OSHER LIFELONG LEARNING INSTITUTE

OLLI at UNL

Curiosity never retires

Course Catalog: Spring Term 4 2018

Spring Term 4 Courses

- Birding
- Climate Change: Past, Present and Future
- From Prairie College to the Big Ten
- Genealogy and DNA
- Latin Music USA
- Lincoln’s Most Infamous Crimes
- State of Addiction: The Opioid Crisis

Registration Begins Monday, March 5
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 courses 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 120 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
OLLI does not send class confirmations. 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
• Place your paid fee in escrow for future use
• Request 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., handicapped 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 each course
• Not valid for metered parking, visitor parking or reserved parking spaces
• To be displayed on the vehicle rearview mirror, printed side out

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.
COURSE LOCATION KEY

The Assemblage, 1828 N St.
Bryan Health West, 2300 S. 16th St.
CGS Music, 1244 High St.
Cornhusker Bank, 8310 O St.
Cycle Works, 720 N. 27th St.
Doane University Lincoln, Fred D. Brown Center, Lincoln Campus, 303 N. 52nd St.
Eastmont Towers, Main Lounge, 6315 O St.
First-Plymouth Church, 2000 D St. (west entrance)
Lincoln Duplicate Bridge Club, 237 S. 70th St., 2nd floor
Marcus Edgewood Cinema, 5220 S. 56th St.
NET, Nebraska Educational Telecommunications, 1800 N. 33rd St.
Peterson Park Pickleball Courts, 4440 Southwood Dr.
SCC-CEC, Southeast Community College Continuing Education Center, 301 S. 68th St. Place
SCC-ENT, Southeast Community College Entrepreneurship Center, 285 S. 68th St. Place
St. Paul United Methodist Church, 1144 M St.
The Egg and I, 6891 A St.
UNL East Campus Union, 1705 Arbor Dr.
UNL Recreation and Wellness Center, 1717 N. 35th St.
UNL Home Economics Building, East Campus, 1650 N. 35th St.
UNL School of Theatre and Film, Temple Building, 12th and R Streets
UNL Ruth Leverton Hall, 1717 N. 35th St.
Union College, Lang Amphitheater-Krueger Science and Math Building, 49th and Bancroft Streets
Union College, Don Love Building, Ella Johnson Crandall Memorial Library, 4642 Bancroft St.
Unitarian Church, 6300 A St.

Join and Register for Courses. It’s Easy!

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
A mid-year membership is $50 and is valid through July 31, 2018.

To become a member and/or to register for classes/courses:
• Go online to www.olli.unl.edu
• Call the OLLI office between the hours of 8:30 a.m. and 3 p.m., Monday through Friday
• Mail in your membership/registration form with your payment
• Walk-in, join and register in person

Accepted payments include VISA, MasterCard, Discover or personal check.

Financial Scholarships Available
The Osher Lifelong Learning Institute at UNL believes that the opportunity to take courses and participate in rich intellectual life should be available to all adults. To that end, we have a limited number of financial scholarships available each year.

A financial scholarship can provide a waiver of the membership fee and/or course fee, but with all of the benefits of membership. Scholarships are not available for fee-based special events and trips.

If you or someone you know could benefit from this opportunity, we encourage you to apply. Applications are accepted year-round, but expire at the end of the membership year.

Call the OLLI office at 402-472-6265 for additional information.
### Sunday

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<th>Time</th>
<th>Event</th>
<th>CR</th>
<th>Hours</th>
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<tbody>
<tr>
<td>2-3:30 p.m.</td>
<td>Art at The Assemblage</td>
<td>18400CR</td>
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### Mondays

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<th>Time</th>
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<tr>
<td>8:30-10 a.m.</td>
<td>Birding: An Activity for All to Enjoy</td>
<td>18401CR</td>
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<tr>
<td>10-11:30 a.m.</td>
<td>Bicycle Maintenance</td>
<td>18402CR</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>The Great War</td>
<td>18403CR</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Yoga for Healthy Bones</td>
<td>18404CR</td>
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<tr>
<td>1-4 p.m.</td>
<td>Saving a Life with CPR</td>
<td>18405CR</td>
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<tr>
<td>3-4:30 p.m.</td>
<td>Life’s Lessons: Looking Back and Looking Forward</td>
<td>18406CR</td>
<td>8</td>
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<tr>
<td>7-8:30 p.m.</td>
<td>Genealogy and DNA – A Beginning Course</td>
<td>18407CR</td>
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### Tuesdays

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9-10:30 a.m.</td>
<td>Prehistoric Human Migrations and Ancestry</td>
<td>18408CR</td>
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<tr>
<td>9-10:30 a.m.</td>
<td>Memories Made of Stories</td>
<td>18409CR</td>
<td>9</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Latin Music USA</td>
<td>18411CR</td>
<td>10</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Lincoln’s Most Infamous Crimes</td>
<td>18412CR</td>
<td>10</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>The 4 Rs: Recycle, Reuse, Reduce and Rethink</td>
<td>18413CR</td>
<td>10</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>Climate Change: Past, Present and Future</td>
<td>18414CR</td>
<td>11</td>
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<tr>
<td>1-2:30 p.m.</td>
<td>The Cathedral: Part II</td>
<td>18415CR</td>
<td>11</td>
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<tr>
<td>1:30-3 p.m.</td>
<td>Tai Chi: Steps 12-24</td>
<td>18416CR</td>
<td>12</td>
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<tr>
<td>3-4:30 p.m.</td>
<td>The Impact of the Trump Presidency: The First 400 Days</td>
<td>18417CR</td>
<td>12</td>
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<tr>
<td>3-4:30 p.m.</td>
<td>Tours of Artists’ Studios</td>
<td>18441CR</td>
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### Wednesdays

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9-10:30 a.m.</td>
<td>Safety in Sports: Prevention, Treatment and Recovery of Sport-Related Injuries</td>
<td>18418CR</td>
<td>13</td>
</tr>
<tr>
<td>9-10:30 a.m.</td>
<td>State of Addiction: The Opioid Crisis</td>
<td>18419CR</td>
<td>13</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Photography Using Your Mobile Device</td>
<td>18420CR</td>
<td>14</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Post-Processing/Editing Your Digital Pictures</td>
<td>18421CR</td>
<td>14</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Bread: A Memoir of Hunger</td>
<td>18422CR</td>
<td>14</td>
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<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>How the Earth was Made</td>
<td>18423CR</td>
<td>15</td>
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<td>1-2:30 p.m.</td>
<td>The Irish “Troubles:” A Personal Perspective</td>
<td>18424CR</td>
<td>15</td>
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<td>1-2:30 p.m.</td>
<td>Young Karl Marx: The Man Before the “-ism”</td>
<td>18425CR</td>
<td>15</td>
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<tr>
<td>1:30-3 p.m.</td>
<td>Tai Chi Continuation</td>
<td>18426CR</td>
<td>15</td>
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<tr>
<td>1:30-3 p.m.</td>
<td>Digital Photography</td>
<td>18427CR</td>
<td>16</td>
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<tr>
<td>3-4:30 p.m.</td>
<td>The Magic of the Metropolitan Opera</td>
<td>18428CR</td>
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<tr>
<td>3-4:30 p.m.</td>
<td>Using Stem Cells to Regenerate Your Body</td>
<td>18429CR</td>
<td>16</td>
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<tr>
<td>3-4:30 p.m.</td>
<td>Intermediate Bridge II</td>
<td>18430CR</td>
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THURSDAYS
10:30-11:30 a.m. Moving to Heal 18431CR 16
11 a.m.-12 p.m. Pickleball: A Sport for All Ages 18442CR 18
11 a.m.-12:30 p.m. From Prairie College to the Big Ten 18432CR 18
11 a.m.-12:30 p.m. Learn the Ukulele 18433CR 18
12-1 p.m. Pickleball: A Sport for All Ages 18443CR 18
1-2:30 p.m. The Future of the Great Plains: Climate, Water and the Economy 18434CR 19
1-2:30 p.m. Rights and Wrongs in Women’s Legal History 18435CR 19
3-4:30 p.m. How to Simplify Your Stuff and Honor Your Memories 18436CR 19
3-4:30 p.m. Backstage at the Nebraska Repertory Theatre: “Lord of the Flies” 18437CR 20

FRIDAYS
9-10:30 a.m. Turn Friday into “Fri-Yay” with Friday Fitness Club 18438CR 20
11 a.m.-12:30 p.m. How to Listen to and Understand Great Music 18439CR 21
12-1 p.m. Great Decisions 2018 18440CR 21

EVENTS
Mon, Mar 12 Our Health Care: Let’s Talk About It 18450EV 26
Apr 5, 6, 7 The OLLI/Playhouse Radio Active Players Present: “Singin’ in the Rain” 18451EV 27
Fri, Apr 6 Breakfast with the Coach: Michael Lewis 18452EV 27
Tue, Apr 10 Stopping the Heist: Protect Your Identity from Thieves! 18453EV 28
Fri, May 4 Nebraska Mixed Bag Lecture Series: Green Roofs 18454EV 28
Tue, May 8 OLLI at the Old Ball Game: UNL vs Creighton 18455EV 28

Registration begins Monday, March 5. Registrations will not be taken prior to that date.

