeat from the summer term. Jim McKee will present a richly illustrated historic background on Lincoln’s Haymarket, including railroading, wholesale and warehouse establishments, hotels, candy manufacturing, and the area’s redevelopment into a district listed among Lincoln Landmarks and enrolled on the National Register of Historic Places. In the second week, Ed Zimmer with guide a 90-minute walking tour of Haymarket exploring historic architecture, early and current businesses, placemaking, and preservation successes and challenges.

**Instructors:** Jim McKee, Lincoln historian, author, bookseller and publisher; Ed Zimmer, Lincoln architectural historian, author, and retired city historic preservation planner  
**Facilitator:** Lynn Roper  
**Day/Dates:** Fri, Sep 29, Oct 6  
**Time:** 11 a.m.-12:30 p.m.
**COURSES**

**Location:** Sep 29, SCC-CEC, Auditorium; Oct 6, meet at Iron Horse Park. Parking is available in the public garages at 9th and Q Streets or one block west on Q and Pinnacle Bank Arena Drive.

**Enrollment Limit:** 50

**Cost:** $15

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**Lincoln’s Sunken Gardens**

Lincoln city horticulturists will talk about the history of public gardens focusing on sunken gardens. They will also discuss the design process and the horticulture of growing plants in Lincoln with the ever-changing weather. Plan accordingly for weather and your personal comfort. A good deal of walking and standing will be required.

**Instructors:** From the City of Lincoln, Parks & Recreation—Steve Nosal, horticulturalist; Alice Reed, senior gardener

**Facilitator:** Judy Hart

**Location:** Meet at the Sunken Gardens Rotary Pavilion. Limited parking is available at the parking lot located off 26th & D Street. Overflow parking available on neighborhood streets and across 27th Street at the Hamann Rose Gardens.

**Enrollment Limit:** 20

**Cost:** $10

**Please register for only one session:**

**ART0261**  
**Day/Date:** Fri, Sep 22  
**Time:** 11 a.m.-12:30 p.m.

**ART0262**  
**Day/Date:** Fri, Sep 29  
**Time:** 11 a.m.-12:30 p.m.

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**Football 101**

Football is a game with its own jargon and unique rules, therefore making it difficult to understand. Come learn the basics, or use this course as a refresher, as we roll into the 2023 football season. Learn about the history, the field, the players and positions (especially as Cornhusker Coach Matt Rhule brings his new concepts to UNL), as well as vocabulary and other necessary information to enjoy the game. A tour of the Nebraska Football Complex will conclude the course on October 6. Further details will be provided during the course.

**Instructor/Facilitator:** Bob Michl, OLLI Director

**Day/Dates:** Fri, Sep 1, 8, 15, 22, 29, Oct 6 (1:30 p.m. tour)

**Time:** 1-2:30 pm

**Cost:** $35

**Register for only one format:**

**LIF104Z**  
**Location:** Zoom Live Stream

**Enrollment Limit:** 25

**LIF104L**  
**Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137.

**Enrollment Limit:** 25

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**Mah Jongg**

**LIF046L**

Mah Jongg is an ancient Chinese game. Learning the game can be challenging. This class will introduce you to the card, the tiles, the Charleston, and the game itself.

**Instructor/Facilitator:** Donita Elrod, OLLI member.

**Day/Dates:** Fri, Sep 1, 8, 15, 22, 29, Oct 6

**Time:** 1-3 p.m.

**Location:** Unitarian Church of Lincoln, Gallery Rm

**Enrollment Limit:** 20

**Cost:** $50, includes $15 for the cost of a Mah Jongg card. If you already have a current year Mah Jongg card, contact the office to register and pay $35 for the course.

**Image Credit:** Courtesy of City of Lincoln
Beer There, Done That: The Art of Craft Brewing
Beer is the most popular alcoholic beverage worldwide, and the third most popular drink after water and tea. Recent studies claim that the production and consumption of beer was a major factor in the development of civilized society. Here in American, the beer palette has undergone changes in recent years. More and more consumers are turning to craft beer over name brand domestic brands. Come learn about the history and evolution of beer. Learn how beer is now crafted to meet a specific palette taste. Discover how you can “pair” different beers with foods. Week three will include a local brewery tour and sampling.

Instructor/Facilitator: Bob Michl, OLLI Director
Day/Dates: Friday, Sep 1, 8, 15
Time: 3-4:30 p.m.
Cost: $20

Register for only one format:
LIF106Z
Location: Zoom Live Stream
Enrollment Limit: 20

LIF106L
Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137
Enrollment Limit: 20

An Afternoon in the Tallgrass: Exploring Spring Creek Prairie

SCI042L
Drive a few miles west of Lincoln to Spring Creek Prairie Audubon Center for an introduction to tallgrass prairie, one of the most endangered ecosystems in the world. SCPAC is home to more than 200 grassland birds, the fastest declining suite of birds in the world and more than 300 plants. We’ll learn about the birds and many grasses and other plants that are common in prairies, why prairies are important ecosystems, the value of prairies in addressing climate change, The Prairie Corridor on Haines Branch, the role of conservation easements in protecting prairies, and more. We’ll begin with a presentation in the visitor center and then move out onto the prairie, first as a group and then with time to wander and explore as the prairie calls to us.

Instructor: Meghan Sittler, director, Spring Creek Prairie Audubon Center
Facilitator: Lorrie Benson
Day/Date: Fri, Oct 6
Time: 3-5 p.m.
Location: Spring Creek Prairie Audubon Center. The Visitor Center and some trails, but not all, are accessible.
Enrollment Limit: 30
Cost: $10

Image Credit: Spring Creek Prairie Audubon Center
Meet the Artists at WallSpace-LNK

WallSpace-LNK was designed as a place where artists, including the owner, could take charge of the process of showing their work and initiate and curate their own exhibitions without going through the traditional gallery middleman. This new concept is now in its second year. Artists who have shown work include Stephen Dinsmore, Ted Kooser, Roger Bruhn, Michael James, Jan Christensen, Madeline Cass and Robin Smith. Traditional First Friday receptions and regular gallery hours give viewers limited opportunities to see the artwork and interact with the artists. OLLI members will be able to enjoy in-depth dialogue with the artists about their work on display, their artistic journeys, their motivations, the arc of their careers and how today’s work fits into it all.

