

OSHER LIFELONG LEARNING INSTITUTE



OLLI at UNL

Course Catalog: Fall Term 1 2022

Curiosity never retires



UNIVERSITY OF
Nebraska
Lincoln®

**Registration Begins
Tuesday, August 16, 8 a.m.**

Term Dates: August 29-October 10, 2022

schedule at a glance

MONDAYS

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9 a.m.-12 p.m.	Saving a Life with CPR	H&W008P	9
9-10:30 a.m.	The Appalachians: Land and Life	SCI015Z, SCI015P	10
11 a.m.-12:30 p.m.	Introduction to Yoga	H&W002P	10
11 a.m.-12:30 p.m.	Drawing and Painting: Mixed Media	ART031P	10
11 a.m.-12:30 p.m.	Reaching Back Six Million Years	SCI016Z, SCI016P	10
1-2 p.m.	Pickleball: Fun, Fitness & Friendship	LIF026P	11
1-2:30 p.m.	What If: Climate Solutions Scenarios with En-ROADS	CON019Z, CON019P	11
1-2:30 p.m.	The Neurological Origins of Human Behavior	SCI018P	11
1-2:30 p.m.	Preaching with the Choir	ART032Z, ART032P	11
1-3 p.m.	Mah Jongg	LIF046P	12
1-3 p.m.	Moving in the Right Direction: Senior Housing Issues	LIF053P	12
3-4:30 p.m.	Genetics and Family History: Using the Past to Understand Your Cancer Risk	H&W024Z, H&W024P	12
5:30-7 p.m.	Women of the Bible	REL004Z, REL004P	13

TUESDAYS

9-10:30 a.m.	A Native Plant Garden: Planning, Planting and Butterflies	LIF052P	13
9-10:30 a.m.	Walking Sheridan Boulevard and Environs	ART033P	13
11 a.m.-12:30 p.m.	The American Civil War, Causes and Consequences: More Than You Think	HIS019Z, HIS019P	14
11 a.m.-12:30 p.m.	They Called Us "Roosians"	HIS026P	14
1-2 p.m.	Pickleball: Fun, Fitness & Friendship	LIF026P	11
1-2 p.m.	Qigong: Refresh and Recharge	H&W005Z	14
1-2:30 p.m.	Tours of Places of Worship	REL006P	15
1-2:30 p.m.	Maxwell Arboretum Tour: A Beautiful Way to Learn	LIF0581, LIF0582	15
1-2:30 p.m.	Trading Under the Buttonwood Tree: Founding the Stock Market	HIS022Z, HIS022P	15
3-4:30 p.m.	American Imperialism	HIS025Z, HIS025P	15
3-4:30 p.m.	Science for the Curious Consumer: Common Myths and Misconceptions of Scientific Research	SCI013P	16
3-4:30 p.m.	Fall Prairie Hike	LIF059P	16
3-4:30 p.m.	Backstage at the Rep: Behind the Scenes of "ShakesFEAR"	ART029P	16
4-7 p.m.	Introduction to Kayaking	LIF0191	9
4-7 p.m.	Explore Pawnee Lake by Kayaking	LIF0202	9

WEDNESDAYS

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9-10:30 a.m.	America and the World: War in the Ukraine and Other Modern Challenges	HIS018Z, HIS018P	17
11 a.m.-12 p.m.	Photography Using Your Mobile Device	ART001P	17
11 a.m.-12:30 p.m.	Voting Rights: Stepchildren of the U.S. Constitution	HIS024Z, HIS024P	17
11 a.m.-12:30 p.m.	Grocery Shopping with Diabetes in Mind	H&W025Z, H&W025P	18
11 a.m.-12:30 p.m.	Cooking and Eating Well for Diabetes	H&W026P	18
1-2 p.m.	Under the Apple Tree	ART003P	18
1-2 p.m.	Pickleball: Fun, Fitness & Friendship	LIF026P	11
1-2 p.m.	Tai Chi for Better Balance	H&W022P	19
1-2:30 p.m.	Take a Walk in the Clouds	SCI017Z, SCI017P	19
1-3 p.m.	Introduction to Bridge I	LIF004P	19
1-2:30 p.m.	The Metropolitan Museum of Art Part II	ART034P	19
3-4:30 p.m.	A History of Lincoln's Auditoria and the Pershing Auditorium Block	CON017Z, CON017P	20

Cover: Cinnamon Dokken, owner of A Novel Idea Bookstore in Lincoln, speaks with OLLI members about book collecting in the class “The Gentle Madness of Collecting Books.” Photo by Bob Michl.

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3-4:30 p.m.	History and Genres of Opera	ART036P	20
3-4:30 p.m.	The Fake Death and Final Decades of Howard Hughes	HIS021Z, HIS021P	20
3-4:30 p.m.	The Magic of the Metropolitan Opera: “Medea”	ART030P	21
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9-10:30 a.m.	Deterrence: From Korea to Ukraine; The Evolution of a Vital National Security Strategy	HIS020Z, HIS020P	21
11 a.m.-12 p.m.	Virtual Tours of Senior Independent Living Facilities	LIF051Z	22
11 a.m.-12:30 p.m.	Learn the Ukulele	LIF018P	22
11 a.m.-12:30 p.m.	Sheet Pan Dinners	LIF054P	22
11 a.m.-12:30 p.m.	The Earth Spinner	L&L009Z	22
1-2 p.m.	Pickleball: Fun, Fitness & Friendship	LIF026P	11
1-2:30 p.m.	Fly Girls	HIS023Z, HIS023P	23
1-2:30 p.m.	Quick Facts on Nuclear Energy in Nebraska	CON018Z, CON018P	23
3-4:30 p.m.	Ozark Mountain Holiday	LIF063Z, LIF063P	23
6:30-8 p.m.	Religions of South Asia	REL005Z, REL005P	24

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9-10:30 a.m.	Turn Friday into “Fri-Yay” with Friday Fitness Club	LIF003P	24
9-10:30 a.m.	The Holocaust and Its Memory	REL007Z, REL007P	24
11 a.m.-12:00 p.m.	Prepare to Care	LIF055P	25
11 a.m.-12:30 p.m.	Humble Pi: When Math Goes Wrong in the Real World	SCI018P	25
1-2:30 p.m.	Only Leaves Should Fall	H&W023Z, H&W023P	25
1-3:30 p.m.	Sips-N-Wishes	LIF057P	25
3-4:30 p.m.	The Why and How of Urban Gardening	LIF056P	26

SATURDAYS

10 a.m.-1 p.m.	Explore Pawnee Lake by Kayaking	LIF0201	9
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SUNDAYS

1:30-3 p.m.	Art at Assemblage: “Beautiful Black”	ART035P	26
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COURSES ON CANVAS (Recorded programming)

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EVENTS

Thu, Sep 1	Flatwater Shakespeare Company presents “Julius Caesar”	ART0371	30
Tue, Sep 13	Flatwater Shakespeare Company presents “Julius Caesar”	ART0372	30
Wed, Sep 21	Play, Practice and Perfect Your Putt-Putt	LIF061P	30
Thu, Sep 22	Game Night with OLLI	LIF060P	30
Wed, Oct 5	North Omaha Legacy Tour	HIS027P	31
Fri, Oct 7	Breakfast with UNL Athletics: Women’s Bowling	LIF062P	31
Tue, Oct 11	Nebraska Capitol Experience	CON020P	31
Sat, Oct 22	Fall Symposium - Global Food Security: Political, Economic and Climatic Challenges	CON021Z, CON021P	32

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COURSE FORMATS



IN-PERSON

Live and in-person.



ZOOM LIVE STREAM

Meeting online with Zoom. We will email the Zoom link after you register.



MULTI-FORMAT

Offered in-person and on Zoom. You choose the format you wish to attend. We will email the Zoom link after you register.



CANVAS

Recorded video programs available online. Watch at your own convenience. We will email you a "Join Code" and instructions after you register.

How to prepare to use Zoom

Where do I find the Zoom link for my course?

- 1) A registration confirmation will be emailed to you after you pay for your course. This email will contain the Zoom link. Remember to make note of this email and create a folder in your inbox labeled "OLLI Zoom" and save it.
- 2) A course reminder will be emailed to you four days prior to the start date of the course. This email will also contain the Zoom link. Again, make note and save it.

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

What devices should I have to use Zoom?

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

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

How do I join a Zoom meeting?

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

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

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

2022/2023 TERM DATES

TO HELP YOU PLAN AHEAD, HERE ARE OLLI FUTURE TERM DATES:

Fall/Term 1—Aug 29-Oct 10, 2022
Fall/Term 2—Oct 24-Dec 10, 2022
Winter Term 3—Jan 23-Mar 4, 2023
Spring Term 4—Mar 20-Apr 29, 2023
Summer Term 5—June 5-July 17, 2023

Course Location Key

Adventure Golf, 5901 S 56th St.

American Historical Society of Germans from Russia, 631 D St.

Assemblage, 1828 N. St.

Beth Dodson Walt Library, 6701 S. 14th St.

Bryan Medical Center, West Campus, 2300 S. 16th St.

CGS Music, 1244 High St.

College View Seventh Day Adventist Church, 4801 Prescott Ave.

Doane University, Lincoln Campus, Fred D. Brown Center, 303 N. 52nd St.

First-Plymouth Church, 20th & D Sts.

First Presbyterian Church, 840 South 17th St.

Gateway Mall, 6100 O St.

Holmes Lake, 70th & Normal Blvd.

Hawley Hamlet Urban Farm, 605 N 26th St.

Hy-Vee, 1601 N. 84th, 84th and Holdrege Sts.

Lincoln Duplicate Bridge Club, 237 S 70th St., #205

Linh Quang Buddhist Center, 3175 West Pleasant Hill Rd.

Maxwell Arboretum, UNL East Campus Loop

Nebraska State Capitol, 1445 K St.

Nebraska School Activities Association, 500 Charleston St.

Peterson Park Pickleball Courts, 4400 Southwood Dr.

Pioneers Park, 3201 South Coddington

SCC-CEC, Southeast Community College, Continuing Education Center, 301 S. 68th St. Place

South Gate United Methodist Church, 3500 Pioneers Blvd.