REFER A NEW MEMBER – Get Free Ice Cream

The Osher Lifelong Learning Institute’s Membership Committee would like to encourage and reward current OLLI members who refer new members. On the OLLI registration form you will see a line indicating who recommended OLLI to the new member or how the new member heard about OLLI. If a current member’s name is noted, we will send out a “Thank You” note to the current member with a coupon for a free ice cream at the UNL Dairy Store.

So, tell your friends all about OLLI’s great opportunities in lifelong learning and have a free ice cream on us.
Art at The Assemblage

18400CR

Longtime art enthusiasts and collectors, the Marc LeBarons and the Robert Duncans have restored a historic building in Lincoln’s Antelope Valley as an exhibition space for their art collections. Named The Assemblage, the newest exhibition is by Nebraska artist Dave Stewart.

Dave Stewart was born in Hastings in 1939. His artistic talent was discovered while he was working as custodian in the Art Department at Hastings College. He completed the art students’ assignment that was on the blackboard. Dave works in a variety of mediums and takes on numerous themes. He was known to harvest discarded art pieces out of the trash cans and recycle them into artwork. The ultimate Dumpster diver, he could take cigarette butts, a cigarette package and even street bricks to make his 3-D artwork, sculptures and paintings.

Your hosts will explain how they select items for their collection and how The Assemblage came to be. There will be time at the end for questions.

**Instructors:** Kathryn and Marc LeBaron, and Karen and Robert Duncan

**Facilitators:** Pat King and Lucy Lien

**Day/Date:** Sun, Apr 22

**Time:** 2-3:30 p.m.

**Location:** The Assemblage. Park across the street or ½ block west.

**Enrollment Limit:** 40

**Cost:** $5

Birding: An Activity for All to Enjoy

18401CR

Birding and bird feeding is the fastest growing outdoor recreational activity in the U.S. and is popular all over the world. This OLLI course provides participants with the opportunity to see various aspects of birding with an emphasis on identification and experience in the field. The perspective of the leaders is that birding is a gift they want to share with others from the exciting identification of a new bird to the pleasure of seeing “old friends” returning year round. A popular added feature continued from last year is a change to learn about basic photography from a professional photographer and pick up tips about photographing birds as a part of our weekly bird watching excursions.

The course begins with an orientation at the East Campus Union, which emphasizes providing some tools of birding (identification, choice of binoculars, etc.) and tips on bird photography. Depending upon birding conditions, the next four classes will be field trips to local sites representing a variety of habitats (lakes, wetlands, woodlands and prairies) to see a variety of birds. The last class will meet at Pioneers Park Nature Center, always a favorite spring birding site. Wherever the location, it provides one more pleasure for those tuned into the wonders of nature.

**Instructors:** Dan Wheeler, professor emeritus, Ag Leadership, Education and Communication, UNL, and OLLI member; Dave Titterington, owner, Wild Bird Habitat Store; John Keller, adjunct professor, Photography, Doane College, UNL and Southeast Community College

**Days/Dates:** Mon, April 2, 9, 16, 23, 30, May 21 (No class May 7, 14)

**Time:** 8:30-10 a.m.

**Location:** First class is at the UNL East Campus Union. A UNL parking permit is required. See page 2 for details. A complete schedule will be provided.

**Cost:** $30
Bicycle Maintenance

18402CR

It is spring time in Lincoln and that means biking. This class is all about basic bicycle maintenance. Dress for the weather and bring your bike. Be ready for a hands-on experience with tires, tubes, flats and repair; lubricating mechanical parts, brakes and chain, maintaining lighting, cleaning all around and conducting a safety check. Be ready and safe for your warm season two-wheeler adventures. Then form up with classmates and head out for a ride. Bringing your bike to class is optional.

Instructor: Damon Hershey, Cycle Works
Facilitator: Stan Riggle
Day/Date: Mon, Apr 9
Time: 10-11:30 a.m.
Location: Cycle Works
Enrollment Limit: 30
Cost: $5

The Great War

18403CR

From 1914 to 1918, savage war plunged the world into a cruel darkness. Worldwide, more than ten million fighting men and over six million civilians died. New weapons—the machine gun, airplanes, tanks, poison gas—killed with industrial precision, encouraged by new relationships between science and war. "The "Great War" destroyed four European empires, forced the United States to international preeminence, initiated decolonization, led to grief in the Middle East and encouraged communism and fascism to flourish in Europe. Despite unimaginable death, ruined national economies, the Treaty of Versailles, the League of Nations, peace initiatives and disarmament treaties, the world experienced only a twenty-year armistice. Explores the war's origins, military plans, political miscalculations, new weapons, the postwar peace conference and failed hopes for the future.

Instructor: Thomas Berg, lecturer, History, UNL
Facilitator: David Dyke
Day/Date: Mon, Mar 26, Apr 2, 9, 16, 23, 30
Time: 11 a.m.-12:30 p.m.
Location: Marcus Edgewood Cinema
Enrollment Limit: 280
Cost: $30
Yoga for Healthy Bones

18404CR

Osteoporosis and osteopenia affect up to 200 million 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 side effects that are unwanted. 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 practice 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 and Facilitator: Jane Williams, E-RYT 200, YACEP, Y4C
Day/Dates: Mon, Mar 26, Apr 2, 9, 16, 23, 30
Time: 11 a.m.-12:30 p.m.
Location: First-Plymouth Church, Mayflower Hall
Enrollment Limit: 12
Cost: $30

Saving a Life with CPR

18405CR

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. Offered in partnership with Bryan Health Care System.

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

Life’s Lessons: Looking Back and Looking Forward

18406CR

Six accomplished and thoughtful community leaders will take the opportunity to distill and share what they consider to be important “lessons learned” from their professional and personal lives. It is also an opportunity for OLLI members to engage in discussion of those life lessons. This course is similar to a series of interactive TED Talks.

Presenters: David Dyke, gastroenterologist, retired and OLLI member; Judi gaiashkibos, executive director, Nebraska Commission on Indian Affairs; Steve Joel, superintendent, Lincoln Public Schools; Amy Miller, legal director, Nebraska ACLU; Kathleen Rutledge, journalist, retired, and OLLI member; Ron Hull, professor emeritus, Broadcasting, UNL, and NET consultant
Facilitators: Peter Levitov and Jerry Petr
Day/Dates: Mon, Mar 26, Apr 2, 9, 16, 23, 30
Time: 3-4:30 p.m.
Location: Unitarian Church. Overflow parking located across the street at Holy Trinity Episcopal Church.
Enrollment Limit: 75
Cost: $30
Genealogy and DNA - A Beginning Course
18407CR
DNA conjures up all kinds of questions. Whether you are new to genealogy or have been researching your family history for years, whether you have had your DNA tested or just thinking about it… this DNA course may be for you.

We will focus on discovering the role DNA has in providing information to validate your genealogy research and your family tree. Participants will learn how DNA testing information fits with genealogy research and into our family trees; how DNA predicts ethnicity, relationships and common ancestors; what different DNA tests tell us – Y-DNA, mitochondrial and autosomal DNA; where to test and how to compare DNA testing companies; and how to interpret DNA test results.

Instructor: Phyllis Ericson, president, Lincoln-Lancaster Genealogical Society
Facilitator: Judi Cook
Day/Dates: Mon, April 2, 9, 16, 23, 30
Time: 7-8:30 p.m.
Location: Union College, Ella Johnson Crandall Memorial Library, Lower Level Conference Room. Visitor parking is available in Lot 19.
Enrollment Limit: 30
Cost: $25

Prehistoric Human Migrations and Ancestry
18408CR
What might a DNA analysis tell you about your ancestry? Get answers to some common questions about genetic testing. Handouts will include maps showing prehistoric migration paths for mitochondrial DNA haplogroups and for Y-chromosomal haplogroups. You will also see extensive selections from the PBS series titled “First Peoples.”

Instructor and Facilitator: Le Etta Sprackling, science teacher, retired, and OLLI member
Day/Dates: Tue, Mar 27, Apr 3, 10, 17, 24, May 1
Time: 9-10:30 a.m.
Location: SCC-CEC, Room 406
Enrollment Limit: 25
Cost: $30

Memories Made of Stories
18409CR
One of the greatest gifts you can give your loved ones is a collection of your personal stories. This memoir writing workshop will help you share your experiences, joys and sorrows. We will write about our experiences during class, and then, if participants wish, we will share our most recent memoirs with the class. If participants desire, the instructor will privately go over about 10 pages of participants' memoirs each week.