Instructors: Michael Farrell, owner, WallSpace-LNK and artist, filmmaker, educator and gallerist; Tom and Chris Powers, artists; Robin Smith, painter

Facilitator: Mary Ann Sullivan

Day/Dates: Sun, Sep 3, Oct 8

Time: 1-3 p.m.

Location: WallSpace-LNK. Parking is available in the lot in front of the building.

Enrollment Limit: 12

Cost: $15

### OLLI Member Discounts

**Abendmusik**
Events for the coming season are free of charge. [abendmusik.org](http://abendmusik.org)

**Angels Theatre Company**
Offers a ticket discount to OLLI members. [angelscompany.org](http://angelscompany.org)

**Arts for the Soul**
Offers a ticket discount. Call First Presbyterian Church at 402-477-6037 for more information. [fpclincoln.org/music-home/arts-for-the-soul/](http://fpclincoln.org/music-home/arts-for-the-soul/)

**Friends of the Mary Riepma Ross Media Arts Center**
Offers a discount for a new, first-time membership. Contact the Ross Theatre at 402-472-9100. [theross.org](http://theross.org)

**Johnny Carson School of Theatre & Film, UNL & Nebraska Repertory Theatre**
Offers OLLI members season tickets and individual tickets at the student rate. Ticket fee still applies. [nebraskarep.org](http://nebraskarep.org)

**Lincoln Community Playhouse**
Offers a $5 discount on adult tickets. Discount available for shows where the adult ticket is $25. Ticket fee still applies. [lincolnplayhouse.com](http://lincolnplayhouse.com)

**Lincoln Friends of Chamber Music**
Offers OLLI members two tickets for the price of one at the door the night of the concert. [lfcm.us](http://lfcm.us)

**Nebraska Chamber Players**
Offers a ticket discount. Call 402-429-8227 for more information or show your OLLI membership card at the door. [nebraskachamberplayers.org](http://nebraskachamberplayers.org)

**OmniArts Nebraska**
Offers a discounted ticket to OLLI members. Call the Lied Center box office at 402-472-4747. Ticket fee still applies. Questions to omniarts.nebraska@hotmail.org omniartsne.org/

**TADA Theatre**
Offers OLLI members a discounted ticket to some performances. [www.tadaproductions.info](http://www.tadaproductions.info)

**University Bookstore**
Offers 10% discount on in-stock, regular priced general reading books. [bkstr.com/nebraska-lincolnstore/home](http://bkstr.com/nebraska-lincolnstore/home)
PROGRAMMING ON DEMAND
Learn at your convenience!

CAN0011
Cost: $30

The following video programs are previously recorded OLLI courses. Learn at your own pace, on your own time and at your convenience. Over 40 hours of programming is available for a single cost of $30. After registration, you will receive an email with a “Join Code” and instructions on how to access programming.

All programming originates from OLLI at UNL.

Unmatched and Unequaled: America’s Contributions to Victory in World War II – 6 sessions
Enjoy listening to Thomas Berg describe how Americans significantly impacted the outcomes of World War II. When Americans discuss World War II, they rightfully recall how its economy, manpower, transportation, and military innovations contributed to victory. What they do not realize is that all these elements took decades to develop, from the initial idea to the ultimate application. We will examine America’s crucial innovations that Allied or Axis belligerents could not match or equal. America’s creation, development, and use of the Marine Corps’ amphibious assault, the Army Air Force’s strategic bombing, and the Navy’s carrier aviation as well as the home front’s skilled manpower, powerful economy, and dynamic transportation all combined to achieve victory far sooner and with fewer lives lost. America’s investment of time, lives, and money in these innovations over several decades before the nation’s entry into the war paid the ultimate dividend: Allied victory. If America had not developed these innovations, our world would be severely different and doubtfully for the better.

Wanted: 100,000 Young Women to Go West! – 4 sessions
From the 1880’s to the 1950’s, Fred Harvey dining rooms along the Santa Fe Railroad line went through eight western states and offered weary travelers gourmet food, served in 30 minutes, and provided with high standards of service in 65 different towns. The “Harvey Girls” were courageous young women who wanted to be independent and self-sufficient. Join Lynn Roper, who discusses how and why more than 100,000 young women left their homes for a job, an adventure, and a new life out West.

When Alexander Hamilton was asked about the United States’ new form of government, he responded, “Here, sir, the people govern.” Do we know as much as we think we know about how we rule ourselves? This is not your typical American government course. Retired history instructor Gary Timm will use real life events to help explain how all the moving parts mesh together to get us to where we are today.

Can Congress Be Fixed? – 1 session
Congress is broken. Bitter partisanship has taken over and made it nearly impossible for Congress to function. Two former congressmen, Democratic Senator Ben Nelson, and Republican Representative Doug Bereuter, who served Nebraska honorably for many years, discuss the current state of Congress and what might be done about it.

Everything You Need to Know about Electric Vehicles – 1 session
This presentation focuses on the ins and outs of electric vehicles. Learn about safety, cost, recharging, heating and cooling systems and more. Also learn what Lincoln Electric System and the Nebraska Department of Environmental Energy are doing to support the use of electric vehicles in Nebraska.

olli.unl.edu  |  402-472-6265  |  olli@unl.edu
Historical Uses of Native Plants – 1 session
Nebraska’s native wildflowers and grasses have a rich history here on the Great Plains. These plants were not only beautiful but were also useful to the Native Americans and prairie pioneers. Most every plant had a purpose, whether it was used for ceremony, food, medicine, shelter or for play. Learn about our native wild fruits, nuts, seeds, and other edible plants which grow wild in our region or in your own yard.