St Andrew's Lutheran Church, 1015 Lancaster Lane

St Paul United Methodist Church, 1144 M St.

St Teresa Catholic Church, 735 South 36th St.

Trinity United Methodist Church, 7130 Kentwell Lane

Union College, Lang Amphitheater-Krueger Science and Math Building, 49th & Bancroft Sts.

UNL East Campus, Human Sciences Bldg., 1650 N. 35th St.

UNL East Campus, Recreation and Wellness Center, 1717 N 35th St.

UNL Ruth Levertson Hall, 1700 N. 35th St.

UNL Temple Building, 1209 R St.

Wyuka Stables, 3600 O St.

Membership & Registration

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

Membership Fee

An annual membership fee is \$75, valid from August 1, 2022-July 31, 2023. Membership is required to take most courses, to participate in events and take advantage of all OLLI opportunities.

Join and Register

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

Mailing Address

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

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

Financial Scholarships Available

The Osher Lifelong Learning Institute at UNL believes the opportunity to take courses and participate in a rich intellectual life should be

available to all adults. We have a limited number of financial scholarships available each year. A financial scholarship can provide a waiver of the membership fee and/or course fee, and still provide all the benefits of membership. Scholarships are not available for fee-based events and trips. If you or someone you know could benefit from this opportunity, we encourage you to apply. Applications are accepted year-round and expire at the end of the membership year. Call the OLLI office at 402-472-6265 for additional information.

Star Destinations is OLLI's new travel vendor

OLLI is excited to announce STAR Destinations as its new vendor for travel services. They began services on July 1, 2022. Guided by the OLLI Travel Committee, STAR Destinations will provide outstanding educational and customized travel experiences. All at the best price for OLLI members.

Based in Carroll, Iowa, Star Destinations is a professional tour operator offering guided group tours to destinations in the USA and around the world. Star Destinations will also plan day trips for OLLI as well. Their mission is to create custom-designed travel programs that feature enriching experiences and unique components to satisfy sophisticated and curious travelers.



Ozark Mountain Holiday

December 7-11, 2022

4 Nights Accommodations

Watch as Christmas magic comes to life during The Nutcracker, marvel at the talent of Clay Cooper, and step into a winter wonderland at Silver Dollar City. Plus, peeks into the worlds of architectural engineering, aquatic science, and classic cars await. This Branson Christmas experience boasts a little history and plenty of holiday spirit!

Early Bird – Double Occupancy (per person) \$ 1,369 (\$100 off; Available until Aug. 19, 2022) \$250 Deposit

Early Bird – Single Occupancy (per person) \$ 1,715 (\$100 off; Available until Aug. 19, 2022) \$250 Deposit

Non-OLLI member add a fee of \$25

Get more information, a downloadable brochure and register online. Direct link is: <https://tri.ps/bo5If>



Tele: (712) 792-9793

Email: info@stardestinations.com

Website: <https://www.stardestinations.com/travel-clubs>

Site is password protected. Password is UNL-OLLI.

OLLI Covid-19 Travel Policy at: https://olli.unl.edu/travel/OLLI_Travel_Policy_2022.pdf

Travel with OLLI Friends



**Register
Now!
Bring a
Friend!**



OLLI at UNL
Curiosity never retires

Osher Lifelong Learning Institute at UNL
Designed for lifelong learners 50 years plus
Non-credit courses • Travel • Events • Interest Groups

JOIN US FOR
A Taste of

Friday, August 12, 2022

12:30-3:30 p.m.
Great Plains Room
UNL East Campus Union
1705 Arbor Drive, Lincoln, NE

Free | Open to the public
Free parking | Space is limited

Registration is required.

Registration starts Monday, June 13, 2022.

Register at olli.unl.edu

Registration Deadline:
Thursday, August 4, 2022



OLLI

ICE CREAM SOCIAL
**COME LEARN
ABOUT OLLI.**



Just for You...

Members who register, attend, and bring a non-member guest will be entered into a drawing for one of five free OLLI memberships, a \$75 value.

Non-members who register, attend and join OLLI at the event will receive one free course in Term 1.

Schedule

12:30 p.m.	Doors Open. Sign-in Information Tables
1:00 p.m.	Learn about OLLI
2:30-3:30 p.m.	Ice Cream Social Information Tables First-Time Member Registration



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UNL does not discriminate based upon any protected status.

UNIVERSITY OF
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Lincoln

Outdoor Adventures with UNL Campus Recreation



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

Introduction to Kayaking

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

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

Enrollment Limit: 12 per session

Cost: \$40 per session

Register for only one session.

LIF0191

Day/Date: Tue, Aug 30

Time: 4-7 p.m.

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

LIF0192

Day/Date: Wed, Sep 7

Time: 4-7 p.m.

Cancellation after Wednesday, Aug 31 will be non-refundable, unless cancelled by UNL.

Explore Pawnee Lake by Kayaking

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

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

Enrollment Limit: 12 per session

Cost: \$45 per session

Register for only one session.

LIF0201

Day/Date: Sat, Sep 10

Time: 10 a.m. – 1 p.m.

Cancellation after Saturday, Sep 3 will be non-refundable, unless cancelled by UNL.

LIF0202

Day/Date: Tue, Sep 13

Time: 4-7 p.m.

Cancellation after Tuesday, Sep 6 will be non-refundable, unless cancelled by UNL.

MONDAYS

Saving a Life with CPR

H&W008P

This course teaches the lifesaving skills of Adult Hands-Only CPR, Child CPR, Infant CPR and AED use. We will also cover mild and severe airway blockages for adults, children and infants. Skills are taught in a dynamic group environment using the American Heart Association's research-proven, practice-while-watching technique, which provides students with the most hands-on CPR practice time possible.



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

Facilitator: David Dyke

Day/Date: Mon, Sep 19

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

Location: Bryan West Campus, Gregorius Conference Center, "C"

Enrollment Limit: 12

Cost: \$20

The Appalachians: Land and Life



Multiple collisions of continents interspersed with periods of erosion over the past 1.4 billion years have produced the region we know as the Appalachians. Adjacent to large population centers as it stretches hundreds of miles along the eastern United States, this area is renowned for its natural beauty and home to Great Smoky Mountains National Park, the one most visited in the National Park system. Explore the geology, history and culture of this region.

Instructors: Bob Diffendal, professor emeritus, School of Natural Resources; De Tonack, retired, Teaching, Learning and Teacher Education, UNL

Facilitator: De Tonack

Day/Dates: Mon, Sep 19, 26

Time: 9-10:30 a.m.

Cost: \$15

Register for only one format:

SCI015Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI015P

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

Enrollment Limit: 28

Introduction to Yoga



H&W002P

Yoga is a science that originated in India about eight thousand years ago. The great sages used the principles and theories of the mind-body connection, studied them, experimented with them, and then developed the science of Yoga. The practice of Yoga enables us to join our body and mind. If you have been curious about this mysterious practice and wondered if it would be beneficial to you, come join us. Together we will explore the postures, breath, and relaxation techniques of this ancient practice. Modifications are made to facilitate practice for all participants.

Instructor/Facilitator: Jane Williams, E-RYT 200, YACEP, y4c.

Day/Dates: Mon, Aug 29, Sep 12, 19, 26, Oct 3, 10

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

Location: First-Plymouth Church, Mayflower Hall. Use the west entrance; proceed down the steps and turn right.

Enrollment Limit: 12

Cost: \$35

Drawing and Painting: Mixed Media



ART031P

Pencil, black India ink, watercolor paint, chalk and oil pastel will be demonstrated and applied in a variety of methods and art projects on paper. Participants will also portray a variety of subject matter in class. Composition pointers and demonstrations will guide your experiences in combinations of mixed media.

Instructor: Nora Lorraine, retired Lincoln High School art teacher

Facilitator: Deb Levitov

Day/Dates: Mon, Aug 29, Sep 12, 19, 26, Oct 3, 10

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

Location: SCC-CEC, Rm 102

Enrollment Limit: 10

Cost: \$35 plus \$15 supply fee paid to the instructor at first class

Reaching Back Six Million Years



Journey back in time. We will introduce you to 22 species of hominins from Sahelanthropus tchadensis, to Homo neanderthalensis, spanning a time period from about 6.5 million to 25,000 years ago. We will focus on areas specific to their emergence, chronology, geographic range, classification, physiology, lifestyle, habitat, co-existing species, and possible reasons for extinction. One of these species eventually evolve into the most intelligent and dominant species on the planet, you and I, the Homo sapiens.

Instructor: Joe Baldassano, retired criminal justice professional

Facilitator: De Tonack

Day/Dates: Mon, Sep 26, Oct 3, 10

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

Cost: \$20

Register for only one format.

SCI016Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI016P

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

Enrollment Limit: 28

Pickleball: Fun, Fitness & Friendship



LIF026P

Learn the basics of pickleball. You will be playing the game in 20 minutes. This course is for beginners. A limited supply of paddles and balls are available to borrow. One mentor per court (per four OLLI participants) will be provided.

Purchase pickleball paddles at local sporting goods stores starting around \$50. On-line purchase is not recommended! Questions? Contact the instructor, Bill Roehrs at 402-432-6790 or email him at wroehrs@me.com.

Instructor/Facilitator: Bill Roehrs, USA Pickleball District Ambassador

Days/Dates: Mon-Thu, Oct 3, 4, 5, 6 (Oct 7 is rain date)

Time: 1-2 p.m.

Location: Peterson Park Pickleball Courts

Enrollment Limit: 40

Cost: \$25

What If: Climate Solutions Scenarios with En-ROADS



The En-ROADS Climate Workshop is an interactive group exercise guided by a trained instructor where people work together to test solutions for addressing climate change. Participants propose climate solutions such as energy efficiency, carbon pricing, renewable energy use, electrification, reducing deforestation, and carbon dioxide removal. The instructor then tests these approaches in the En-ROADS Climate Solutions Simulator so participants can see the impact on global temperature and other factors in real time. The goal of the workshop is to create a scenario that limits global warming to well below 2°C and aims for 1.5°C above pre-industrial levels, the international goals formally recognized in the Paris Climate Agreement.

