OSHER LIFELONG LEARNING INSTITUTE

Course Catalog: Fall 2019 Term 1

Curiosity never retires

Registration begins Tuesday, August 20, 8 a.m.
# Schedule

## Mondays

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>CR</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-10:30 a.m.</td>
<td>Building Resistance to Stress and Aging</td>
<td>20101CR</td>
<td>9</td>
</tr>
<tr>
<td>9-10:30 a.m.</td>
<td>How the MIND Diet May Promote Better Brain Aging</td>
<td>20102CR</td>
<td>9</td>
</tr>
<tr>
<td>11-12:30 p.m.</td>
<td>Events That Changed the Course of World History – Part I</td>
<td>20103CR</td>
<td>9</td>
</tr>
<tr>
<td>11 a.m.-12 p.m.</td>
<td>Yoga for Osteoporosis</td>
<td>20104CR</td>
<td>10</td>
</tr>
<tr>
<td>11 a.m.-12 p.m.</td>
<td>Pickleball</td>
<td>20105CR &amp; 20106CR</td>
<td>10</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>The Challenge of Immigration Reform: Finding a Fix</td>
<td>20107CR</td>
<td>10</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>The Early Church Fathers: Defining the Christian Faith</td>
<td>20108CR</td>
<td>11</td>
</tr>
<tr>
<td>1-4 p.m.</td>
<td>Fall Nature Hike at Pioneers Park</td>
<td>20109CR</td>
<td>11</td>
</tr>
<tr>
<td>1-4 p.m.</td>
<td>Yoga for Osteoporosis</td>
<td>20104CR</td>
<td>10</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>Pickleball</td>
<td>20105CR &amp; 20106CR</td>
<td>10</td>
</tr>
<tr>
<td>11 a.m.-12 p.m.</td>
<td>Pickleball</td>
<td>20105CR &amp; 20106CR</td>
<td>10</td>
</tr>
<tr>
<td>5:45-6:45 p.m.</td>
<td>Voices of the People Chorus (Voce Della Gente)</td>
<td>20111CR</td>
<td>12</td>
</tr>
</tbody>
</table>

## Tuesdays

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>CR</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 a.m.-12 p.m.</td>
<td>Behind the Scenes at the Lincoln Children’s Zoo</td>
<td>20112CR &amp; 20113CR</td>
<td>12</td>
</tr>
<tr>
<td>9-10:30 a.m.</td>
<td>Active for Life</td>
<td>20114CR</td>
<td>13</td>
</tr>
<tr>
<td>9 a.m.-12:30 p.m.</td>
<td>Nobel Prize Cousins: Albert Schweitzer &amp; Jean-Paul Sartre</td>
<td>20115CR</td>
<td>13</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>The CIA’s Greatest Known Hits: From Cold War to the Present</td>
<td>20116CR</td>
<td>13</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>An Introduction to Cochlear Implants</td>
<td>20119CR</td>
<td>13</td>
</tr>
<tr>
<td>1-4 p.m.</td>
<td>Explore Pawnee Lake by Kayaking</td>
<td>20120CR</td>
<td>8</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>Fashion Forward and Style Savvy</td>
<td>20121CR</td>
<td>14</td>
</tr>
<tr>
<td>3-4:30 p.m.</td>
<td>Backstage at the Repertory Theatre with “The Legend of Georgia McBride”</td>
<td>20122CR</td>
<td>14</td>
</tr>
</tbody>
</table>

## Wednesdays

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>CR</th>
<th>Number</th>
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</thead>
<tbody>
<tr>
<td>9-10:30 a.m.</td>
<td>In Nothing We Trust? The Unraveling of the American Social Fabric</td>
<td>20123CR</td>
<td>14</td>
</tr>
<tr>
<td>9-10 a.m.</td>
<td>Gentle Yoga</td>
<td>20124CR</td>
<td>15</td>
</tr>
<tr>
<td>9-11 a.m.</td>
<td>Taking Control of Your Financial Future: Modern Retirement Planning</td>
<td>20125CR</td>
<td>15</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Live and On Demand: The History of NET</td>
<td>20126CR</td>
<td>15</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Photography Using Your Mobile Device</td>
<td>20127CR</td>
<td>16</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Chronic Pain: Why You Need to Know More Than Your Doctor</td>
<td>20128CR</td>
<td>16</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Photography Post Processing: Editing Your Digital Pictures</td>
<td>20129CR</td>
<td>16</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Disruption in Rural Healthcare</td>
<td>20130CR</td>
<td>17</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Habla Español 1: Basic Conversational Spanish</td>
<td>20131CR</td>
<td>17</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>A Passage to Kami: Shinto as the Way of Living with God</td>
<td>20132CR</td>
<td>17</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>The U.S. and Major International Challenges of the 20th Century</td>
<td>20133CR</td>
<td>17</td>
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</table>

*Registration begins Tuesday, August 20, 8 a.m.*
### THURSDAYS

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Code</th>
<th>CR</th>
<th>CR</th>
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</thead>
<tbody>
<tr>
<td>9-10:30 a.m.</td>
<td>Mass Extinctions</td>
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<tr>
<td>9-10:30 a.m.</td>
<td>Natural Products: Chemistry in the Natural World</td>
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<tr>
<td>9-10 a.m.</td>
<td>Moving to Heal: Gentle Movement for Every BODY</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Tours of Rehabilitation Facilities</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Building Nebraska U: The Origins of the Modern University</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Learn the Ukulele</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Building Bridges: Visiting the Tri-Faith Commons</td>
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<tr>
<td>1-2:30 p.m.</td>
<td>The Most Commonly Misunderstood Concepts in Science</td>
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<tr>
<td>1-2:30 p.m.</td>
<td>Songs &amp; Artists: A Century of Recorded Pop Music</td>
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<tr>
<td>1-2:30 p.m.</td>
<td>Introduction to Argentine Tango and Its Mystery</td>
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<td>1-4 p.m.</td>
<td>Introduction to Kayaking</td>
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<tr>
<td>3-4:30 p.m.</td>
<td>There’s No Crying in Newsrooms: What Women Have Learned about What It Takes to Lead</td>
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<td>3-4:30 p.m.</td>
<td>Changing the Climate on Climate Change</td>
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<tr>
<td>3-4:30 p.m.</td>
<td>Sheldon Sculpture Garden Walk</td>
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<tr>
<td>3-4:30 p.m.</td>
<td>Playing the Chinese Pipa</td>
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### FRIDAYS

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Code</th>
<th>CR</th>
<th>CR</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-10:30 a.m.</td>
<td>Turn Friday into “Fri-Yay” with Friday Fitness Club</td>
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<tr>
<td>9-10:30 a.m.</td>
<td>Architecture and Its Afterlife</td>
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<tr>
<td>9-10:30 a.m.</td>
<td>Life in the Colonies before 1776 Part III</td>
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<tr>
<td>9-10:30 a.m.</td>
<td>The History of Gaelic Ireland Until 1000 AD</td>
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<tr>
<td>9-10:30 a.m.</td>
<td>Prepare to Care: Creating a Plan</td>
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<tr>
<td>9-10:30 a.m.</td>
<td>Touring Hudl: Video Analytics across the World</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>The Concerto</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Cuba and the Cameraman</td>
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<tr>
<td>11 a.m.-1 p.m.</td>
<td>Access Lincoln from a New Angle: Try Star Tran</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Bike LNK</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Relationship-Based Strategies for Grandparents</td>
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</tbody>
</table>
### COURSE LOCATION KEY

- **Aldersgate United Methodist Church**, 8320 South St.
- **Assemblage**, 1828 N. St.
- **Bryan Health West**, 2300 S. 16th St.
- **CGS Music**, 1244 High St.
- **Cornhusker Bank**, 8310 O St.
- **Doane University**, Lincoln Campus, 303 N. 52nd St.
- **First-Plymouth Church**, 20th & D Sts.
- **First Presbyterian Church**, 840 S. 17th St.
- **Gateway Mall**, 6100 O St.
- **Holmes Lake**, 70th St. and Normal Blvd.
- **Hudl**, 600 P St.
- **Juniper Spa & Yoga Studio**, 245 S. 84th St., Suite L100
- **Lancaster County Extension Office**, 444 Cherrycreek Rd.
- **Lincoln Children's Zoo**, 1222 S. 27th St.
- **Lincoln Duplicate Bridge Club**, 237 S. 70th St., 2nd floor
- **Marcus Edgewood Theater**, 5220 S. 56th St.
- **Midwest Sports Performance**, 345 Speedway Cir.
- **NET**, Nebraska Educational Telecommunications, 1800 N. 33rd St.
- **Peterson Park Pickleball Courts**, 4400 Southwood Dr.
- **Pioneers Park Nature Center**, 3201 S. Coddington Ave.
- **SCC-CEC**, Southeast Community College, Continuing Education Center, 301 S. 68th St. Place
- **Sheldon Museum of Art**, 12th & R Sts.
- **Southern Heights Presbyterian Church**, 5750 S. 40th
- **St. Paul United Methodist Church**, 1144 M St.
- **Union College Library**, 3745 S. 48th St.
- **Unitarian Church**, 6300 A St.
- **UNL Barkley Memorial Center**, 4075 East Campus Loop South
- **UNL Nebraska Innovation Campus**, 2021 Transformation Dr.
- **UNL Recreation and Wellness Center**, East Campus, 1717 N 35th St.
- **UNL Johnny Carson School of Theatre and Film**, Temple Building, 12th & R Sts.
- **UNL Westbrook Music Building**, 1104 R St.
- **Wyuka Stables**, 3600 O St.

### SATURDAYS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>CR Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-11:30 a.m.</td>
<td>Telling Your Stories</td>
<td>20168CR</td>
</tr>
<tr>
<td>9 a.m.-3 p.m.</td>
<td>River Kayaking</td>
<td>20169CR</td>
</tr>
</tbody>
</table>

### SUNDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>CR Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-3:30 p.m.</td>
<td>Art at the Assemblage: The Iconic House</td>
<td>20170CR</td>
</tr>
<tr>
<td>1-4 p.m.</td>
<td>Introduction to Kayaking</td>
<td>20171CR</td>
</tr>
</tbody>
</table>

### EVENTS

<table>
<thead>
<tr>
<th>Event Description</th>
<th>CR Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, Aug 16 – OLLI Showcase</td>
<td>6-7</td>
</tr>
<tr>
<td>Wed, Oct 2/Oct 9 – Historic Hayrack Ride</td>
<td>20172EV &amp; 20173EV</td>
</tr>
<tr>
<td>Sun, Sept 29; <strong>Flatwater Shakespeare’s “Macbeth”</strong></td>
<td>20174EV &amp; 20175EV</td>
</tr>
<tr>
<td>Thu, Oct 10 – Movies that Matter – White Right: Meeting the Enemy</td>
<td>20176EV</td>
</tr>
<tr>
<td>Sat, Oct 19 – Fall Symposium: Celebrating the 19th Amendment:</td>
<td>20177EV</td>
</tr>
<tr>
<td></td>
<td>Women’s Rights Here and Aboard</td>
</tr>
</tbody>
</table>

### Member Discounts

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### Interest Groups

- 34-35

### Registration Forms

- 38-39
Join & Register!

Membership is required to take most courses, participate in events and take advantage of OLLI opportunities.

