

# OLLI FALL 2023 COURSE CATALOG

## IMPORTANT DATES

Fall Term: Sep 18–Nov 9, 2023

*No classes Veterans Day (observed), Friday, Nov 10*

Check individual course listings for specific meeting dates.

[Registration](#) Opens: Aug 15, 10 am

## CLASS INFORMATION

Both in-person and online classes are offered. Download free [Zoom Client for Meetings](#) for the best online class experience. Online classes are offered in real time, are interactive, and are not recorded. Class format and location are indicated in the course descriptions. No tests! No grades!

Along with professors and other educators, OLLI classes are taught by professionals from many fields as well as passionate hobbyists. A brief biography of each class moderator is included with the course description.

## OLLI MEMBERSHIP

OLLI programs are designed for adults aged 50 and better. The only prerequisite is a desire to learn.

## PRICING & REFUNDS

Fall Term Membership: \$90

- Most multiweek classes: \$5 with membership
- Most one-time programs: \$0 with membership
- Fieldtrips: \$0–\$30 with membership

Refunds after the term begins at director's discretion.

Moderators of multiweek Fall courses and UC Foundation Tower of Strength donors receive complimentary membership. Please notify the office before trying to register if you are eligible for a free membership: 513-556-9186.

## FINANCIAL ASSISTANCE

Financial assistance is available to all who need it. Send a short statement of need to [olli@uc.edu](mailto:olli@uc.edu) to request a scholarship or call 513-556-9186 for information.

## REGISTRATION

Registration opens Tuesday, Aug 15, 10 am.

You may [register online](#) (strongly recommended) or by mail by printing and mailing the completed [registration form](#) with a check for \$90 plus any class fees.

***No phone registration before Aug 17!***

## WAIT LISTS

If a class you want is full, you may place yourself on a wait list. If a place opens in that class, the first person on the list will be notified by phone or email and will have a limited amount of time to respond before the place is offered to the next person on the list.

## TEACHING FOR OLLI

If you would like to share your expertise with the OLLI community, please consider volunteering to moderate a class. Visit the [OLLI website](#) or call 513-556-9186.

## DISCLAIMER

The views and opinions expressed in OLLI courses are strictly those of the moderators and their guest speakers. Course content has not been reviewed by the Osher Lifelong Learning Institute at the University of Cincinnati. Consult your financial advisor before acting on any implied or actual recommendations concerning the investment of your money. Consult your physician before following any medical, nutritional, or exercise program or advice.

## [LOCATIONS & PARKING](#)

**UC Victory Parkway Campus (VPC)**—2220 Victory Pkwy, 45206. Permits for free parking in the OLLI lot accessed from Cypress St are distributed during the first week of classes and available later in the OLLI office (VPC Admin 207).

**Ohio Living Llanfair (OHLL)**—1701 Llanfair Ave, 45224. Free parking in the adjacent lot. Look for OLLI signs.

**Other locations as indicated in catalog descriptions.**

## COVID RULES FOR IN-PERSON PROGRAMS

OLLI follows all [COVID protocols](#) of the University of Cincinnati. At this time (but subject to change), proof of vaccination, facial coverings, and social distancing are NOT required. Some locations may have other protocols.

## CONTACT US

**EMAIL:** [olli@uc.edu](mailto:olli@uc.edu)

**PHONE:** 513-556-9186

**VISIT:** 2220 Victory Pkwy, Admin 207, Cincinnati, OH 45206

**MAIL:** OLLI at UC, PO Box 210093, Cincinnati, OH 45221-0093

## CLASSES BY CATEGORY

### ART & ART HISTORY

- 2106/2107** Amazing Art and Life of Rembrandt van Rijn (VPC/ZOOM-Wed)  
**9002** Cincinnati Art Museum Tour: Creating Connections: Self-Taught Artists (OTHER-Fri)  
**1204/1205** Cincinnati's Printing and Art Industry (VPC/ZOOM-Mon)  
**1000** Found Objects and Your Imagination (VPC-Mon)  
**2100/2101** Mary Emery—The Loneliest Millionaire (VPC/ZOOM-Wed)

### COMPUTERS & TECHNOLOGY

- 1407** Best Ways to Enjoy Using Your PC Computer: An Introduction (VPC-Tue)  
**1504** Introduction to Excel (VPC-Tue)  
**2601** iPhone Next (VPC-Thu)  
**2504/2505** Overcoming the Digital Divide (VPC/ZOOM-Thu)  
**2118** Smartphone and Social Media for Seniors (VPC-Wed)

### CURRENT EVENTS, LAW & POLITICS

- 1300** America's Challenges: What Can We Learn from OTHER Countries? (VPC-Mon)  
**2207** China and the US—Entering a New Geopolitical Divide? (VPC-Wed)  
**1906/1907** David Mann: Service in His DNA (VPC/ZOOM-Wed)  
**2209** Democracy School: Where Did My Rights Go? (ZOOM-Wed)  
**1212/1213** Differences between Hispanic and Latino Cultures (VPC/ZOOM-Mon)  
**2206** Energy Geopolitics in the Global Warming World (VPC-Wed)  
**2301** Finding Solutions to America's Problems (VPC-Thu)  
**2304** Great Legal Issues of the 21st Century (VPC-Thu)  
**1908/1909** Immigrant and Refugee Law Center (VPC/ZOOM-Wed)  
**1502** It's about Time—Let's Discuss Current Events (VPC-Tue)  
**2510/2511** Neighborhood Upgrading v. Gentrification: A Book Reviewer's Perspective (VPC/ZOOM-Thu)

- 1107** Political Polarization—History, Sources, Impact, Tools (VPC-Mon)  
**1706/1707** Race Matters: Black Lives in the Supreme Court, 1787-2023 (VPC/ZOOM-Tue)  
**1206/1207** Separation of Church and State: Vital in 1787—Critical Now (VPC/ZOOM-Mon)  
**2610** "The Oil Machine: Can We Break Our Addiction?" Exclusive Screening and Discussion (VPC-Thu)  
**1402** Three Global Challenges: Artificial Intelligence, Debt, Volatile Financial Markets (VPC-Tue)

### FINANCE & RETIREMENT

- 1912/1913** Go Out Like Grandma Did: Green Burials and Home Funerals (VPC/ZOOM-Wed)  
**2119** How the Aging Network Can Help You (ZOOM-Wed)  
**2700** Intentional Retirement Income Planning (VPC-Fri) **CANCELLED**  
**2204** Passport to Retirement (VPC-Wed) **CANCELLED**  
**1403** Properly Planning to Age: How to Prepare before a Crisis (VPC-Tue)  
**2114** Stock Investing for Retirement Income (VPC-Wed)  
**3005** Understanding Financial Terms (VPC-Fri)

### GARDEN & NATURE

- 1304** Putting the Garden to Bed (VPC-Mon)

### HEALTH & WELLNESS

- 3008** Benefits and Risks of Medical Marijuana (VPC-Fri)  
**2806** Best Strategies for Successful Cognitive Aging (OHLL-Fri)  
**2102/2103** Do You Know How to Nourish Your Brain? (VPC/ZOOM-Wed)  
**2401** Holistic Health and Wellness Series (VPC-Thu)  
**2115** Layperson's Guide to Understanding and Responding to Mental Illness (VPC-Wed) **CANCELLED**

- 1910/1911** ~~Liar in My Head: Surviving Depression, Suicide, and ECT (VPC/ZOOM-Wed)~~ **CANCELLED**  
**1100** Move into Ease (VPC-Mon)  
**2104/2105** Reproductive Choice and the Abortion Dilemma (VPC/ZOOM-Wed)  
**2800** Safe and Healthy at Home (OHLL-Fri)  
**2210** Testing Our Limits: What Can We Learn from Elite Athletes? (ZOOM-Wed)  
**2201** ~~Understanding Personality Disorders (VPC-Wed)~~ **CANCELLED**  
**2302** Visits with Complementary and Alternative Medical Specialists (VPC-Thu)  
**1216** Wellness and Nutrition Practices for Sound Health (VPC-Mon)  
**2108/2109** Winter Survival Kit for Your Immune System (VPC/ZOOM-Wed)