Conservation Easements: A Critical Voluntary Tool – 1 session
The permanent conservation of private land through voluntary agreements known as conservation easements or agricultural land easements has grown tremendously in the last 30 years. Dave Sands, Executive Director of Nebraska Land Trust, looks at easements’ conservation goals, flexibility to meet goals, and touch on economic and property tax aspects of easements. He focuses on agricultural land easements designed to assure the conservation of working farms and ranches.

Weather Extremes: Tornadoes, Thunderstorms, and More – 1 session
Severe weather comes to us through our senses, whether it’s the sound of thunder, the feel of high winds and driving rain, the view of storm clouds, or the soreness in your joints when bad weather is predicted. KOLN/KGIN TV meteorologist Brad Anderson details severe weather statistics, safety and terminology, and shares stories, pictures, and videos of historic storms and tornadoes.

Women at Work: Nebraska, 1880-1940 – 1 session
Anne Diffendal, retired archivist, reflects upon the work of Nebraska women in time past. Through photographs from the collections of History Nebraska, view women at work in a wide variety of settings: home, field, shop, office, restaurant, factory, and others.

Reading the New Media: Digital Literacy – 1 session
The modern media environment is a continuously evolving landscape challenging traditional views of truth. In this environment facts, data, opinions, disinformation, misinformation, and marketing are muddled together. A 2017 study by the Pew Research Center found only 17 percent of Americans are considered skilled and able enough to actively participate in and navigate the modern digital media environment. UNL associate professor of Communication Studies, Aaron Duncan, discusses the need for media literacy and the challenges we face in our current environment while offering steps for practicing digital literacy.

Meyer v. Nebraska: Will It Fall Like Roe v. Wade – 2 sessions
The Constitutional right to abortion was eliminated in 2022 by the U.S. Supreme Court in the Dobbs v. Jackson Women’s Health case. The basis of that right was found in a Nebraska case, Meyer v. The State of Nebraska, decided 100 years ago. At least one Supreme Court justice has written that Meyer, like Roe, was wrongly decided. OLLI member Randy Moody discusses Meyer and the loss of personal liberties should it fall.

The Battle of Britain: How Upstream Thinking Saved a Nation – 3 sessions
The famous air war known as the "Battle of Britain" pitted German air forces against British defenders over British skies in 1940. Winston Churchill acknowledged the brave British pilots by his words “never in the field of human conflict was so much owed by so many to so few.” But the story behind how the aircraft, radar systems, and communications network performed so perfectly at the right moment is even more fascinating. Retired Major General Roger Lempke focuses on how over a decade, key elements came together under great technical uncertainty and opposition, just in time to defeat the German Air Force.
2023 OLLI Fall Symposium

Misinformation and Conspiracy Theories: Why People Believe Them and How To Address Them

In an era characterized by unprecedented connectivity and the rapid dissemination of information, it is essential to critically examine the pervasive influence of misinformation, disinformation, and conspiracy theories. The symposium is a thought-provoking event designed to shed light on the complex web of falsehoods that permeate our society and explore strategies to mitigate their impact.

Prominent experts will present cutting-edge research findings, case studies, and real-world examples, highlighting the mechanisms by which misinformation spreads and the detrimental effects it has on individuals, communities, and democratic processes.

Speakers

Eric Oliver, Ph.D.
Dr. Eric Oliver is professor of Political Science at the University of Chicago. He studies contemporary American politics, suburban and racial politics, political psychology, and the politics of science. He has conducted recent research examining why Americans believe in conspiracy theories, how credulous Americans are about disinformation, why 2016 was a populist election, and why liberals and conservatives name their children differently.

Andy Norman, Ph.D.
Dr. Andy Norman directs the Humanism Initiative at Carnegie Mellon University in Pittsburgh, Pa. and is the founder of CIRCE, the Cognitive Immunology Research Collaborative. His research illuminates the evolutionary origins of human reasoning, the norms that make dialogue fruitful, and the workings of the mind’s immune system. He champions the emerging science of mental immunity as the antidote to disinformation, propaganda, hate, and division. He likes to help people develop immunity to bad ideas.

Aaron Duncan, Ph.D.
Dr. Aaron Duncan is an associate professor of Practice for Communication Studies at the University of Nebraska-Lincoln. He is the director of the Speech and Debate Program as well as a lecturer. Dr. Duncan’s research focuses on sporting culture, public mythology, and political communication. He explores social media’s role in helping spread conspiracy theories from a technological perspective and through the fallacious logic it helps foster.

Patrick Marley
Patrick Marley is a national reporter for the Washington Post. Based in Madison, Wisconsin, his writing focuses on voting issues in the Upper Midwest, primarily in Wisconsin and Michigan. He previously covered the Wisconsin Capitol for the Milwaukee Journal Sentinel. He has written about voting and democracy issues in other part of the country, including Texas and North Carolina.

Day and Date: Saturday, Oct 14, 2023
Time: 9 a.m.-2 p.m.
Registration Deadline: Thu, Oct 5

Registration is required. Cancellation after the registration deadline will be non-refundable.

Open to the public.
Register for only one session:

CON050Z
Location: Live Stream on Zoom
Enrollment Limit: 100
Cost: $15

CON050L
Location: Great Plains Ballroom, East Campus Union, UNL
Enrollment Limit: 250
Cost: $20 includes cost of lunch and symposium. Please contact the OLLI office if you have any dietary restrictions.