Membership

Benefits
You get a lot for your investment, including OLLI catalogs mailed to your home, interest groups, some free programs, discounts from partners and much more. We want to ensure that you get the best possible value from your membership.

Fee
An annual membership fee is $75, valid until July 31, 2020. Members of NET (Nebraska Educational Telecommunications) and first time NEW OLLI members who are also members of the UNL Alumni Association receive a $10 discount on membership. To become a member, renew your membership and/or to register:

• Go online to olli.unl.edu
• Mail in your membership/registration form with your payment

1 registration. To register for the training, please call the OLLI office at 402-472-6265.

Register for one session.

Day/Date: Mon, Aug 12
Times: 9-10 a.m.; 10-11 a.m.; or 11 a.m.-12 p.m.

Day/Date: Tue, Aug 13
Times: 9-10 a.m.; 10-11 a.m.; or 11 a.m.-12 p.m.

Day/Date: Wed, Aug 14
Times: 9-10 a.m.; 10-11 a.m.; or 11 a.m.-12 p.m.

OLLI Credit
OLLI’s online registration system does not accept credits earned toward courses/events. If you have credit or are not sure, call the OLLI office. Any existing credit must be used by December 31, thereafter credits will not be refunded. In the future, OLLI will be issuing refunds to your credit card for course/event cancellations or program changes.

Mailing Address:
Osher Lifelong Learning Institute
125 Home Economics Building
P.O. Box 830800
Lincoln, NE 68583-0800

Street Address:
UNL East Campus
1650 N. 35th St.
OLLI at UNL is a program designed for adults age 50 years plus. OLLI offers non-credit courses, events and travel opportunities. There are no grades and no tests. OLLI is about the joy of learning!

The Showcase will give you an opportunity to experience an overview of all that OLLI at UNL has to offer.

- Sample courses taught by OLLI instructors
- Explore fascinating subjects
- Learn about travel opportunities
- Meet like-minded people

**Limited Space Remaining!**

**Schedule**

12:30 p.m.  **Doors Open**
- Sign in
- Watch informational videos
- Talk with interest group leaders
- Visit information tables

1:15 p.m.  **First Showcase Sampler (Select one)**
- Good Morning Vietnam: Broadcasting in a War Zone
- Is the First Amendment Always “First?”
- The Most Commonly Misunderstood Concepts in Science
- Sexy Rectangles and Other Mathematical Wonders
- How to Simplify Your Stuff and Honor Your Memories
- All Things Digital: Capturing Those Kodak Moments
- The Challenge of Immigration Reform: Finding a Fix
- Gentle Yoga

2 p.m.  **Break**

2:15 p.m.  **Second Showcase Sampler**
(Repeat of first sampler. Select one.)

3-4:30 p.m.  **Social – Cash Bar/Light Hors d’oeuvres**
- Gather. Relax. Connect with others.
- Enjoy OLLI’s ukulele group

RESERVE YOUR SPOT NOW!

RESERVE YOUR SPOT ONLINE AT OLLI.UNL.EDU OR CALL THE OLLI OFFICE AT 402-472-6265

UNL does not discriminate based upon protected status.
KAYAKING

Introduction to Kayaking

The recreational kayak is a great way to explore and enjoy the lakes in the Lincoln area. The new design of recreational kayaks provides a stable platform for everyone to enjoy this lifetime activity. This class will introduce you to the basics of kayaking and safety measures so you can start enjoying this new activity on your own. Kayaking equipment is provided.

Register for only one class.

20171 CR
Day/Date: Sun, Sept 8
Time: 1-4 p.m.
Cancellation after Sept 4 for this class will be non-refundable.

20152
Day/Date: Thu, Sept 5
Time: 1-4 p.m.
Cancellation less than 48 hours before course will be non-refundable.

Location: Holmes Lake. Additional directions will be provided before class.
Enrollment Limit: 13 (per class)
Cost: $40

Explore Pawnee Lake by Kayaking

20120CR
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 for paddlers who have participated in one of the previous kayaking classes. Kayaking equipment is provided. You must provide your own entry fee into state recreation area.

Day/Date: Tues, Sept 17
Time: 1-4 p.m.
Enrollment Limit: 13
Location: Pawnee Lake. Additional directions will be provided before the class.
Cost: $50
Cancellation less than 48 hours before the course will be non-refundable.

Introduction to River Kayaking

20169CR
Come enjoy a paddle down the Platte or Elkhorn River. This is a great opportunity to experience a simple river trip to home. This class will introduce you to the basics of river kayaking and safety measures so you can start enjoying this new activity on your own. A light lunch and snack will provided. Kayaking equipment is provided.

Day/Date: Sat. Sept 21
Time: 9 a.m.-3 p.m.
Location: Louisville, Neb. Additional directions will be provided before the class.
Enrollment Limit: 13
Cost: $70
Cancellation after Sept 18 will be non-refundable.
MONDAYS

Building Resistance to Stress and Aging

2010ICR
We know that stress and aging have nasty impacts on our brains, our health, stress tolerance, memory and cognitive capacity: excessive aging will eventually kill us. We also know that mental challenges, physical fitness and even meditation will toughen us, delaying stress and aging impacts on the brain and the mind. How much benefit do we derive from cognitive challenge, regular exercise, meditation and even giving random hugs? Do video games really help preserve our brain and mental function? If so, which kinds and how much? What does research in neuroscience and genetics tell us about how various toughening activities affect the brain? How does physical exercise make you smarter? The answers come from modern neuroscience and modern genetics.

Instructor/Facilitator: Dick Dienstbier, professor emeritus, Psychology, UNL, and OLLI member
Day/Dates: Mon, Sep 9, 16, 23, 30, Oct 7, 14
Time: 9-10:30 a.m.
Location: Unitarian Church, Auditorium
Enrollment Limit: 75
Cost: $30

How the MIND Diet May Promote Better Brain Aging

20102CR
The MIND diet recommends eating certain foods a specific number of times a day or week for better brain health and to help prevent Alzheimer’s disease. The MIND diet, a hybrid of the Mediterranean diet pattern and Dietary Approaches to Stop Hypertension (DASH) diet, was first proposed by Rush University Medical Center based on observational studies over a period of 20 years. U.S. News ranked MIND in the top four diets in these categories: best diets overall, best diets for healthy eating, best heart-healthy diets and easiest diets to follow. We will discuss how you can benefit from the MIND diet even if you do not follow it strictly. Practical suggestions and recipes to help incorporate elements of the MIND diet in meals will be provide.

Instructor: Alice Henneman, emeritus extension educator, Nebraska Extension, UNL
Facilitator: Dennis Berens
Day/Date: Mon, Sept 23
Time: 9-10:30 a.m.
Location: Lancaster County Extension Office
Enrollment Limit: 40
Cost: $5

Events that Changed the Course of World History–Part I

20103CR
In this DVD course, you will learn about events that had such a profound impact that they changed the course of history. Professor J. Rufus Fears, professor of Classics at the University of Oklahoma, begins with ancient civilizations and the code of Hammurabi from Mesopotamia. From Moses to the founding of the oldest university in the world, Bologna University in Italy, take a journey to explore history’s greatest events. There will be two, 30-minute lectures per class. Discussion will follow. This course is open to UNL Emeriti and Retirees Association members. The OLLI membership requirement is waived.

Instructor/Facilitator: Dick Dienstbier, professor emeritus, Psychology, UNL, and OLLI member
Day/Dates: Mon, Sept 9, 16, 23, 30, Oct 7, 14
Time: 11 a.m.-12:30 p.m.
Location: Unitarian Church, Auditorium
Enrollment Limit: 75
Cost: $30
Yoga for Osteoporosis

20104CR
Osteoporosis and osteopenia affect up to 200,000,000 people worldwide today, with numbers likely to grow as the population ages. While medications and treatments can be effective, they can also be prohibitively expensive and include unwanted side effects. Researchers have found that yoga can be an effective and inexpensive treatment. The practice of certain yoga poses on a consistent basis over time can mitigate or reverse the progress of osteoporosis or osteopenia. Yoga classes or home practices have a dramatically lower cost than medications. It is also known that the side effects of a yoga practice can include better posture, improved balance, increased strength and reduced levels of anxiety.

Instructor/Facilitator: Jane Williams, E-RYT 200, YACEP, Y4C
Day/Dates: Mon, Sept 9, 16, 23, 30, Oct 7, 14
Time: 11 a.m.-12 p.m.
Location: First-Plymouth Church, Mayflower Hall
Maximum Enrollment: 12
Cost: $30

Pickleball – A Sport for ALL Ages!

Learn the basics of pickleball. You will be playing this game in 20 minutes. This course is for those who are just beginning and also for those who consider themselves advanced beginners.

A limited number of paddles and balls will be available to borrow. Participants are encouraged to consider purchasing a paddle. A beginner’s paddle, called “The Club” can be purchased for about $35 locally. Before buying a paddle, please contact the instructor, Bill Roehrs, at 402-432-6790 or email him at wroehrs@me.com.

Instructor/Facilitator: Bill Roehrs, USAPA ambassador
Time: 11 a.m.-12 p.m.
Location: Peterson Park Pickleball Courts
Enrollment Limit: 24 per each course
Cost: $20

Register for only one session.

Session 1
20105CR
Days/Dates: Mon-Thu, Sept 23-26
(Rain Date is Sept 27)
Time: 11 a.m.-12 p.m.

Session 2
20106CR
Days/Dates: Mon-Thur, Sept 30-Oct 3
(Rain Date is Oct 4)
Time: 11 a.m.-12 p.m.

The Challenge of Immigration Reform: Finding a Fix

20117CR
Immigration reform has been caught in a partisan divide and argued for many years. The last attempt at reform was in 2013 when a measure sponsored by the “Gang of Eight” was passed by the U.S. Senate but stalled in the House. That led President Obama to sign the executive order Deferred Action for Childhood Arrivals (DACA), to protect undocumented individuals who came to the U.S. as children. Now President Trump has presented a plan to change the emphasis of U.S. immigration policy from family reunification to a policy based on merit. We will look at hot button topics such as chain migration, “birther” babies, border security, amnesty, temporary workers, the immigration lottery and other issues. There will also be
discussion on the current crisis of asylum seekers at the southern border. Finally, the class will attempt to work out a compromise immigration reform package.

**Instructors:** OLLI members—Peter Levitov, former immigration attorney and emeritus dean of International Affairs, UNL; Marvin Almy, past refugee coordinator for the Lincoln Literacy Council

**Facilitators:** Charlyne Berens and Barb Schliesser

**Day/Dates:** Mon, Sept 9, 16, 23, 30, Oct 7, 14

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

**Location:** Southern Heights Presbyterian Church, Sanctuary

**Enrollment Limit:** 125

**Cost:** $30

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**Moving in the Right Direction – A Guide to Seniors’ Housing-Related Issues**

**20107CR**

At some point in most seniors’ lives, decisions must be made regarding current and future housing needs. Each of us must analyze whether or not our current housing arrangements are right for us. Learn how to work through the complex issues and unique situations that arise as we evaluate the many options that are available. We will discuss the emotional issues associated with any change, various housing options, health and safety issues, home adaptations and financial considerations. Finally, we will talk about the process of getting your home ready to sell, if that is the decision, and moving on to new opportunities.