Instructor and Facilitator: Lucy Lien, journalist, published author, and OLLI member
Day/Dates: Tue, Mar 27, Apr 3, 10, 17, 24, May 1
Time: 9-10:30 a.m.
Location: SCC-CEC, Room 404
Enrollment Limit: 12
Cost: $30
Latin Music USA
18411CR
From Latin jazz and mambo to salsa, Tejano, Chicano rock, Latin pop and reggaetón, four films of Latin Music USA explore the rise of new American music forged from powerful Latin roots. It’s a fresh take on our musical history, reaching across five decades and across musical genres to portray the rich mix of sounds created by Latinos and embraced by all.

The DVD series features the stories of an extraordinary range of musical artists and influencers: Carlos Santana, Gloria Estefan, Jennifer Lopez, Marc Anthony, Pérez Prado, Pitbull, Ricky Martin, Ritchie Valens, Selena, Shakira and Tito Puente to name a few. The life experiences of these and many other unforgettable artists will reveal how Latinos have reinvented their music in the United States, while never losing sight of their own rich traditions.

Instructor and Facilitator: Edith Adan, OLLI member
Day/Date: Tue, March 27, April 3, 10, 17
Time: 11 a.m.-12:30 p.m.
Location: Unitarian Church. Overflow parking located across the street at Holy Trinity Episcopal Church.
Enrollment Limit: 75
Cost: $20

Lincoln’s Most Infamous Crimes
18412CR
Lincoln’s 150 year history is punctuated by several notorious crimes. Some have inspired widespread fear, some have been attended by intense public interest and media attention and some have been unfathomable tragedies. We will explore many of these most significant crimes, focusing on ten in particular - some obvious, others obscure - that certainly rank among the most infamous, described by a commentator with a particularly insightful perspective.

Instructor: Tom Casady, director, Public Safety, City of Lincoln
Facilitator: Ross McCown
Day/Date: Tue, Mar 27
Time: 11 a.m.-12:30 p.m.
Location: East Campus Union. A UNL parking permit is required. See page 2 for details.
Enrollment Limit: 100
Cost: $5

The 4Rs: Recycle, Reuse, Reduce and Rethink
18413CR
Get a first-hand look at what our community is doing to rethink how we handle solid waste and reuse materials while taking on the challenge to conserve resources and protect the environment. What are we doing to expand the life of the Bluff Road Landfill and increase opportunities to reduce, reuse and recycle? Explore the challenges we are addressing with our groundwater. Learn about UNL’s new sustainability program. The second class will be a group tour to the city landfill.

Instructors: Gene Hanlon, recycling coordinator, City of Lincoln; Karla Welding, superintendent, Solid Waste Management, City of Lincoln; Jane Griffin, president, Groundwater Foundation; Prabhakar Shrestha, sustainability coordinator, UNL; and Jane Polson, president, Keep Nebraska Beautiful
Facilitator: De Tonack
Day/Date: Tues, March 27, Apr 3, 10, 17, 24
(Apr 3 landfill tour will be 11 a.m.-1 p.m.)
Time: 11 a.m.-12:30 p.m.
Location: NET Board Room
Enrollment Limit: 20
Cost: $30 includes tour transportation.
Climate Change: Past, Present and Future

18414CR
Explore the facets of climate change derived from extensive study of ice cores and sediment cores recovered by drilling in the polar regions and deep sea. Under the auspices of the Antarctic Drilling (ANDRILL) program sponsored by the National Science Foundation, data derived from these sources creates a scientific basis for defining the magnitude and speed of natural cycles of climate change in the past. These can be contrasted to modern rates of change in global temperature, ice volume and sea-level rise. Improvements in numerical modeling of climate, ice sheets and oceans through testing against geological records of climate change allow a means to improve predictions of future changes in climate. Participants will have hands-on experience with the research results to develop their own assessment of the current state of knowledge.

Instructors: David Harwood, professor, T.M and E.E. Stout Chair of Stratigraphy, Earth and Atmospheric Sciences, School of Natural Resources, UNL. Guest presenters will include speakers from Elder Climate Legacy.

Facilitator: Stan Riggle
Day/Date: Tue, Mar 27, Apr 3, 10, 17, 24
Time: 1-2:30 p.m.
Location: NET, Meeting and Events Room
Enrollment Limit: 75
Cost: $25

The Cathedral: Part II

18415CR
A church is, first and foremost, a place where communities of Christians gather to worship, to give thanks and to call on God for help. Thus, one way to judge the greatness of a church is to examine how well it serves its essential purpose. In this DVD lecture series, William R. Cook, a distinguished teaching professor of History at the State University of New York, will help us explore the evolution of the cathedral. This series with extensive 3-D video tours of the buildings is a perfect and affordable way to visit the world’s great cathedrals. In each class, we will watch two, thirty-minute lectures. Class discussions will follow the lectures.

Instructor and Facilitator: Mary Christiansen, OLLI member
Days/Date: Tue, March 27, Apr 3, 10, 17, 24, May 1
Time: 1-2:30 p.m.
Location: Unitarian Church. Overflow parking located across the street at Holy Trinity Episcopal Church.
Enrollment Limit: 75
Cost: $30
Tai Chi: 12-24
18416CR
Tai Chi is a traditional Chinese martial art treasured by many people. It integrates physical movements and internal meditation. It is one of the few sports that improves balance, coordination, flexibility, muscle strength and cardiovascular health. The moves are gentle enough for the elderly to practice, yet demanding enough to pose a significant challenge to many young professional athletes. Tai Chi is beneficial to people of all ages and lifestyles. This sequence of movements is easy to learn, concise and clear. It preserves the traditional features of Tai Chi, with an emphasis on the benefits to health. A Tai Chi master from the Nebraska Taijiquan Association will be invited as a guest instructor for the first class.

Instructor and Facilitator: Rui Liang, instructor, Chinese, Confucius Institute, UNL
Day/Dates: Tue, Mar 27, April 3, 10, 17, 24, May 1
Time: 1:30-3 p.m.
Location: St. Paul United Methodist Church, Gym. Underground parking is available at no charge. Enter on 11th St.
Enrollment Limit: 20
Cost: $30

The Impact of the Trump Presidency: The First 400 Days
18417CR
Donald Trump was sworn in as the 45th President of the United States in January 2017. What have been the consequences of his first year in office? Has the presidency of Donald Trump been the most disastrous in the nation’s history or is he setting the country back on course after eight years of the liberal ruin of Barack Obama? We will look at the varied aspects of a very different presidency: major shifts in U.S. foreign policy, including trade; different approaches to governmental institutions, such as the executive branch organization and policy and appointment of judges to the federal courts; a confrontational relationship with the press and media; and societal shifts on issues like race relations, immigration and gender relationships with the Women’s March and the “Me Too” movements. The course will also explore President Trump’s relationship with and effect on the Republican Party.

Instructors: A variety of instructors will provide expert commentary and views of the Trump presidency’s first year.
Facilitators: Peter Levitov, Marvin Almy, John Comer and Randy Moody
Day/Date: Tue, Mar 27, Apr 3, 10, 17, 24, May 1
Time: 3-4:30 p.m.
Location: Unitarian Church. Overflow parking located across the street at Holy Trinity Episcopal Church.
Enrollment Limit: 75
Cost: $30

Tours of Artists’ Studios
18441CR
Have you ever wondered where and how some artists create their work? Join us for a behind the scenes look at six different Lincoln artists in their studios. You will have a chance to see their creative environment and study some of their finished pieces or works in progress. You will hear them describe their creative process and perhaps see a demonstration of their techniques. This is our eleventh year of tours and, once again, we will visit all new and different studios.

Facilitator: Mary Ann Sullivan
Day/Dates: Tue, Mar 27, Apr 3, 10, 17, 24, May 1
Time: 3-4:30 p.m.
Location: The OLLI office will send the location of the first class to all registrants. Other locations will be listed in the syllabus. You may have to stand for parts of some of the presentations and/or there may be stairs to navigate.
Enrollment Limit: 15
Cost: $30
Safety in Sports: Prevention, Treatment and Recovery of Sport-Related Injuries

High school and college/university sports are broadcast and reported on television and radio and are the subjects of many articles in our newspapers every single day. Sports-related injuries are very common in most sports, from football to wrestling, soccer, basketball, gymnastics, volleyball, tennis and beyond. Experts in fitness, coaching, sports medicine and rehabilitation will explain how our young people are evaluated for competition, guided with fitness and nutrition programs and coached to be prepared for interscholastic competition. When injuries occur, we will learn how they are handled by athletic first responders: trainers, coaches and medical personnel. We will also examine treatment for both short-term and long-term injuries and understand how athletes are deemed ready to return to play.

Instructors: From Lincoln Public Schools - Kathi Wieskamp, director, Athletics and Activities; Matthew Bertsch, sports performance coach; Jake Finchman, sports performance coach; Justin Eggleston, head athletic trainer, Southwest high School; Crystal Kjar, head athletic trainer, Southeast High School. From UNL - Dennis Molfese, director, Brain Imaging Center and the Developmental Neuroscience Laboratory, Patrick Clare, orthopedic surgeon and team physician, Athletic Department, retired; Boyd Epley, assistant athletic director, Strength and Conditioning; Lindsey Remmers, director, Athletic Nutrition. Nicholas Reiss, physical therapist, owner, Complete Physical Therapy
Facilitator: Peter Levitov

State of Addiction: The Opioid Crisis

Every day, more than 90 Americans die after overdosing on opioids. The misuse of and addiction to opioids - prescription pain relievers, heroin and synthetic opioids such as fentanyl - is a serious public health crisis. Nebraska is no exception to the opioid crisis and its devastating consequences.