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**Breakfast with UNL Athletics:**
**Fred Hoiberg, Men’s Basketball Coach**

LIF110L
A proven coach with success at the collegiate and NBA levels, Fred Hoiberg is entering his fifth season as the Nebraska Men’s Basketball coach. His Nebraska ties run deep. Born in Lincoln, Hoiberg is part of a fraternity of Nebraska coaches that includes his grandfather, Jerry Bush, who coached the Huskers from 1955-63. His gritty Husker team finished the year with a 16-16 record and a 9-11 record in the Big 10, including two wins over Iowa. Come listen to Coach Hoiberg as he shares his outlook for the ’23-’24 season.

**Speaker:** Fred Hoiberg, Men’s Basketball Head Coach, University of Nebraska-Lincoln  
**Facilitator:** Bob Michl  
**Day/Date:** Fri, Sep 8  
**Registration Deadline:** Fri, Sep 1  
**Cancellation after this date is non-refundable.**  
**Time:** 8:30-9:30 a.m.  
**Location:** SCC-CEC, Rms 302, 303, 304  
**Enrollment Limit:** 100  
**Cost:** $20 includes breakfast; please contact the OLLI office if you have specific dietary restrictions.

**Flatwater Shakespeare Company Presents:**
**“The Winter’s Tale”**

ART079L
“The Winter’s Tale” is one of Shakespeare’s later works, but one that shows the playwright still developing and experimenting. The play pivots from tragedy to comedy at a point in the play that includes the most notorious stage direction in all theater history: “Exit, pursued by a bear.” Part One features a jealous husband who needs no Iago for him to go into a murderous rage against imagined betayers. It also features a calmly defiant wife who proclaims her innocence. Part Two features young lovers, a disapproving father, an ingenious con man, multiple ballads, and disguises. It also features the previously jealous husband chastened and penitent and reliant on the counsel of a wise old woman. There’s yet more, including incredible restorations and reconciliations. The play is directed by Flatwater Shakespeare Company co-founder and Resident Scholar Stephen Buhler. The show concludes with a post-performance question and answer period with OLLI attendees.

**Day/Date:** Sun, Aug 27  
**Registration Deadline:** Sun, Aug 20.  
**Cancellation after the registration deadline will be non-refundable.**  
**Time:** 7-9 p.m.  
**Facilitator:** Dori Bush  
**Location:** Wyuka Stables  
**Enrollment Limit:** 20  
**Cost:** $20

**Mahler’s “Resurrection” with the Lincoln Symphony Orchestra**

ART075L
The Lincoln Symphony Orchestra opens its 2023-24 season with Gustav Mahler’s “Symphony No. 2 in C Minor “Resurrection.” This masterpiece explores of the full range of human emotions and features an enormous orchestra, vocal soloists Esther Heideman and Susan Platts, and the combined choirs of Abendmusik, Concordia University-Nebraska, Nebraska Wesleyan University, and St. Paul United Methodist Church. Sit with your fellow OLLI members and enjoy the performance.

**Day/Date:** Fri, Sep 15  
**Registration Deadline:** Thu, Sep 7.  
**Cancellation after this date is nonrefundable unless cancelled by UNL.**  
**Time:** 7:30-10 p.m.  
**Facilitator:** Dori Bush  
**Location:** Lied Center for Performing Arts  
**Enrollment Limit:** 20 (Reserved Seats for OLLI members)  
**Cost:** $35
**OLLI Picnic in the Park**

**LIF113L**
Join us for a glorious “end of summer” potluck picnic at Antelope Park in Lincoln. OLLI will provide hot sandwiches, a beverage and table service (i.e. plates, dinnerware, napkins, cups); you can provide salads, side dishes or desserts. Bring a lawn chair and your favorite lawn game if you have one. There will be frisbees, badminton, and a grill for s’mores. Bring a friend and usher the summer out in style!

**Day/Date:** Fri, Sep 15  
**Registration Deadline:** Fri, Sep 8.  
**Cancellations after this date are nonrefundable, unless cancelled by UNL.**  
**Time:** 11 a.m.-1 p.m.  
**Facilitator:** Leslie Ryan  
**Location:** Antelope Park Open Shelter, #1  
**Enrollment Limit:** 30  
**Cost:** $15

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**GAME NIGHT WITH OLLI**

**LIF060L**
Do you have an indoor game that you enjoy playing, but never seem to have enough people to play? Do you simply love to play games and socialize? How about learning a new game? Game night gives you that chance. Join us, and bring along your favorite game, for an evening of fun, food, and socialization. OLLI will provide food and drink for all who attend. And if you don’t have a game to bring and simply want to join in the fun, please do so. There will be plenty of options. Game ideas: Scrabble, Checkers, Chess, Monopoly, Risk, Yahtzee, Jenga, Taboo, Pictionary, Apples to Apples, Bunko, Pitch, Gin Rummy, etc.

**Day/Date:** Wed, Oct 4  
**Registration Deadline:** Tuesday, September 26.  
**Cancellation after that date will be nonrefundable.**  
**Time:** 4-7 p.m.  
**Facilitator:** Bob Michl  
**Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 121  
**Enrollment Limit:** 30  
**Cost:** $10 per person includes snacks and beverages

**Open to the Public**

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**OLLI at James Arthur Vineyards**

**LIF102P**
Join fellow OLLI members for a wine tasting at James Arthur Vineyards. Your visit includes tasting six wines (1 oz pours), a presentation about the wines, and a cheese/fruit snack. You are welcome to stay until the vineyard closes at 6 p.m.