### HISTORY & SOCIAL SCIENCES

- 2001** 20th-Century American History in a Nutshell (VPC-Wed)  
**2305/2306** Autocracy: A History (VPC/ZOOM-Thu)  
**1103** Britain: From the Tudors to the Stuarts (VPC-Mon)  
**1602** Causes of WWI and the War (VPC-Tue)  
**1004** Cincinnati and the Civil War (VPC-Mon)  
**3007** Cincinnati in the Civil War: Then and Now (VPC-Fri)  
**2506/2507** Cincinnati Music Hall: Then and Now (VPC/ZOOM-Thu)  
**2512/2513** Colors (VPC/ZOOM-Thu)  
**1303** Eleanor Roosevelt: First Lady of the World (VPC-Mon)  
**2802** History and Evolution of Downtown Cincinnati (OHLL-Fri)  
**1405** History of Washington Park and OTR, Plus Brewery Tours (VPC-Tue)

#### CLASS LOCATION ABBREVIATIONS

- OHLL** Ohio Living Llanfair  
**OTHER** Other location indicated in catalog description  
**VPC** UC Victory Pkwy Campus  
**ZOOM** Online via Zoom

## HISTORY & SOCIAL SCIENCES (continued)

1508 Imprisoned without Trial: Japanese Internment in WWII (ZOOM-Tue)

9006 Lanterns and Landmarks: Historical Tour of Montgomery (OTHER-Sun)

1102 Life and Writings of Frederick Douglass (VPC-Mon)

2801 Mount Adams: A Fascinating History (OHLL-Fri)

2403 Mythology with Joseph Campbell, Part 1 (VPC-Thu)

9000/9001 New Richmond Underground Railroad Tour (OTHER-Fri)

9009 Tour Memorial Hall (OTHER-Fri)

2804 Story of Public Radio in Cincinnati (OHLL-Fri)

1900/1901 Tales from Mason County, Kentucky (VPC/ZOOM-Wed)

2609 "The Gilded Age"—Documentary and Discussion (VPC-Thu)

2502/2503 The Golden Spike (VPC/ZOOM-Thu)

9007 Tour Dinsmore Homestead in Burlington, Kentucky (OTHER-Sun)

1007 Tracing Homo Sapiens through Europe into the Americas (ZOOM-Mon)

## HOBBIES, SPORTS & OTHER

8100 Bridge 101: An Introduction to Bridge (OTHER-Tue)

2803 College Sports: Riding the Winds of Change (OHLL-Fri)

2110/2111 Do You Like to Laugh? The Humorous Side of Getting Older (VPC/ZOOM-Wed)

1904/1905 Findlay Market: Innovating the Food Entrepreneurship Ecosystem (VPC/ZOOM-Wed)

2117 Football 101 (VPC-Wed)

3002 Italy: Unified Country, Regional Tastes (ZOOM-Fri)

8000 Learn Contra Dancing: It's Fun and Easy! (OTHER-Mon)

8400 Let's Do Lunch: Chains That Reign (OTHER-Fri)

2400 Magic for the Young at Heart (VPC-Thu) **CANCELLED**

1101 Origami (Paper-Folding) (VPC-Mon)

2120 Papercrafting: Tools and Techniques (VPC-Wed)

9003 Pub Night at the Miamiville Trailyard (OTHER-Tue)

9004 Quilling Cards: Vietnamese Paper Art Workshop (OTHER-Fri)

3001 So You Think You Know Cincinnati Baseball (VPC-Fri)

2606 Speed Friending in Person (VPC-Thu)

2902 ~~Speed Friending on Zoom~~ (ZOOM-Fri) **CANCELLED**

1104 Spice of Life: A Culinary Journey (VPC-Mon)

1700 Understanding, Appreciating, and Enjoying Wine (VPC-Tue)

2605 Word Play with Upside-Down Ambigrams—Hands-On Workshop (VPC-Thu)

## LANGUAGES

2404 French for the Fun of It (VPC-Thu)

2300 Intermediate/Advanced French Conversation (VPC-Thu)

1001 Introductory Spanish (VPC-Mon)

1400 Italian for Beginners (ZOOM-Tue)

## LITERATURE & DRAMA

2000 AfterWARDs Three Stories (VPC-Wed)

1406 A Reader Lives a Thousand Lives (VPC-Tue)

1308 Discovering Mighty Girls and Audacious Women (ZOOM-Mon)

2607 Great (Shorter) Fiction You May Have Missed (ZOOM-Thu)

1108 Great Short Fiction (ZOOM-Mon)

3006 History and Literature: "Matrix: A Novel" (VPC-Fri)

2208 Let's Read and Discuss Elie Wiesel's "Night" (ZOOM-Wed)

1506 More "Fairy and Folktales of Ireland," Edited by W. B. Yeats (VPC-Tue)

1507 More Murder and Mayhem (ZOOM-Tue)

1505 Shakespeare Alive! (VPC-Tue)

2200 "Sweeney Astray: A Version from the Irish" by Seamus Heaney (VPC-Wed) **CANCELLED**

2602 What's Love Got to Do with It? Poems by Rumi and Kabir (VPC-Thu)

**CANCELLED**

2901 When Harlem Was in Vogue (VPC-Fri)

## MUSIC

1005/1006 '70s Rock (VPC/ZOOM-Mon)

1305 All Sing! Harmonizing Together (VPC-Mon)

1500 Exploring Opera (VPC-Tue)

2405/2406 For the Love of Music (VPC/ZOOM-Thu)

2202 Franz Schubert: The Greatest Songs (VPC-Wed)

2603 Great American Composers (Plus One Who Is Pretty Good) (VPC-Thu)

3000 Great "American" Songbook of 1960s Rock and Roll (VPC-Fri)

1200/1201 History of King Records: Cincinnati's Claim to Birthplace of Rock and Roll (VPC/ZOOM-Mon)

8301 Indispensable Composers (EMAIL-Thu)

1704 Jewish Music around the World (ZOOM-Tue)

1605 Rock Docs and Talks (VPC-Tue)

1408 Tony Palmer's Epic Biography of Richard Wagner (VPC-Tue)

1210/1211 Tribute to Bing Crosby (VPC/ZOOM-Mon)

## PHILOSOPHY & RELIGION

1301 "I Am Dynamite! A Life of Nietzsche," a Biography by Susan Prideaux (VPC-Mon)

2604 Philosophers and Scientists: Common-Sense Conversations about Our Differences (VPC-Thu)

2116 Reading from the Upanishads (VPC-Wed)

8300 "She Was the Tower of the Apostles"—Women of Strength in the New Testament (OTHER-Thu)

9005 Tour Adath Israel (OTHER-Tue)

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## PHOTOGRAPHY

- 1002** Fundamentals of Photography, Part 1 (VPC-Mon)  
**2900** Guided Photo Walks for Fun and Great Pictures (VPC-Fri)  
**1106** Photography Workshop: Intermediate to Advanced (VPC-Mon)

## SCIENCE, MATH & PSYCHOLOGY

- 1214/1215** Better Living through Electricity: The Introduction of Electric Appliances (VPC/ZOOM-Mon)  
**2402** Big Bang, Collapsing Stars, Tectonic Plates, Bonds, and Graphene (VPC-Thu)  
**2112/2113** Blackout of 2003—The View from an Electrical Power Plant (VPC/ZOOM-Wed)  
**2500/2501** Brent Spence Bridge Corridor Project (VPC/ZOOM-Thu)  
**2608** Exploring the Basics of Genetics (ZOOM-Thu)  
**2205** Extinction and Humans (VPC-Wed)  
**1501** In-Depth Psychology: The Wisdom of Erich Fromm (VPC-Tue)  
**1202/1203** Living with Landslides, a Documentary Airing on PBS (VPC/ZOOM-Mon)  
**1902/1903** Psychology of Censorship (VPC/ZOOM-Wed)  
**1105** ~~Rare Genetic Diseases Book Club (VPC-Mon)~~ **CANCELLED**  
**1404** Resources and Realities: Exploring the Limits of Planet Earth (VPC-Tue)  
**2303** Space Exploration Company (SpaceX): The First 21 Years (VPC-Thu)  
**2600** Sustainability Megatrend: Strategic Solutions for Climate Change (VPC-Thu)  
**1208/1209** What Citizens Should Know about Landfill Design and Best Practices (VPC/ZOOM-Mon)

## SELF-EXPLORATION

- 2203** Confronting Your Stressful Thoughts (VPC-Wed)  
**1601** Exploring the Blue Zones and the Secrets of Longevity (VPC-Tue)  
**1302** Improving Your Memory (VPC-Mon)  
**1401** Learn to Meditate from Christian, Hindu, and Buddhist Perspectives (VPC-Tue)  
**1600** ~~Understanding Vipassana Meditation (VPC-Tue)~~ **CANCELLED**  
**2516** Vipassana Meditation Practice (VPC-Thu)