Instructor: Christy Eichorn, AICP (American Institute of Certified Planners), CMP (Certified Public Manager), UNO School of Public Administration; Becky Seth, OLLI Member and co-leader of the Lincoln Chapter of Citizens' Climate Lobby

Facilitator: Lorrie Benson

Day/Date: Mon, Aug 29

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

CON019Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON019P

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

Enrollment Limit: 28

The Neurological Origins of Human Behavior



SCI018P

These DVD lectures by Robert Sapolsky, professor of biology and neurology at Stanford University, discuss our nervous system and behavior, with some examples from animals for comparison. The course expands on the commonly known "nature vs. nurture" concept. There is some overlap with a previous course titled "The Brain, the Story of You." This class will provide a broader idea of how experts view our brain.

Instructor/Facilitator: Esa Jarvi, OLLI member

Day/Dates: Mon, Aug 29, Sep 12, 19, 26, Oct 3, 10

Time: 1-2:30 p.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 25

Cost: \$35

Preaching with the Choir



We will explore ways that music—specifically choral music—has been used to build a variety of communities: that of the composer within his/her creative cohort; of the performers; of audiences; and of scholars and commentators, past, present, and future. We will consider the concept of "community" in the framework of the arts, and how community is built by artists. We will consider two such artists, living at the same time, native to the same country, and dedicated to the art of choral music: George Frideric Händel and Johann Sebastian Bach. Their use of the choir had much in common, but also depended on differing artistic and expressive motivations.

Instructor: Pamela Starr, professor emeritus, Music History, UNL

Facilitator: Maureen Ose

Day/Dates: Mon, Sep 12, 19, 26

Time: 1-2:30 p.m.

Cost: \$20

Register for only one format.

ART032Z

Location: Zoom Live Stream

Enrollment Limit: 100

ART032P

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

Enrollment Limit: 28

Mah Jongg



LIF046P

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

Instructor/Facilitator: Donita Elrod, OLLI member

Day/Dates: Mon, Aug 29, Sep 12, 19, 26, Oct 3, 10

Time: 1-3 p.m.

Location: Beth Dodson Walt Library, Rm 1

Enrollment Limit: 24

Cost: \$45 includes \$10 for the cost of a Mah Jongg card. If you already have a current year Mah Jongg card, contact the office to register and pay \$35 for the course.



Moving in the Right Direction: Senior Housing Issues



LIF053P

At some point in most seniors' lives, decisions must be made regarding current and future housing needs. We must decide if our existing housing arrangements continue to be right for us. Learn how to work through situations

that arise as we evaluate the housing options available. We will discuss the emotional issues associated with change, various housing options, health and safety issues, home adaptations and financial considerations. We will also discuss the process of getting your home ready to sell, if that is your decision, and moving on to new opportunities.

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

Day/Date: Mon, Sep 19

Time: 1-3 p.m.

Location: SCC-CEC, Rm 403

Enrollment Limit: 25

Cost: \$10

Genetics and Family History: Using the Past to Understand Your Cancer Risk



Have you ever wondered how genetic testing can impact healthcare and cancer risk estimates? Learn about basic genetic concepts, the latest in genetic testing, and how to assess your own family history. Topics covered will include cancer risk assessment, direct-to-consumer genetic testing, and hereditary cancer syndromes. This course will provide information needed to confidently understand genetic testing and how it relates to understanding cancer risk in healthcare today.

Instructors: Charlie King, licensed and certified genetic counselor; Ashley Waldrep, certified physician assistant, Nebraska Hematology-Oncology

Facilitator: Paula Eurek

Day/Dates: Mon, Oct 3, 10

Time: 3-4:30 p.m.

Cost: \$15

Register for only one format.

H&W024Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W024P

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

Enrollment Limit: 28

Women of the Bible



We will analyze the portrayal of women in Biblical literature and explore critical theories of feminist, womanist, and gender studies alongside their application to biblical studies. What factors may have influenced how these ancient authors portray women? By analyzing portrayals of women and gender in antiquity, the course will provide conceptual tools to engage in contemporary debates surrounding feminism, womanism and gender.

Instructor: Jonathan Redding, assistant professor, Religion, Nebraska Wesleyan University

Facilitator: Mary Johnson

Day/Dates: Mon, Aug 29, Sep 12, 19, 26, Oct 3, 10

Time: 5:30-7 p.m.

Cost: \$35

Register for only one format.

REL004Z

Location: Zoom Live Stream

Enrollment Limit: 100

REL004P

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

Enrollment Limit: 28



TUESDAYS

A Native Plant Garden: Planning, Planting and Butterflies



LIF052P

Discover butterflies and pollinators you can attract to your Lincoln native garden, along with tips to create a welcoming habitat. We will focus on plants native and adapted to eastern Nebraska. Participants will walk through planning a native plant garden, preparing the site, choosing plants, laying out the garden, and planting how-tos. You will create and take home a garden layout, plant shopping list and management plan. The Nebraska Statewide Arboretum greenhouses will be open for shopping during the second class, and all species covered in the course will be available for separate purchase.

Instructors: Gary Bell, master gardener, Backyard Farmer; Sarah Buckley, program coordinator, Nebraska Statewide Arboretum and Nebraska Forest Service

Facilitators: Kirk Dietrich and Jim Pinkerton

Day/Dates: Tue, Sep 6, 13

Time: 9-10:30 a.m.

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

Enrollment Limit: 28

Cost: \$15

Walking Sheridan Boulevard and Environs



ART033P

The residential development surrounding Sheridan Boulevard was conceived by the Woods Brothers in response to the area's topography, rather than strictly extending the grid plan of the original portion of Lincoln. They initiated the Boulevard in 1909; subsequent developments in 1916 were carried out by the Woods Brothers and Harvey Rathbone. We will begin with a classroom session and follow with a pair of walking tours encompassing the area from South Street to Penny Bridge (South 33rd) and will consider land use and landscaping, architectural history and the stories of some early residents.

Instructor: Ed Zimmer, historic preservation planner emeritus

Facilitator: Anne Diffendal

Day/Dates: Tue, Sep 20, 27, Oct 4

Time: 9-10:30 a.m.

Location: Sep 20, SCC-CEC Auditorium.
Instructions for subsequent class tours will be provided during the first class.

Enrollment Limit: 50

Cost: \$20

The American Civil War, Causes and Consequences: More Than You Think



Volume after volume has been written about the American Civil War. Despite all that information, do we really know the whole story about what led up to the war and what came after? The causes can be traced back to early settlements in 1607 and events that led to the war. We are still dealing with the consequences. Come along for this historical journey as we explore the causes and effects of the Civil War. It is more than you think.

Instructor: Gary Timm, retired history faculty member, Northeast Community College

Facilitator: Charlyne Berens

Day/Dates: Tue, Aug. 30, Sept. 6, 13, 20, 27, Oct 4

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

Cost: \$35

Register for only one format.

HIS019Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS019P

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

Enrollment Limit: 28

They Called Us "Roosians"

HIS026P

German speaking immigrants from Russia settled in Lincoln in the last part of the 19th and early years of the 20th century. They lived primarily in the Lincoln neighborhoods known as the North and South Bottoms. If you walked around these areas in the 1900-1930's you were apt to hear more German than English being spoken. The German Russians made a profound influence on the city of Lincoln due to their excellent work ethic, frugality, and love for their new country. The German Russians

brought with them a rich cultural heritage. We will focus on some of the main important aspects of these immigrants' lives.

Instructor: Staff from the American Historical Society of Germans from Russia

Facilitator: Mary Schkade

Day/Dates: Tue, Sep 13, 20, 27

Time: 11 a.m. – 12:30 p.m.

Location: American Historical Society of Germans from Russia

Enrollment Limit: 35

Cost: \$20



Qigong: Refresh and Recharge



H&W005Z

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

Instructor: Tracie Foreman, community health educator, Health and Fitness, Aging Partners.

Facilitator: Gary Buser

Day/Dates: Tue, Sep 6, 13, 20, 27, Oct 4, 11

Time: 1-2 p.m.

Location: Zoom Live Stream

Enrollment Limit: 35

Cost: \$35

Tours of Places of Worship



REL006P

We will visit six churches in Lincoln. The speaker at each location will give an overview of the congregation's beliefs, traditions, and practices. A tour of the facility may also be included. We will visit both new and some locations visited in previous offerings of this course.

Instructors: Staff at each location

Facilitators: Mary Schkade, Lois Ullman

Day/Dates: Tue, Aug 30, Sep 6, 13, 20, 27, Oct 4

Time: 1-2:30 p.m.

Locations: All churches located in Lincoln, Nebraska. Churches include the following:
 Aug 30 St Paul United Methodist Church
 Sep 6 St Teresa Catholic Church
 Sep 13 St Andrew's Lutheran Church
 Sep 20 First Presbyterian Church
 Sep 27 Linh Quang Buddhist Center
 Oct 4 College View Seventh Day Adventist Church
Enrollment Limit: 75
Cost: \$35

Maxwell Arboretum Tour: A Beautiful Way to Learn



This informal walking tour of Maxwell Arboretum on UNL's East Campus will allow for questions and sharing of information. We will examine perennials, shrubs and trees. The tour is designed to help you learn what to look for. Observe perennials for late-season bloom, woody plant fruits, fall color, etc. In addition, we will also discuss maintenance tips. Plants will be placed in the larger context of history and the arts.

Instructor: Emily Levine, research horticulturist, Community Landscape & Forest Health Bureau, Nebraska Forest Service

Facilitator: Kirk Dietrich

Location: UNL East Campus, Earl G. Maxwell Arboretum. Meet at the Gazebo, one block east of the Dairy Store.

Enrollment Limit: 20

Cost: \$10

Register for only one session.

LIF0581

Day/Date: Tue, Sep 20

Time: 1-2:30 p.m.

LIF0582

Day/Date: Tue, Oct 18

Time: 1-2:30 p.m.