**Speaker:** Jeff Korbelik, tasting room manager  
**Facilitator:** Judy Hart  
**Day/Date:** Thu, Oct 5  
**Registration Deadline:** Thursday, September 28.  
**Cancellation after this date is nonrefundable.**  
**Location:** James Arthur Vineyards  
**Time:** 3-4:30 p.m.  
**Enrollment Limit:** 50  
**Cost:** $20

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**A Spiritual Tour in Nebraska**

**REL003P**
This Spiritual Tour will include stops at the Cloisters on the Platte and the Holy Family Shrine near Gretna, Nebraska. Both locations focus on aspects of the Catholic faith, but both have meaningful visual aspects common to all Christian faiths. You are encouraged to view websites for each location for informational video tours. Lunch at a local restaurant will be part of the day and is not included in the course price. With a $10 donation to the Cloisters, receive an audio guide to narrate your walking tour. The Holy Family Shrine is self-guided.

**Instructor:** Self-guided tours with audio/pamphlet guides  
**Facilitator:** Dori Bush

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Image Credit: Courtesy James Arthur Vineyards
**Historic Landmarks Tour**

**HIS067P**
Join fellow OLLI members to tour two unrelated but historically significant sites just 90 minutes from Lincoln. Our first stop will be the Genoa U.S. Indian School in Genoa, Nebraska, where you’ll see the restored building and grounds of this 4th largest non-reservation boarding institution established by the Office of Indian Affairs. It was completed in 1884 and operated until 1934. Following lunch in Columbus, we will then view the outdoor Higgins Memorial, which is dedicated to Columbus-born Andrew Higgins, designer and builder of boats used in World War II, as well as the men and women who designed and manufactured WWII equipment, and the soldiers and sailors who rode Higgins boats into battle. Before the trip, build your knowledge about both sites by registering for two courses: “Kill the Indian to save the man.” – Genoa U.S. Indian School” and “Andrew Higgins and the Boats that Won World War II.”

**Speakers:** Staff from both locations

**Facilitators:** Lynn Roper and Roger Lempke

**Day/Date:** Thu, Oct 12

**Registration Deadline:** Thu, Sep 28.

*Cancellations after this date are nonrefundable, unless cancelled by UNL.*

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**Cultural Landmarks in North Omaha Tour**

We will begin at the Malcolm X Foundation, created in 1971 by Rowena Moore as a memorial for the birth site of El Hajj Malik El Shabazz, known as Malcolm X in the heart of North Omaha. The grounds bring residents together to remember the legacy of Malcolm X through educational programs, a community radio station, town hall forums, and special events. The visit includes a presentation followed by a short walking tour. Each participant will receive a copy of the book “The Autobiography of Malcolm X as told to Alex Haley.”

Next, travel to the Mormon Trail Center at Winter Quarters. Enjoy a box lunch then learn about the cemetery, which is the burial site of hundreds of Mormon pioneers who lived in Winter Quarters, a temporary settlement utilized from 1846-48 as the settlers moved to Salt Lake City. Guided tours of both the Center and the grounds will be included.
**Avoid the Brain Strain:**

**How to keep your brain stronger longer**

**UNL-TABITHA MEMORY WORKSHOP**

This is a weekly class led by speech language pathologists and graduate speech language pathology students. The target audience is individuals and their significant others who are concerned about, or merely want to learn more about, age-related memory issues. The purpose is to provide education and solutions. Group intervention for participants will focus on learning about and developing strategies to maintain or improve independence and safety with daily functional skills and activities. Participants will have the opportunity to share their experiences with other individuals and professionals, as well as brainstorm and implement techniques to manage daily challenges.

**Who should attend?**

Individuals and their significant others who are:
- Concerned about memory and thinking limiting functional skills
- Interested in learning about memory and strategies to enhance thinking skills
- Willing to participate in discussions
- Willing to complete simple weekly assignments
- Able and willing to attend 8 weekly sessions for 90 minutes each

**Day/Dates:** Wed, Sep 6, 13, 20, 27; Oct 4, 11, 18, 25

**Time:** 10-11:30 a.m.

**Cost:** $20 (per participant)

**Location:** UNL East Campus, The Barkley Center, 4075 E. Campus Loop

**To Register Contact:**

Judy Harvey Ph. D. CCC-SLP,
University of Nebraska-Lincoln
402-472-6792 | Judy.Harvey@UNL.edu

**Or Register Online at:** CEHS.UNL.edu/SECD/Memory-Clinic
We are excited to announce the **OLLI Art Show**, being held in the month of October at Unitarian Church of Lincoln, 6300 A Street, Lincoln, NE 68510. Artwork created and submitted by OLLI members will be displayed. Don’t miss this opportunity to showcase your artistic talent to fellow OLLI members and the public.

**Submission Requirements:**

- Artists must have a current OLLI membership for the 2023-2024 academic year.
- Artists may submit up to 2 pieces of artwork for consideration. Two dimensional pieces, small sculptures, and ceramics not to exceed 40”x 40” will be considered.
- Submissions will be accepted beginning August 1 through August 30 at 11:59 p.m. Submissions will be via a Google form where you will include:
  1. Information about you
  2. Information about the piece
  3. Up to three photos of the piece. If your artwork is framed, please include a photo of the hanging mechanism.

**Google link to the submission form:**
https://forms.gle/ga6YMKqzZCDJRPuAA

**Contact one of the coordinators if you have questions or need further information.**

**Judy Hart**
judithkhart@gmail.com or 402-805-7866

**Kay Logan-Peters**
kloganpe@yahoo.com or 402-770-5781

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An OLLI interest group is a group of OLLI members who have a hobby or special interest in a particular topic and want to share experiences with others. There are several in place and new ones are encouraged to form at any time. You must be an OLLI member to participate. There is no need to register and there is no fee. Information about starting a new interest group is available online at: https://oll.unl.edu/special-interest-groups.

Questions? Contact Doug Wood, woodb137@gmail.com or Mike Jess, michaeljess3@gmail.com. For location information or Zoom meeting links, contact the coordinator(s) listed.