## STAGE & SCREEN

- 2514/2515** A Duck Walks into a Bar... Introduction to the History of Comedy in America (VPC/ZOOM-Thu)  
**3004** Alfred Hitchcock's San Francisco (ZOOM-Fri)  
**9008** Dinner and a Movie in Mariemont (OTHER-Thu)  
**8200** Falling in Love at the Movies (OTHER-Wed)  
**1914/1915** From Entertainment to Engagement: Ensemble Theatre Cincinnati (VPC/ZOOM-Wed)  
**1604** Funny Whodunits from the 1930s to Today (VPC-Tue)  
**2805** History of Film in Cincinnati (OHLL-Fri)  
**2903** Lives and Music of Some Important Broadway Songwriters (ZOOM-Fri)  
**1109** Mining the Golden Age of Broadway (ZOOM-Mon)  
**1705** Stream the Dream: Back to Basics on Netflix (ZOOM-Tue)

## TRAVEL

- 1702/1703** Australia: Travel Planning Tips (VPC/ZOOM-Tue)  
**2508/2509** On the Road in Michigan's Upper Peninsula and Wisconsin's Door County. (VPC/ZOOM-Thu)

## WRITING

- 1503** Advanced Poetry Writing (VPC-Tue)  
**1603** A Picture Is Worth 1,000 Words (More or Less): Writing Your Memories (ZOOM-Tue)  
**3009** Everything You Need to Know to Write Your Novel—In Two Hours! (ZOOM-Fri)  
**3003** Jumpstart Your Memoir! (VPC-Fri)  
**1701** Memoir Wisdom: Stories Worth Sharing (VPC-Tue)  
**2701** Playwriting Principles and Workshop (VPC-Fri)  
**1306** Poetry Writing Workshop—The Basics (VPC-Mon)  
**1307** Remembering, Reflecting, and Writing: Creating Your Memoir (ZOOM-Mon)

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## COMPLETE CLASS DESCRIPTIONS BY CLASS NUMBER

### **1000 Found Objects and Your Imagination** **UPDATED**

Mon, Sep 18-Oct 16, 9:30-10:45 am (VPC) \$5

*LIMIT 8*

A class small in size but BIG on hands-on fun for developing and creating your own innovative and personal mixed-media artwork. No special art skills are needed! Basic supplies will be provided while encouraging the addition of your choice of found objects reflecting your life, personality, and interests. This small class encourages your attendance and active participation—and is an excellent opportunity to craft a special gift for friends or family.

Moderator: Thelma Shotten is a docent at the Contemporary Arts Center and has taught in Cincinnati Public Schools, Art Academy, and NKU. Her mixed-media, enamel, and porcelain artworks (the latter inspired by sea coral formations) have been displayed at many Cincinnati-area art galleries and exhibitions.

### **1001 Introductory Spanish** **UPDATED**

Mon, Sep 18-Nov 6, 9:30-10:45 am (VPC & email) \$5

*LIMIT 20*

Learn the basics to get you going: alphabet and pronunciation; numbers; colors; days of week, months, and dates; simple directions; present tense; plus, a number of useful phrases and commands to set you up for an intermediate course. This course combines classroom meetings with web-based content: five in-person classes (9/18, 10/2, 10/16, 10/30, 11/6) and eight web-based assignments. Reader and text recommended (will provide details to registrants).

Moderators: Leo Ennis is a native speaker who grew up in Mexico. Rick Marra is a student and organizes the classes.

### **1002 Fundamentals of Photography, Part 1** **UPDATED**

Mon, Sep 18-Nov 6, 9:30-10:45 am (VPC) \$5

*LIMIT 12*

You have a great camera! Now what do you do to create great images? This is the first of a two-part course that involves learning the fundamentals of photography and beyond. You'll learn composition, exposure, light meters, lenses, sensors, color temperature, camera body parts and functions, depth-of-field, focusing, equivalent exposure, shooting in aperture and shutter priority, program and manual modes, camera set-up, shooting examples, timer, bracketing, camera supports, and introduction to flash. You will create images to share with the class. This course is NOT for point-and-shoot cameras.

Moderator: Craig Rouse has been immersed in photography and videography for 50+ years. He has a BFA in broadcasting from UC-CCM and has been fortunate enough to win numerous photography and video awards over the years.

### **1004 Cincinnati and the Civil War** **NEW**

Mon, Sep 18-Nov 6, 9:30-10:45 am (VPC) \$5

*LIMIT 24*

Cincinnati was profoundly affected by the Civil War. We will address many aspects of that history, including the 1862 Confederate threat to invade our area, Morgan's Raid, German volunteers from Cincinnati, military leaders from our area, Camp Dennison, medical and nursing support for wounded troops, and our city's key role in supplying river gunboats and other supplies for the Union. Weather permitting, we may also take a tour of the monuments in Spring Grove Cemetery honoring the many Union generals and soldiers buried there.

Moderators: Esly Caldwell, MD, is currently president of the Cincinnati Civil War Round Table (CCWRT) and often speaks on medical care during the Civil War. Mark Silbersack is a retired attorney, CCWRT member, and longtime Civil War history reader. You will also hear from other CCWRT members and experts on various topics.

### **1005 (VPC) / 1006 (Zoom) '70s Rock** **UPDATED**

Mon, Sep 18-Nov 6, 9:30-10:45 am (VPC & ZOOM) \$5

*VPC LIMIT 150 / ZOOM UNLIMITED*

The rock music of the 1970s presents a profound identity crisis: is this boomer music or teen music? Contemplative singer-songwriters sang about adulting issues that resonated with boomers. Metal bands played into the angst of identity that many teens struggle with. We will consider both of these branches through the cataclysmic end of the decade. Show up 15 minutes early to the first class for a fun brain teaser.

Moderator: Bruce Bowdon taught middle school music at the same school for 43 years. His past lives include cocktail pianist, songwriter, and theatrical director/producer. He has moderated numerous popular OLLI courses on music.

### **1007 Tracing Homo Sapiens through Europe into the Americas**

Mon, Sep 18-Nov 6, 9:30-10:45 am (ZOOM) \$5

*LIMIT 35*

After tracing the routes of our modern ancestors into Europe, we will focus on their branching and splitting into the peoples who crossed the Bering Strait into America during the last Ice Age. A brief recap of ancient DNA will be offered. Finally, we will survey the new American eras: the Lithic, Archaic, and Woodland eras demonstrate the transition from hunter-gatherers to early farmers to agricultural settlements. This survey highlights artifacts and archeological evidence.

Moderator: Denis Hogle, 40 years of teaching at UC. Many years of quality management training and seminars. Former Cleveland Metropolitan Parks naturalist.

**1100 Move into Ease UPDATED**

Mon, Sep 18-Nov 6, 11 am-12 pm (VPC) \$5  
LIMIT 22

A touch of yoga, some energizing movement, directed relaxation, soulful stretching, and pumping life between mind and body. This one-hour class oils your joints and breathes ease into your bones, like giving yourself a massage. Flexibility for individual needs encouraged. Wear comfortable clothing and bring a mat or towel on which to lie. Expect to feel rejuvenated!

Moderator: Karen Zaugg brings a lifetime of dance training, yoga, and a variety of bodywork experiences to welcome you to exercise and a sense of wellbeing.

**1101 Origami (Paper-Folding) UPDATED**

Mon, Sep 18-Oct 23, 11 am-12:15 pm (VPC) \$5 + fee  
LIMIT 9

No talent needed to enjoy creating folded-paper figures to share or to decorate cards, gifts, tree, and table—or just for fun! This six-week session includes Kissing Lips, Butterfly, Starburst, Gift Box, Dove, Puppy, Penguin, 4x6 Photo Frame, and more. You will receive illustrated instructions for each project. In the first class, moderators will collect a \$5 fee, which covers all materials for the six classes (plus extra paper for you to continue your origami fun at home).

Moderators: Linda Kegg and Jennifer Kegg are looking forward to sharing the enjoyment of origami with you.

**1102 Life and Writings of Frederick Douglass NEW**

Mon, Sep 18-Oct 9, 11 am-12:15 pm (VPC) \$5  
LIMIT 100

Frederick Douglass escaped from 19th-century enslavement to become a leader of the abolitionist movement in the United States and around the world during the 1850s. During the US Civil War and its aftermath, he continuously wrote and spoke truth to power for African Americans during the brief period of hope during Reconstruction and during the “Redemption” and “Restoration” of supremacy, when everything he had struggled for during his long life was rolled back through neglect and state-sanctioned terrorism.