Trading Under the Buttonwood Tree: Founding the Stock Market



On May 17, 1792, 24 men gathered under a tree in lower Manhattan to establish an auction market among themselves to trade government bonds. Today's New York Stock Exchange uses the same auction market system established by the Buttonwood Agreement in 1792. The NYSE then and now seeks to complete transactions quickly and cheaply and to always provide liquidity with a ready buyer and seller of securities. Still using an auction market with a "bid" and an "ask," electronic trading still uses a market maker and specialist system. This overview will share the history, the mechanics of trading and significant events shaping the NYSE (aka The Big Board) as the world's largest securities trading system.

Instructor: Lynn Roper, retired senior vice president, Merrill Lynch and self-taught historian

Facilitator: Charlyne Berens

Day/Date: Tue, Oct 4

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format.

HIS022Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS022P

Location: SCC-CEC, Room 213

Enrollment Limit: 24

American Imperialism



For a century after independence, Americans thought their nation would be a beacon of hope for people in European-held colonies, to break their thralldom and overthrow their masters. After the Civil War, Americans continued criticizing Europeans for using their growing economic and military powers to manipulate other nations' affairs to benefit solely the imperialist nation. However, within a ten-year time span, Americans completely reversed their criticism, emulated the Europeans, and became an imperialist power, but with a significant twist. Americans fervently believed the Declaration of Independence, the Constitution, and the Bill of Rights would ensure the nation would always have the best intentions and always enact the best policies as befitting a benevolent imperialist

nation. Unlike the “hubris-infected Europeans,” we sought only to elevate those in our empire to higher standards of living and civilization.

Instructor: Dr. Thomas Berg, lecturer, History

Facilitator: David Dyke

Day/Dates: Tue, Aug 30, Sep 6, 13, 20, 27, Oct 4

Time: 3-4:30 p.m.

Cost: \$35

Register for only one format.

HIS025Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS025P

Location: UNL East Campus, Human Sciences Bldg., Rm 137. In-person attendees will view the instructor via Zoom.

Enrollment Limit: 28

Science for the Curious Consumer: Common Myths and Misconceptions of Scientific Research



SCI013P

We will help you become a more adept scientific consumer by recognizing common myths and misconceptions. Some myths that will be explored include: 1) correlation means causation; 2) scientific findings are definitive; 3) animal models are inhumane and unnecessary; and 4) lab studies always result in more sound conclusions than behavioral or survey methods. At the end of this course, you will feel more comfortable reading and interpreting science in the news and for your own health.

Instructors: Dr. Becky Wachs, assistant professor, Biological Systems Engineering, UNL; Ashley Votruba, assistant professor, Psychology, UNL; Heather Akin, assistant professor, Agricultural Leadership, Education & Communication, UNL; Tierney Lorenz, assistant professor, Psychology, UNL

Facilitator: De Tonack

Day/Dates: Tue, Sep 20, 27, Oct 4

Time: 3-4:30 p.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 25

Cost: \$20

Fall Prairie Hike



LIF059P

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

Instructor: Andrea Faas, coordinator, Pioneers Park Nature Center

Facilitator: Kathie Putensen

Day/Date: Tue, Sep 27

Time: 3-4:30 p.m.

Location: Pioneers Park Prairie Building

Enrollment Limit: 14

Cost: \$10

Backstage at the Rep: Behind the Scenes of “ShakesFEAR”



ART029P

Nebraska Repertory Theatre's Artistic Director Andy Park previews Lincoln's newest haunted attraction – “ShakesFEAR at the Haunted Temple.” Andy and his group of talented designers and technicians will discuss the origins of this unique concept—a haunted attraction featuring characters and scenes from the demented mind of the English language's most talented writer, William Shakespeare. Not for the faint of heart.

Instructor: Tim Ganser, managing marketing director, Nebraska Repertory Theatre

Facilitator: Anne Diffendal

Day/Date: Tue, Oct 4

Time: 3-4:30 p.m.

Location: UNL Temple Building, Howell Theatre Lobby

Enrollment Limit: 35

Cost: \$10



**NEBRASKA
REPERTORY
THEATRE**

The Theatre of All Nebraska™

WEDNESDAYS

The NSAA: High School Sports and Activities in Nebraska



CON002P

Learn about the history and governance of the Nebraska School Activities Association (NSAA) and how it works with member schools during each activity season in establishing regulations, tournament selection processes, determining venues, officiating, crowd control, ticket pricing, concessions, and more. Discover how non-sports activities (i.e., speech, drama, debate, etc.), have become an integral part of the NSAA. Take a tour the Nebraska High School Sports Hall of Fame.

Instructors: From the NSAA—Jay Bellar, executive director; Jeff Stauss, assistant director; Jennifer Schwartz, associate director; Ron Higdon, assistant director; Jon Dolliver, assistant director and supervisor of officials; Nate Neuhaus, assistant director; Dan Masters, assistant director

Facilitators: Peter Levitov, Bob Michl

Day/Dates: Wed, Aug 31, Sep 7, 14, 21, 28

Time: 9-10:30 a.m.

Location: Nebraska School Activities Association, Media Rm

Enrollment Limit: 80

Cost: \$15

Open to the public.

America and the World: War in the Ukraine and Other Modern Challenges



Since the beginning of the 20th century, the U.S. has been the most influential nation in the world. As Americans and their government have navigated complicated global currents, they have encountered four difficult challenges, including: nationalism and globalization from the American revolution to the Russian war in Ukraine; Russia, the Cold War and the challenge of socialism; the place of China and Asia in the American story; and the American role in climate change. We will explore each of these critical issues in the American relationship with the rest of the world.

Instructor: Thomas (Tim) Borstelmann, professor, History, UNL

Facilitators: Georgianne Mastera, Charlyne Berens

Day/Dates: Wed, Aug 31, Sep 7, 14, 21

Time: 9-10:30 a.m.

Cost: \$25

Register for only one format.

HIS018Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS018P

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

Enrollment Limit: 28

Photography Using Your Mobile Device



ART001P

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, Aug 31, Sep 7, 14

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

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

Enrollment Limit: 16

Cost: \$20

Voting Rights: Stepchildren of the U.S. Constitution



The U.S. Constitution, adopted by nine states by 1788, was ratified by the remaining four states by 1790. The Constitution granted certain “express powers” to the federal government with the remaining powers reserved to the states. The focus on the “rights” of the citizens under the Constitution and Bill of Rights did not cover the “right to vote.” We will look at the evolution of voting rights and voting laws and the current situation in the nation and the states. Slavery and voting rights were big ambiguities left unaddressed

under the Constitution until after the defeat of the Confederacy in the Civil War. The 13th, 14th, 15th, 19th, 24th and 26th Amendments to the Constitution were needed to extend “voting rights” beyond white males. Some states, however, remained resistant to the spirit of some of those federal “voting rights,” which resulted in strong federal laws being passed in the 20th and 21st centuries.

Instructor: John Gale, former Nebraska Secretary of State

Facilitator: Charlyne Berens

Day/Date: Wed, Aug. 31

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

Cost: \$10

Register for only one format.

HIS024Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS024P

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

Enrollment Limit: 28

Grocery Shopping with Diabetes in Mind



Join us on a virtual grocery store tour focused on shopping for foods which will help you eat well for diabetes. This tour will be led by a registered dietician. We will navigate the aisles together to visit each section of the store for foods which can help manage blood sugar and lower HbA1C. The content and information can be applied to any grocery store.

Instructor: Jennifer Dunavan, registered dietician, Hy-Vee

Facilitator: June Ryan

Day/Date: Wed, Sep 7

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

Cost: \$10

Register for only one format.

H&W025Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W025P

Location: UNL East Campus, Human Sciences Bldg., Rm 137. In-person attendees will view the instructor via Zoom.

Enrollment Limit: 28

Cooking and Eating Well for Diabetes



H&W026P

Don't let cooking for diabetes leave you feeling frustrated! Join us as we listen to a presentation on how to build a healthy diabetes meal plate, what to eat for diabetes and how to cook for smaller households. We will also watch and sample three different diabetic friendly recipes prepared by our presenter.

Instructor: Jennifer Dunavan, registered dietician, Hy-Vee

Facilitator: June Ryan

Day/Date: Wed, Oct 5

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

Location: Hy-Vee, 84th and Holdrege, upstairs club room

Enrollment Limit: 50

Cost: \$20 includes cost of food consumed during the course.



Under the Apple Tree



ART003P

Do you have a Mac computer, an iPad, an iPhone, or an Apple Watch... or, even a Home Pod? From editing photos to word processing to spreadsheets to turning on and off the lights in your home, these incredibly high-tech devices can be both easy to use and fun. We will touch on some of the more useful features of Apple's amazing products, as well as demonstrate some practical features and apps to help make your life a bit easier.

Instructor: John Keller, adjunct professor, Photography, Doane University and Southeast Community College

Facilitator: David Dyke

Day/Dates: Wed, Aug 31, Sep 7, 14

Time: 1-2 p.m.

Location: Doane University, Fred D. Brown Center, Lincoln Campus, Rm 107. Park east of the main entrance.

Enrollment Limit: 16

Cost: \$20

Tai Chi for Better Balance



H&W022P

The bases of this class is "Tai Chi for Better Balance," a nationwide program for beginners. It is a non-traditional form of exercise used to help participants improve strength and balance. Gain all the benefits of good health for your body, mind and spirit.

Instructor: Marsha Dunn, RN

Facilitator: Kathy Grubbe

Day/Dates: Wed, Sep 14, 21, 28, Oct 5, 12, 19

Time: 1-2 p.m.

Location: Trinity United Methodist Church

Enrollment Limit: 22

Cost: \$35

Take a Walk in the Clouds



During our childhoods, we may have spent time lying in the grass on a hot, summer day, gazing at the clouds and talking with our siblings or friends about what shapes they formed. Who knew there are so many types of clouds and all of them have different names, weather indications and formations? Discover the types of clouds, the weather they can bring and how they form.

Instructor: Brad Anderson, meteorologist, Channel 10/11-KOLN/KGIN

Facilitator: Stephanie Nantkes

Day/Date: Wed, Sep 28

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format.

SCI017Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI017P

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Introduction to Bridge I



LIF004P

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. The students will dictate the pace of the course.

Instructor/Facilitator: Henry Schuman

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

Time: 1-3 p.m.