Our state attorney general has launched a coalition of area law enforcement and medical groups to take aim at the issue in efforts to get this problem under control before it escalates here as in other states. Law enforcement is critical to this effort, as are Prescription Drug Monitoring Programs (PDMPs). PDMPs help to identify individuals who may be misusing or abusing opioid prescriptions and other prescription drugs. Coordinated efforts by physicians and pharmacists in providing safe chronic pain relief are also instrumental in breaking the cycle of misuse/addiction to opiates. New pain management guidelines have been developed.

Instructors: Doug Peterson, Nebraska Attorney General; Lieutenant Jon Kraai, Nebraska State Patrol Investigative Services; Amy Plants-Novich, project coordinator, Prescription Drug Monitoring Program; Allison Dering-Anderson, PharmD., clinical associate professor, Pharmacy, UNMC
Facilitator: Carolyn Gregorius

Day/Dates: Wed, Mar 28 and Apr 4
Time: 9-10:30 a.m.
Location: SCC-CEC, Auditorium
Enrollment Limit: 70
Cost: $10
Photography Using your Mobile Device
18420CR
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, Mar 28, Apr 4, 11
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: 15
Cost: $15

Post-Processing/Editing Your Digital Photos
18421CR
The OLLI Digital Photography class gave you the tools to capture great photos. This course will give you the tools, and tricks, to turn those great photos into masterpieces, or how to prepare them for the web, publication or just for email. You will learn how to control brightness, contrast, noise reduction, sharpness and much more.

You will need a laptop with an editing program installed, such as Photoshop, Affinity Photo, Luminar, ON1 Photo/Photo RAW, or Nikon Capture NXi (for Nikon users only). Bring your camera and at least two recent photos in the RAW format and two photos in JPEG format to the class. No pre-processing please. The prerequisite for this course is having completed the OLLI Digital Photography course.

Contact John Keller 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 other related questions.
Instructor: John Keller, adjunct professor, Photography, Doane University and Southeast Community College
Facilitator: David Dyke
Day/Date: Wed, Apr 18, 25, May 2

Bread: A Memoir of Hunger
18422CR
Lisa Knopp, the 2017 Nebraska Book Award winning author, will present her book about disordered eating habits among older people. When she was 54, her weight dropped to a number on the scale that she hadn’t seen since seventh grade. The severe food restricting that left her thin and sick when she was 15 and 25 had returned. This time, she was determined to understand the causes of her malady and how she could heal from a condition that is caused by a tangle of genetic, biological, familial, psychological, cultural and spiritual factors. This compelling memoir, at once a food and illness narrative, explores the forces that cause eating disorders and disordered eating, including the link between those conditions in women, middle-aged and older, and the fear of aging and ageism. Her book will be available for purchase at the class.

Instructor: Lisa Knopp, Nebraska author
Facilitator: Leta Powell Drake
Day/Date: Wed, Mar 28
Time: 11 a.m.-12:30 p.m.
Location: SCC-CEC, Auditorium
Enrollment Limit: 70
Cost: $5
How the Earth Was Made

18423CR

From a once seething, hellish mass of molten rock to the world that life inhabits today, take a rollercoaster ride through the History Channel’s documentary series “Planet Earth.” We will choose topics from DVDs of the series. It is a 4.5 billion-year epic, a story of unimaginable timescales, earth-shattering forces, changing climates and mass extinctions. Discover how the continents were formed, canyons were carved and volcanoes were created. In each class, we will watch a 45-minute lecture followed by guided discussion.

Instructor: Duane Eversoll, professor emeritus, research geologist, School of Natural Resources, UNL, retired, and OLLI member; Dave Thomssen, geologist, retired, and OLLI member
Facilitator: Duane Eversoll
Day/Dates: Wed, Mar 28, Apr 4, 11, 25, May 2, 9
(No class Apr 18)
Time: 11 a.m.-12:30 p.m.
Location: NET, Meeting and Events Room
Enrollment Limit: 75
Cost: $30

Young Karl Marx: The Man before the "-ism"

18425CR

On this bicentennial of Marx's birth in 1818 in Trier, Germany, we may profit from examining his early life, experience, and origins of his basic "dialectic" approach to our modern human condition through his manifesto of 1848. We will consider his ethnic predicament, his life-long love affair, his encounter with Hegelian idealism, his aborted journalistic career, his collaboration with industrialist Engels, his critique of German ideology and his long refuge in England. His own actual, translated, writings will be our major focus, rather than characterizations by opponents or advocates. We will at least become aware of why he wasn't one of the original Marx brothers.

Instructor and Facilitator: Wil Hass, professor emeritus, Argosy University, retired, and OLLI member
Day/Dates: Wed, Mar 28, Apr 4, 11, 18, 25, May 2
Time: 1-2:30 p.m.
Location: SCC-CEC, Room 405
Enrollment Limit: 25
Cost: $30

The Irish “Troubles:” A Personal Perspective

18424CR

Michael Gregg will present the history of the Irish “Troubles” from their origin to the peace agreement with the special insight of one who lived, worked and raised his family in Northern Ireland during the final decades of this conflict.

Instructor: Michael Gregg
Facilitator: Martha Van Sickle
Day/Date: Wed, Apr 11
Time: 1-2:30 p.m.
Location: NET, Meeting and Events Room
Enrollment Limit: 75
Cost: $5

Tai Chi Continuation

18426CR

This course is for individuals who completed the 24-Step Tai Chi course or who have previous Tai Chi experience. It is not for beginners. This course integrates physical movements and internal meditation. You can improve your balance, coordination, flexibility, muscle strength and cardiovascular health.

Instructor and Facilitator: Rui Liang, instructor, Chinese, Confucius Institute, UNL
Day/Dates: Wed, Mar 28, Apr 4, 11, 18, 25, May 2
Facilitator: Dee Aguilar
Time: 1:30-3 p.m.
Location: St. Paul United Methodist Church, Gym. Underground parking is available at no charge. Enter on 11th St.
Enrollment Limit: 20
Cost: $30
Digital Photography

**18427CR**

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, Mar 28, Apr 4, 11, 18, 25, May 2

**Time:** 1:30-3 p.m.

**Location:** Doane University, Fred D. Brown Center, Lincoln campus. Park east of the main entrance.

**Enrollment Limit:** 12

**Cost:** $30

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Intermediate Bridge II

**18430CR**

If you have completed the Intermediate Bridge I course or played some bridge and want to improve your understanding of the game, enroll in this course. We will build upon your existing skills and learn about modern bidding systems. You will be able to accept any bridge invitation with the confidence that you can play the game and win. This course is not for the beginner.

**Instructor:** Bruce Burns

**Day/Dates:** Wed, Mar 28, Apr 4, 11, 18, 25, May 2

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

**Location:** Lincoln Duplicate Bridge Club, second floor

**Cost:** $30

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Using Stem Cells to Regenerate Your Body

**18429CR**

When you get old, your tissues, organs and body become less functional. Why? Because the stem cells in your tissues and organs get old and lose their capability to repair the damage occurring to your body. This course is designed to provide the basics of stem cells and the current status of using them to treat human diseases, particularly Parkinson’s disease and diabetes.

**Instructor:** Yuguo Lei, assistant professor, Chemical and Biomolecular Engineering, UNL

**Facilitator:** Carolyn Gregorius

**Day/Dates:** Wed, Mar 28, Apr 4, 11, 18, 25, May 2

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

**Location:** Unitarian Church. Overflow parking located across the street at Holy Trinity Episcopal Church.

**Enrollment Limit:** 75

**Cost:** $30

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Moving to Heal

**18431CR**

Gentle movement designed for all fitness levels. 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 and is adapted especially for those new to exercise or recovering from illness or injury. This class is for anyone wanting to feel better.

**Instructor and Facilitator:** Jennifer Hilkemann, Nia Instructor

**Day/Dates:** Thu, Mar 29, Apr 5, 12, 19

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

**Location:** Unitarian Church. Overflow parking located across the street at Holy Trinity Episcopal Church.

**Enrollment Limit:** 15

**Cost:** $20
The Magic of the Metropolitan Opera

March 28
“Cosi fan tutte”
Wolfgang Amadeus Mozart

Mozart’s masterpiece “Cosi fan tutte” is billed as a comedy, but it often leaves romantically inclined listeners feeling just a little bit queasy. Deep down, “Cosi fan tutte” provides a sharp reminder of how often the true depth of our feelings is sadly contradicted by clumsy statements and predictable actions. Mozart’s opera also does something even more profound: It bluntly reminds us that our most cherished relationships can often be fragile and tenuous, and in doing so it shines a harsh light on the barest of our vulnerabilities.