Moderator: John Lane has 20 years of teaching experience in world civilizations, AP European history, and US history. His undergraduate and graduate degrees are from UC and NKU with additional graduate training from Indiana Univ. He has traveled extensively in Britain and Continental Europe. His major fields of study are British and military history.

**1103 Britain: From the Tudors to the Stuarts UPDATED**

Mon, Oct 16-Nov 6, 11 am-12:15 pm (VPC) \$5  
LIMIT 100

This period of British history is a time of transitions: from medieval to early modern, from divine right absolutism to the beginnings of constitutional monarchy, and from being a minor “backwater” country to laying the foundation to become a world power. The course will introduce the political (dynastic), social, economic, and military factors involved in this major transition in British history.

Moderator: John Lane has 20 years of teaching experience in world civilizations, AP European history, and US history. His undergraduate and graduate degrees are from UC and NKU with additional graduate training from Indiana Univ. He has traveled extensively in Britain and Continental Europe. His major fields of study are British and military history.

**1104 Spice of Life: A Culinary Journey UPDATED**

Mon, Sep 18-Nov 6, 11 am-12:15 pm (VPC) \$5  
LIMIT 35

Join us on a continuing journey around the culinary world. We will explore the spices and cuisines of France, Morocco, Thailand, Mexico, United Kingdom, Portugal, South Africa, and Australia. We will also learn a little history and some techniques along the way. No need to have participated in a previous course to enroll.

Moderator: Sharon Schwartz is a retired social worker. She is a lifetime lover of learning and curious about everything. Other loves are cooking, reading, and genealogical research.

**1105 Rare Genetic Diseases Book Club NEW**

Mon, Sep 18-Nov 6, 11 am-12:15 pm (VPC) \$5  
LIMIT 15

Join other curious minds to read and discuss two unforgettable books, one fiction and one fact, that tell how two families confronted tragic and inscrutable diseases that were tearing them apart: *Inside the O'Briens* by novelist and neuroscientist Lisa Genova and *Mercies in Disguise: A Story of Hope, a Family's Genetic Destiny, and the Science That Rescued Them* by New York Times science reporter Gina Kolata. Course moderator is an avid reader and molecular biologist who can answer questions and provide background on the science. More info at: <http://brackspace.net>.

Moderator: Robert Brackenbury is a cell and molecular biologist, avid reader, and excellent listener. He is Professor Emeritus of Cancer Biology at UC, has published more than 50 research papers, and has won awards for teaching. His interests include Italy and the Italian language, reading, boats, Photoshop shenanigans, and creating puzzles for his grandchildren.

CLASS LOCATION ABBREVIATIONS	
<b>OHLL</b>	Ohio Living Llanfair
<b>VPC</b>	UC Victory Pkwy Campus
<b>ZOOM</b>	Online via Zoom

**1106 Photography Workshop: Intermediate to Advanced**  
**UPDATED**

Mon, Sep 18-Nov 6, 11 am-12:15 pm (VPC) \$5  
*LIMIT 12*

With the moderators serving as facilitators and coaches, you will share your work, and all will participate in gentle discussion. Each week, we will have a challenge assignment of six photos to share. This workshop is designed for those who have previously completed a photography course, have a basic working knowledge of their camera, and want to engage at the next level. Beginners may consider courses #1002 or #2900.

Moderators: David Kempton is a longtime photo enthusiast and has exhibited in several galleries around Cincinnati. Craig Rouse has been immersed in videography and photography for 50+ years. He has a BFA in broadcasting from UC-CCM and has been fortunate enough to win numerous video and photography awards over the years.

**1107 Political Polarization—History, Sources, Impact, Tools** **NEW**

Mon, Oct 9-Nov 6, 11 am-12:15 pm (VPC) \$5  
*LIMIT 30*

Polarization has been increasing for 40 years in the US. Together, we will explore the sources of political polarization and reflect on how it impacts us personally, in our communities, and in our nation. We will also review the steps we can take to continue to educate ourselves, build skills, and take action to help depolarize ourselves and our communities. The course will employ an interactive, discussion-based format for exploring the issues. Course is provided by Braver Angels, a national organization dedicated to bridging the gap through increased understanding.

Moderators: Chris Heck studied at James Madison Univ. and Univ. of North Carolina at Chapel Hill, where she received her master's degree in social work. She will be joined by Poppy Evans and Kathy Justice. All are trained Braver Angels moderators.

**1108 Great Short Fiction** **UPDATED**

Mon, Sep 18-Nov 6, 11 am-12:15 pm (Zoom) \$5  
*LIMIT 45*

We will read and discuss four short novels and eight short stories. Novels: *The Metamorphosis* by Franz Kafka, *Heart of Darkness* by Joseph Conrad, *The Things They Carried* by Tim O'Brien, and *The Third Man* by Graham Greene. Short stories: "Recitatif" by Toni Morrison, "The Swimmer" by John Cheever, "Sweat" by Zora Neale Hurston, "Carry On, Jeeves" by P. G. Wodehouse, "The Overcoat" by Nikolai Gogol, "The Angel of the Odd" by Edgar Allan Poe, "A Haunted House" by Virginia Woolf, and "The Rocking-Horse Winner" by D. H. Lawrence.

Moderator: John Briggs has taught numerous literature courses for OLLI and has a master's degree in English. He welcomes all to read and discuss or just sit back to listen and enjoy.

**1109 Mining the Golden Age of Broadway** **NEW**

Mon, Sep 18-Nov 6, 11 am-12:15 pm (Zoom) \$5  
*UNLIMITED*

When was the golden age of Broadway? Why was it unique? How did musical comedy transition into musical theater? Which composers and lyricists mined this golden age? Through film clips and discussion, we'll explore those questions while reviewing musicals such as *Oklahoma*, *On the Town*, *Annie Get Your Gun*, *Brigadoon*, *Where's Charlie?*, *Kiss Me, Kate*, and others.

Moderator: Doug Iden is a big fan of movies and theatrical musicals with an extensive collection of films and original Broadway scores. He has taught popular classes on Broadway and film at OLLI for many years.

**1200 (VPC) / 1201 (Zoom) History of King Records: Cincinnati's Claim to Birthplace of Rock and Roll** **NEW**

Mon, Sep 18, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

At one time, King Records was among the biggest music companies in the world, putting out hit after hit during the genesis of rock and roll. Not just a prolific hit machine, King was also racially integrated—in both the musicians who recorded there and the executive team. Presenter Ben Levin's personal interviews with King musicians illuminate this fascinating story of Cincinnati's musical and cultural history. Levin is a 23-year-old blues pianist with a BA in history from UC. He has been nominated for two Blues Music Awards.

Moderator: Ben Levin

**1202 (VPC) / 1203 (Zoom) Living with Landslides, a Documentary Airing on PBS** **NEW**

Mon, Sep 25, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

*Living with Landslides* is a documentary film about why our region is one of the nation's hotspots for landslides, exploring the financial cost and human impact on taxpayers and residents, and solutions to mitigate landslides. Laure Quinlivan, director, producer, and writer of *Living with Landslides*, will lead a discussion after the 44-minute film viewing. She's a Peabody and EMMY Award-winning storyteller. She was lead I-Team Reporter at WCPO-TV for 13 years and served four years on Cincinnati City Council. She owns LQ Consulting, a video production and public relations firm.

Moderator: Laure Quinlivan

**1204 (VPC) / 1205 (Zoom) Cincinnati's Printing and Art Industry NEW**

Mon, Oct 2, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Did you know that Cincinnati was once the second largest printing center in the US? In this presentation, Gary Walton, founder of the Cincinnati Print and Type Museum, will discuss the early printers of Cincinnati and the world, and the ways the print and art industries have changed over the last 570 years. Who was the first printer? Who was the first in Cincinnati? How did Cincinnati's location play a key role? Who made the city a center for printing? What place is Cincinnati ranked now?

Moderator: Gary Walton

**1206 (VPC) / 1207 (Zoom) Separation of Church and State: Vital in 1787—Critical Now UPDATED**

Mon, Oct 9, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

The First Amendment's separation of church and state, guarding against government power to impose religion, is under siege. Our country is grappling with issues of public education, women's rights, and LGBTQ+ rights because separation of church and state is being eroded. Learn about its foundation, how and why it is being ignored, the ensuing dangers, and what is being done to protect it. Presenter Jill Shuller represents Congregation Beth Adam's Social Justice committee, which has been studying and educating about this issue for the past several years.