Location: Lincoln Duplicate Bridge Club, Second Floor

Enrollment Limit: 36

Cost: \$35

The Metropolitan Museum of Art Part II



ART034P

This Great Courses DVD series offers a way to understand New York's Metropolitan Museum of Art and make sense of the wide range of works, artists, styles, and cultures that populate its various departments. Dr. Brettell enlivens the vast variety of the Met and shows the museum as a true wonder of the art world. Completion of Part I is not required to register for this course.

Instructors: Richard Brettell, professor, Art and Aesthetics, University of Texas-Dallas via Great Courses DVD

Facilitator: Bridget Cannon

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

Time: 1-2:30 p.m.

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

Enrollment Limit: 28

Cost: \$35

A History of Lincoln's Auditoria and the Pershing Auditorium Block



Before a village could become a true city, it needed a newspaper and an opera house—not a place to hear opera but a theatre or auditorium where you could witness a play or hold a school graduation. A true graduation, of course, required a high school or college and Lincoln had both, partially because of the foresight of the Nebraska Capital Commission. We will explore Lincoln's auditoriums, both private and public, from theatre held in the first capitol to Pershing Municipal Auditorium, with the largest outdoor mural in the world at the time, as well as Block 63 where Pershing sat for over half a century and what may take its place.

Instructor: Jim McKee, historian, Lincoln and Nebraska

Facilitator: Peter Levitov

Day/Date: Wed, Aug 31

Time: 3-4:30 p.m.

Cost: \$10

Register for only one format.

CON017Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON017P

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

Enrollment Limit: 28

History and Genres of Opera



ART036P

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

Instructor: Marina Fabrikant, professor, Piano and Music theory, Union College

Facilitator: Dori Bush

Day/Date: Wed, Aug 31

Time: 3-4:30 p.m.

Location: Union College, Lang Amphitheater-

Krueger Science and Math Bldg. Parking is free.

Enrollment Limit: 50

Cost: \$10



The Fake Death and Final Decades of Howard Hughes



Howard Hughes fooled the world by having a stand-in impersonate him. The man who died in 1976 was the stand-in. Living under an identity provided by the CIA in 1969, Howard met Eva McLelland in Panama. They married in 1970. McLelland kept the secret until his actual death in 2001. After his passing she felt free to talk about her mysterious life married to Howard Hughes. She relayed her history changing story to Major General Mark Musick.

Instructor: Major General Mark Musick, retired

Facilitator: Wil Hass

Day/Dates: Wed, Sep 7, 14, 21

Time: 3-4:30 p.m.

Cost: \$20



Register for only one format.

HIS021Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS021P

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

Enrollment Limit: 28

The Magic of the Metropolitan Opera: "Medea"



ART030P

The Love and Hate relationship was at the base of many operas. The opera "Medea" is based on the old Greek Myth. Cherubini used the version of the plot based on Euripides' tragedy and Pierres Corneille play. We will be listening to and discussing the history of creation of this opera, its structure, different musical elements which are characteristic of the particular opera, and composer Luigi Cherubini's individual contributions to the genre.

Instructor: Marina Fabrikant, professor, Piano and Music Theory, Union College

Facilitator: Dori Bush

Day/Date: Wed, Oct 19

Time: 3-4:30 p.m.

Location: Union College, Lang Amphitheater-Krueger Science and Math Bldg. Parking is free.

Enrollment Limit: 50

Cost: \$10



THURSDAYS

Gentle Yoga



H&W001Z

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

Instructor/Facilitator: Casey Bogenrief, Yoga Instructor

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

Time: 9-10 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

Deterrence: From Korea to Ukraine; The Evolution of a Vital National Security Strategy



General George C. Marshall once said: "The only way human beings can win a war is to prevent it." Deterrence, specifically nuclear deterrence, has been a mainstay of United States foreign policy and national security. The term lost relevance with the demise of the Soviet Union in the early 90's but is front page news again after Russia's invasion of Ukraine. This course will explore the definitions, dilemmas, and stories of nuclear deterrence that helped avert a nuclear conflict during the Cold War. Then, after a thirty-year hiatus, very direct nuclear threats have emerged again. A special guest will discuss command and control. We conclude by discussing the current situation in Ukraine. Would stronger deterrence actions before the Russian invasion perhaps caused Putin to think twice?

Instructor: Major General Roger P. Lempke, Former Nebraska Adjutant General, retired

Facilitator: David Dyke

Day/Dates: Thu, Sep 1, 8, 15, 22, 29

Time: 9-10:30 a.m.

Cost: \$30

Register for only one format.

HIS020Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS020P

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

Enrollment Limit: 28

Virtual Tours of Senior Independent Living Facilities



LIF051Z

Get acquainted with five independent living facilities in Lincoln, along with available Mobile Health Services. Hear from administrators, market personnel and other staff at each location. Learn about the facility, the amenities, and the apartments. See if one of these facilities could be your home in the future. Sites will include Eastmont Living, The Grand Lodge at the Preserve, The Landing, Pemberly Place and Savannah Pines. The final session will provide information on mobile health services available in the Lincoln area.

Instructor: Staff from each location; Karla Frese, manager, Home Care Partners of Nebraska

Facilitator: Carla Fetch

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

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

Location: Zoom Live Stream

Enrollment Limit: 50

Cost: \$35

Learn the Ukulele



LIF018P

Have fun singing, strumming and learning with fellow OLLI members. Learning a new instrument keeps 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. The music studio has ukuleles available for class use at no cost; however it is helpful if you already have a ukulele. Only soprano ukuleles will be used in this class. Studio is not handicapped accessible.

Instructor/Facilitator: Gary Kruce, Lincoln Ukulele Group

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

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

Location: CGS Music, basement studio, stairs

Enrollment Limit: 18

Cost: \$35

Registration Deadline: Tue, Aug 30

Cancellation after this date is non-refundable.

Sheet Pan Dinners



LIF054P

Are you tired of using lots of pots and pans to make dinner? Find ways to reduce large recipes down to smaller amounts to feed one or two individuals. These hands-on classes will show you how easy and efficient it is to make dinner using a sheet pan. Please bring two containers to each class to take home your delicious meals.

Instructor: Kathi Huenink

Facilitators: Carla Fetch, Jeanette Wellsandt

Day/Dates: Thu, Sep 8, 15

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

Location: UNL Ruth Leverton Hall, Rm 206

Enrollment Limit: 14

Cost: \$30 includes cost of course plus supplies
Cancellation after Thursday, Sept. 1, will be non-refundable, unless cancelled by UNL.

The Earth Spinner



L&L009Z

Anuaradha Roy's carefully crafted fifth novel, "The Earth Spinner," intricately combines themes of love, loss, and longing. The story is set in London and in India. Elango is a Hindu potter. His dream is to create a terracotta horse; his crime is falling in love with a Muslim girl, Zohra, and wanting the "unbridgeable crevasse" between them to close. What follows intertwines tradition, creation, and destruction; and the invisible lines that divide humans, animals and the divine. Our first class will focus on the cultural and historical background of the story; then we'll discuss details of the book in our remaining sessions.

Instructor: Susan Major, retired professor, University of Mississippi

Facilitator: Helen Meeks

Day/Dates: Thu, Sep 15, 22, 29, Oct 6

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

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$25

Fly Girls



In 1929, at the dawn of aviation when every flight was a test of courage, 20 gutsy and passionate female pilots in propeller-driven planes raced from California to Ohio in the first female cross-country air race. They made 18 stops in nine days, competing for the \$8,000 prize. During World War II, the 1,034 Women Airforce Service Pilots (WASPs) ferried and flight-tested aircraft bombers in the U.S. and taught men how to fly. Nebraska's Evelyn Sharp, a barnstorming pilot and instructor at age 20, was one of the first WASPs. When the war ended, Congress clipped their wings and sent the WASPs home; they did not receive military status until 1977. In 1961, 13 remarkable women pilots underwent secret testing to become America's first female astronauts. The Mercury 13 were ignored by NASA and on Capitol Hill while the USSR sent its first woman into space in 1963. It took the U.S. 20 more years to do so.

Instructor: Lynn Roper, retired senior vice president, Merrill Lynch; Sara Fisher, director, International Women's Air and Space Museum, Cleveland, Ohio; Diane Ruth Armour Bartels, author of "Sharpie"; Katherine Landdeck, author of "The Women with Silver Wings"

Facilitator: Charlyne Berens

Day/Dates: Thu, Sept 1, 8, 15, 22, 29

Time: 1-2:30 p.m.

Cost: \$30

Register for only one format.

HIS023Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS023P

Location: South Gate United Methodist Church

Enrollment Limit: 100



Quick Facts on Nuclear Energy in Nebraska



A variety of topics related to nuclear energy in Nebraska will be shared, including the production, storage and disposal of nuclear energy, transportation and safety, plus cost and benefits to surrounding communities. The role nuclear energy plays in the broader system of electricity generation will be discussed. Interesting information regarding the history of nuclear energy in Nebraska will be provided, in addition to how it fits into decarbonization efforts.

Instructor: Dan Buman, director, Nuclear Oversight & Strategic Asset Management, Nebraska Public Power District

Facilitator: Peggy Apthorpe

Day/Date: Thu, Sep 29

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format.

CON018Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON018P

Location: SCC-CEC Rm 213

Enrollment Limit: 24

Ozark Mountain Holiday



Enjoy an overview of an exciting five-day OLLI travel adventure scheduled this December as we ring in the holidays in the "Live Entertainment Capital of the World," Branson, Missouri. Home to an impressive 16,000 plus theater seats, hear about amazing live shows at Legends and Clay Cooper's Country Express to inspire the holiday spirit. Surround yourself in the spectacular display of festive cheer, as the city seems to be aglow with holiday lights illuminating around every turn. Combine the intricately woven harmonies, the complex history of area museums, and the engineering feats of Table Rock Lake and Dam that you will see on this five-day trip. Put the sugar on top with the "Dance of the Sugar Plum Fairy" during the Nutcracker Ballet performed at the Kansas City Ballet.

Instructors: Cathy Greteman, president; Liz Meyer, Tour Designer, Star Destinations

Facilitator: Carol Myers

Day/Date: Thu, Sep 1

Time: 3-4:30 p.m.