**Instructor/Facilitator:** Bruce Hahn, realtor and senior real estate specialist

**Day/Date:** Mon, Sept 23

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

**Location:** SCC-CEC, Room 404

**Enrollment Limit:** 25

**Cost:** $5

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**The Early Church Fathers: Defining the Christian Faith**

**20108CR**

Historians generally describe the church fathers as those who passed on and clarified the teaching of Christ’s apostles from the late first through the eighth centuries. We will explore the emphasis they placed on apostolic succession and church authority, and discuss their establishment of the biblical canon, including the Old Testament and the writings accepted for inclusion in the New Testament. Learn how the “Rule of Faith” and the central teachings of the faith worked out at the church’s first four ecumenical councils. Our survey includes a look at the chief individual church fathers, as well as the persecutions, heresies, critics, apologists and theological controversies of this period.

**Instructor:** Ernie Hines, retired editor, and OLLI member

**Facilitator:** Jane Hines

**Day/Dates:** Mon, Sept 9, 16, 23, 30, Oct 7, 14

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

**Location:** NET, Meeting and Events Room

**Enrollment Limit:** 75

**Cost:** $30

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**Fall Nature Hike at Pioneers Park**

**20109CR**

After a full growing season and surviving the extremes of our Nebraska climate, the prairie reaches its climax in the fall. Before the dormancy of winter comes waving seas of tall grasses, the last flowerings and pollinators and ripening seeds. Come hike through this remnant piece of our ecological history and perhaps experience what the first settlers may have seen. Dress for the weather and wear good shoes.

**Instructor:** Betty Orr, teacher and naturalist, Pioneers Park Nature Center

**Facilitator:** Kathie Putensen

**Day/Date:** Mon, Oct 14

**Time:** 2-4 p.m.

**Location:** Pioneers Park Nature Center

**Enrollment Limit:** 24

**Cost:** $5
**Saving a Life with CPR**

**20110CR**

Learn about the latest developments in CPR, how to use an AED to shock the heart when necessary and practice doing chest compressions. Also, learn what to do when someone is choking. This class involves active participation. And is offered in partnership with Bryan Health Care System.

**Instructor:** Mindi Jo Boettcher, coordinator, Training Center, Bryan Medical Center  
**Facilitator:** David Dyke  
**Day/Date:** Mon, Sept 16  
**Time:** 1-4 p.m.  
**Location:** Bryan Health West, Conference Room A  
**Enrollment Limit:** 12  
**Cost:** $10

**Voices of the People Chorus (Voce Della Gente)**

**20111CR**

Whether you sing often or have not sung in a group for a while, we invited you to join with other singers in creating “Broadway Lights” in a concert setting. Learn a part and how to hold that part within the ensemble. Rehearsals will prepare the ensemble for a quality performance. Voice part tracks will also be available for personal practice, if requested. The program will include songs and medleys of Broadway tunes. Provided music will be on loan, however you may choose to order and purchase your own copies. Concert attire will be white long-sleeved tops or shirts and black slacks or pants, with black shoes.

**Instructors:** Nancy Beth Clay, conductor; Judi Muller, accompanist, OLLI members  
**Facilitator:** Nancy Clay  
**Days/Dates:** Mon, Sept 9, 16, 23, 30, Oct. 7; Thu, Sept 5, 12, 19, 26, Oct. 3, 10  
**Final performance—Mon, Oct 14, 7 p.m.**  
(Free. Open to the public)  
**Classes/Rehearsals:** 5:45-6:45 p.m.  
**Location:** Aldersgate Methodist Church  
**Enrollment Limit:** 50  
**Cost:** $40

**TUESDAYS**

**Behind the Scenes at the Lincoln Children’s Zoo**

We promise a behind-the-scenes tour of the zoo’s newest animal residents. The lead zookeeper will provide a special look at the new giraffe barn. The zoo’s director of veterinarian medicine and conservation will lead a tour of the medical facilities and describe the zoo’s conservation efforts. John Chapo, president and CEO, will chat with us about the history, evolution and future of the zoo.

**Instructor:** Alyssa Hodes, education manager, Lincoln Children’s Zoo  
**Facilitator:** De Tonack  
**Time:** 9 a.m.-12 p.m.  
**Location:** Lincoln Children’s Zoo  
**Enrollment Limit:** 30 per session  
**Cost:** $45

Register for only one session.

**Session 1**  
**20112CR**  
**Day/Date:** Tue, Sept 17

**Session 2**  
**20113CR**  
**Day/Date:** Tue, Sept 24

Photo courtesy of Lincoln Children’s Zoo.
Active for Life

20114CR
We know staying active is vital in living a long, healthy life. We will cover some key reasons why and how staying active is so important. Learn about the importance and benefits of physical activity and enjoy a variety of fun activities to keep you moving.

Instructor: Rebecca Grundman, personal trainer, Midwest Sports Performance
Day/Dates: Tue, Sept 10, 17, 24, Oct 1
Time: 9-10:30 a.m.
Location: Midwest Sports Performance
Enrollment Limit: 24
Cost: $20

Nobel Prize Cousins: Albert Schweitzer & Jean-Paul Sartre

20115CR
Albert Schweitzer, winner of the 1952 Nobel Peace Prize, had a cousin who was the mother of Jean-Paul Sartre. Sartre won but declined the Nobel Prize for Literature in 1964. Schweitzer occasionally babysat Jean-Paul when he was a toddler. We will review the lives, actions and works of the two wide-ranging, prominent 20th century intellectuals, from Schweitzer's "the historical Jesus" and "reverence for life" to Sartre's "existentialism" and "dialectics" and review how they could consider each other's statements and positions.

Instructor/Facilitator: Wil Hass, professor emeritus, Argosy University, and OLLI member
Day and Dates: Tue, Sept 10, 17, 24
Time: 11 a.m.-12:30 p.m.
Location: SCC-CEC, Room 404
Enrollment Limit: 25
Cost: $15

The CIA’s Greatest Known Hits: From Cold War to Present

20116CR
In World War II, President Franklin D. Roosevelt created the Office of Strategic Services (OSS) to assess intelligence gathered from around the world to help win the war. Upon that success, in 1947 when the Cold War was starting to intensify, the OSS morphed into the Central Intelligence Agency (CIA). Tasked with defending America from the Cold War to today, the CIA has experienced brilliant successes and spectacular defeats. From running spies to encouraging defections, from assassinations to toppling governments, the CIA has never suffered from a lack of imagination, devotion and bravery. However, the CIA has also experienced hubris, the enemy of restraint. Explore the conundrum of an agency sworn to secrecy in our defense juxtaposed against our democracy in an era of free-flowing information.

Instructor: Thomas Berg, lecturer, History, UNL
Facilitator: David Dyke
Day/Dates: Tue, Sept 3, 10, 17, 24, Oct 1, 8
Course Meeting Time: 11 a.m.-12:30 p.m.
Location: Marcus Edgewood Theater
Enrollment Limit: 280
Cost: $30

An Introduction to Cochlear Implants

20119CR
Cochlear implants (CI) are surgically implanted devices that provide hearing to people who cannot benefit from hearing aids. Learn how a CI works, who is a candidate and what kind of affects the technology has on people's lives. We will also discuss recent research that is uncovering how hearing loss affects cognitive function and how improving hearing can help to offset cognitive decline.

Instructor: Michelle L. Hughes, associate professor and director, Cochlear Implant Research Laboratory, UNL
Facilitator: Bob Michl
Day/Date: Tue, Oct 15
Time: 1-2:30 p.m.
Location: NET, Board Room
Enrollment Limit: 25
Cost: $5
Fashion Forward and Style Savvy

20121CR
Tired of your wardrobe, but don’t want to spend a lot of money for new clothes? Come explore ideas to refresh and update your wardrobe and re-style clothes and accessories that are already in your closet using tools and skills presented in class.

**Instructor:** Susan Stranghoener, retired home economics educator
**Day/Date:** Tue, Sept 24
**Time:** 1-2:30 p.m.
**Location:** SCC-CEC, Room 404
**Enrollment Limit:** 25
**Cost:** $5

Backstage at the Repertory Theater with “The Legend of Georgia McBride”

20122CR
He’s young. He’s broke. His landlord is knocking at the door and he just found out his wife is going to have a baby. To make matters even more desperate, Casey is fired from his gig as an Elvis impersonator in a small run-down bar. When the bar owner brings in a drag show to replace his act, Casey finds that he has a whole lot to learn about show business and himself. Find out what happens when the King becomes a Queen.

*This course is open to UNL Emeriti and Retirees Association members. The OLLI membership requirement is waived.*

**Instructor:** Julie Hagemeier, general manager, Johnny Carson School of Theatre and Film
**Facilitator:** Leta Powell Drake
**Day/Date:** Tue, Sept 24
**Time:** 3-4:30 p.m.
**Location:** Johnny Carson School of Theatre & Film, Temple Building, the Studio Theatre. A parking garage is available at 11th and Q Sts. First hour is free of charge.
**Enrollment Limit:** Open
**Cost:** $5

In Nothing We Trust? The Unraveling of the American Social Fabric

20123CR
For centuries, Americans have been weaving the nation’s social fabric, developing a shared set of truths: family, religion, economic systems, institutions and governments, among others. While the fabric has never been flawless or impervious to threat, one could argue that it has frayed at an accelerating rate during the late 20th and early 21st centuries. Employing evidence of trust and distrust, we will consider the ties that have bound us together as Americans and the consequences of their unraveling. After an overarching look at long-term trends, we will examine specific aspects of the subject including religion, economics, politics, the law and the media.

**Instructors:** Tim Borstelmann, professor, History, UNL; Jim Keck, senior pastor, First-Plymouth Congregational Church; Eric Berger, associate dean, College of Law, UNL; Jerry Petr, professor emeritus, College of Business, UNL, and OLLI member; Elizabeth Theiss-Morse, professor, Political Science, UNL; Charlyne Berens, professor emeritus, College of Journalism and Mass Communications, UNL, and OLLI member
**Facilitators:** Ben Rader and John Comer
**Day/Dates:** Wed, Sept 4, 11, 18, 25, Oct 2, 9
**Time:** 9-10:30 a.m.
**Location:** NET, Meeting and Events Rooms
**Enrollment Limit:** 75
**Cost:** $30
### Gentle Yoga  
20124CR  
Mindful movements, breath-work (pranayama) and relaxation is what this class is all about. Gentle Yoga is appropriate for those who want a softer, nurturing, slow-paced practice. It will help to improve your flexibility and balance while decreasing stress in your daily life. By syncing our breath to different movements we will soothe the nervous system and set the tone your day ahead. All levels of practitioners are welcome and we will modify poses as needed for a safe, calming practice in our candlelit studio. Great for complete beginners.  
**Instructor/Facilitator:** Staff, Juniper Spa & Yoga Studio  
**Day/Dates:** Wed, Sept 4, 11, 18, 25, Oct 2, 9  
**Time:** 9-10 a.m.  
**Enrollment Limit:** 10  
**Location:** Juniper Spa & Yoga Studio  
**Cost:** $30

### Taking Control of Your Financial Future: Modern Retirement Planning  
20125CR  
Learn about new programs that could be of help to your financial planning. What are the principles for successful retirement? Learn how to set reasonable goals based on your personal means. Become familiar with the concepts and terminology involved in the financial component of an overall retirement plan. The course does not endorse any particular strategy, company or product, but focuses on the concepts needed to make informed decisions in this ever-changing environment. It is always a good thing to plan ahead.  
**Instructor:** Joel T. Barjenbruch, CFP, RICP, CFEd, CLU  
**Facilitator:** Carla Fetch  
**Day/Dates:** Wed, Sept 4, 11, 18  
**Time:** 9-11 a.m.  
**Enrollment Limit:** 25  
**Location:** SCC-CEC, Room 404  
**Cost:** $15

### Live and On Demand: The History of NET  
20126CR  
NET, Nebraska’s statewide public television and radio network, originated in the mind of Jack McBride and signed on the air Nov. 1, 1954. Today, nearly 65 years later, it thrives as one of America’s finest broadcast services of its kind. The history of NET has all the elements of a riveting drama, embracing along the way politics, economic downturns and moments of achievement and always endeavoring to provide all Nebraskans with television of high quality. The history of NET reflects to a great extent the history of the state of Nebraska and its people.  
**Instructor:** Ron Hull, senior advisor, NET and professor emeritus, UNL; Rod Bates, retired general manager, NET, and OLLI member  
**Facilitator:** Charlyne Berens  
**Day/Dates:** Wed, Sept. 4, 11, 18  
**Time:** 11 a.m.-12:30 p.m.  
**Location:** NET, Meeting and Events Room  
**Enrollment Limit:** 75  
**Cost:** $15
Photography Using Your Mobile Device

20127CR
Are you interested in focusing on photography using your mobile devices – smart phones and tablets (not limited to Apple products) – and doing some limited post-processing of these photographs? The small class size provides for personalized assistance. In preparation for the course, please download Snapseed for photo processing to your device.