Moderator: Jill Shuller

**1208 (VPC) / 1209 (Zoom) What Citizens Should Know about Landfill Design and Best Practices NEW**

Mon, Oct 16, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Are you concerned about trash piling up and what happens at our local landfills? Understanding the best practices of landfill design and management can offer a measuring stick as to whether citizens perceive the local landfill is operating in a safe manner. Presenter Bob Gedert's career spans more than 45 years of experience in recycling collection, solid waste facility operations, and contract management responsibilities. He has direct public sector experience leading cities and counties toward zero waste goals and has guided communities toward sustainable materials management.

Moderator: Bob Gedert

**1210 (VPC) / 1211 (Zoom) Tribute to Bing Crosby NEW**

Mon, Oct 23, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Don Maloney, a graduate of Bing's alma mater, Gonzaga

University, will sing some of the songs that Bing Crosby recorded during his long career, commenting on both the songs and events in Bing's life at the time of the recordings. You are welcome to this sing-along trip down memory lane. Don shares his love of these classic songs at retirement communities and other venues. He was previously an OLLI instructor in Denver.

Moderator: Don Maloney

**1212 (VPC) / 1213 (Zoom) Differences between Hispanic and Latino Cultures NEW**

Mon, Oct 30, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Curious about the regional, cultural, and historic differences among many Latin American-born residents living in the US? Let's learn more from some Cincinnatians with firsthand knowledge. Alfonso Cornejo, born and raised in Mexico, has been a Cincinnati resident for 32 years and is president of the Hispanic Chamber of Cincinnati USA. Rosa Molina, born and raised in Mexico, was a high school teacher. Juan Molina, born in Spain and raised in Venezuela, worked for Westinghouse, Goodyear, and the Venezuelan Navy. The Molinas have lived in Cincinnati for four years.

Moderators: Alfonso Cornejo, Rosa and Juan Molina

**1214 (VPC) / 1215 (Zoom) Better Living through Electricity: The Introduction of Electric Appliances NEW**

Mon, Nov 6, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

How did electric appliances end up in our homes? Their appearance resulted from a fascinating convergence of events that occurred at the turn of the 20th century including a domestic servant shortage, in-home electricity, and scientific management principles emphasizing housekeeping efficiency. Mary Schramm explores the details of these events and how they influenced the marketing of electric appliances through period advertisements and electric appliances from her personal collection. Schramm, UC Professor Emerita of Marketing, taught at Quinnipiac University. Her research included the history of electric appliance marketing in early 20th-century America.

Moderator: Mary Schramm

**1216 Wellness and Nutrition Practices for Sound Health**

Mon, Oct 2-Nov 6, 12:45-2 pm (VPC) \$5  
*LIMIT 35*

Learn how a healthy diet and wholesome habits positively influence your physical and emotional wellbeing. This course focuses on helping you build or increase your awareness of ways to preserve optimal lifetime health and to prevent chronic disease through good nutrition.



Moderator: Peachy Seiden is a registered dietitian-nutritionist with a nutrition consulting practice in Cincinnati helping people with weight loss, disease prevention, and health promotion using the principles of mind-body interaction and integrative nutrition. She also conducts weekly healthy cooking classes, yoga/tai chi/qigong classes, and workplace wellness programs in the Tristate.

**1300 America’s Challenges: What Can We Learn from Other Countries? NEW**

Mon, Sep 18-Nov 6, 2:15-3:30 pm (VPC) \$5  
*LIMIT 35*

We are blessed, but we have by far the most expensive healthcare system in the world, many are uninsured, and our life expectancy ranks in the 50s in the world. Mass shootings occur almost daily, and police killings of Black people still occur. There are few privacy guidelines for social media. We will look at how other countries handle these and other problems. Bring your expertise and let’s discuss!

Moderator: David Robertson has lived abroad, traveled extensively, and has a passion for taking a wider look at the world.

**1301 “I Am Dynamite!: A Life of Nietzsche,” a Biography by Susan Prideaux NEW**

Mon, Sep 18-Nov 6, 2:15-3:30 pm (VPC) \$5  
*LIMIT 20*

Let’s journey with Friedrich Nietzsche, the 19th-century German philosopher. His life exemplifies like almost no other how his experience occasioned his ideas, which in turn enhanced his health and life, within limits. We will average 50 pages per week, including a wonderful sampling of his aphorisms, some of which have stayed with Mick for over 50 years. The “Yes to Life” elixir he came up with also addressed the specter of nihilism haunting his age and perhaps ours. Come join the discussion about how one “becomes who you are.”

Moderator: Mick Parker has been attending OLLI for 24 years, taught both high school and college, and retired from the IRS. His passion for Nietzsche has accelerated his focus on creativity/becoming, which seems more urgent as the end of life approaches. But, as Nietzsche said, “One must have chaos in oneself to give birth to a dancing star.”

**1302 Improving Your Memory UPDATED**

Mon, Sep 18-Nov 6, 2:15-3:30 pm (VPC) \$5  
*LIMIT 50*

Recent research has indicated that there are “super seniors” whose brains have withstood dementia diseases through education and exercise. To improve memory, we will practice such brain exercises as rhyming pegs, links, phonic pegs, and several mnemonic devices. This memory course

has been revised to be more effective in actually improving your memory, not just talking about it.

Moderator: Neal Jeffries, PhD, has been studying memory improvement since high school, and he used some of the methods to earn degrees from UC, Purdue, MIT, and Stanford. Recently, he has researched new methods to learn people’s names, to avoid forgetting important dates and meetings, and especially to recall items from long-term memory.

**1303 Eleanor Roosevelt: First Lady of the World NEW**

Mon, Sep 18-Oct 9, 2:15-3:30 pm (VPC) \$5  
*LIMIT 25*

Over four weeks, we will cover the life and contributions of Eleanor Roosevelt (1884-1962), our longest residing First Lady (1933-45) as well as a diplomat and activist. We’ll see her as an abandoned child, a young bride, an advocate and fighter for equality, and more.

Moderator: Deb Price is a retired educator who has presented OLLI classes on topics from chocolate and cooking to history, gardening, and literature. She loves to research new topics and share them with OLLI friends.

**1304 Putting the Garden to Bed UPDATED**

Mon, Oct 16-Nov 6, 2:15-3:30 pm (VPC) \$5  
*LIMIT 25*

As summer turns to fall, gardeners may think their work is finished. Not true! We will discuss extending the growing season, tool care, and what to do now to be prepared for next spring.

Moderator: Deb Price is a Master Gardener who has been offering gardening classes at OLLI for many seasons and is still learning from her students.

**1305 All Sing! Harmonizing Together UPDATED**

Mon, Sep 18-Nov 6, 2:15-3:30 pm (VPC) \$5  
*LIMIT 60*

Let’s learn songs to harmonize together! We’ll pick beautiful songs that we’ll learn by singing along to YouTube. You do not need to be a great singer, just someone who enjoys singing with others. (Frankly, it’s all about having fun.) The first song: “The River” by Coco Love Alcorn.

Moderator: Janice Alvarado’s passion is building community, health, and happiness by singing together. She has sung in various choruses including the MLK Chorale in the World Choir Games. She sings together often with Queen City Balladeers, Women Singing in Sacred Circle, Threshold Choir, and the MLK Chorale.

**CLASS LOCATION ABBREVIATIONS**

**OHLL** Ohio Living Llanfair  
**VPC** UC Victory Pkwy Campus  
**ZOOM** Online via Zoom

### **1306 Poetry Writing Workshop—The Basics** **UPDATED**

Mon, Sep 18-Nov 6, 2:15-3:30 pm (VPC) \$5

*LIMIT 12*

Whether you are just dipping your pen into poetry or have a bundle of poems in the bottom of a desk drawer, you can find guidance, inspiration, and information about the craft of poetry in this workshop. We'll learn from examples, explore literary devices and poetic forms, write together, and share our writing with the aim of improvement and support. Be ready to write and participate in discussion each week. To facilitate getting to know each other, please bring a favorite poem by any poet to the first class.

Moderators: Cate O'Hara has moderated several poetry workshops for OLLI. She holds an MA in English from Univ. of California, Berkeley, and is director of OLLI. Judi Morress is a published poet who is currently organizing her poems into a chapbook. They both love words, poetry, and writing and look forward to interacting with like-minded, curious learners.