### Baseball

The OLLI baseball interest group is an opportunity for all OLLI baseball fans to get together once a month and discuss all things baseball. The group may assist in developing OLLI special events or travel programs involving baseball.

**Coordinators:** Marvin Almy, hmalmly@aol.com, 402-786-5856; Bill Fagler, bill.fagler@gmail.com, 402-430-8289; Jon Hamilton, playingwiththepossibilities@gmail.com, 402-261-5979

**Day:** 2nd Tuesday of each month

**Time:** 3-4:30 p.m.

**In-person location:** Stauffer’s Café and Pie Shoppe, 5600 S. 48th St.

### Coffee and Conversation

Feel like some wake-up conversation? Join other OLLI members for a one-hour Zoom session to discuss a question posed by the coordinator prior to the week’s session. Chat about everything except politics.

**Coordinator:** Dori Bush, dbush2508@gmail.com

**Day:** Every Tuesday

**Time:** 9:30-10:30 a.m.

**Location:** Via Zoom

### Biking the Trails (Lincoln)

Gather with OLLI friends to ride local bike trails in and around Lincoln.

**Coordinators:** Marilyn Hahn, marilynhahn@icloud.com; Tim Shaw, timothyfshaw@gmail.com

**Meets:** Weekly rides during the warm season months

### Biking Omaha

Weekly bicycle ride for fun. No drop ride, under 10 miles, paved trails around the Omaha area during the warmer months.

**Coordinators:** Paul Paulman, ppaulman@unmc.edu or Audrey Paulman, apaulman@me.com, 402-880-5451

**Meets:** Thursday mornings

**Time:** 9 a.m.

### Bridge

The group consist of sets of four playing 18 hands of party bridge using tallies for partners

**Coordinator:** Sue Guild, sguild@inebraska.com

### Conversational Spanish

Improve your ability to read, speak and listen to the Spanish language.

**Coordinator:** Jack McGann, jackmcgann1@mac.com

**Day:** Tuesdays

**Time:** 1-2:30 p.m.

### German Language and Culture

If you have been exposed to the German language in the past and would like to refresh some of those skills in speaking, reading and comprehension, please join in this OLLI Interest Group. In addition, the meetings also include discussions of German history and culture, as well as an on-going review of current events in Deutschland.

**Coordinators:** Ken Gobber, kengobber@hotmail.com; David Dyke, drdrdmd@me.com, 402-470-7211

**Day:** 1st and 3rd Wednesday of each month

**Time:** 3-4:30 p.m.
International Affairs
Offering engaging conversations on topics of current international importance. The leaders introduce topics and raise stimulating questions for participants to discuss.

**Coordinator:** Peter Levitov, plevitov1@unl.edu
**Discussion Leaders:** Dave Forsythe, professor emeritus, Political Science, UNL; Peter Levitov, associate dean emeritus, International Affairs, UNL; Roger Lempke, retired Major General and former Adjutant General, Nebraska National Guard; Wes Peterson, professor, Agricultural Economics, UNL

**Day:** First Wednesday of each month, Sept through May
**Time:** 3-4:30 p.m.
**In-person location:** Gere Library, 2400 S. 56th St.

Meditation
The group is open to any OLLI member who has an interest in meditation. The focus is to talk about the practice of meditation and some of the challenges that arise with meditative time. Each meeting includes a 15-to-20-minute guided meditation. You do not need experience in meditation to participate. Participants sit in chairs.

**Coordinator:** Margaret Rickers, mrickers14@gmail.com
**Day:** Second Thursday of each month
**Time:** 1:30 p.m.
**Location:** First-Plymouth Congregational Church, 20th & D Sts., Calvert Parlor. Enter through the west door. The mediation group may meet on Zoom during the winter months.

My Backyard
Explore all things connected with the landscape. Discussions include site-preparation, landscaping, lawn care, soil amendments, gardening, seeds, plants, weeds, composting and the wildlife associated with the landscape, i.e. pollinators, insects and birds. In addition, there are field trips, guest speakers and subject-matter experts to make presentations at meetings.

**Coordinator:** Bonnie Bake, bonbake24@gmail.com, 402-507-297
**Day:** Last Tuesday of each month

Matinee at the Ross
Join fellow OLLI members and their guests for a Friday matinee movie at the Mary Riepma Ross Media Arts Center on UNL’s City Campus at 313 N. 13th St. No reservations needed. Just show up for a great start to the weekend.

**Coordinator:** Dori Bush, dbush2508@gmail.com
**Day:** Friday
**Time:** Movies begin between 4:15-5 p.m.

Out to Lunch
**Days/Time:** Meets twice a month, typical around the traditional lunch hour.
**Location:** Various eating establishments in and around Lincoln, American and ethnic
**Coordinators:** Nancy Whitman, newhit34@gmail.com, 402-488-8416; Maxine Moul, mmoul1@allophone.com
Contact Nancy Whitman for more information.

Politics
This group is open to all regardless of political persuasion – the more viewpoints the better.

**Coordinators:** Marvin Almy, hmalmy@aol.com; John Comer, jcomer1@unl.edu; Randy Moody, randallmoody44@gmail.com
**Day:** Third Thursday of each month
**Time:** 3-4:30 p.m.

Reading Groups
OLLI book clubs generally limit their membership to 15 or less. There are currently six groups, some which are open for addition OLLI members, both women and men.

**Coordinator:** Kay Rockwell, krockwell1@unl.edu

Science & Technology
Explore science and technology and learn about the impact of new science and technology to society. All sciences and technology is eligible for consideration and discussion.

**Coordinators:** Craig Hain, 402-730-7487, craig_hahn@hotmail.com; Doug Wood, 402-217-0511, woodeb137@gmail.com; Tom Hoegemeyer, 402-419-4426, thoegemeyer@gmail.com
**Day:** Second Tuesday of each month
**Time:** 3-4:30 p.m.
**Location:** Rock ‘N’ Joe coffee, 5025 Lindberg St.
**Story Analysis**
This group studies story narration and character development in order to better understand an author’s personal perspective.