Instructor: John Keller, adjunct professor, Photography, Doane University and Southeast Community College
Facilitator: David Dyke
Day/Dates: Wed, Sept 4, 11, 18
Time: 11 a.m.-12:30 p.m.
Location: Doane University, Fred D. Brown Center, Lincoln Campus. Park east of the main entrance.
Enrollment Limit: 12
Cost: $15

Chronic Pain—Why You Need to Know More Than Your Doctor

20128CR
Chronic pain significantly impacts life for one-in-five adult Americans and costs the U.S. economy more than heart disease and cancer combined. Yet, treatment for pain has been so misdirected by our healthcare system that more than 145 lives are lost in the process every day. For your own long-term health and comfort, don’t be complacent—know more about chronic pain and its many causes. Advocate for safe treatment options and understand there are novel pain management treatments available. Learn about basic pain management principles and the specialty of pain management.

Instructor: Phillip Essay, M.D
Facilitator: Carolyn Gregorius
Day/Date: Wed, Sept 18
Time: 11 a.m.-12:30 p.m.
Location: Aldersgate United Methodist Church
Enrollment Limit: 75
Cost: $5

Post-Processing/Editing Your Digital Pictures

20129CR
You hopefully have learned a lot more about your camera and now are making much better pictures, after taking the OLLI Intro to Digital Photography course. This course has been designed to help you convert those great photos into masterpieces through post-processing/editing. You will learn how to control brightness, contrast, sharpness, cropping and much more. You will need a laptop with an editing program such as Photoshop, Affinity Photo, Nikon NX-1 or another comparable recent editing program. Bring at least two photos in RAW format and two photos in JPEG format to the class to get started.

The prerequisite for this course is having previously completed the OLLI Digital Photography course. Contact John Keller, the instructor, at jfk120@gmail.com, 402-450-3781, if you have questions about what program(s) can be used for this course or if you have any other related questions.

Instructor: John Keller, adjunct professor, Photography, Doane University and Southeast Community College
Facilitator: David Dyke
Day/Dates: Wed, Sept 25, Oct 2,9
Time: 11 a.m.-12:30 p.m.
Location: Doane University, Fred D. Brown Center, Lincoln campus. Park east of the main entrance.
Enrollment Limit: 12
Cost: $15
Disruption in Rural Healthcare

20130CR
Rural hospitals in Nebraska have long been cornerstones of their communities, but they face significant change. We will learn about their challenges and solutions, including the importance of regional medical centers, technology and non-physician practice clinicians. A moderated discussion by a panel of experts and those directly affected by change will be include in one of the sessions.

Instructor: Richard Evnen, chair, American Hospital Association Committee on Governance
Facilitator: David Dyke
Day/Dates: Wed, Sept 25, Oct 2
Time: 11 a.m.-12:30 p.m.
Location: Aldersgate United Methodist Church
Enrollment Limit: 75
Cost: $10

Habla Español 1: Basic Conversational Spanish

20131CR
Learn and practice basic Spanish phrases used in conversation. By the end of the course, you will greet, describe family and daily activities and order at a restaurant in Spanish. Leave your inhibitions at home! Mistakes are expected, but trying out Spanish for communication is the goal.

Supplies Needed: “Learn Spanish the Fast and Fun Way” by Gene M. Hammitt and George Thatcher, Ed.D., Barron’s Publishing. The book can be purchased at Barnes and Noble or online at Amazon.com.

Instructors: Marie Trayer, assistant professor, Spanish and Language Teaching Methodology, retired; Edith Adan-Bante, Ph.D., mathematics, University of Illinois, Urbana Champaign, OLLI members
Facilitator: Susan Major
Day/Dates: Wed, Sept 4, 11, 18, 25, Oct 2
Time: 11 a.m.-12:30 p.m.
Location: SCC-CEC, Room 214
Enrollment Limit: 25
Cost: $25

A Passage to Kami: Shintō as the Way of Living with God

20132CR
Shintō (“the way of the gods”) is the indigenous faith of the Japanese people and as old as Japan itself. We will cover such topics as a brief history, general beliefs and practices in people’s life. Unlike a proto religion in the Western concept, Shintō does not dictate its teaching based on scriptures and faith. Instead, in Japan, the country where most people are associated with multiple religious traditions, the idea of Shintō is integrated into everyday life. Shintō gods are called Kami. They are sacred spirits which take the form of things and concepts important to life, such as wind, rain, mountains, trees, rivers and fertility. Humans become kami after they die. We will discuss kami gods that affect various social and cultural scenes in Japan.

Instructor: Ikuho Amano, associate professor, Japanese, UNL
Facilitator: Lois Ullman
Day/Date: Wed, Sept 4
Time: 11 a.m.-12:30 p.m.
Location: Unitarian Church Auditorium
Enrollment Limit: 75
Cost: $5

The U.S. and Major International Challenges of the 20th Century

20133CR
We will examine the U.S. role in the 20th century world through the lens of important challenges: World War I, World War II, the Korean War, the Vietnam War, the Iranian Revolution and the Middle East and immigration.

Instructor: Tim Borstelmann, professor, History, UNL
Facilitator: Ross McCown
Day/Dates: Wed, Sept 4, 11, 18, 25, Oct 2, 9
Time: 1-2:30 p.m.
Location: Unitarian Church, Auditorium
Enrollment Limit: 75
Cost: $30
Digital Photography

20134CR
Want to gain a greater proficiency in digital photography while using an advanced amateur camera (adjustable), mirrorless interchangeable lens camera (MILC) or digital single-lens reflex (DSLR) camera? This course is designed to provide you with these fundamentals as you practice with your own personal camera. Basic principles of photography will be reviewed and then more sophisticated digital camera operations, such as controls, function and purpose, lighting, composition, hardware options and software will be discussed.

Instructor: John Keller, adjunct professor, Photography, Doane University and Southeast Community College
Facilitator: David Dyke
Day/Dates: Wed, Sept 4, 11, 18, 25, Oct 2, 9
Time: 1-2:30 p.m.
Location: Doane University, Fred D. Brown Center, Lincoln campus. Park east of the main entrance.
Enrollment Limit: 12
Cost: $30

Monet to Van Gogh: A History of Impressionism Part II

20135CR
This DVD lectures series is an absorbing lesson in the marvelous cultural, historical and visual experiences that great paintings provide. Professor Richard Brettell, University of Texas at Dallas, creates a vivid virtual museum through which to appreciate the genius and enduring accomplishments of the Impressionists. These men and women, in a few short years, forever changed the art of painting. Each class will include two lectures followed by discussion.

Facilitator: Bridget Cannon, OLLI Member
Day/Dates: Wed, Sept 4, 11, 18, 25, Oct 2, 9
Time: 1-2:30 p.m.
Location: SCC-CEC, Room 214
Enrollment Limit: 40
Cost: $30

Elementary Bridge

20136CR
This class is structured for the student who has no prior knowledge of the game of bridge. We will cover how the game is played, bridge vocabulary, basic Standard American bidding and basic card play. There will be ample opportunities to play hands that will illustrate what has been taught in the day’s class. It will be as slow as needed so all can grasp the basics of the game.

Instructor/Facilitator: Henry Schuman
Day/Dates: Wed, Sept 4, 11, 18, 25, Oct 2, 9
Time: 1-2:30 p.m.
Enrollment Limit: 36
Location: Lincoln Duplicate Bridge Club, 2nd Floor, elevator access
Cost: $30

Immunizations for a Lifetime

20137CR
Immunizations are important for preventing diseases throughout our lifespan. Get an overview of vaccines recommended for different age groups and discuss factors related to acceptance of or hesitancy toward vaccination. Find out about trends in vaccine coverage and vaccine-preventable diseases in Nebraska. Vaccinations for international travel will also be addressed.

Instructors: Linda K. Ohri, PharmD, MPH, associate professor emeritus, School of Pharmacy and Health Professions, Creighton University; Blake Hendrickson, MPH, epidemiologist, Nebraska Department of Health and Human Services
Facilitator: Paula Eurek
Day/Date: Wed, Sept 18
Time: 1-2:30 p.m.
Location: SCC-CEC, Auditorium
Enrollment Limit: 70
Cost: $5
**Beginning Bridge I**

20139CR

Learn the best and most challenging card game ever invented. Make friends, use your brain, extend your life, and above all, have fun.

**Instructor/Facilitator:** Bruce Burns  
**Day/Dates:** Wed, Sept 4, 11, 18, 25, Oct 2, 9  
**Time:** 3-4:30 p.m.  
**Enrollment Limit:** 36  
**Location:** Lincoln Duplicate Bridge Club, 2nd Floor, elevator access  
**Cost:** $30

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**The Magic of the Metropolitan Opera**

20140CR

For more than 400 years, opera has been one of the most popular performing arts. Puccini's opera “Turandot” includes one of opera's most famous arias, “Nessun Dorma.” Learn more about this opera and the history behind Puccini's artistic achievements.

Set in China, Turandot is the story about a prince who falls in love with the cold Princess Turandot. To obtain permission to marry her, a suitor has to solve three riddles; any wrong answer results in death. Prince Calaf passes the test, but Turandot still refuses to marry him. He offers her a way out: If she is able to learn his name before dawn the next day, then at daybreak he will die. The opera was unfinished at the time of Puccini's death in 1924, and was completed by Franco Alfano in 1926.

The Metropolitan operas are broadcast live at the Mary Riepma Ross Arts Center, 313 N. 13th St., the following Saturday and rebroadcast on Sunday.