### **1307 Remembering, Reflecting, and Writing: Creating Your Memoir**

Mon, Sep 18-Nov 6, 2:15-3:30 pm (Zoom) \$5

*LIMIT 7*

You are the star of your life, and your unique story is important. Recall your life experiences, reflect about their meanings, and record them. We have lived several decades and learned; now we think about the meaning of our lives and perhaps desire to pass values on to others. Create your memoir for your family or yourself. This small participatory class offers opportunity to read your pieces every week and to get helpful feedback from the moderator and classmates—and to appreciate for yourself what your life means. The success of this class depends on your regular attendance.

Moderator: Kathy Richardson has moderated OLLI courses in novels, poetry, nonfiction, and autobiography writing. She retired after 42 years as English teacher and middle school head at Seven Hills School.

### **1308 Discovering Mighty Girls and Audacious Women**

**NEW**

Mon, Sep 18-Nov 6, 2:15-3:30 pm (Zoom) \$5

*LIMIT 15*

Looking for role models for a youngster or inspiration for yourself? One place Judy has found them is the Mighty Girl website ([www.amightygirl.com](http://www.amightygirl.com)). We will read and discuss books recommended there and elsewhere about strong girls and notable women, many of whom have gone unrecognized. We'll read works for young people and adults, none much over 200 pages, to keep the reading load manageable. Join us for inspiration and camaraderie. For the first week, read *Being Heumann* by Judy Heumann with Kristen Joiner.

Moderator: Judy Schechter enjoys reading; writing; theater; music, especially Broadway musicals, jazz, and American Songbook standards; dancing, especially Jazzercise; swimming; spending time with family and friends; and OLLI. Since she loves learning and exchanging ideas with other people, being involved with OLLI makes her happy.

### **1400 Italian for Beginners**

Tue, Sep 19-Oct 24, 9-10:30 am (Zoom) \$5

*LIMIT 20*

Learn to communicate in this beautiful, musical language. You'll acquire the basics of pronunciation, vocabulary, grammar, and sentence structure as you begin to develop your conversational skills. Emphasis will be on speaking and pronunciation plus special expressions for travelers. We'll include tips on traveling, sightseeing, and enjoying Italian culture. Text: *Italian: A Self-Teaching Guide* by E. A. Lèbano.

Moderator: Antonio Iemmola has been teaching Italian at UC for 25 years and NKU for 29 years. He enjoys sharing his love of his native country.

### **1401 Learn to Meditate from Christian, Hindu, and Buddhist Perspectives**

Tue, Sep 19-Nov 7, 9:30-10:45 am (VPC) \$5

*LIMIT 20*

Meditation is a marvelous way to quiet your mind and listen to yourself. People throughout the world have practiced meditation for centuries. Learn the simple 15-minute practice that may change how you look at the world around you. Everyone is welcome, and you will find it interesting regardless of your religious background. You may realize more than you expect.

Moderator: Kevin Celarek has meditated nearly every morning for 39 years. He studied Christian Centering Prayer, Hindu Siddha Yoga, and Buddhist Insight Meditation. He continues to attend Christian and Buddhist retreats to seek deeper knowledge.

### **1402 Three Global Challenges: Artificial Intelligence, Debt, Volatile Financial Markets** **NEW**

Tue, Sep 19-Oct 10, 9:30-10:45 am (VPC) \$5

*LIMIT 25*

We will discuss the impact of artificial intelligence on existing jobs and the future of work; the risks facing governments, companies, and individuals from their respective debt loads, particularly due to COVID and the end of "Quantitative Easing" by central bankers; and the volatility in stock and bond markets triggered by the surge in global interest rates from the "zero bound" to levels not seen in a generation.

Moderator: Dan Nagel is a retired CPA with a lifelong interest in economics and history.

**1403 Properly Planning to Age: How to Prepare before a Crisis** **UPDATED**

Tue, Sep 19-Oct 3, 9:30-10:45 am (VPC) \$5  
*LIMIT 24*

The aging process can be stressful enough as it is, but it can become extremely difficult when we face a crisis that requires us to make decisions quickly and under duress. This three-week course will help retirees and their children create a plan to properly plan for the aging process and accomplish key services before issues arise.

Moderator: David Peterson, marketing professional, TAT2 Marketing in Cincinnati. Panel presenters are members of Cincinnati Senior Connection Foundation, a nonprofit organization providing counsel, assistance, affirmation, encouragement, and support for older adults and their families. They empower seniors to celebrate and enjoy “the rest of their lives as the best of their lives.” More info: [www.cincinnatiSeniorConnection.org](http://www.cincinnatiSeniorConnection.org).

**1404 Resources and Realities: Exploring the Limits of Planet Earth** **UPDATED**

Tue, Sep 19-Nov 7, 9:30-10:45 am (VPC) \$5  
*LIMIT 90*

In our first 100,000+ years, we humans impacted our planet to just a small extent. Then the Industrial Revolution dawned around 1800, and things have changed at an increasing rate since then. Ninety percent of the total fossil fuel consumption has occurred since 1940. We are consuming increasing quantities of irreplaceable resources. That’s recently become most apparent via climate concerns, but resource issues extend far beyond greenhouse gases in the atmosphere. This course will examine the resources outlook for us and our planet through the next hundred years and beyond.

Moderator: Alan Flaherty is a retired process-design engineer and consultant who sees this course as a logical progression from his previous OLLI courses on energy and resources topics.

**1405 History of Washington Park and OTR, Plus Brewery Tours** **NEW**

Tue, Sep 19-Nov 7, 9:30-10:45 am (VPC) \$5  
*LIMIT 35*

We will review the history of Cincinnati’s Washington Park and the surrounding area of Over-the-Rhine, including the Miami-Erie Canal and the Cincinnati subway. Walking tours will include exploring nearby brewery lagering tunnels.

Moderator: Michael Ward, holds a BS in history and a master’s degree in education. He is a former principal and current OTR tour guide and OLLI moderator.

**1406 A Reader Lives a Thousand Lives** **UPDATED**

Tue, Sep 26-Nov 7, 9:30-10:45 am (VPC) \$5  
*LIMIT 12*

Join us for a book-club experience based on subject matter rather than specific titles. General reading topics will be listed before the course starts, and books can be fiction or nonfiction. Books you have previously read or are currently reading are fair game. The course title draws upon a famous quote from George R. R. Martin (*Game of Thrones*): “A reader lives a thousand lives before he dies. Someone who never reads lives only one.”

Moderators: Tom Cislo is a retired risk manager, and Juris Mezinskis is a retired psychologist. They are both avid readers.

**1407 Best Ways to Enjoy Using Your PC Computer: An Introduction** **UPDATED**

Tue, Sep 19-Nov 7, 9:30-11 am (VPC) \$20  
*LIMIT 10*

Learn the basics of using a PC computer (NOT Apple)—how it works, the difference between hardware and software, staying safe using one, finding interesting things on the internet, typing documents using basic word processing, Windows 10 plus an Introduction to 11, and using e-mail. Whether you’re getting started with your first computer or looking to learn more about how to use one, you’ll find all the information you need from class discussion, printed handouts, and short videos. You will receive a binder containing all class notes and instructions.

Moderator: Howie Baum worked as a mechanical and industrial engineer at companies in Cincinnati and Dayton. He taught part-time for 36 years at three universities and volunteers at the VA, teaching computer skills to veterans..

**1408 Tony Palmer’s Epic Biography of Richard Wagner** **NEW**

Tue, Sep 19-Nov 7, 9:30-10:45 am (VPC) \$5  
*LIMIT 25*

We will learn about the life and times of the great German Romantic opera composer Richard Wagner (1813-1883) by watching and discussing *Wagner*, the 1993 miniseries directed by Tony Palmer. Each week, we will view a different episode.

Moderator: Jim Slouffman has been an artist and educator for more than 53 years. He received his BFA from Wright State Univ. and MFA from UC. He now devotes most of his time between the arts organizations he founded. He is a member of the Wagner Society of Cincinnati.

**1500 Exploring Opera** **UPDATED**

Tue, Sep 19-Nov 7, 11 am-12:15 pm (VPC) \$5  
*LIMIT 35*

This term, we will study some less familiar operas including *The Makropulos Affair* by Leoš Janáček, *Die tote Stadt* by

Erich Wolfgang Korngold, and *I puritani* by Vincenzo Bellini. You will learn the stories and backgrounds of the operas, something about the composer, and view the operas on DVD complete with subtitles. Your opinions of the operas and the performers are encouraged. We will also discuss the upcoming Metropolitan Opera live HD telecasts.