**Coordinators:** Michelle Maas, mmaas4600@gmail.com or Wil Hass, wilhass@hotmail.com

**Table Tennis**
Join our table tennis interest group. Everybody plays. No pressure. Simply show up and bring your favorite paddle. Some paddles are available. This group is for OLLI members of any ability. Come meet others who share your passion for ping pong.

**Coordinator:** Larry McClure, lmerkmcclure@yahoo.com
**Days:** Tuesdays and Thursdays
**Time:** 12:30-2 p.m.

**Ukulele**
Join others who enjoy playing the ukulele. All levels are welcome, from beginners to experienced players.

**Coordinator:** Julia Larson, jlarson9342@gmail.com
**Day:** Third Thursday of the month
**Time:** 1 p.m.
**Location:** Varies-Lincoln Libraries

**Walking**
Enjoy the invigorating weather and improve your health at the same time. The group gathers at Holmes Lake, rain or shine. Make sure to dress for the day. We divide into fast and slow walkers, so there is sure to be someone who walks at your pace.

**Coordinator:** Karen Harris, kharris555@gmail.com
**Day:** Monday
**Time:** Sept-May, 9:30 a.m.; June-Aug, 8:30 a.m.
**Location:** Holmes Lake parking lot at the northwest corner of the park near the dam.

**Writers Group**
The OLLI writers group meets monthly to share writings and practice the craft through generative writing exercises. Beginners as well as more experienced writers are welcome. Those interested are organized in groups of five members by the interest group coordinator.

**Coordinator:** Gail Hollarbush, ghollarbush@gmail.com
**Day:** Second Wednesday of the month
**Time:** 2 p.m.
**Location:** Scooters Coffee, 2600 Pine Lake Rd #2 (27th & Pine Lake)

**Woodworking**
In addition to talking shop and exploring useful solutions for woodworking projects, group members frequently participate in field trips to professional shops and to lumber providers. Periodically, group members swap tools and exchange drawings and building materials.

**Coordinator:** Michael Jess, michaeljess3@gmail.com, 402-802-8921
**Day:** Last Thursday of the month
**Time:** 3-4:30 p.m.
**Location:** Varies
WAIVER AND RELEASE OF LIABILITY for Osher Lifelong Learning Institute (OLLI)

This WAVER and RELEASE OF LIABILITY was executed this ____ day of ___________ 2____, at Lincoln, Lancaster County, State of Nebraska by ____________________, (Releasor) in favor of the UNIVERSITY OF NEBRASKA and its Regents, Officers, Employees, Instructors, Staff, agents, operators, successors, and assigns (University).

The Releasor wishes to participate in Osher Lifelong Learning Institute (OLLI) Activities. In consideration for the privilege of participation in the program, the Releasor consents and agrees to the following:

1. Releasor certifies that he/she is physically capable of participating in the Activities and that he/she will take responsibility for physical fitness and capability to perform under normal conditions of the Activities. Releasor is encouraged to get his/her physician’s opinion prior to participating in any OLLI Activities. In the event of a medical emergency, the University of Nebraska or its representatives have my permission to take whatever measures they deem reasonable to render assistance and that I will be financially responsible for any expenses involved.

2. Releasor realizes that participation in the Activities involves certain risks and dangers. Releasor has hereby been made aware that participation in the Activities may have the following non-exclusive list of certain risks which I accept: death; head, eye, neck, and spinal injury resulting in complete or partial paralysis; brain damage; heart attack; blisters; cuts; lacerations; abrasions; concussions; contusions; strains; sprains; dislocations; fractures; cold and heat injuries; water immersion; drowning; lightning strikes; injury to bones, joints, muscles, internal organs; and environmental conditions. In addition, I understand and accept the incidental risks of travel to and from the site of activity; participation at sites that may be remote from available medical assistance; and the possible reckless conduct of other participants.

3. Consequently, while understanding that the UNIVERSITY has taken precautions to provide organization, supervision, and equipment for reasonable safety, Releasor assumes joint and personal responsibility for safety while participating in the Activities. Pursuant to that joint and personal responsibility, Releasor agrees to comply with the instructions and direction of representatives and staff members of the University. Releasor understands that failure to abide by the instructions and rules may result in his/her termination from the activity. Releasor accepts personal responsibility to ensure that any equipment needed to participate in the Activities and used by the Releasor is safe and functioning properly and to refrain from causing loss or damage to the property of the University. Releasor realizes that he/she is solely responsible for any personal equipment, supplies, or property he/she may choose to use during the duration of the Activities.

4. Releasor further agrees to indemnify and hold harmless the UNIVERSITY for any and all claims or actions as a result of engaging in, using University facilities and equipment, or receiving instruction for the Activities or any activities incidental thereto whatsoever, whenever, or however the same may occur.

5. Releasor is aware that if he/she uses a vehicle not operated by the University for transportation to, at, or leaving the activity site, the University is NOT responsible for any damage caused by or arising from Releasor’s use of such vehicle. Furthermore, Releasor acknowledges that he/she is solely responsible for any action he/she takes outside the scope of those actions permitted by the University for purposes of the particular activity regardless if occurring before, during, or after the duration of the activity. Releasor agrees to follow University policies when operating a University owned vehicle.

6. In consideration of participation in the Activities, Releasor hereby RELEASES and covenants not-to-sue the UNIVERSITY for any and all present and future claims resulting from ordinary negligence on the part of the UNIVERSITY for property damage, personal injury, or wrongful death arising as a result of his/her engaging in, using University facilities and equipment, or receiving instruction for the Activities or activities thereto, wherever, whenever, or however the same may occur. Releasor hereby voluntarily waives any and all claims or actions resulting from ordinary negligence, both present and future, that may be made by Releasor’s family, estate, personal representative, heirs, or assigns.