**Instructor:** Marina Fabrikant, professor, Piano and Music Theory, Union College  
**Facilitator:** Leta Powell Drake  
**Day/Date:** Wed, Oct 9  
**Time:** 3-4:30 p.m.  
**Location:** Lang Amphitheatre, Kruger Science and Math Building, Union College. Parking is free.  
**Enrollment Limit:** Open  
**Cost:** $5

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**Discover Your Family History**

20141CR

Ever wonder what really makes you the unique person you are? Are you curious about your ancestors and where they lived? Family History helps you discover more about yourself and your family’s place in history. Tracing and honoring your ancestors will give you a better understanding of yourself and the characteristics that you have inherited. Tracing your family history is a search for pieces of a puzzle. This 6-part series will provide insights on where to look and how to fit the puzzle pieces together as you discover your ancestors’ names, the places they lived and their stories.

**Instructor:** Phyllis Ericson, genealogist, past-president, Lincoln-Lancaster Genealogical Society  
**Facilitator:** Judi Cook  
**Day/Dates:** Wed, Sept, 4, 11, 18, 25, Oct 2, 9  
**Time:** 7-8:30 p.m.  
**Location:** Union College Library, lower level classroom. Free campus parking.  
**Enrollment Limit:** 40  
**Cost:** $30

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**THURSDAYS**

**Mass Extinctions**

20142CR

The Permian extinction event, known as the Great Dying, occurred over 250 million years ago. The K-T extinction—the one where the asteroid killed off all of the dinosaurs—occurred only 66 million years ago. Explore the events and consequences of these two major events. Learn about life on the planet before and after these events. We will cover earth science and films to enhance discussions.

**Instructor:** Esa Jarvi, OLLI member  
**Facilitator:** Skip Morris  
**Day/Dates:** Thu, Sept 5, 12, 19  
**Time:** 9-10:30 a.m.  
**Location:** SCC-CEC, Room 406  
**Enrollment Limit:** 25  
**Cost:** $15
Natural Products: Chemistry in the Natural World

**20143CR**
Plants and animals deal with life by using chemicals. We will look at small molecules that may be poisons or pheromones and then review some basic chemicals of life. Explore chemicals we use, such as wood chemicals and flavors. Learn about biochemicals and natural products along with some biology.

**Instructor/Facilitator:** Esa Jarvi, OLLI member  
**Day/Dates:** Thu, Sept 26, Oct 3, 10  
**Time:** 9-10:30 a.m.  
**Location:** SCC-CEC, Room 404  
**Enrollment Limit:** 25  
**Cost:** $15

Moving to Heal: Gentle Movement for Every BODY

**20144CR**
Nia Moving to Heal is a gentle movement practice designed for adults wanting joyful, gentle ways to exercise. It blends teaching from the dance arts, healing arts and martial arts to create a holistic approach to movement. Moving to Heal is appropriate for all fitness levels. Classes leave you energized, refreshed and with a smile on your face.

**Instructor/Facilitator:** Jennifer Hilkemann, Nia Instructor  
**Day/Dates:** Thu, Sept 5, 12, 19  
**Time:** 9-10 a.m  
**Location:** Unitarian Church, Assembly Area  
**Enrollment Limit:** 15  
**Cost:** $15

Touring Rehabilitation Facilities

**20145CR**
When faced with surgery and then rehab, do you know your options? This rehab and recovery overview will cover legal documents needed for rehab stays, hospital visits, facility visits and understanding insurance coverage basics. Medicare/Medicaid/VA benefits clarity is a necessity when navigating services. What are the questions to ask prior to making decisions for communicating with case managers, social workers, physicians and other healthcare providers? What services and resources are needed now and in the future for safe discharge? Enjoy a complimentary lunch, presentation and tour at each facility. Facilities include Hillcrest Firethorn Health Services, Southlake Village Rehabilitation, Old Cheney Rehabilitation, Gateway Vista Rehabilitation and Madonna Rehabilitation Hospital.

**Instructor:** Karla Freese, manager, Home Care Partners of Nebraska  
**Facilitator:** Carla Fetch  
**Day/Dates:** Thu, Sept 5, 12, 19, 26, Oct 3, 10  
**Time:** 11 a.m.-12:30 p.m.  
**Location:** The first class (Sept 5) will meet at SCC-CEC, Room 324. A complete schedule will be emailed in advance of and be available at the first class.  
**Enrollment Limit:** 50  
**Cost:** $30

Building Nebraska U: The Origins of the Modern University

**20146CR**
Early in 1869, Nebraska's legislature convened for the first time in the new capital city of Lincoln. Eager to reap the benefits of the Morrill Act, legislators quickly approved a bill establishing the University of Nebraska. Thus was born Nebraska's land grant and comprehensive research university. Kay Logan-Peters, professor of libraries at UNL and author of a book about the university's history, will tell the story of the university's early years through its buildings, architecture and layout. She will discuss challenges the university faced with its early building program, including University Hall, and other early growing pains. The presentation will include a digital virtual tour of University Hall, the first building on campus, and a virtual aerial tour of the modern campus.

**Instructor:** Kay Logan-Peters, professor and digital arts coordinator, University Libraries, UNL  
**Facilitator:** Charlyne Berens  
**Day/Date:** Thu, Sept 19  
**Time:** 11 a.m.-12:30 p.m.  
**Location:** NET, Board Room  
**Enrollment Limit:** 35  
**Cost:** $5
Learn the Ukulele

20147CR
Learning a new instrument helps keep the brain sharp, and fingering the ukulele helps arthritic hands. You do not have to be a good singer and you do not have to know how to read music to take this class. It is helpful if you already have a ukulele, but the music studio has ukuleles available for class use at no cost. Only soprano ukuleles will be used in this class.

Instructor: Gary Kruce, Lincoln Ukulele Group
Facilitators: Judy Troutman and Renee Kay
Day/Dates: Thu, Sept 5, 12, 19, 26, Oct 3, 10
Time: 11 a.m.-12:30 p.m.
Location: CGS Music
Enrollment Limit: 15
Cost: $30

Building Bridges: Visiting the Tri-Faith Commons

20148CR
Understanding our many faith traditions helps us communicate with others who share different views. Join us for a trip to the Tri-Faith Commons campus in West Omaha to learn about how the Jewish, Muslim, and Christian faith traditions work together to serve their members and establish community. The Initiative’s goal is to “promote dialogue, transcend differences, foster acceptance and build bridges of respect and trust as Abrahamic faith partners.” Tri-Faith Initiative hosts will provide a tour of the Commons, including the Temple Israel synagogue, the American Muslim Institute mosque and the Countryside Community Church.

The week prior to the trip, learn about the origin and history of the Tri-Faith Initiative. The week following the trip, you will have the opportunity for discussion and answers to questions arising from the trip.

Instructors: Wendy Goldberg, interim executive director, Tri-Faith Initiative; local faith leaders
Facilitators: Jan Wahl and Dori Bush
Day/Dates: Thu, Sept 26, Oct 3, 10
Time: 11 a.m.-12:30 p.m. (Sept 26, Oct 10); 8:15 a.m.-2:30 p.m. (Oct 3)
Location: Aldersgate United Methodist Church (Sept 26, Oct 10)
Oct 3 trip: Bus will promptly depart at 8:15 a.m. from Gateway Mall parking lot just north of Dillard’s parking deck. Personal vehicles can be parked in this location for the duration of the trip. The bus will arrive back in Lincoln by 2:30 p.m.
Enrollment Limit: 50
Cost: $65. Course fee includes transportation and lunch on Oct 3. Please contact the OLLI office if you have specific dietary restrictions. Cancellation after Sept 26 will be non-refundable.

The Most Commonly Misunderstood Concepts in Science

20149CR
We will analyze a wide range of contentious ideas, terms and concepts that may be misconceived. Among the topics to be discussed are organic food, evolution, weightlessness and diamonds. Examine misunderstood terms within the realms of biology, chemistry, physics and astronomy. We will even review some popular advertising.

Instructor: Skip Morris, high school physics and astronomy teacher, retired and OLLI member
Day/Dates: Thu, Sept 5, 12
Time: 1-2:30 p.m.
Location: SCC-CEC, Auditorium
Enrollment Limit: 70
Cost: $10
Songs and Artists: A Century of Recorded Pop Music

20150CR
The 20th century was a time when a large number of excellent songs were recorded. Which songs and which artists were among the most popular in the 20th century and why? How was this music recorded, especially in the early years? Listen to many of these celebrated recordings. Learn the historical background of each decade or group of decades, from which these popular songs arose. Find out interesting tidbits of information regarding the songs, artists and composers. Hear about the recording process from cylinders to CDs and flash drives.

Instructor: Rod Soukup, professor emeritus, Electrical Engineering, UNL, and OLLI member
Facilitator: David Dyke
Day/Dates: Thu, Sept 5, 12, 26, Oct 3, 10 (No class on Sept 19)
Course Meeting Time: 1-2:30 p.m.
Location: NET, Meeting and Events Room
Enrollment Limit: 75
Cost: $30

Introduction to Argentine Tango and Its Mystery

20151CR
Argentine tango is a musical genre and accompanying social dance originated at the end of the 19th century in the suburbs of Buenos Aires and Montevideo. Its lyrics are marked by nostalgia, sadness and laments for lost love. Rhythmic time signatures and repeating patterns have allowed the tango to grow in popularity and spread internationally. Learn basic techniques, musicality and different rhythms of the tango and two related dances: vals and milonga. Get a taste or ignite your passion for tango. You do not need a dance partner to sign up for this course.

Instructor: Pamela Beranek
Facilitator: Edith Adan-Bante
Day/Dates: Thu, Sept 5, 12, 19
Time: 1-2:30 p.m.
Location: St. Paul United Methodist Church, Dining Room
Enrollment Limit: 30
Cost: $15

There’s No Crying in Newsrooms: What Women Have Learned about What It Takes to Lead

20153CR
A new book, “There's No Crying in Newsrooms: What Women Have Learned about What it Takes to Lead,” chronicles the rise of women in America's newsrooms over the past 40 years. Kristin Gilger, associate dean at the Walter Cronkite School of Journalism and Mass Communication at Arizona State University, wrote the book along with Julia Wallace, former editor of the Atlanta Journal Constitution. Gilger, a Nebraska native and graduate of both UNL and UNO, will talk about the unique leadership challenges women face in the news business. She and Wallace interviewed nearly 100 women running newsrooms and making news decisions for the nation’s largest newspapers, network television, public radio and digital news outlets.

Instructor: Kristin Gilger, senior associate dean, Walter Cronkite School of Journalism and Mass Communication, Arizona State University
Facilitator: Charlyne Berens
Day/Date: Thu, Oct 10
Time: 3-4:30 p.m.
Location: NET, Meeting and Events Room
Enrollment Limit: 75
Cost: $5
Changing the Climate on Climate Change

20154CR
We will cover a broad range of topics, including the intersectionality of climate change with other environmental and societal issues. Lectures and discussion will focus on climate change science and the far-reaching impacts of a changing climate on the global to local scale. Learn about projected changes in the climate of Nebraska and beyond in the coming decades and the urgency of adopting appropriate adaptation and policy options to mitigate it.

What is the role of the elder, youth and faith communities in moving the conversation about climate action forward and what strategies can be used to engage with and influence political leaders? The key elements of a Nebraska climate action plan will be discussed, as will how a plan will assist government, key sectors and communities across the state in preparing for and adapting to a changing climate.