Moderators: Richard Goetz, PhD, is a retired research manager from the chemical industry who has been listening to, studying, and attending opera since 1949. Steve DeHoff is the principal trumpet for the Cincinnati Community Orchestra and a long-time opera fan.

**1501 In-Depth Psychology: The Wisdom of Erich Fromm NEW**

Tue, Sep 19-Oct 17, 11 am-12:15 pm (VPC) \$5  
*LIMIT 25*

We will consider and discuss the major insights of social psychologist and psychoanalyst Erich Fromm (1900-1980) from his classic work *Psychoanalysis and Religion* (1950), in which he attempts to explain the purpose and goals of psychoanalysis in relation to ethics and religion. Although written some decades ago, Fromm's ideas are very relevant to the religious turmoil of today.

Moderator: Don Maloney taught psychology, philosophy, and religion for Univ. of Maryland at US military bases in Europe and Asia. He has also taught at several stateside universities, most recently XU. After receiving his master's from Gonzaga Univ., he did post-graduate study at Boston College and at universities in France and Germany. He was previously an OLLI instructor in Denver.

**1502 It's about Time—Let's Discuss Current Events UPDATED**

Tue, Sep 19-Nov 7, 11 am-12:15 pm (VPC) \$5  
*LIMIT 75*

We'll discuss current events, driven by class members and moderated by a pair of attorneys. *Time* magazine will be one primary source for topics and background commentary along with numerous other print, broadcast, cable, and internet sources. One challenge is separating fact from misinformation and disinformation. All perspectives will be welcomed, encouraged, and respected.

Moderators: Charlie Doan is a retired attorney/mediator, has co-moderated past OLLI current events courses, and has been an OLLI member for eight years. He has a keen interest in politics and news and leans centrist. Holly Doan Spraul is a non-practicing attorney who owns Wash Park Art Gallery, leans center-left, has an avid interest in current events, and is new to OLLI.

**CLASS LOCATION ABBREVIATIONS**

**OHLL** Ohio Living Llanfair  
**VPC** UC Victory Pkwy Campus  
**ZOOM** Online via Zoom

**1503 Advanced Poetry Writing UPDATED**

Tue, Sep 19-Nov 7, 11 am-12:15 pm (VPC) \$5  
*LIMIT 10*

If you have previous experience writing poetry, then this discussion workshop is for you. We will share work in class to gain a greater appreciation and sophistication in the practice of the art. You will show your work to others and gain an understanding of the possibilities of poetic language and prosodic forms of expression that arise from what you and your fellow writers are doing and aspire toward. You will also conceptualize the possibilities of your subject matter to be shaped into effective poetic communication.

Moderator: David Schloss was educated at the Iowa Writers Workshop, 1965-68 (MFA), and taught at UC and Miami Univ., 1968-2014. He has published five full-length poetry collections, three chapbooks, and scores of poems in literary journals and anthologies over the years.

**1504 Introduction to Excel**

Tue, Sep 19-Nov 7, 11 am-12:30 pm (VPC) \$5  
*LIMIT 10*

This hands-on introductory course is designed for individuals who have never used Excel: it assumes no previous knowledge. You will learn to enter, edit, arrange, and modify data into an Excel spreadsheet. You will create data tables and use mathematical functions. Printing, page layout, and margin setting will be introduced through the use of Page Setup. You will also learn to access the internet for assistance with various Excel topics.

Moderator: Tom Schimian is a graduate of XU with a degree in economics. He retired in 2004 after a rewarding career as a programmer/analyst. Additionally, he was an adjunct instructor in such subjects as Computer Concepts and Facilities, Programming Logic and Methods, and Visual Basic/Visual Basic.Net at UC and Cincinnati State.

**1505 Shakespeare Alive! UPDATED**

Tue, Sep 19-Nov 7, 11 am-12:15 pm (VPC) \$5  
*LIMIT 20*

Discover the joy of reading Shakespeare aloud in a relaxed, informal atmosphere. We will cover *All's Well That Ends Well* and *Pericles* during the eight-week session. Class members will read the different parts and participate in lively discussion. No memorizing or acting experience required—just a love of Shakespeare. Bring a copy of *All's Well That Ends Well* to the first class.

Moderators: Sally Moore is a graduate of the London School of Economics, retired director of Research Services, Convergys, Inc., and an admirer of Shakespeare's genius and relevance to today. Bill Park has had a lifelong passion for the works of Shakespeare. He has a doctorate in counseling from UC. His career has included experience in public education, university teaching, and psychotherapy.

**1506 More “Fairy and Folktales of Ireland,” Edited by W. B. Yeats **UPDATED****

Tue, Sep 19-Nov 7, 11 am-12:15 pm (VPC) \$5  
*LIMIT 20*

No need to have taken the Spring course to join us as we continue our journey through these tales, collected and edited by William Butler Yeats, the Nobel prize-winning poet laureate of Ireland. He was a passionate advocate for reawakening the literary world to the wondrous imagination of the Irish peasantry and the preciousness of their oral tradition preserved through these tales. They introduce us to the wild spirit of the Celtic soul. Moderator will read the tales out loud, and we will discuss. Book: *Fairy and Folktales of Ireland* edited by W. B. Yeats.

Moderator: Bob Shanklin is a lifelong lover of literature and poetry with an ever-growing gratitude to OLLI for providing a venue for expressing his passion.

**1507 More Murder and Mayhem **UPDATED****

Tue, Sep 19-Nov 7, 11 am-12:15 pm (Zoom) \$5  
*LIMIT 25*

Put on that deerstalker cap, light the meerschaum pipe, and polish your magnifying glass. There are murders to detect and solve! Join us to discuss *Hide* by Tracy Clark, *Buffalo Bill's Dead Now* by Margaret Coel, *The Widows* by Jess Montgomery, and *Desert Heat* and *Collateral Damage* by J. A. Jance. Follow the clues, and you'll find that murder and mayhem lead to gripping conversations!

Moderators: Barbara Burke and Brenda Gatti enjoy talking “Murder and Mayhem” with fellow OLLI members. Both are retired elementary school teachers and avid OLLI volunteers.

**1508 Imprisoned without Trial: Japanese Internment in WWII **NEW****

Tue, Oct 17-Nov 7, 11 am-1 pm (Zoom) \$5  
*UNLIMITED*

Fear, hatred, and racism toward the Chinese and Japanese began in the mid-1800s, culminating with the incarceration of over 125,000 Japanese at the beginning of WWII, two-thirds of whom were US citizens. From the perspective of a third-generation Japanese American (Sansei), we'll discuss how, when, and why racism landed Americans in prison camps. Fifteen members of Dennis Kato's family were incarcerated in three different camps. We will learn what we can do to countermand the effect of anti-Asian violence and racism and why we must prevent this from happening again.

Moderator: Dennis Kato is a third generation Japanese American. Born and raised in Cincinnati, graduated from Walnut Hills HS, and received a BA from UC. He has visited all ten camp locations and has been conducting research for nearly nine years. He has given numerous lectures in several cities and is an OLLI member at Univ. of Southern Florida.

**1600 Understanding Vipassana Meditation **UPDATED****

Tue, Sep 19-Nov 7, 12:30-2 pm (VPC) \$5  
*LIMIT 10*

Vipassana (insight) meditation practice technique was instituted by the Buddha over 2,500 years ago. The procedure guided him to attain the state of enlightenment. Concepts and step-by-step of the practice will be introduced. You will learn how to slowly develop insights by close attentiveness to and experiential phenomena of your own mind-body processes. Everyone who has an interest or wants to fulfill their curiosity is welcome.

Moderator: Manit Vichitchot has been practicing Vipassana meditation on a consistent basis since January 2009. Since then, he has participated in numerous intensive Vipassana meditation retreats in Thailand.

**1601 Exploring the Blue Zones and the Secrets of Longevity **NEW****

Tue, Sep 19-Oct 10, 12:45-2 pm (VPC) \$5  
*LIMIT 35*

Author and National Geographic explorer Dan Buettner has discovered five places in the world—dubbed blue zones—where people live the longest and are healthiest. Dan and the team of demographers and researchers found that all blue zones areas share nine specific lifestyle habits in common. In this course, we will learn about this research and apply the principles of the Power of 9® to our own lives.

Moderator: Molly Prues is a gerontologist with 25+ years of experience working with older adults. She delivers workshops to empower individuals to find purpose in retirement and later life. She founded VistaLynk to promote awareness and develop solutions to reframe society's vision of aging.