April 11
“Luisa Miller”
Guisseppe Verdi

Verdi wrote “Luisa Miller” in 1849, and it’s not his most famous Schiller-based opera. That distinction would go to his sprawling drama “Don Carlos.” But of the two, “Luisa Miller” is surely the more straightforward and accessible, with its troubled love story plagued by corrupt politics, class conflicts and bitter family squabbles. Plácido Domingo adds yet another role to his legendary Met career in this rarely performed Verdi gem Sonya Yoncheva sings the title role opposite Piotr Beczała in the first Met performances of the opera in more than ten years.

April 25
“Cendrillon”
Jules Massenet

The opera brings back the fairy godmother, the magical coach and the glass slippers that Disney and Rogers and Hammerstein have accustomed us to, but that Rossini left out. In Massenet’s version of the Cinderella story, the father is very much present. He is a much harassed and overwhelmed man who would much rather be back in the country with his daughter than in court with his new wife and her daughters. He is actually most comfortable hanging out with the servants. He does have a moment of overwhelming anger when he wishes his new family would go to the devil and the jovial Massenet quotes the dramatic ending of Mozart’s “Don Giovanni” for his wish.

Instructor: Marina Fabbrikant, professor, Piano and Music Theory, Union College
Facilitator: Leta Powell Drake
Day/Dates: Wed, Mar 28, Apr 11, Apr 25
Time: 3-4:30 p.m.
Location: Union College, Lang Amphitheatre in the Kruger Science and Math Building. Free parking.
Enrollment Limit: Open
Cost: $15
Pickleball: A Sport for All Ages
Fun, fitness and friendship for people of all ages. Learn the basics of pickleball. You will be playing this game in 20 minutes.

Paddles and balls will be available. Before buying a paddle, contact the instructor, Bill Roehrs, at 402-432-6790 or email him at wroehrs@me.com.

Register for one course

18442CR
Day/Dates: Thu, May 10, 17, 24, 31
Time: 11 a.m.-12 p.m.

18443CR
Day/Dates: Thu, May 10, 17, 24, 31
Time: 12-1 p.m.

Instructor: Bill Roehrs, USAPA ambassador
Facilitator: Chuck Gregorius
Location: Peterson Park Pickleball Courts
Enrollment Limit: 12
Cost: $20

Learn the Ukulele

18433CR
Learning a new instrument helps keep the brain sharp, and fingering the ukulele helps arthritic hands. You don’t have to be a good singer and you don’t have to know how to read music to take this class.

Only soprano ukuleles will be used in this class. The music studio has 10 ukuleles available for class use. It is helpful if you already have a ukulele. Class size will depend on those needing the studio ukuleles plus anyone having their own ukulele.

Instructor: Gary Kruce
Facilitator: Pat King
Day/Dates: Thu, Mar 29, Apr 5, 12, 19, 26, May 3
Time: 11 a.m.-12:30 p.m.
Location: CGS Music, basement studio
Enrollment Limit: 15
Cost: $30

From Prairie College to the Big Ten

18432CR
Two years after Nebraska became a state, its people created a university in the new city of Lincoln. The university received an initial land grant of about 130,000 acres and immediately began to build University Hall. After a slow start, enrollment boomed and has continued to grow ever since.

We will highlight specific events and people who were pivotal to the university’s history and development, the creation of additional campuses, events associated with the two World Wars and the social transitions of the 1960s and 1970s. Mary Ellen Ducey, university archivist, and Kay Logan-Peters, architecture librarian and author of a new book on the university’s history, will talk about early literary societies, loyalty trials, student demonstrations and other high-profile moments in NU’s history.

UNL Emeriti and Retirees Association members can enroll at the member price.

Instructors: Mary Ellen Ducey, associate professor, University Libraries, UNL; Kay Logan-Peters, professor, University Libraries, UNL
Facilitators: Dick Dienstbier, Charlyne Berens
Day/Dates: Thu, Mar 29, Apr 5, 12, 19, 26, May 3
April 19 class is a walking tour of City Campus. Meeting and parking instructions will be provided at class.
Time: 11 a.m.-12:30 p.m.
Location: NET, Meeting and Events Room
Enrollment Limit: 75
Cost: $30
The Future of the Great Plains: Climate, Water and the Economy

**18434CR**

In the context of models of climate change, this course will examine questions and issues likely to be confronting the people of the Great Plains, roughly the middle third of the country, from multiple perspectives. In the Great Plains, climate change is likely to be of such magnitude that it will impact to varying degrees every person and institution of society and most of our infrastructure. These issues include, among others, food production, changes to our economy, even our diet, diseases of plants and animals, the role of technology; water quality, supply and management; air quality, and land management; and virtually all of our regulatory environment. Some of these issues will be examined from the perspectives of climate scientists, economists, food production, water resources and legislators of public policy.

**Instructors:** From UNL - David Harwood, professor, T.M. and E.E. Stout Chair of Stratigraphy, Earth and Atmospheric Science; Clint Rowe, professor, Earth and Atmospheric Sciences; Tom Hoegemeyer, professor of practice, Agronomy and Horticulture, retired, and OLLI member; Bruce Johnson, professor, Agricultural Economics; and Michael Jess, director, Nebraska Department of Water Resources, retired, and OLLI member. Guest presenters will include speakers from Elder Climate Legacy.

**Facilitator:** Stan Riggle

**Day/Date:** Thu, Mar 29, Apr 5, 12, 19, 26, May 3

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

**Location:** Unitarian Church. Overflow parking located across the street at Holy Trinity Episcopal Church.

**Enrollment Limit:** 75

**Cost:** $30

Rights and Wrongs in Women’s Legal History

**18435CR**

Get a comprehensive overview of the diverse concerns and campaigns for women’s rights that span American history from the early republic to the modern era. It will trace the progress of women’s legal rights by focusing on: suffrage and political participation; the labor and civil rights movements; claims to reproductive and sexual justice; women’s rights in Nebraska.

**Instructor:** Katrina Jagodinsky, associate professor, History, UNL

**Facilitator:** Charlyne Berens

**Day/Date:** Thu, April 12, 26, May 3, 10

(No class Apr 19)

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

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

**Enrollment Limit:** 75

**Cost:** $20

How to Simplify Your Stuff and Honor Your Memories

**18436CR**

Do you desire a simplified uncluttered life with less “stuff”? The benefits of owning fewer possessions include less to clean or dust, less to organize, more money to spend on experiences rather than possessions and more energy to put into your greatest passions. But where do you begin? And what do you do with those mementos that mean so much? Join us for helpful tips and suggestions as well as motivation to get started.

**Instructor:** Melinda Stone, development director, Eastmont Towers Foundation

**Facilitator:** David Dyke

**Day/Date:** Thu, Mar 29, Apr 5, 12, 19

**Time:** 3-4:30 pm.

**Location:** Eastmont Towers, Main Lounge

**Enrollment Limit:** 50

**Cost:** $20
**Backstage at the Nebraska Repertory Theatre: “Lord of the Flies”**

**18437CR**

When a school group survives a catastrophic plane crash, what starts as an island adventure quickly descends into a violent struggle for survival. William Golding’s “Lord of the Flies” is adapted for the stage by Nigel Williams. Williams brings this 20th century literary classic onto the stage in a fascinating production that explodes on the stage with percussion, ritual and fire.

“Lord of the Flies” will be at the Lied Center’s Johnny Carson Theatre. OLLI members receive half price tickets of $15 for the show. For tickets, call the Lied Center for Performing Arts at 402-472-4747.

**Instructor:** Julie Hagemeier, general manager, Johnny Carson School of Theatre and Film, UNL  
**Facilitator:** Leta Powell Drake  
**Day/Date:** Thu, Mar 29  
**Time:** 3-4:30 p.m.  
**Location:** UNL School of Theatre and Film, Temple Building, Room 104. Parking is available in nearby public parking garages.  
**Enrollment Limit:** 25  
**Cost:** $5

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

**18438CR**

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 work out 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:** Kimberly Barrett, assistant director, wellness and fitness programs, Campus Recreation, UNL  
**Facilitator:** David Dyke  
**Day/Dates:** Fri, Mar 30, Apr 6, 13, 20, 27, May 4  
**Time:** 9-10:30 a.m.  
**Location:** UNL Recreation and Wellness Center. A UNL parking permit is required. See page 2 for details.  
**Enrollment Limit:** 30  
**Cost:** $30
How to Listen to and Understand Great Music

18439CR
Isn’t it more pleasant to listen to music if you know something about it? Gather insight into the various genres of music, covering, for example, vocal and instrumental chamber music and solo music, opera, oratorio, the concerto, and various forms of symphonic music, as well as the terms and practices necessary for the enjoyment of listening to these musical types. Excerpts from the DVD series of the same name, given by Robert Greenberg, PhD, will be the focus of this experience.