Instructor/Facilitator: Donald Wilhite, professor emeritus, Climate Science, UNL
Day/Dates: Thu, Sept 12, 19, 26, Oct 3, 10
Time: 3-4:30 p.m.
Location: Unitarian Church, Auditorium
Enrollment Limit: 75
Cost: $25

Sheldon Sculpture Garden Walk

20155CR
Learn about the nationally-recognized sculpture collection on the UNL City Campus. In existence since 1970, it was at that time one of only three public sculpture gardens in the nation. Included are sculptures by world-renowned artists Claes Oldenburg and Coosje van Bruggen, Mark di Suvero, Richard Serra, Omaha artists Catherine Ferguson and Jun Kaneko and other highly respected sculptors. Dress comfortably as we will be walking throughout the sculpture garden.

Instructor: Karen Janovy, curator and director, Education, Sheldon Museum of Art, retired, and OLLI member
Facilitator: Mary Ann Sullivan
Day/Dates: Thu, Sept 12, 19, 26, Oct 3
Time: 3-4:30 p.m.
Location: Sheldon Museum of Art. Parking is available in the Stadium Drive Parking Garage at Stadium Drive and T Street and the Q St Garage one block south. The first hour is free at Q St Garage.
Enrollment Limit: 20
Cost: $20

Playing the Chinese Pipa

20156CR
Learn the fundamentals of playing the pipa, a Chinese string instrument like a mandolin or lute. The pipa has a long and deep roots in Chinese culture as the elegant and cultured instrument of scholars. Learn the basics of playing the instrument and some Chinese folk music. Instruments will be provided. This is the first part of a two-term course.

Instructor/Facilitator: Qin Li, Confucius Institute, UNL
Day/Dates: Thu, Sept 5, 12, 19, 26, Oct 3, 10
Time: 3-4:30 p.m.
Location: Room 104, Westbrook Music Building, UNL. Parking is available at Q St. Garage, one block south. First hour free.
Enrollment Limit: 12
Cost: $30
FRIDAYS

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

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 medical exercise specialist to discover ways to incorporate physical activity and fitness into your everyday 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 that exercises can be done at home. Please wear comfortable workout attire and tennis shoes.

All participants must submit the Health Questionnaire and signed medical clearance form 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.

Instructor: Jen Beres, graduate assistant, Wellness Services & Nutrition Education, Campus Recreation, UNL
Facilitator: Brad Dwiggins
Days/Dates: Fri, Sept 6, 13, 20, 27, Oct 4, 11
Time: 9-10:30 a.m.
Location: UNL Recreation and Wellness Center. A UNL parking permit is required. See page 37.
Enrollment Limit: 24
Cost: $30

Architecture and Its Afterlife

20158CR
Architects and lay people alike have long taken it for granted that a building is complete when construction has finished and that any subsequent alterations are degeneration. Striving to make a building perfect, we wish for it to remain so permanently. This contrasts sharply with reality where buildings always change as people move in, requirements shift, events happen and building materials are subjected to wear and tear. In fact, the “afterlife” is the very “life” of a building. Travel through examples from the Roman Coliseum to Japanese tea rooms, from ruined monasteries to war-damaged buildings, to draw attention to an area that is usually ignored: the allure of incomplete, imperfect and impermanent architecture.

Instructor: Rumiko Handa, professor, Architecture, UNL
Facilitator: Bob Michl
Day/Date: Fri, Sept 6, 13, 20, 27, Oct 4, 11
Time: 9-10:30 a.m.
Location: NET, Meeting and Events Room
Enrollment Limit: 75
Cost: $30

Life in the Colonies before 1776 Part III

20159CR
This is the final segment of a three-part series. Each class will have a video component and time for supplemental materials and discussion. Our colonies had a complicated, but fascinating history.

Instructor/Facilitator: Le Etta S. Sprackling, science teacher, retired, and OLLI member
Day/Dates: Fri, Sept 6, 13, 20, 27, Oct 4, 11
Time: 9-10:30 am
Location: SCC-CEC, Room 214
Enrollment Limit: 40
Cost: $30

The History of Gaelic Ireland Until 1000 AD

20160CR
How did the Irish nation develop? What is the origin of the Gaelic language? We will examine the principles of the Gaelic language by reviewing periods of Irish history from the Paleolithic and Neolithic monuments at New Grange on the Boyne to St. Colmcille of Iona’s diplomatic roles in Ireland and Scotland and the scriptorium that created the Book of Kells.

Instructor: Donal J. Burns, professor emeritus, Physics, UNL
Facilitator: Ross McCown
Day/Dates: Fri, Sept 13, 20, 27, Oct 4, 11
Time: 9-10:30 am
Location: NET, Board Room
Enrollment Limit: 15
Cost: $25
Prepare to Care: Creating a Plan

20161CR
When it comes to caring for a loved one, most families do not have a plan until a problem or crisis emerges. People can now expect to live 20 to 30 years beyond the traditional retirement age of 65. It is now more important than ever to prepare for future caregiving demands.

Receive a framework to help you make plans to care for family members, neighbors and friends. Connect with other family caregivers, exchange tips and advice and learn about resources available to you and your loved ones.

Instructor/Facilitator: Karla Frese, manager, Home Care Partners of Nebraska
Day/Date: Fri, Sept 13
Time: 9-10:30 a.m.
Location: SCC-CEC, Room 406
Enrollment Limit: 20
Cost: $5

Touring Hudl: Video Analytics across the World

20162CR

Headquartered right here in Lincoln’s Haymarket District, with additional offices in Omaha, Boston, London, Sydney and Mumbai), Hudl provides analytical tools for sports at every level. More than 150,000 teams, including the best in the world, use Hudl to elevate their performance. Hudl builds the most powerful and flexible tools for video analytics. Their suite of products provides solutions to and are customized for pro teams and clubs in every sport. “If a whiteboard and erasable marker were the primary tools of the trade for previous generations of coaches, Hudl is fast becoming the 21st century analogue.”

Instructors: Hudl—Andrew Broders, Shannon Jerram, Hudl
Facilitators: Jerry Smithers, Bob Michl
Day/Date: Fri, Sept 20
Time: 9-10:00 a.m.
Location: Hudl
Enrollment Limit: 30
Cost: $5

The Concerto

20163CR
Enhance your enjoyment of orchestral music through this DVD series. Learn the history and development of the concerto form. Robert Greenberg, award winning composer and professor of music, will give you a guided tour of the concerto form its conception as a Renaissance ideal, through its maturation in the Classical age, its metamorphosis in the Romantic era and its radical transformation in the 20th century. Previous participation in other music courses is not necessary. For those new to the series, there will be an explanation and review.

Instructor: Nancy Whitman, emerita associate professor, Music and Performing Arts, UNK, and OLLI member
Facilitator: Joyce Glaesemann
Day/Dates: Fri, Sept 6, 13, 20, 27, Oct 4, 11
Time: 11 a.m.-12:30 p.m.
Enrollment Limit: 25
Location: SCC-CEC, Room 214
Cost: $30
“Cuba and the Cameraman” is a 2017 American documentary film that compiles raw footage over the course of 45 years from filmmaker Jon Alpert’s visits to Cuba beginning in 1975. It follows various Cubans—including Fidel Castro—through these years and shows what happened when the Soviet Union collapsed and Cuba was no longer receiving billions of dollars in subsidies from Moscow. The film is a fascinating glimpse of a culture and how it changed and adapted over time. There will be time for discussion during classes.

**Instructor/Facilitator:** Edith Adan-Bante, Ph.D, mathematics, University of Illinois, Urbana-Champaign, and OLLI member  
**Day-Date:** Fri, Sept 6, 13  
**Time:** 11 a.m.-12:30 p.m.  
**Location:** NET, Board Room  
**Enrollment Limit:** 25  
**Cost:** $10

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**Access Lincoln from a New Angle: Try Star Tran**

**20165CR**

Learn the basics of riding the StarTran bus system and take a ride on a city bus to explore Lincoln from a new angle. We will start with a classroom presentation on how to plan your bus trip using technology and bus schedules, using bus fares, finding your bus stop and tips for easy riding. Take a StarTran bus around the city for a short trip. You will receive a StarTran bus pass to use on a city adventure.

**Instructor:** Brian Praeuner, transit planner, StarTran  
**Facilitator:** Bob Michl  
**Day/Date:** Fri, Sept 20  
**Time:** 11 a.m.-1 p.m.  
**Location:** NET, Board Room  
**Enrollment Limit:** 15  
**Cost:** $5

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**Bike LNK**

**20166CR**

Bike Share in Lincoln began in April 2018. It is a system where bicycles are publicly available for shared use for a short period of time, for a fee. While new to Lincoln, bike shares across the U.S. have been gaining in popularity for years. Lincoln has 100 bikes at 21 kiosk stations in throughout the city. Learn more about Bike LNK, bike share rules and other information to help you get started on a casual bike riding on Lincoln’s trails or short rides around town.

The course will conclude with a short bike ride from the classroom to the UNL Dairy Store for a cool treat, then back to the starting point, courtesy of OLLI and Bike LNK. Bring your bike helmet if you have one. Otherwise, Bike LNK will provide one for you.

**Instructor:** Jamie Granquist, city manager, Bike LNK  
**Facilitator:** Bob Michl  
**Day/Date:** Fri, Sept 27  
**Time:** 11 a.m.-12:30 p.m.  
**Enrollment Limit:** 15  
**Location:** NET, Board Room  
**Cost:** $5
Supporting Development of Young Children: Relationship-based Strategies for Grandparents

20167CR
Grandparents play an important role in the lives of children. Learn about research-based practices of parenting including relationship-building in early childhood, temperament identification (identifying patterns of how a child reacts across a variety of situations) and the use of researched-based techniques to improve children’s self-regulation.

Grandparents will learn to recognize and reframe their perceptions of child temperament in a positive manner. Take a survey that will assist in the identification of their grandchild’s temperament profile. Using this profile, strategies to support children’s unique temperamental qualities will be explored. This information will help grandparents gain children’s compliance and enhance competencies while utilizing positive discipline practices.

Instructors: Nebraska Center for Research on Children, Youth, Families and Schools—Lisa Knoche, associate professor and director; Courtney Boise, postdoctoral researcher; Angela Hinrichs, INSIGHTS interventionist
Facilitator: Marie Trayer
Day/Dates: Fri, Sept 6, 13, 20, 27, Oct 4, 11
Time: 11 a.m.-12:30 p.m.
Location: First Presbyterian Church, Room 107
Enrollment Limit: 15
Cost: $37 includes a workbook

Telling Your Stories

20168CR
Meet Nebraska authors. Bruce Arant has illustrated several children’s books and authored two that have been traditionally published. During the first session, he will share the process of getting his books published and the interesting and challenging process of writing a sequel. Janice Harrington is a children’s author, poet and professor of English. She will share her award-winning books and lead an informal writing workshop in session two. Use poetry, visual arts and children’s books to turn memories into words to share with family and friends. If you don’t feel that you’re a writer or that you have a story to tell – don’t worry! This gentle writing workshop will help.

Instructors: Bruce Arant, author/illustrator; Janice N. Harrington, children’s author, poet
Facilitator: Meredith McGowan
Day/Dates: Sat, Sept 7, 21
Time: 10-11:30am
Location: SCC-CEC, Room 214
Enrollment Limit: 40
Cost: $10

Art at the Assemblage: The Iconic House

20170CR
Artists’ images of houses can be deceptively simple—in a triangle atop a square—but this shape portrays, in essence, the anchor of our stories. Even the most minimal house form can hold references to dreams, longing, aspiration, fear, construction, destruction, wealth, poverty, life or death. Such house forms carry cultural overtones, such as the suggestion of the house as a woman’s domain. While the works oftentimes convey a sense of warmth and security, some images seem impenetrable—reminders that houses might imprison as well as protect. Along with such minimal forms, the exhibition includes a great diversity of imagery, media and content.