Cost: \$0

Register for only one format.

LIF063Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF063P

Location: UNL East Campus, Human Sciences Bldg., Rm 137. In person attendees will view the instructor via Zoom.

Enrollment Limit: 28

Open to the Public.



Religions of South Asia



We will cover the religious traditions of Hinduism, Buddhism, Jainism, and Sikhism. Each week, a different religion will be examined, and the course will emphasize how the traditions are lived and practiced today.

Instructor: Courtney Bruntz, associate dean, Arts & Sciences, SCC

Facilitator: Mary Schkade

Day/Dates: Thu, Sep 8, 15, 22, 29

Time: 6:30 – 8 p.m.

Cost: \$25

Register for only one format.

REL005Z

Location: Zoom Live Stream

Enrollment Limit: 100

REL005P

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

Enrollment Limit: 28

FRIDAYS

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



LIF003P

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

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

Instructor: David Jenkins, certified personal trainer

Facilitator: Brad Dwiggin

Day/Dates: Fri, Sep 2, 9, 16, 23, 30, Oct 7

Time: 9-10:30 a.m.

Location: UNL Recreation and Wellness Center, Rm 110

Enrollment Limit: 24

Cost: \$35

The Holocaust and Its Memory



During the Second World War, Nazi Germany systematically murdered six million Jews as well as millions of others who the Nazis found physically and ethnically inferior. The Nazis also slaughtered many for their political, religious, or sexual identities. Why were these people targeted? How could people willingly commit such atrocities? What were the ideological origins of the Holocaust? We will delve into these questions as well as look into the history of the memory of the Holocaust. We will examine the deep scars left by the Holocaust, as well as, how Germany, Eastern Europe, Western Europe, and the international Jewish community dealt with the memory of the Holocaust in the postwar years.

Instructor: Colten Skinner, graduate assistant, UNL

Facilitator: Jim O'Hanlon

Day/Dates: Fri, Sept. 2, 9, 16, 23, 30

Time: 9-10:30 a.m.

Cost: \$30

Register for only one format.

REL007Z

Location: Zoom Live Stream

Enrollment Limit: 100

REL007P

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

Enrollment Limit: 28

Prepare to Care



LIF055P

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

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

Day/Date: Fri, Sep 9

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

Location: SCC-CEC, Rm 404

Enrollment Limit: 25

Cost: \$10

Humble Pi: When Math Goes Wrong in the Real World



SCI018P

Based on a book by Matt Parker, we will explore a gamut of arenas in which the misunderstanding of numbers, probability, rounding and mathematical algorithms leads to mistakes. Examples include spreadsheet miscalculations, losing track of time, insurance miscalculations, stock market mistakes and engineering errors.

Instructor/Facilitator: De Tonack, retired, Teaching, Learning and Teacher Education, UNL

Day/Dates: Fri, Sep 16, 23, 30, Oct 7

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

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

Enrollment Limit: 28

Cost: \$25

Only Leaves Should Fall



Every year, one out of three people older than 65 will fall. One out of five falls will cause serious injuries such as broken bones or head trauma. Fear of falling can limit activities and seniors' enjoyment of life. We will discuss home safety, vision problems, effects of medications, safe shoes, and personal safety. Simple fall prevention exercises and how to get up after a fall will be included.

Instructors: Tracie Foreman, community health director, Health and Fitness, Aging Partners; Mitzi Aden, Certified Personal Trainer and fitness instructor

Facilitator: Jane Stokebrand

Day/Dates: Fri, Sep 9, 16, 23, 30

Time: 1-2:30 p.m.

Cost: \$25

Register for only one format.

H&W023Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W023P

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

Enrollment Limit: 28

Sips-N-Wishes



LIF057P

Time to empower yourself. You are invited to think about and discuss your end-of-life wishes in a relaxed and easy to understand setting. Difficult conversations can be easier when you have information and practice. Enjoy snacks as we discuss the answers to your questions, explain options to help you prepare for a situation that hasn't yet happened, and brainstorm what questions to ask. It will never be perfect, but you will be more prepared to have conversations with those who matter. We won't take away the grief, but we'll take away the trauma.

Instructors: Amy Hensley, hospice nurse, The Monarch; Erin Putney, instructor, Methodist Nursing School

Facilitator: Jeanette Wellsandt

Day/Date: Fri, Sep 2**Time:** 1-3:30 p.m.**Location:** UNL East Campus, Human Sciences Bldg., Rm 137**Enrollment Limit:** 16**Cost:** \$15

The Why and How of Urban Gardening



LIF056P

In our global food system, where urban Americans can pretty much buy whatever they want whenever they want it, city residents tend to see their role in the food chain strictly as 'consumers'. But, as demonstrated by the supply shortages experienced during the COVID-19 pandemic and the production interruptions caused by the war in Ukraine, it's risky to depend exclusively on the global market to meet our local food needs. The award-winning "Hawley Hamlet"—a neighborhood garden just a mile from downtown Lincoln—is working to prove that city residents can be more than just 'eaters'. In a standard city block with no vacant lots, four-fifths of an acre (equivalent to 80 yards of a football field) has been converted from grass lawn to food gardens growing fresh foods for home use. You will learn why urban agriculture is critical to our food security and how we can begin to "re-localize" our food supply.

Instructor: Tim Rinne, co-chair, Mayor's Community Committee on Local Food, co-founder of the Hawley Hamlet

Facilitator: Kirk Dietrich

Day/Dates: Fri, Sep 9, 16

Time: 3-4:30 p.m.

Locations: Sep 9, UNL East Campus, Human Sciences Bldg., Rm 137. Sep 16 class will be a tour at Hawley Hamlet, 26th and T Streets.

Enrollment Limit: 28

Cost: \$15



Hawley Hamlet - An Urban Agricultural Garden

SUNDAYS

Art at Assemblage: "Beautiful Black"



ART035P

"Beautiful Black" will feature works by African-American, African and African-British artists drawn from the Kathryn and Marc LeBaron Collection and the Karen and Robert Duncan Collection. The works are diverse in media and content, although the artists' shared roots, steeped in the evils of slavery, denials of civil rights and racial prejudice are apparent. The exhibition includes stunning photographs of young women by Zanele Muholi and Seydou Keita, beguilingly satirical sculptures by Vanessa German and Willie Cole, and paintings that advance thoughtful reflections on contemporary African-American experience by Fahamu Pecou and recent University of Nebraska-Lincoln graduate, Katharen Wiese.

Instructor: Anne Pagel, curator

Facilitators: Pat King, Lucy Lien

Day/Date: Sun, Oct 2

Time: 1:30-3 p.m.

Location: Assemblage. Parking is available on the northeast corner of 18th and N Streets.

Enrollment Limit: 50

Cost: \$10



Photo by Zanele Muholi



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PROGRAMMING ON DEMAND

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CAN0011

Cost: \$30

The following video programs of previously presented OLLI at UNL courses are on demand on the online platform CANVAS. Learn at your own pace, on your own time and at your convenience. This programming is available for a single cost of \$30. After registration, you will receive an email with a "Join Code" and instructions for how to access programming.

Critical Race Theory: Its Origin, Application, and Politicization

UN-Lincoln Associate Professor of English and Ethnic Studies, Greg Rutledge, discusses the origin of Critical Race Theory (CRT), using the convergence of literature and law to examine "interests" and exceptionalism. He then applies CRT by discussing the landmark 1954 U.S. Supreme Court ruling in *Brown v. Board of Education* and its impact on politics, school culture, and the education culture of the "colored" community. Finally, he discusses implications of the politicization of CRT.

The Labor Movement in the U.S.: What Does Labor Want?

Jim Begley, director of the William Brennan Institute for Labor Studies at UN-Omaha describes how labor has played an important part in this nation's history. Yet, labor unions remain one of the most misunderstood institutions in American society. Begley discusses the history and current situation of the organized labor movement and how it has served as a ladder for wage earners to attain the American dream.

Let's Talk Drugs

Explore information about prescription drugs, over-the-counter products, vaccines, dietary supplements, and other complementary therapies. Ally Dering-Anderson, clinical associate professor at the UN-Medical Center College of Pharmacy, covers proposed uses of complementary therapy with a focus on verified efficacy, side effects, and potential dangers of the most chosen complementary therapies.

Vietnam and Afghanistan: Bookends of Failure

The last U.S. troops departed Afghanistan on August 30, 2021, ending the twenty-year war. Shortly thereafter, U.S. military leadership described the war as a "strategic failure." Kabul airport photos showing desperate people trying to escape the country brought back memories of Vietnam, a war that some deemed to have a "strategy for failure." Maj. Gen. Roger Lempke, the retired former Nebraska Adjutant General, delves into the uncanny similarities of the two conflicts.

Only Hope: My Mother and the Holocaust Brought to Light

Before she passed away in 1974, Felicia Bornstein Lubliner wrote about her internment in Polish ghettos and two Nazi concentration camps - Auschwitz, and Gross-Rosen. Her powerful stories have been recently published by her son, Irv Lubliner, an emeritus professor at Southern Oregon University. He shares excerpts from "Only Hope: A Survivor's Stories of the Holocaust," shedding light on his mother's experiences and indomitable spirit, as well as his experience as a child of a Holocaust survivor.

Louise Pound: Nebraska's 19th Century Iconoclast

Louise Pound (1872-1958) changed America's views about women, academics, and sports. She was an internationally acclaimed literary scholar whose distinguished 50-year teaching career at UNL includes groundbreaking work in the field of linguistics and American English. Her incredible athletic skills earned her fame throughout the country as a basketball player and coach, tennis champion, golfer, cyclist, and skater. She fought tirelessly to open athletic and professional opportunities for women. Lynn Roper, OLLI at UNL member shares her research of Pound.

Overthrowing Democracy: A Primer on Interwar Fascism, 1919-1939

After WWI, fascist movements arose in industrialized European nations that experienced the devastation of war, territorial losses, weaponized victimhood, polarization, and political upheaval. For fascists, violence was a positive force that purified society from its enemies. Timothy Turnquist, a Ph.D. candidate at UNL focuses on fascist Italy and Nazi Germany during the interwar period (1919-1939). He explores the rise of the authoritarian personality cult, techniques of fascist propaganda, and a culture of violence and camaraderie that undermined political systems.