Instructor: Nancy Whitman, associate professor, School of Music, UNK, retired
Facilitator: Fred Holbert
Day/Date: Fri, Mar 30, Apr 6, 13, 20, 27, May 4
Time: 11 a.m.-12:30 p.m.
Location: SCC-ENT, Room 211
Enrollment Limit: 40
Cost: $30

Great Decisions 2018

18440CR
Great Decisions 2018 discusses major foreign policy issues facing the United States. Each year the Foreign Policy Association selects eight topics for discussion. In conjunction with PBS, FPA produces 30-minute videos on each topic and selects a foreign policy expert to write an article on each topic. Participants are expected to read the articles prior to watching the video on the day of the class. Topics to be discussed in Term 4 will include: Turkey: A Partner in Crisis; U.S. Global Engagement and The Military; South Africa’s Fragile Democracy; and Global Health: Progress and Challenges. Participants may purchase the “Great Decisions Briefing Book” from the UNL bookstores, online at www.fpa.org or at the first class session.

The Great Decisions class utilizes videos and a briefing book prepared by the Foreign Policy Association and PBS. Commentators and authors include a variety of foreign policy experts, government officials and journalists.

Facilitator: Marvin Almy, OLLI member
Day/Dates: Fri, Mar 30, Apr 6, 13, 20, 27, May 4
Time: 1-2:30 p.m.
Location: SCC-ENT, Room 214
Enrollment Limit: 40
Cost: $30
Brave New World: How the Future is Rooted in the Past and Present

by Lucy Lien, OLLI Member

Throughout the Nebraska Sesquicentennial, OLLI at UNL celebrated the state’s past. This August, at the beginning of the 2018-19 academic year, OLLI will shift its focus to the future. The new OLLI theme will be “Brave New World: How the Future is Rooted in Past and Present.”

“We’ve just gone through one and a half years focused on Nebraska’s history, so now we want to look at what happens next,” Charlyne Berens, OLLI curriculum committee co-chair, said.

Today’s young people will be dealing with increasingly rapid, often dramatic, changes in technology, the environment, water supply, jobs, education and globalization. OLLI will be exploring areas related to the potential changes. Topics may include:

- How changes in Nebraska’s water availability, climate and environment could affect Nebraskans’ lives, the agricultural economy and the state’s demographics. How can we use our natural resources and still meet the challenges of nitrogen runoff, stream flows, flood control and evolving water law?
- Are we destined to live with highly divisive politics? Is there anything we can do to make our politics and civic discourse more civil? Where can we find the “real facts” and accurate political, social and economic views? Should we learn more about group dynamics, value formation and active listening?
- Events of a century ago – World War I, the Versailles Treaty, the League of Nations, the rise of Communism, the global flu epidemic, women’s suffrage, prohibition, our country’s isolationism – all caused paradigm shifts in our understandings and actions. What can we learn from these events that can help us deal with the future?
- And of course, although many courses will be looking to the future, there will also be numerous classes unrelated to the theme. OLLI members are encouraged to suggest ideas for themes for upcoming academic years.
Call for OLLI Advisory Council Candidates

Each year in May, OLLI members elect two representatives to the OLLI Advisory Council to serve 3-year terms as a Director representing the members-at-large. Candidates to the Council must be current members of the OLLI program at UNL. Council members provide leadership and advice on the direction of the OLLI program at the University of Nebraska – Lincoln.

**Council Duties**
- The Council oversees that the policies established by mutual agreement between the Advisory Council, the Coordinator, and the University are disseminated to and carried out by the membership.
- The Council works collaboratively with the Coordinator and recommends actions regarding the curriculum, the budget, the class fee structure, recruiting and program sustainability.
- Membership on the Council involves attending the monthly Council meetings that are held at 9 a.m. on the second Monday of each month from August through May. Council members also serve on Council committees that vary in their time demands.

If you have an interest in running for a seat on the Council, or wish to nominate someone else, send an email to olli@unl.edu by Friday, April 6.

Members of the Nominating Committee may also contact potential candidates. If contacted, please give consideration to serving as a leader of the OLLI program.

The OLLI election will be conducted in mid-May by e-mail or mail to those OLLI members not having an e-mail address. Again this year there will be a brochure prepared with photos and statements from the candidates running for the two positions. Results of the election will be announced in late May.
Carolyn Gregorius

Carolyn Gregorius became involved in the OLLI Health and Wellness curriculum subcommittee a few years ago. Starting this year, Carolyn agreed to serve as the new chair of the subcommittee. The subcommittee was restructured and several new enthusiastic members joined the group.

“At our first meeting, ideas sprouted from everyone,” said Carolyn. “I knew that our problem would be limiting the subject matter to those areas of most interest to the general OLLI membership. The group’s input and opinions have been so valuable in deciding what courses to offer. Really, we just talk it out and reach a consensus on what to do next. Everyone has done their part and has volunteered to either facilitate or teach a class this year,” she said.

According to Carolyn, finding volunteer instructors is not as hard as it might seem. Suggestions for potential instructors and speakers come from Curriculum Committee co-chairs David Dyke and Charlyne Berens, plus subcommittee members have resources as well.

“Never to be overlooked are personal friends and their contacts. Some of the best speakers I’ve found have come from a casual conversation with friends,” Carolyn said. “Putting a class together is an organizing effort. There are a lot of resources available on the OLLI website that help with organizing a class.”

“My best tip to make things go smoothly is to deal with only one speaker per class. It gets dicey when you try having more than one speaker and having to coordinate schedules to find dates and times that work for all,” she said. “The fun part of putting a class together is coming up with a catchy title. A catchy title definitely generates more interest in a course in the course catalog.”

Carolyn graduated from the University of Nebraska Medical Center with a bachelor’s degree in medical technology and later received her master’s degree in family wellness from UNL. She worked in hospital laboratories at UNMC and the University of Missouri Medical Center. With the arrival of her family, she became a stay-at-home mom, then later did some computer training.

Having been involved with volunteering for almost 40 years, she has worked with several non-profit organizations in the community. One of the lengthier volunteer stints was with Lincoln Literacy where she tutored English language learners.
De Tonack

De Tonack became involved with the OLLI science curriculum subcommittee after being approached by the chair of the subcommittee, LeEtta Sprackling. “She enticed me to offer a course from my field – mathematics,” De said. The course “There is No Crying in Mathematics,” which later become the course “Sexy Rectangles,” got her hooked on teaching and facilitating OLLI courses. Today, De is the co-chair of the Science Subcommittee.

She grew up on a farm in Holdrege, Nebraska. At the time, it was a very Swedish community and her last name of Carlson fit right in. That Swedish heritage enticed her to offer two separate OLLI classes on immigration. The first included immigration histories and stories of the Czechs, the Swedes, the Germans and the Germans from Russia. The second course included the Irish, the Japanese, the Mexicans and the Danes. Of course, each had a food to accompany the culture.

Dee has taught for more than 40 years. “My career has been entirely in education, which is one reason why I love teaching, facilitating and taking OLLI classes,” said De. “I have taught math and physics in middle school, high school and college. My last full-time job was with the Lincoln Public Schools Zoo School. It was very much like a one-room country school where students help out,” she said. “That is how I remember the country school I attended in Phelps County, Neb.,” De said.

After reading the book “The Culinary History of the Nebraska Sandhills,” she thought it seemed like a great springboard for an OLLI class. “I enlisted two other presenters from OLLI classes and together we presented an afternoon of stories and food suggested and presented by the book,” she said.

Her love of the outdoors was the inspiration for the course she taught and facilitated titled “Rare Nature up Close” from several years ago. “We studied monarch butterflies, the tiger beetle and the native prairie with help from many instructors, as well as Mother Nature.”

“I like helping with courses I feel are important to study— recycling, water issues, immigration and climate change,” she said.

De graduated from what was once Kearney State College with a bachelor’s degree in mathematics and English and a master’s degree in mathematics education. She later earned a doctorate in administration and curriculum development from UNL.

She has also worked under a science and math grant with NET making math videos and curriculum, and directed an alternative education program.
Our Health Care: Let’s Talk About It

18450EV

A symposium looking at issues affecting women:
• Poverty
• Ethnicity
• Policy

We invite you to spend an afternoon with us to participate in a learning and discussion session on these important topics.

Keynote speaker:
Shavonna M. Lausterer, MPH, CPH, health director, Lincoln Lancaster County Health Department

Panelists:
A moderated panel discussion to be followed by Q&A session.
• Josie Rodriguez, administrator, Office of Health Disparities and Health Equity, Nebraska Department of Health and Human Services
• Molly McCleery, J.D., deputy director/staff attorney, Health Care Program, Nebraska Appleseed Department of Health and Human Services
• Dr. Alice Mitwaruciu, behavioral health administrator, Nebraska Department of Correctional Services

Symposium Facilitator and Moderator:
Dr. Beth Ann Brooks, psychiatrist, and OLLI member

Time permitting, there will be an opportunity to hear the results of the Women's Voices Survey from the Women's Foundation of Lincoln Lancaster County.