Instructor: Anne Pagel, curator
Facilitators: Pat King, Lucy Lien
Day/Date: Sun, Sept 8
Time: 2 p.m.-3:30 p.m.
Location: Assemblage
Enrollment Limit: 60
Cost: $5
How to keep your brain stronger longer
UNL-TABITHA MEMORY WORKSHOP

What is the Memory Workshop?
This is a weekly class led by speech language pathologists and graduate speech language pathology students. The workshop is for individuals and their significant others who are concerned about or merely want to learn more about age-related memory difficulties. Learn about and develop strategies to improve independence and safety with daily functional skills and activities. Significant others will attend with a focus on assisting their family member/friend with the daily challenges of memory impairment.

Who should attend?
Individuals and their significant others who are:
• Concerned that memory and thinking may limit functional skills
• Interested in learning about memory and strategies to enhance thinking skills
• Willing to participate in discussions
• Willing to complete simple weekly assignments

Dates: Wed, Sept 11-Oct 30
Time: 10-11:30 a.m. (8 weekly sessions for 90 minutes each)
Location: Barkley Memorial Center, 4075 East Campus Loop South, UNL
Cost: $80.00 (for participant and significant other)
Register Online: CEHS.UNL.edu/SECD/Memory-Clinic
Contact: Judy Harvey Ph.D. CCC-SLP, University of Nebraska-Lincoln, 402-472-6792, Judy.Harvey@UNL.edu; Abbe Davis M. S. CCC-SLP, Tabitha Health Care, 402-416-2936, Abbe.Davis@Tabitha.org
**Historic Hayrack Tours**

Enjoy an afternoon hayrack ride tour of Pioneers Park and learn about some of the history of the area. Pioneers Park is a large and beautiful park that has over 1,200 acres of prairie, woodland and wetland habitats. Betty Orr, teacher and naturalist at Pioneers Park Nature Center, will share some of the unique history of the site and how it came to be the popular park that it is today. Meet in the parking lot and travel by a tractor-driven hayrack through Pioneers Park.

**Location:** Pioneers Park Nature Center parking lot  
**Enrollment limit per tour:** 24  
**Cost:** $10 per person

**Register for only one session.**  
**20172EV**  
**Day/Date:** Wed, Oct 2  
**20173EV**  
**Day/Date:** Wed, Oct 9  
**Time:** 2-3:30 p.m.

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**Flatwater Shakespeare Company presents “Macbeth”**

What are people capable of when they pursue absolute power? Macbeth is an honored lord and feared warrior. Lady Macbeth is a fiercely intelligent and ambitious lady. After Macbeth wins a battle for King Duncan, three witches tell Macbeth that he is destined to be king. Lady Macbeth urges him to make the prophecy true, even if it means murder. Their plan works, but Macbeth tries to secure his place on the throne by ordering the deaths of former allies, presumed enemies and their families.

Shakespeare’s tragedy of conscience, betrayal and politics is boldly reimagined in this production, directed by Flatwater Shakespeare founder Bob Hall and starring Matt Lukasiewicz (last seen as Hamlet in 2015) as Macbeth and Summer Lukasiewicz as Lady Macbeth. Join us to witness this tragic tale firsthand.

**Registration Deadline:** Mon, Sept 23  
**Time:** 7:30 p.m. for each performance  
**Location:** Wyuka Stables  
**Enrollment Limit:** 20 per performance  
**Cost:** $15

**Register for only one performance.**  
**20174EV**  
**Day/Date:** Sun, Sept 29  
**20175EV**  
**Day/Date:** Thu, Oct 3

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**A LIFELONG CONNECTION**

Joining the Nebraska Alumni Association keeps you connected to the university we all care about and strengthens opportunities for Huskers past, present and future.

NAA members receive a $10 discount when joining OLLI as a new member.

huskeralum.org/join  •  888-353-1874
**“White Right: Meet the Enemy”**

In this Emmy-winning documentary, acclaimed Muslim filmmaker Deeyah Khan travels to U.S. from the U.K. to meet U.S. neo-Nazis and white nationalists face to face. Attending the now-infamous “Unite the Right” rally in Charlottesville, she seeks to understand the personal and political motivations behind the resurgence of far-right extremism in America.

Speaking with proponents of alt-right ideologies, Deeyah attempts to discover new possibilities for connection and solutions. Khan chooses to engage, rather than dismiss the most extreme individuals she meets. As she tries to see beyond the headlines to the human beings, her own prejudices are challenged and her tolerance tested. Using skills that are part investigate journalist and part psychotherapist, she seeks to learn what drives such hatred and forces people to face her, their so-called enemy.

With the far-right gaining ground in German elections, hate crime rising in the U.K. and divisive populist rhetoric infecting political and public discourse across western democracies, “White Right” asks why.
2019 Fall Symposium

Celebrating the 19th Amendment: Women’s Rights Here and Abroad

Join us in commemorating the 100th anniversary of the passage of the 19th Amendment to the U.S. Constitution that granted women the right to vote. Sponsored by OLLI and Global Perspectives: The Winter Lecture Series, the program will feature scholars from the University of Nebraska and other institutions, as well as Nebraska women in elected office. Hear about the history of the struggles for women’s suffrage; the impact of women in elections over the past century, as well as women’s involvement in elective office; and the status of women’s rights on a global scale.

The keynote speaker will be Rhoda Howard-Hassmann, professor emeritus at the Wilfrid Laurier University in Hamilton, Ontario. Dr. Howard-Hassmann has written several significant books and articles on international women’s rights. She was also a consultant for the creation of UNL’s undergraduate program in Human rights.

This event is open to the public. Membership is not required.

Day/Date: Sat, Oct 19
Registration Deadline: Fri, Oct 11
Time: 9 a.m.-2 p.m. Doors open at 8:30 a.m. for check-in.

Location: UNL Nebraska Innovation Campus. Parking is free on the blacktop lot to the north of the conference center.

Enrollment Limit: 300

Cost: $20 includes lunch. Cancellation after the registration deadline will be non-refundable. Please contact the OLLI office if you have specific dietary restrictions.
OLLI Member Discounts

Abendmusik
Offers senior priced tickets and an additional OLLI ticket discount to select concerts. Call 402-476-9933 for more information on concerts. Abendmusik.org

AgeWell Computer Education Center
Offers discounted computer and technology courses. Call 402-328-2202, email jlortz@discoverskills.com, or visit DiscoverSkills.com for more information.

Angels Theatre Company
Offers a ticket discount. Call 402-474-2206 for more information. 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/artsfor-the-soul/

Friends of the Ross Media Arts Center
Offers a discount for a new, first-time membership. Contact the Ross Theatre at 402-472-9100. theross.org

Johnny Carson School of Theatre & Film, UNL
Offers a discounted ticket at the student rate. Call the Lied Center box office for tickets at 402-472-4747.

Johnny Manhattan Orchestra
Offers OLLI members $10 admission. A free dance lesson is included prior to the performance. https://www.facebook.com/JohnnyManhattanOrchestra/

Lied Center for the Performing Arts
Offers a ticket discount to select performances. Call the Lied Center box office for ticket information at 402-472-4747.

Lincoln Community Playhouse
Offers a ticket discount to some performances. Call the box office at 402-489-7529 for more information. lincolnplayhouse.com

Lincoln Friends of Chamber Music
Offers a ticket discount to some performances. Call the box office at 402-819-9062 for more information. lfcm.us

Lincoln 55+ Newspaper
Offers a 50% discount on text-only announcements (anniversaries, birthdays, club and church events, etc.). Contact Keith at keith@lincoln55plus.com

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

Nebraska Repertory Theatre
Offers a ticket discount at the student rate. Call the Lied Center box office at 402-472-4747 for information. nebraskarep.org

OmniArts Nebraska
Offers a ticket discount to theatre performances. Call the Lied Center box office at 402-472-4747 omniartsne.org/

TADA Theatre
Offers a ticket discount to some performances. Call 402-438-8232 for more information. tadaproductions.info/

UNL Faculty Dance Club
You do not need to be a faculty member to participate. Open to all in the community. OLLI members who have never attended a UNL Faculty Dance Club event save $5 per couple toward admission of their first dance with a current OLLI membership card. facultydance.org/

UNMC College of Dentistry
Offers a $25 discount for OLLI members on their first dental appointment. Must show OLLI membership card when checking in at the front desk. Call 402-472-1333 for more information or visit.

University Bookstore
10% discount on all in-stock general reading books except discounted best seller list.
Welcome
to our newest members

The Osher Lifelong Learning Institute at UNL would like to welcome the following new members who joined the OLLI community from March 19 to June 26, 2019. We look forward to getting to know you.

Teresa J. Bailey
Christine Bailey
Michael Bell
Margaret Berry
Michelle Derr
James Dietsch
Deb Doehling
Susan Gildersleeve
Mary Kramer
Teresa Kuper
Debra Larson
Patti Lintel
Gail Lorenzen
William Lucke
Barbara Malcom
Diane Mohrhoff
James D. Oliver
Joni Pauley
Owen Paulson
Charlotte Pierce
Marty Powers
Sheila Priess
Roger Reinhardt
Geri Ripa
Steve Rowoldt
Sue Schuerman
Reta Shuey
Mary Strand
Jack Takemoto
Laverne Umland
Dan Vodvarka
Sharon Wilson
Jiujiu Yu

If we have inadvertently excluded your name from the list, please let us know so that we can correct our error and recognize you in the next catalog.

Growing our Possibilities

Support OLLI at UNL
OLLI needs your support to advance the organization and successful meet the growing demands today and tomorrow. We welcome gifts from members as well as private donors.

The Bernard Osher Foundation has provided monetary grants and a substantial endowment to create a strong foundation on which OLLI at UNL can build. At the same time, the Osher Foundation urges every Osher Institute to raise additional funds for long-term sustainability by launching its own fundraising campaigns in order to remain affordable and sustainable for future generations.

How can you contribute?
Memorials Gifts, create a Legacy gift for OLLI, contribute to the Pillar Lifelong Learning Society fund or provide a gift to the OLLI Development Fund that provides immediate funds for operation or special programming.

Plant a seed now for the future.
For more information, please visit olli.unl.edu and click on the “Support OLLI” icon. You can also contact Dee Aguilar, coordinator, at daguil2@unl.edu or 402-472-9891, or Todd Mattox, seniors director of development for the College of Education and Human Sciences, at todd.mattox@nufoundation.org or 402-458-1238.
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 do not need to register and there is no fee. Information about starting a new interest group is available online at: olli.unl.edu/committee-resources.

Questions? Contact Stan Riggle at archaeogastropoda@hotmail.com, 402-435-0900. Watch for the OLLI “Friday Happenings” email newsletter for interest group meetings.

### Baseball
**Contacts:** Marvin Almy, hmalmly@aol.com, 402-786-7856; Bill Fagler, bfagler@lps.org, 402-430-8289; Jon Hamilton, playingwiththepossibilities@gmail.com, 402-261-5979
**Day:** Second Tuesday of each month
**Time:** 3-4:30 p.m.
**Location:** Stauffer’s Café and Pie Shoppe, 5600 S. 48th St.