A Primer on Alternative Payments

Angela Nielsen, AAP, APRP, ETA CPP, discusses how, in the last five years, payments and banking have seen rapid growth beyond checks and credit cards. Some newer payment forms and methods, like cryptocurrency, Venmo, Apple/Samsung/Google Pay, and PayPal are highlighted with a goal to provide an understanding of what they are, how they are used, and the pros and cons of each.

Football 101

Football is a game with its own jargon and unique rules, therefore making it difficult to understand. OLLI at UNL Director Bob Michl is a football enthusiast, former coach, and shares the basics (or provides this course as a refresher) as we roll into the football season. Learn about the history, the field, players and positions, as well as vocabulary and other necessary information to enjoy the game.



Hello, what's your name?

Please remember to wear your name badge when you come to class.

When you become an OLLI member, you are mailed a name badge that helps identify you to others. By wearing your name badge to OLLI in-person classes and events, new members and others are more apt to remember and recognize you. Wearing a name badge instantly breaks down social barriers. Communication is better when people know someone's name. When everyone is wearing a name badge, the positive experiences to be shared are boundless. If you have misplaced your name badge, please email the OLLI office at olli@unl.edu or call 402-472-6265.



Flatwater Shakespeare Company presents "Julius Caesar"



Julius Caesar, one of William Shakespeare's most iconic tragedies, is coming to The Swan Theater at Wyuka Stables. Conspiracy, murder, revenge, devotion, and political ambition are all brilliantly explored throughout the play. Join us to see this classic docudrama depicting the rise and fall of figures who shaped the history of the Western World. This is a full-length production, directed by Marshal Carby, executive artistic director of Flatwater Shakespeare Company. Shows conclude with a post-performance question and answer period with OLLI attendees.

"Julius Caesar" Summary:

Caesar returns victorious from wars of conquest. Amidst the celebrations, jealousy and legitimate fears brew for many Romans who wish to preserve the Republic. The uncertainty over Caesar's intentions leads to the assassination of Caesar at the hands of senatorial conspirators led by Caius Cassius and, most shockingly, Marcus Brutus, one of Caesar's most trusted allies.

Following the fall of Caesar, Mark Antony seeks to avenge Caesar's murder and bring the conspirators to justice by any means necessary. He also seeks to move Rome toward the kind of imperial government that the conspirators hoped to prevent. Fear of change, the pursuit of power, the sting of betrayal, the precarious strength of love and friendship, and complex, charismatic personalities combine for this epic evening of theatre.

Facilitator: Dori Bush

Registration Deadline: Tue, Aug 30
Cancellation after that date will be non-refundable.

Time: 7-10:30 p.m.

Location: Wyuka Stables

Enrollment Limit: 20 per performance

Cost: \$20

Register for only one performance.

ART0371

Day/Date: Thu, Sep 1

ART0372

Day/Date: Tue, Sep 13

Play, Practice and Perfect Your Putt-Putt



LIF061P

Early fall is a great time to get outdoors. Join us for a rousing round of miniature or "putt-putt" golf, where smaller precision strokes and creative, exasperating structural and water hazards will make you laugh, smile and say "ye gads!" After the competition, reward your efforts and join us for cookies, ice cream and lemonade.

Facilitator: Leslie Ryan

Day/Date: Wed, Sep 21

Registration Deadline: Wed, Sep 14
Cancellation after that date will be non-refundable.

Time: 1 – 4 p.m.

Location: Adventure Golf

Enrollment Limit: 48

Cost: \$12

Game Night with OLLI



LIF060P

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

Facilitator: Bob Michl

Day/Date: Thu, Sep 22

Registration Deadline: Thu, Sep 15
Cancellation after that date will be non-refundable.

Time: 4-7 p.m.

Location: UNL East Campus, Human Sciences Bldg., Rooms 121 and 137

Enrollment Limit: 60

Cost: \$10 per person includes food and beverages.

North Omaha Legacy Tour



HIS027P

Join us for a bus tour of North Omaha. Narrated by Preston Love, Jr., this tour will increase your cultural and historical understanding of North Omaha. We will demystify North Omaha's reputation to greater understanding, creating pathways to collaboration; inform participants of North Omaha's rich heritage, legacy, and historical contributions; stimulate economic growth along North Omaha's key corridors and instill pride for North Omaha. You will also learn about the Institute of Urban Development (4Urban.org), which works to increase the quality of life for urban communities in community engagement, economic growth, leadership growth and Get Out the Vote for nonpartisan initiatives. The tour is along the 24th and 30th Street corridors, with a meal at Big Mama's kitchen and stops at the Great Plains Black History Museum and Malcolm X Memorial Foundation.

Instructor: Preston Love, Jr., founder/director for the Institute for Urban Development (4Urban.org) and professor, Black Studies, UNO

Facilitator: Maxine Moul

Day/Date: Wed, Oct 5

Registration Deadline: Wed, Sep 21

Cancellation after that date will be non-refundable.

Time: 9:30 a.m.-3 p.m.

Location: Bus will depart promptly at 9:30 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 3 p.m.

Enrollment Limit: 50 (minimum of 40 required)

Cost: \$70/person.

Breakfast with UNL Athletics: Women's Bowling



LIF062P

Last September, Julia Bond was named an assistant coach for the Nebraska Women's Bowling staff. Bond had an incredible Husker career and found success in the professional



ranks. A four-time collegian All-American, Bond has one of the most decorated careers in program history. In 2015, she was named the Most Outstanding Bowler at the NCAA Championships, helping the Huskers to an NCAA title. Come listen to Bond speak about her college and professional career and her experiences coming back to coach at her alma mater.

Facilitator: Bob Michl

Day/Date: Fri, Oct 7

Registration Deadline: Fri, Sep 30

Cancellation after the registration deadline will be non-refundable.

Time: 8:30-9:30 a.m.

Location: Hy-Vee, 1601 N 84th, 84th and Holdrege, upstairs club room.

Enrollment Limit: 40

Cost: \$20 includes breakfast. Registration is required. Please contact the OLLI office if you have any specific dietary restrictions.

Nebraska Capitol Experience



CON020P

Here's a chance to learn more about how Nebraska's state government works while visiting the building where it happens. Civic Nebraska will be our sponsor and guide as we hear from a state senator and from other elected officials or members of the Judiciary, participate in a mock legislative hearing and experience the beauty of the Capitol itself.

Lunch is included, and free parking can be reserved, both compliments of Civic Nebraska. Come and learn more about Nebraska's unique Legislature and how it interacts with the other branches of government.

Instructor: Kiernan Kissler, coordinator, Capitol Experience Day, Civic Nebraska

Facilitator: Charlyne Berens

Day/Date: Tue, Oct 11

Time: 9 a.m.-2:30 p.m.

Location: Nebraska State Capitol

Enrollment Limit: 30

Cost: \$20



Global Food Security: Political, Economic and Climate Challenges



Achieving global food security in the short and long term in the face of current political, economic and climatic challenges is at the forefront of our conversations today and will remain so for the foreseeable future. Food shortages driven by the war in Ukraine, rising energy prices, supply chain issues, the increasing frequency of climate extremes on food production and numerous other factors are contributing to this crisis. There are also many opportunities available to enhance and improve agricultural food systems both locally and globally.

Speakers



Holger Kray is practice manager for agriculture and food security in the World Bank's

Africa Sustainable Development Group. He also coordinates economic and other policy work related to sustainable development in the region. His expertise is in agricultural policy reform, climate-smart and sustainable agriculture, global food security and public sector management. Kray will highlight the considerable income, employment and resilience opportunities offered by local, regional, and global food systems.



Joe Glauber is a senior research fellow at the International Food Policy Research

Institute in Washington, DC where his areas of interest include price volatility, global grain reserves, crop insurance and trade. As USDA's chief economist from 2008-2014, he was responsible for the department's agricultural

forecasts and projections, oversaw climate, energy and regulatory issues. Glauber will examine the importance of the global trading system in helping meet sustainable development goals of eliminating hunger, improving nutrition, and mitigating the impact of climate change.



Rev. David Beckmann is president emeritus of Bread for the World and

recipient of the World Food Prize for his contribution to the world's progress against hunger. He is now coordinator of the Circle of Protection, an advocacy coalition of church bodies and organizations that include 100 million members. Beckmann will focus on how people in this country can contribute to renewed progress against world hunger. He will examine recent discussions to repurpose agricultural subsidies to obtain improved environmental, nutrition and climate outcomes.

Open to the public.

Day and Date: Sat, Oct 22

Time: 9 a.m.-2 p.m.

Registration Deadline: Fri, Oct 14

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

Register for only one session:

CON021P

Location: UNL East Campus Union, Great Plains Room. No parking permit is required.

Enrollment Limit: 250

Cost: \$20 includes cost of lunch and symposium. Please contact the OLLI office if you have specific dietary restrictions.

CON021Z

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$15

Sponsored by:



UNL-TABITHA MEMORY WORKSHOP

How to keep your brain stronger longer

What is the Memory Workshop?

This is a weekly class led by speech language pathologists and graduate speech language pathology students. The purpose is to provide education and solutions. Participants will have the opportunity to share their experiences, as well as brainstorm and implement techniques to manage daily challenges.

Who should attend?

Individuals and their significant others who are:

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

Day/Dates: Wed, September 14-November 9, 2022

Time: 10-11:30 a.m.