I have read and understand that this WAIVER is intended to be as broad and inclusive as permitted by the laws of the State of Nebraska. I further agree the venue for any legal proceeding shall be in the State of Nebraska. I understand the rights that I am waiving and that I am freely signing this WAIVER AND RELEASE. I have read and fully understand that by signing this agreement I am giving up legal rights and remedies, which may be available to me for ordinary negligence of the UNIVERSITY. I further agree to follow and abide by the regulations and rules of the UNIVERSITY as they pertain to the Activities and to reimburse and make good to the UNIVERSITY any loss, damage, or cost the UNIVERSITY may have to pay as a result of my participation in the program.

_________________________  ________________________  ___________
RELEASOR (Signed)   RELEASOR (Printed)   DATE

Fall 2023 Term 1
REGISTRATION  Complete one form for EACH person.

First Name ____________________________ Last Name ____________________________

Complete the information below only if you are a new member or your information has changed.

Preferred name for badge ____________________________ Birthdate _________________
Address ___________________________________ City __________________ State __ Zip Code ___
E-mail Address ____________________________
Phone: Home ____________________________ Cell ____________________________

If you are a new member referred by a current OLLI member, who was it? ______________________________

☐ I have read and understand the Waiver and Release of Liability for OLLI.

☐ I would like to be assigned an OLLI ambassador.

FOR OFFICE USE ONLY

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<td>_____ Refund/Cancellation</td>
<td>Order #</td>
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2023-2024 Membership Registration -- Check One

☐ I am a current 2023-2024 OLLI member. $0

☐ I am purchasing a 2023-2024 annual membership (Valid through July 31, 2024). $75

Course or Event Registration:

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Total Payment (Membership + Course Cost + Event Cost)

Payment Method:
Check or money order payable to University of Nebraska-Lincoln Check # __________________________ Amount ___________________
Credit Card [ ] Visa [ ] MasterCard [ ] Discover [ ] American Express
Credit Card Number ____________________________ Expiration Date ____________________________

Return payment to: Osher Lifelong Learning Institute, University of Nebraska-Lincoln, 105 Newkirk Human Sciences Building, P.O. Box 830800, Lincoln, NE 68583-0800

oll.unl.edu  |  402-472-6265  |  olli@unl.edu
REGISTRATION  Complete one form for EACH person.

First Name _______________________  Last Name ______________________

Complete the information below only if you are a new member or your information has changed.

Preferred name for badge ____________________________  Birthdate ________________
Address ____________________________________________  City ________________  State ___  Zip Code ___
E-mail Address ________________________________________
Phone: Home _________________________________________  Cell ______________________

If you are a new member referred by a current OLLI member, who was it? ______________________________

☐ I have read and understand the Waiver and Release of Liability for OLLI.
☐ I would like to be assigned an OLLI ambassador.

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2023-2024 Membership Registration -- Check One  Cost

☐ I am a current 2023-2024 OLLI member.  $0
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Total Payment (Membership + Course Cost + Event Cost)

Payment Method:

Check or money order payable to University of Nebraska-Lincoln  Check # ________________________ Amount ________________

Credit Card  [ ] Visa  [ ] MasterCard  [ ] Discover  [ ] American Express

Credit Card Number ____________________________  Expiration Date ___________

Return payment to: Osher Lifelong Learning Institute, University of Nebraska-Lincoln, 105 Newkirk Human Sciences Building, P.O. Box 830800, Lincoln, NE 68583-0800
General Information and Policies

Course Recording Policy
OLLI at UNL selects certain courses to record for future use. Because of staffing and technology constraints, we will not record courses because a member will miss an upcoming session. Recorded courses are edited, archived and used for future instructional purposes.

Drop a Course or Event
Please notify the OLLI office if you need to drop a course/class so we may add someone from the waitlist. Call prior to the beginning of a class and before the second class for courses with multiple weeks. Let us know if you would like to enroll in an alternate course, want a refund, or wish to donate your course fee.

Email Notifications
Make sure we have your correct email address. The OLLI office sends emails to notify members of Zoom invites and course changes, course cancellations, upcoming events, as well as for our email newsletter. Instructors or facilitators may also want to contact students regarding class information. Your information is always confidential.

Guest Policy
Members may bring a guest, an individual who is NOT currently an OLLI member, to one session of a course if space is available. Contact the OLLI office at least two days in advance for approval and to make arrangements.

Membership
Memberships are non-transferable and non-refundable.

Postponed, Cancelled or Full Courses
If a class is postponed, you will be informed of the rescheduled date. If a course is cancelled or full, you will receive notice as soon as possible. You will be given the following options:
- Add your name to a wait list
- Register for an alternate course
- Receive a refund
- Donate your course fee

Weather-Related Cancellations
If Lincoln Public Schools or UNL is closed or starts late due to weather conditions, OLLI in-person and multi-format courses and events will be canceled. OLLI weekend in-person courses and events are canceled if UNL cancels courses or closes. Zoom only courses may take place. Call the OLLI office after 8 a.m. or check the OLLI website (olli.unl.edu) for information.

UNL East Campus Parking Permits
Courses meeting on UNL’s East Campus require a parking permit unless otherwise indicated. Hang your parking permit from your rear-view mirror.

Parking permits are:
- Included in the course fee unless otherwise indicated
- Available in the OLLI office the week prior to the course or event stated date
- Valid only on the day/dates/times/lot indicated on the permit
- Not valid for metered parking, visitor parking or reserved parking spaces
- For handicap parking, a UNL permit plus a handicap permit is required
A gondola ride in Venice.

Photo Credit: Bruce Mitchell, OLLI member

For the LOVE of LEARNING

olliatunl

OLLI at UNL