Offered in partnership with YWCA of Lincoln, the League of Women Voters of Lincoln-Lancaster, the Women's Foundation of Lincoln Lancaster County and OLLI at UNL.

Registration Deadline: Thu, Mar 8
Event Day/Date: Mon, Mar 12
Time: 1-4:00 p.m.
Location: SCC-CEC, third floor
Enrollment limit: 125
Cost: $10

Stopping the Heist:
Protect Your Identity from Thieves

Learn about identity theft, data breaches, cybersecurity and privacy at this free program.

ITRC is a non-profit organization established to support victims of identity theft in resolving their cases, and to broaden public education and awareness of identity theft and related issues that have unfortunately become part of today’s society.

Featured Speaker:
Eva Velasquez, president, national ID Theft Resource Center (ITRC)

Event Day/Date: Tue, Apr 10
Time: 6:30-8 p.m.
Location: Cornhusker Bank, Community Room, 8310 O St. Park and enter on the north side of the building.
Cost: Free. RSVP is required by April 3.
Call 1-877-926-8300 to register.
Sponsored by the Better Business Bureau, AARP, Cornhusker Bank and OLLI at UNL.

Both these events are open to the public.
Breakfast with the Coach: Michael Lewis

Michael Lewis will join us for breakfast to share his thoughts on the season just completed and the Husker basketball program overall. Coach Lewis came to UNL in 2016 with an illustrious career as a player and coach. He is known as one of the greatest point guards in Indiana basketball history and was named MVP of the 1999 Hoosier Classic while playing for Indiana University. Before coming to Nebraska, Lewis served as a graduate assistant under Coach Bob Knight at Texas Tech and as assistant coach at Stephen F. Austin State University, Eastern Illinois University and Butler University. Coach Lewis is a member of the Villa 7 Consortium, which brings together university athletic directors and the country’s elite assistant coaches in an effort to prepare the next generation of college basketball leaders. This is a singular opportunity to get the inside scoop on Nebraska’s up-and-coming basketball program. Don’t miss it!

Event Day/Date: Fri, Apr 6
Registration Deadline: Mon, Apr 2
Time: 8:30-10 a.m.
Location: The Egg and I
Enrollment Limit: 40
Cost: $20 includes breakfast. Registration is required. Cancellation after the registration deadline date will be non-refundable. Please contact the OLLI office if you have specific dietary restrictions.

The OLLI/Playhouse
Radio Active Players Present

Singin’ in the Rain Sr.

This great movie musical is faithfully and lovingly adapted by Broadway legends Betty Comden and Adolph Green from their original award-winning screenplay, “Singin’ in the Rain.” Hilarious situations, snappy dialogue and a hit-parade score of Hollywood standards make “Singin’ in the Rain, Sr.” a guaranteed good time for performers and audience members alike.

Show Dates and Times
Thu, Apr 5, 2 p.m.
Fri, Apr 6, 7:30 p.m.
Sat, Apr 7, 7:30 p.m.

Tickets
Ticket sales begin Monday, Mar 26
$5 per person
Accessible seating available
Lincoln Community Playhouse, 2500 S. 56th St.
The Lincoln Community Playhouse handles all tickets sales. Visit the box office between 11 a.m.-5 p.m. or call 402-489-7529. You can also buy your tickets online at lincolnplayhouse.com.
Nebraska Mixed Bag Lecture Series:

Green Roofs
18453EV

Vegetated or green roofs are evolving and spreading across North America. This presentation examines the history and benefits of such roofs, then describes ten years of research by Richard Sutton, professor of Agronomy and Horticulture at UNL.

Green roofs have been around for ages, but with the impacts of impervious urban surfaces, declining water quality and accelerated storm runoff, green roofs have become a tool in creating sustainable living architecture.

When the recent green roof movement arrived in North America from Europe, it was tied to plants and materials developed for cool, humid climes. Cool and humid does not describe the Great Plains, so green roofs needed adaptation to prairies. Existing roofs normally lack the load-bearing capacity required for green roof installation, so Sutton has tested and found a blend of native plants and recycled materials adapted to environmental stress and light in weight. He’ll share a small completed example of such an approach on a nearby field trip.

This lecture will include a short walk to visit the East Campus Recreation Center green roof project.

Event Day/Date: Fri, May 4
Time: 11 a.m.-1 p.m.
Location: UNL Ruth Leverton Hall, Room 204, East Campus. A UNL parking permit is required. See page 2 for details.
Enrollment Limit: 50
Cost: $5

OLLI at the Old Ball Game:
UNL vs. Creighton
18454EV

Hop on the bus as we travel to Omaha’s TD Ameritrade Park to watch UNL and Creighton square off for the third time this season. The intrastate rivalry between these two teams makes the game even more exciting and interesting, and Ameritrade Park is a great place to watch a game. Enjoy ballpark fare and America’s national pastime without the hassle of driving and parking. Play ball!

Event Day/Date: Tue, May 8
Registration Deadline: Fri, Apr 21
Time: 5 p.m.
Location: Bus will promptly depart from Gateway Mall parking lot just north of Younker’s parking deck. Personal vehicles can be parked in this location for the duration of the trip. The bus will arrive back in Lincoln after the conclusion of the game.
Enrollment Limit: 35
Cost: $35 includes game ticket and transportation. Food at the ballpark is on your own. Registration is required. Cancellation after the registration deadline date will be non-refundable.
Travel with OLLI and Valden Tours

The following tours are being offered by Valden Tours, OLLI’s travel partner.

Get complete details and reservation forms in two ways:

• Go to the OLLI website at olli.unl.edu. Hover over the red tab “Events and Travel” and click on the dropdown link “Travel.” Here you will find a list of travel opportunities, downloadable brochures and reservation forms.

• Questions: Contact Lee Rockwell at Valden Tours, 2102 South 66th Street, Lincoln, NE 68506, 402-486-0900 or by email at lrockwell@windstream.net

Individuals requesting assistance under the American Disabilities Act (ADA) should contact Valden Tours at the time the reservation is made.

Amalfi Coast Music & Arts Festival Plus Southern Italy & Sicily

**July 2-18, 2018**

Join concert pianist Paul Barnes, professor of music at the Glenn Korff School of Music at UNL for his performance in July at the Amalfi Coast Music and Arts Festival. Then explore Southern Italy and Sicily on a remarkable food and wine tour. Register for the entire tour or for ONLY the Southern Italy and Sicily tour.

The Amalfi Coast Music and Arts Festival component of the tour is three days of a Chautauqua-style experiment in the arts on an international level. It brings together performing artists, visual artists, writers and poets, students, teachers and music aficionados. You can attend rehearsals, master classes and pre-concert lectures. You can also take advantage of the many educational offerings at the festival such as art courses, Italian language classes, cooking lessons, and excursions to various sites in the Amalfi Coast area.

The tour of Southern Italy and Sicily is an 11-day visit. Most international tourists visit northern Italy and sites such as Milan, Venice and Florence. This trip offers a unique view of Southern Italy, an area of this Mediterranean country that is much different from the northern environs. You will visit remarkable historical and cultural sites, as well as sample the superb food and wine of the region.

Download the trip brochure for more details at: https://olli.unl.edu/travel-opportunities

Reservation Deadline: Thu, Mar 15

Reservations will be accepted following that date on a space available basis.

A President, a Terrorist, Architects and Lots of Cowboys (Photo)

**May 7–May 10, 2018**

OLLI’s spring tour to Kansas and Oklahoma will transport you to sites that will surprise, inspire and educate you. Our special guest will be Lynn Jones, AIA, principal emeritus, Davis Design. There so much to see and visit, from the Eisenhower Presidential Library and Museum in Abilene, Kansas, to the National Cowboy & Western Heritage Museum in Oklahoma City, to the Will Rogers Memorial Museum and Birthplace Ranch in Claremore, Oklahoma, plus so much more in between.

Cost:
$795 per person for shared accommodations
$995 for single accommodations

The registration fee provides for roundtrip motorcoach transportation from Lincoln, motel accommodations, identified meals, admissions and driver gratuity.

Reservation Deadline: Mon, Apr 2
Interest groups are created, planned, coordinated and maintained by OLLI members. Interest groups offer an opportunity to continue learning about a specific subject and a chance to get to know other OLLI members. This is a value-added benefit to membership.

Any OLLI member may start a new group. The only requirements for starting a new interest group are initiative to see if there are other OLLI members who share your interest, leadership to organize a group and commitment to the group until it is established.

For information about starting a new group or if you have questions, contact Stan Riggle, archaeogastropoda@hotmail.com, 402-435-0900, or Joe Seewald at wseewald@aol.com, 402-430-2038.

Check out the online OLLI Calendar of Events for monthly interest group meetings, times and locations. https://olli.unl.edu/events-calendar

### Biking the Trails
Exercise and fun while biking Lincoln’s bike trails.
**Contact:** Roger Adams, rogerladams@me.com, 402-304-0962
**Day/Time:** Fall-Spring, Wednesdays, 1 p.m.; Summer, Wednesdays, 9 a.m.
**Location:** Meet at the Jane Synder Trail Center

### Card Club/Dominoes
Do you enjoy playing cards or dominoes? If so, this interest group may be just right for you. This group is open to all OLLI members. A variety of card games will be played.
**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.