Cost: \$20 per participant

Location: The Barkley Center, 4075 UNL East Campus Loop

For further information or questions, contact:

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

Register Online at: CEHS.UNL.edu/SECD/Memory-Clinic



TABITHA



OLLI Member Discounts

Abendmusik

Events for the coming season are free of charge.
abendmusik.org

Angels Theatre Company

Offers a ticket discount to OLLI members.
angelscompany.org

Arts for the Soul

Offers a ticket discount. Call First Presbyterian Church at 402-477-6037 for more information.
fpclincoln.org/music-home/arts-for-the-soul/

Friends of the Mary Riepma Ross Media Arts Center

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

Johnny Carson School of Theatre & Film, UNL & Nebraska Repertory Theatre

Offers OLLI members season tickets and individual tickets at the student rate. Ticket fee still applies. nebraskarep.org

Lincoln Community Playhouse

Offers a \$5 discount on adult tickets. Discount

available for shows where the adult ticket is \$25. Ticket fee still applies. lincolnplayhouse.com

Lincoln Friends of Chamber Music

Offers OLLI members two tickets for the price of one at the door the night of the concert. lfcml.us

Nebraska Chamber Players

Offers a ticket discount. Call 402-429-8227 for more information or show your OLLI membership card at the door.
nebraskachamberplayers.org

OmniArts Nebraska

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

TADA Theatre

Offers OLLI members a discounted ticket to some performances. www.tadaproductions.info

University Bookstore

Offers 10% discount on in-stock, regular priced general reading books.
bkstr.com/nebraska-lincolnstore/home

INTEREST GROUPS

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

Questions? Contact Doug Wood, wooddb137@gmail.com or Mike Jess, michaeljess3@gmail.com.

Baseball

Coordinators: Marvin Almy, hmalmy@aol.com, 402-786-5856; Bill Fagler, bfagler@lps.org, 402-489-7450; Jon Hamilton, playingwiththepossibilities@gmail.com, 402-261-5979

Day: 2nd Tuesday of each month

Time: 3-4:30 p.m.

Contact Marvin Almy for location or Zoom link.

Biking the Trails

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

Meets: Weekly rides during the warm season months

Birdwatching

Coordinator: Esa Jarvi, esajarvibirding@gmail.com

Day/Time/Location: Day, time and location will vary.

Blogspot reference:

<http://ollibirdinggroup.blogspot.com>

Bridge

Coordinator: Sue Guild, sguild@inebraska.com

Conversational Spanish

Coordinator: Jack McGann, jackmcgann1@mac.com, 904-347-7248

Day: Tuesdays

Time: 1-2:30 p.m.

German Language and Culture

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

Day: 1st and 3rd Wednesday of each month

Time: 3-4:30 p.m.

International Affairs

Coordinator: 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.

Contact Peter Levitov for location or Zoom.

Meditation

Coordinator: Margaret Rickers, mrickers14@gmail.com

Day: Second Thursday of each month

Time: 1:30 p.m.

My Backyard

Coordinator: Steve Schafer, stevenschafer@gmail.com 402-310-1503

Day: Last Tuesday of each month

Paddleboarding

Coordinators: Kathleen Wingard, heritageyogacenter@gmail.com or Alyx Knight, alyxknight2011@gmail.com

Day: Saturday or Sunday

Time: 10 a.m.

Location: Rotates between Holmes Lake in Lincoln and Conestoga and Wagon Train State parks.

Members will need to rent or bring their own paddleboard. Members should be comfortable swimming and doing water sports. Life jackets are required by state law.

Politics

Coordinators: Marvin Almy, hmalmy@aol.com; John Comer, jcomer1@unl.edu; Randy Moody, randallmoody44@gmail.com

Day: Third Thursday of the month

Time: 3-4:30 p.m.

Out to Lunch

Coordinators: Nancy Whitman, newhit34@gmail.com, 402-488-8416; Maxine Moul, mmoul1@allophone.com
Contact Nancy Whitman for more information.

Reading Groups

Coordinator: Kay Rockwell, krockwell1@unl.edu

Science & Technology

Coordinators: Craig Hain, 402-730-7487, craig_hahn@hotmail.com; Doug Wood, 402-217-0511, wooddb137@gmail.com; Tom Hoegemeyer, 402-419-4426, thoegemeyer@gmail.com
Day: Second Tuesday of each month
Time: 3-4:30 p.m.
Contact Craig Hahn for location or Zoom link.

Table Tennis

Coordinator: Larry McClure, lmerkmclure@yahoo.com
Days: Tuesdays and Thursdays
Time: 1-2:30 p.m.

Ukulele

Coordinator: Julia Larson, jlarson9342@gmail.com
Day: Third Thursday of the month
Time: 3 p.m.
Location: Lincoln libraries - Varies

Walking

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

Woodworking

Coordinator: Michael Jess, michaeljess3@gmail.com, 402-802-8921
Day: Last Thursday of the month
Time: 3-4:30 p.m.
Location: Varies



Out to Lunch



Table Tennis

WAIVER AND RELEASE OF LIABILITY for Osher Lifelong Learning Institute (OLLI)

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

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

1. **Releasor** certifies that he/she is physically capable of participating in the Activities and that he/she will take responsibility for physical fitness and capability to perform under normal conditions of the Activities. **Releasor** is encouraged to get his/her physician's opinion prior to participating in any OLLI Activities. In the event of a medical emergency, the University of Nebraska or its representatives have my permission to take whatever measures they deem reasonable to render assistance and that I will be financially responsible for any expenses involved.
2. **Releasor** realizes that participation in the Activities involves certain risks and dangers. **Releasor** has hereby been made aware that participation in the Activities may have the following non-exclusive list of certain risks which I accept: death; head, eye, neck, and spinal injury resulting in complete or partial paralysis; brain damage; heart attack; blisters; cuts; lacerations; abrasions; concussions; contusions; strains; sprains; dislocations; fractures; cold and heat injuries; water immersion; drowning; lightning strikes; injury to bones, joints, muscles, internal organs; and environmental conditions. In addition, I understand and accept the incidental risks of travel to and from the site of activity; participation at sites that may be remote from available medical assistance; and the possible reckless conduct of other participants.
3. Consequently, while understanding that the **UNIVERSITY** has taken precautions to provide organization, supervision, and equipment for reasonable safety, **Releasor** assumes joint and personal responsibility for safety while participating in the Activities. Pursuant to that joint and personal responsibility, **Releasor** agrees to comply with the instructions and direction of representatives and staff members of the University. **Releasor** understands that failure to abide by the instructions and rules may result in his/her termination from the activity. **Releasor** accepts personal responsibility to ensure that any equipment needed to participate in the the Activities and used by the **Releasor** is safe and functioning properly and to refrain from causing loss or damage to the property of the **University**. **Releasor** realizes that he/she is solely responsible for any personal equipment, supplies, or property he/she may choose to use during the duration of the Activities.
4. **Releasor** further agrees to indemnify and hold harmless the **UNIVERSITY** for any and all claims or actions as a result of engaging in, using **University** facilities and equipment, or receiving instruction for the Activities or any activities incidental thereto whatsoever, whenever, or however the same may occur.
5. **Releasor** is aware that if he/she uses a vehicle not operated by the **University** for transportation to, at, or leaving the activity site, the **University** is **NOT** responsible for any damage caused by or arising from **Releasor's** use of such vehicle. Furthermore, **Releasor** acknowledges that he/she is solely responsible for any action he/she takes outside the scope of those actions permitted by the **University** for purposes of the particular activity regardless if occurring before, during, or after the duration of the activity. **Releasor** agrees to follow University policies when operating a University owned vehicle.
6. In consideration of participation in the Activities, **Releasor** hereby **RELEASES** and covenants not-to-sue the **UNIVERSITY** for any and all present and future claims resulting from ordinary negligence on the part of the **UNIVERSITY** for property damage, personal injury, or wrongful death arising as a result of his/her engaging in, using **University** facilities and equipment, or receiving instruction for the Activities or activities thereto, wherever, whenever, or however the same may occur. **Releasor hereby voluntarily waives** any and all claims or actions resulting from ordinary negligence, both present and future, that may be made by **Releasor's family, estate, personal representative, heirs, or assigns**.

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

Read and check the box on the OLLI registration form.

REGISTRATION

Complete one form for EACH person.

First Name _____ Last Name _____

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

Preferred name for badge _____ Birthdate _____

Address _____ City _____ State ____ Zip Code ____

E-mail Address _____

Phone: Home _____ Cell _____

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

☐

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

FOR OFFICE USE ONLY

Reg. Rec'd	SM Entry	Type	Codes
By _____	By _____	_____ Registration	CC Auth Code _____
Date _____	Date _____	_____ Refund/Cancellation	Order # _____

2022-2023 Membership Registration -- Check One		Cost
☐	I am a current 2022-2023 OLLI member	\$0
☐	I am purchasing a 2022-2023 annual membership (Valid through July 31, 2023)	\$75
Course or Event Registration:		
Number	Name	Cost
Total Payment (Membership + Course Cost + Event Cost)		

Payment Method:

Check or money order payable to *University of Nebraska-Lincoln* Check # _____ Amount _____

Credit Card ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Credit Card Number _____

Expiration Date _____

Return this form with your payment to:

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

REGISTRATION Complete one form for EACH person.

First Name _____ Last Name _____

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

Preferred name for badge _____ Birthdate _____

Address _____ City _____ State ____ Zip Code _____

E-mail Address _____

Phone: Home _____ Cell _____

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

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

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Credit Card ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Credit Card Number _____

Expiration Date _____

Return this form with your payment to:

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

General Information/Policies

Course Recording Policy

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

Drop a Course or Event

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

Email Notifications

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

Guest Policy

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

Postponed, Cancelled or Full Courses

If a class is postponed, you will be informed of the rescheduled date. If a

course is cancelled or full, you will receive notice as soon as possible. You will be given the following options:

- Add your name to a wait list
- Register for an alternate course
- Receive a refund
- Donate your course fee

Weather-Related Cancellations

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

UNL Parking Permit

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 replaced 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 stated date
- Valid only on the day/dates/times/lot indicated on the permit
- Issued for courses held on UNL campuses
- Not valid for metered parking, visitor parking or reserved parking spaces
- For handicap parking, a UNL permit plus a handicap permit is required

UNIVERSITY OF
Nebraska
Lincoln

125 Human Sciences Bldg
P.O. Box 830800
Lincoln, NE 68583-0800

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For the **LOVE** of **LEARNING**



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Helen and Jerry Sellentin, OLLI members

Photo Credit: John Keller, adjunct professor, Photography, Doane University



olli@unl.edu • 402-472-6265 • olli.unl.edu

UNL does not discriminate based upon any protected status.

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