### Biking the Trails
**Contact:** Roger Adams, rogerladams@me.com, 402-304-0962; Bob Kunz, bob.kunz65@gmail.com, 402-484-5902
**Day/Time:** Afternoons during cooler weather and mornings in the summer.
**Location:** Contact the coordinators for exact meeting times and locations. Starting locations may vary weekly.

### Birdwatching
**Contact:** Esa Jarvi, esajarvibirding@gmail.com
**Day/Time/Location:** Day, time and location will vary.
**Blogspot reference:** http://ollibirdinggroup.blogspot.com/

### Card Club/Dominoes
**Contact:** Diane Ohlson, ladydi6347@yahoo.com, 402-421-6347
**Day:** 2nd and 4th Wednesday of each month
**Time:** 1:30-3:30 p.m.
**Location:** Dino’s Eastside Grill, 2901 S. 84th St.

### Conversational Spanish
**Contact:** Jack McGann, jackmcgann1@mac.com
**Day:** Every Thursday
**Time:** 11 a.m.
**Location:** Unitarian Church, 6300 A St.

### German Language and Culture
**Contacts:** 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.
**Location:** Saint Paul United Methodist Church, 1144 M St. Underground parking is available. Enter on 11th St.

### International Affairs Discussion Group
**Contact:** Peter Levitov, plevitov1@unl.edu
**Discussion Leaders:** Dave Forsythe, professor emeritus, Political Science, UNL; Peter Levitov, associate dean emeritus, International Affairs, UNL; Beth Ann Brooks, adjunct professor, Psychiatry, UNMC
**Day:** First Wednesday of each month, Sept through May
**Time:** 3-4:30 p.m.
**Location:** Stauffer’s Café and Pie Shoppe, 5600 S. 48th St.

### Meditation
**Contact:** Margaret Rickers, frickers@neb.rr.com
**Day:** Second Thursday of each month
**Time:** 1:30 p.m.
**Location:** First-Plymouth Church, 20th and D Sts., Calvert Parlor
My Backyard

**Contact:** Bob McCollough, rmccollough@neb.rr.com, 402-875-1424  
**Day:** Last Tuesday of each month  
**Time:** 3:30 p.m.  
**Location:** Locations vary.

OLLI’s Ping Pong Players (OPPPs)

**Contact:** Larry McClure, lmerkmclure@yahoo.com  
**Days:** Tuesdays and Thursdays  
**Time:** 1-2:30 p.m.  
**Location:** Calvert Recreation Center, 4500 Stockwell St.

Politics

**Contacts:** 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.  
**Location:** Stauffer’s Café and Pie Shoppe, 5600 S. 48th St.

Out to Lunch

**Contacts:** Sherry Leeright, duckmom_2000@yahoo.com, 402-817-8406; Nancy Whitman, newhitman@neb.rr.com, 402-488-8416  
**Days/Date/Time:** Varies, but will be around the traditional lunch hour  
**Location:** Various eating establishments in and around Lincoln

Reading Groups

**Contact:** Kay Rockwell, krockwell1@unl.edu, 402-484-5431.

Sketch

**Contact:** Stan Riggle, archaeogastropoda@hotmail.com, 402-435-0900  
**Day:** Second Monday of each month  
**Time:** 3-4:30 p.m.  
**Location:** Locations vary.

Science & Technology

**Contacts:** Stan Riggle, 402-435-0900, archaeogastropoda@hotmail.com; Craig Hahn, 402-730-7487, craig_hahn@hotmail.com  
**Day:** Second Tuesday of each month  
**Time:** 3-4:30 p.m.  
**Location:** Scooters Coffee, conference room, 2901 S. 84th St.

Ukulele

**Contact:** Pat King, patking123@gmail.com  
**Day:** 4th Thursday of each month  
**Time:** 3-4:30 p.m.  
**Location:** Gere Library, 2400 S. 56th St.

Walking

**Contact:** 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.

Wood

**Contact:** Michael Jess, 402-802-8921; Stan Riggle, archaeogastropoda@hotmail.com, 402-435-0900  
**Day:** Last Thursday of each month  
**Time:** 3-4:30 p.m.  
**Location:** Stauffer’s Cafe and Pie Shoppe, 5600 S. 48th St.
Instructions to Register Using the
ONLINE Quick Pick Registration Form

Preparing to Register Online
• The OLLI catalog will be your guide to quickly make selections in the online system.
• If you are registering from a laptop, tablet or smartphone you may have to scroll to see the full screen.
• Have your credit card out. Visa, MasterCard and Discover are accepted.
• If you have an account credit and want to apply it to your registration, you MUST call the office at 402-472-6265.
  Credit on an account cannot be used for payment when registering online.

Step 1: OLLI Membership and Courses
• Go to the OLLI website https://olli.unl.edu scroll down until you see the ONLINE REGISTRATION icon and click on it.
• You are now on the Quick Pick Registration Form page.

Step 2: Log On if you are/were a member and have an account. (Do not create a new account!)
• Enter your existing email and password, then click the LOG ON button.
• If you have forgotten your password, experience difficulty or not sure if you ever had one, select Create/Forgot Password? You will receive an email message to reset your password.
  OR
Click on CREATE ACCOUNT if you are not a member and want to join and/or register for a course or event
Open to the Public
• Complete the account information and click the ADD ACCOUNT button.
• You will then be returned to the Quick Pick Registration Form page.

Step 3: Select a Membership
• If you need to pay for membership, choose the 2019-2020 Membership. Hovering over the “2019-20 Membership” or a course name will display a pop-up window with the description and any promotional or coupon codes.
• If you qualify, enter one of the following Promotional Codes to receive a $10 discount.
  • NET – if you are a current member of NET
  • NAA – if you are a first-time NEW OLLI member and a UNL Alumni Association Member
NOTE: The total at the bottom of the Quick Pick page does not reflect

Step 4: Select Courses/Events
• Click on each section name (Monday, Tuesday, etc.) to view course/event offerings.
  • Click the check box beside the course(s)/event(s) you would like to take.
  • The associated fee(s) will automatically total and be displayed at the bottom of the page.
• To change your selections, uncheck or click the Clear All Selections button at the bottom of the page.
• DO NOT USE THE BACK BUTTON.

Step 5: Proceed to Checkout
• Click the Proceed to Checkout button.

Step 6: Review Order and Checkout
• Check your enrollment cart entries for accuracy and your payment information.
  • If necessary, edit your selections and payment information now.
  • Click Submit Order.
  • The payment screen will appear.
    - Enter your credit card information. Visa, MasterCard and Discover are accepted.
    - Click Process.
• DO NOT CLICK ON THE BACK ARROW OR BUTTON! DURING TIMES WHEN THERE IS A LOT OF REGISTRATION ACTIVITY, THIS PROCESS MAY BE SLOWER.
• Your transaction confirmation will appear and you will receive an email confirmation.
What Is OLLI?
The Osher Lifelong Learning Institute (OLLI) at the University of Nebraska-Lincoln is a unique organization designed specifically for those 50 years or older who love learning new things. Our programs provide stimulating, congenial and varied opportunities to explore many unusual and rare areas of interest. OLLI courses are noncredit and have no tests or grades. OLLI at UNL is one of more than 100 OLLIs in the Osher Institute Network supported in part by the Bernard Osher Foundation (osherfoundation.org). The Osher National Resource Center is located at Northwestern University (nrc.northwestern.edu).

What Courses Does OLLI Offer?
OLLI at UNL offers a variety of courses, events, tours and member-only opportunities each term. Most courses meet for 90 minutes weekly during a six-week term. Five terms are offered each year.

Who Are the Instructors?
OLLI volunteer instructors are active and retired professors, experts from the community, peers and OLLI members who want to share their personal passion for a subject.

Canceled, Full or Postponed Courses and Events
If a course is canceled 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

Drop a Course or Event
Contact the OLLI office if you’d like to drop a course. Please call prior to the beginning of a class or event that is offered one time and before the second class for courses that have multiple weeks. Let us know if you’d like to enroll in an alternate course, place your paid fee in escrow for use at a later date or receive a refund.

To cancel an event reservation, call the OLLI office before the registration deadline date.

Parking Permits
Courses meeting at the University require a parking permit unless otherwise indicated. Keep your parking permit convenient and safe. OLLI pays for each permit issued and you will be charged for a replacement permit. For special parking accommodations (i.e., handicap spaces), contact the OLLI office.

Parking permits are:
- Included in the course fee unless otherwise indicated
- Available in the OLLI office the week prior to the course or event start date
- Valid only on the day/dates/time/lot indicated on the permit
- Issued for courses held on UNL campuses
- Not valid for metered parking, visitor parking or reserved parking spaces

Participant Accommodations
It is the policy of OLLI at UNL to provide flexible and individualized accommodations to participants in our many courses to allow them to fully share in course activities. To receive accommodation services such as interpreters, large print, etc., please contact the OLLI office when you register to allow time to make arrangements for these services.

Guest Policy
Members may bring a guest to a single class if space is available. Please contact the OLLI office to make arrangements.

Weather Closings
If Lincoln Public Schools or UNL is closed or starts late due to weather conditions, OLLI courses and events are also canceled. OLLI weekend courses and events are canceled if UNL cancels courses or closes. Call the OLLI office after 7 a.m. or check the OLLI website (olli.unl.edu) for information.

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

Scholarships
OLLI offers financial assistance to individuals who find it a hardship to pay the full membership fee. Contact the office for an application. All inquiries are strictly confidential.

Volunteers
OLLI is a member-driven organization with robust volunteer leadership and committees that keep OLLI functioning efficiently. Members are invited to join committees, become classroom assistants or help with events and projects. To inquire about volunteering, just contact the OLLI office.
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? __________________________

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<th>2019-2020 Membership Registration -- Check One</th>
<th>Cost</th>
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<td>I am a current 2019-2020 OLLI member</td>
<td>$0</td>
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<tr>
<td>I am purchasing a 2019-2020 annual membership (August 1, 2019-July 31, 2020)</td>
<td>$75</td>
</tr>
<tr>
<td>I am purchasing a 2019-2020 OLLI annual membership (SELECT ONE)</td>
<td>$65</td>
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☐ at the special NET discounted price. NET Member #____________________ Expiration Date ____________
☐ as a first-time NEW OLLI member at the UNL Alumni Association special discounted price.

UNL Alumni Association Membership #____________________ Expiration Date ____________

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
Credit Card Number _______________________________________________________________________________
Expiration Date ____________

Return this form with your payment to:
Osher Lifelong Learning Institute, 125 Home Economics Building, P.O. Box 830800, Lincoln, NE 68583-0800

NO CLASS CONFIRMATIONS WILL BE SENT. YOU WILL BE CONTACTED ONLY IF A CLASS IS FILLED OR HAS BEEN CANCELED.
Complete the information below only if you are a new member or your information has changed.

Preferred name for badge______________________________ Birthdate ____________________
Address __________________________ Date of Birth ____________ 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?________________________

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NO CLASS CONFIRMATIONS WILL BE SENT. YOU WILL BE CONTACTED ONLY IF A CLASS IS FILLED OR HAS BEEN CANCELED.
“I really appreciate the diverse opportunities that OLLI courses provide to prove that one is never too old to learn new things.”

Prue Coccodrilli


Photo Credit: John Keller, adjunct professor, Photography, Doane University, and OLLI member