### German Language and Culture
Sprechen Sie Deutsch? Would you like to? If you have been exposed to the German language in the past and would like to refresh some of those skills in speaking, reading and comprehension, please join in this OLLI Interest Group. In addition, the meetings also include discussions of German history and culture, as well as an on-going review of current events in Deutschland.
**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 Street. Underground parking is available. Enter on 11th St.

### International Affairs
This group offers engaging conversations on topics of current international importance. The leaders introduce topics and raise stimulating questions for participants to discuss.
**Contact:** Peter Levitov, plevitov1@unl.edu
**Discussion Leaders:** Dave Forsythe, professor emeritus, Political Science, UNL; Peter Levitov, associate dean emeritus, International Affairs, UNL; and Jerry Petr, professor emeritus, Economics, UNL
**Day:** First Wednesday of each month, September through May
**Time:** 3-4:30 p.m.
**Location:** Stauffer's Cafe and Pie Shoppe, 5600 S. 48th St

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

### My Backyard
My Backyard is a group of like-minded gardeners who wish to explore all things connected with the landscape. The group will meet monthly to discuss site-preparation, landscaping, lawn care, soil amendments,
gardening, seeds, plants, weeds, composting and the wild life associated with the landscape, i.e., pollinators, insects and birds. In addition to discussions, there will be field trips, guest speakers and subject-matter experts to make presentations at meetings. We believe in environmentally-friendly landscaping and will be trading seeds and plants, as well as ideas. All are welcome from the novice to the master gardener.

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

**OLLI’s Ping Pong Players (OPPPs)**
Join the table tennis interest group. Everybody plays. No pressure. Simply show up and bring your favorite paddle. Some paddles are available. This group is for OLLI members of any ability. Come meet others who share your passion for ping pong.

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

**Politics**
Passionate about politics? This group is open to all regardless of political persuasion – the more viewpoints the better. Just remember the admonition from the great American, Sen. Daniel Patrick Moynihan, “Everyone is entitled to his or her own opinion, but not his or her own facts.”

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.

**Reading Groups**
Are you in a book club or would you like to be? Membership is open to women and men who are OLLI members. If you are interested in joining a reading group, contact Kay Rockwell, krockwell1@unl.edu, 402-484-5431.

**Sketch**
This group is open to anyone interested in drawing at any skill level. It will be helpful to those hungry for sketching, someone to sketch or sketch with or subjects to sketch. All mediums welcome.

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

**Science & Technology**
This a group of people who are interested in exploring science and technology and understanding the application and the impact of new science and technology on society. All sciences and technology are eligible for consideration and discussion.

Contacts: John Housman, principal contact, 402-423-5652, dianeandjohn@windstream.net; Stan Riggle, 402-435-0900, archaeogastropoda@hotmail.com; Craig Hahn, 402-730-7487, craig_hahn@hotmail.com
Day: Second Tuesday of each month
Time: 2-3:30 p.m.
Location: Scooters Coffee, conference room, 2901 S. 84th St. (84th and Van Dorn streets)

**Talking Baseball**
This is an opportunity for all OLLI baseball fans to get together once a month and discuss all things baseball. Topics may include current and past Major League Baseball, University of Nebraska Huskers baseball, baseball-themed movies and literature and members’ experiences playing and enjoying the game. The group may assist in developing OLLI special events or travel programs involving baseball.

Contact: Marvin Almy, hmalmy@aol.com, 402-786-7856; Bill Fogler, bfogler@lps.org, 402-489-7450; 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.
**Walking**
Enjoy invigorating weather and improve your health at the same time. The group gathers at Holmes Lake, rain or shine. Make sure to dress for the day. We divide into faster and slower walkers so there is sure to be someone who walks at your pace.

**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**
In addition to talking shop and exploring useful solutions for woodworking projects, group members frequently participate in field trips to professional shops and to lumber providers. Periodically, they swap tools and exchange measured drawings and building materials. With emphasis remaining centered on woodworking, group members enlarged their scope of attention to include silviculture and the timber industry.

**Contact:** Michael Jess, principal contact, 402-802-8921; Stan Riggle, archaegastropoda@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.

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**OLLI Partners**
OLLI partners with several community and UNL groups to add benefits to your membership.

- **Abendmusik:** Offers a senior ticket discount. 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 at 402-472-4747 for tickets.
- **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
- **TADA Theatre:** Offers a ticket discount to some performances. Call 402-438-8232 for more information. tadaproductions.info/
- **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 October 25, 2017, to January 30, 2018. We look forward to getting to know you at our courses and events.

*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.*

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<thead>
<tr>
<th>Name</th>
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<tr>
<td>Raeda Al Hammadi</td>
<td>Paula Hartig</td>
<td>Dorothy Reynolds</td>
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<td>Cathie Bailey</td>
<td>Steven J Hastings</td>
<td>Ann Robison</td>
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<td>Michael Baker</td>
<td>Terry Rotolo Hatch</td>
<td>Ronald Roeber</td>
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<td>Mary Bell</td>
<td>Joseph Higgins</td>
<td>Susan Rutledge</td>
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<td>Lloyd Benal</td>
<td>Mary Hinds</td>
<td>Robert Shaw</td>
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<td>Marcia Bergmeyer</td>
<td>Linda Horton</td>
<td>Richard Spencer</td>
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<td>Frank Blythe</td>
<td>Laurie Hovendick</td>
<td>Patricia Steiner</td>
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<td>Pam Borgmann</td>
<td>Susan Johnson</td>
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<td>Vicki Brinkman</td>
<td>Dennis King</td>
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<td>Judy King</td>
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<td>John Cole</td>
<td>David Kovar</td>
<td>Jo Taylor</td>
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<td>Janice Cook</td>
<td>Karin Lamkins</td>
<td>Joan Tomlinson White</td>
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<td>Patricia Craycraft</td>
<td>Nancy Loeffel</td>
<td>Rick Trollier</td>
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<td>Laurel Crusinberry</td>
<td>Ron Lorenz</td>
<td>Sue Trollier</td>
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<td>Jim DeCamp</td>
<td>David McCracken</td>
<td>Marcia Wallen</td>
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<td>Larry DeVries</td>
<td>Kathy McElroy</td>
<td>Teresa Walls</td>
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<td>Zdenka Drdla-Wiltse</td>
<td>Helen Moore</td>
<td>Katherine Washburn</td>
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<td>Deborah Duncan</td>
<td>Alex Napolitano</td>
<td>Nancy Wehrbein</td>
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<td>Susan Eells</td>
<td>Ginny Napolitano</td>
<td>Kathy Welton</td>
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<td>Cec Evermann</td>
<td>Gregory Newport</td>
<td>Kathy Williams</td>
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<td>Doug Farrar</td>
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<td>Laura French</td>
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<td>Jan Hartig</td>
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2018
Complete one form for EACH person.

First Name ___________________________ Last Name ___________________________

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

Name you prefer on name badge ___________________________ Birthdate ___________________________

Address ___________________________ City ___________________________ State __ Zip Code __

E-mail Address ___________________________

Phone: Home ___________________________ Cell ___________________________

If you were referred by an OLLI member, who was it? __________________________________________

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<thead>
<tr>
<th>2017-2018 Membership Registration -- Check One</th>
<th>Cost</th>
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<tbody>
<tr>
<td>I am a current 2017-2018 OLLI member.</td>
<td>$0</td>
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<tr>
<td>I am purchasing a 2017-2018 mid-year membership (Valid through July 31, 2018).</td>
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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 ___________

[ ] Visa [ ] MasterCard [ ] Discover

Credit Card Number ____________________________________________

Expiration Date ________

Mail to:

Osher Lifelong Learning Institute, 125 Home Economics Building, P.O. Box 830800, Lincoln, NE 68583-0880

NO CLASS CONFIRMATIONS WILL BE SENT. YOU WILL BE CONTACTED ONLY IF A CLASS IS FILLED OR HAS BEEN CANCELED.
REGISTRATION
Complete one form for EACH person.

First Name ___________________________ Last Name ___________________________

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

Name you prefer on name badge ___________________________ Birthdate _________________________
Address ___________________________ City ___________________________ State ___ Zip Code ______
E-mail Address ___________________________
Phone: Home ___________________________ Cell ___________________________
If you were referred by an OLLI member, who was it? __________________________________________

2017-2018 Membership Registration -- Check One

Cost

<table>
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<th>Description</th>
<th>Cost</th>
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<tbody>
<tr>
<td>I am a current 2017-2018 OLLI member.</td>
<td>$0</td>
</tr>
<tr>
<td>I am purchasing a 2017-2018 mid-year membership (Valid through July 31, 2018).</td>
<td>$50</td>
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Number

Name


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