**1602 Causes of WWI and the War **UPDATED****

Tue, Sep 19-Nov 7, 12:45-2 pm (VPC) \$5  
*LIMIT 24*

We will explore the events and crises that led up to World War I, learn about the war itself, and finish with the peace treaties.

Moderator: Ken Schneider, BA, European history, Miami Univ.; MA, European history, UC; Taught high school European history for 40 years including AP European history since 1990.

**1603 A Picture Is Worth 1,000 Words (More or Less): Writing Your Memories **UPDATED****

Tue, Sep 19-Nov 7, 12:45-2 pm (Zoom) \$5  
*LIMIT 7*

Have a story to tell? Feel an urge to write? Looking for inspiration? Let's scratch that itch together. Memoir writing can be personal writing for oneself, shared with family and friends, or shouted to the world. Unearth the tidbits of life

through photos, keepsakes, conversations, and questions that energize the memory. Express the memories in a captivating narrative. Weekly prompts will kickstart writing 300–500 words to be shared with the class. We will each read, listen, critique, and praise. Let’s remember and write together.

Moderator: Thomas Fahey, Cincinnati, English major, XU. Teaching was his goal, but life is a big story whose plot is murky, whose telling requires lots of white-out. “People gotta eat,” so he invested 47 years in supermarket bagging, meat cutting, management, buying, merchandising, HR, training, and owner. Retired, he works at his passions—photography, remembering, writing, and self-publishing

#### **1604 Funny Whodunits from the 1930s to Today NEW**

Tue, Sep 19-Nov 7, 12:45-3:30 pm (VPC) \$5

*LIMIT 30*

We shall explore how comedy and mystery storylines comes together. We will discuss how and why these types of films have been so successful over the years. We will view eight different films spanning the decades from the 1930s until the modern day.

Moderator: Shannon Womer has a BA in psychology from UC and is a retired employee of the healthcare field who has enjoyed movies of all sorts going on 60 years.

#### **1605 Rock Docs and Talks UPDATED**

Tue, Oct 3-Nov 21, 12:45-3:30 pm (VPC) \$5

*LIMIT 50*

Our skilled team has been on a mission to find more and more rock documentaries. We have a variety to choose from, including Gordon Lightfoot; David Bowie; Peter Green; *Legends of the Canyon* (The Byrds, Buffalo Springfield, and other musicians); Bobby Keys; Crosby, Stills, and Nash; and the recently released *Summer of Soul*, an award-winning documentary celebrating a terrific music festival in Harlem. And more...

Moderator: Jim Nunn has long been a music fan, with special attention paid to the rock music popular during the days of his misguided youth. With assistance from friends and the internet, he continues to discover fascinating rabbit holes to plunge down and more to learn.

#### **1700 Understanding, Appreciating, and Enjoying Wine**

**UPDATED**

Tue, Sep 19-Nov 7, 2:15-3:30 pm (VPC) \$5

*LIMIT 30*

A survey of wine-growing regions, wine styles, and varieties through videos, overheads, personal anecdotes, and lots of tasting. Each class will also include discussion on wine pairings, cooking with wine, health benefits of wine, and safe consumption. You must bring a tulip-shaped 4-6 ounce wine glass to each session.

Moderator: Dick Fruehwald retired from Ohio Valley Wine in 2022 after 35 years selling wine to the finest restaurants in the Cincinnati area. He also co-owned The Wine Store with his wife, Mary, for 16 years. He was in charge of the Cincinnati International Wine Competition, training restaurateurs how to judge wine for 16 years. Author of “Amplify Your Taste, Bud,” for *Winemaker Magazine*.

#### **1701 Memoir Wisdom: Stories Worth Sharing**

Tue, Sep 19-Nov 7, 2:15-3:30 pm (VPC) \$5

*LIMIT 7*

Memoir writing gives voice to your personal stories of “becoming”—who you were back then, how you navigated life’s passages, who you are today—a reflective process. Your narratives, crafted into creative nonfiction (plot, characters, setting, dialogue), turn real-life experiences into legacy stories your reading audience will cherish. In this course, each writer shares his/her stories. Then the writer changes hats, becoming an insightful reader—offering praise, questions, and constructive ideas to fellow writers. Both beginner and advanced writers are welcome.

Moderator: Regina (Jean) Hellyer retired from teaching at UC Blue Ash where she taught composition, literature, and study skills. She writes her own memoirs as “creative nonfiction”—truthful narratives written in story form. She believes every older adult has stories to share. Written memoirs and reflections constitute a valuable legacy for family, friends, and all other audiences.

#### **1702 (VPC) / 1703 (Zoom) Australia: Travel Planning**

**Tips NEW**

Tue, Oct 10-Nov 7, 2:15-3:30 pm (VPC & Zoom) \$5

*VPC LIMIT 150 / ZOOM UNLIMITED*

Embarking on travel to a country that’s nearly the size of the continental US on a continent diverse with uniqueness, how do you decide where to go, when to go, how long to stay, the best ways to get around...well, the questions are endless. This class will introduce you to each Aussie state/territory, highlighting interests in history, natural landscapes, wildlife, culture, and adventure while answering those many questions. Presented from the combined perspectives of personal experience, advice from Aussies, and significant research.

Moderator: Deb Moy is a retired hospitality and tourism instructor who loves to travel. She regularly moderates travel-based programs for OLLI in hopes that we can make the most out of our travels.

#### **CLASS LOCATION ABBREVIATIONS**

<b>OHLL</b>	Ohio Living Llanfair
<b>VPC</b>	UC Victory Pkwy Campus
<b>ZOOM</b>	Online via Zoom

### **1704 Jewish Music around the World**

Tue, Sep 19-Oct 31 (no class 9/26), 2:15-3:30 pm (Zoom) \$5  
*LIMIT 40*

“Jewish Music is modern and ancient, sacred and secular, communal and personal, universal and particular,” says Jeff Janeczko, Curator, Millikin Archive of Jewish Music. In this course, we will explore these various aspects of Jewish music from all over the world and discover the characteristics that make these sounds “Jewish.” We will also explore the influence that Jewish music has had on other cultures and how those cultures, in turn, influenced Jewish music. But mostly, we will listen to and enjoy hearing some interesting music.

Moderators: Paul Evers, with degrees in mathematics and public health, recently retired as a consultant to hospitals on administrative issues. His musical ability extends to turning on record players, radios, and similar devices. Barbara Taggart-Milberg holds a music education degree from Indiana Univ. A retired programmer-analyst, she has performed as a member of orchestras, bands, and small ensembles.

### **1705 Stream the Dream: Back to Basics on Netflix UPDATED**

Tue, Sep 19-Nov 7, 2:15-3:30 pm (Zoom) \$5  
*LIMIT 20*

Due to popular demand, the original format of this class is back! Each week there will be a streaming assignment. You must have a Netflix account to participate. Karen will try not to overload you with too much homework. (She know how busy we retirees are!) We will watch a wide selection of genres (except no romcoms), and the programs will definitely be R-rated. Remember, watching TV is nothing to be ashamed of!

Moderator: Karen Grosser is a retired GE Aviation engineer. She is an oldest child with all the usual traits that implies. She was raised in New Jersey, but don't hold that against her. She loves the Midwest now. She has two children who share her love of streaming, but what millennial doesn't?

### **1706 (VPC) / 1707 (Zoom) Race Matters: Black Lives in the Supreme Court, 1787-2023 UPDATED**

Tue, Sep 19-Oct 3, 2:15-4:15 pm (VPC & Zoom) \$5  
*VPC LIMIT 150 / ZOOM UNLIMITED*

UC Professor Emeritus Howard Tolley will introduce the Articles and Amendments of the Constitution and federal laws addressing slavery, equal protection, and race discrimination applied by the Justices in deciding disputes impacting African Americans. The court's rulings on disparate criminal penalties, slaveowners' property rights, voter suppression, gerrymandered election districts, Jim Crow “separate but equal” treatment, states' rights, school segregation, the death penalty, affirmative action, lethal use of force by police, and prosecutorial immunity provide a critical perspective on the legal system's evolving approach to resolving disputes over Black lives.

Moderator: Howard Tolley, UC Professor Emeritus of Political Science, taught courses on the US legal system, Supreme Court, civil liberties, and international human rights for 27 years. As a professional neutral, he served as a labor law fact finder and arbitrator. He offers Supreme Court classes for OLLIs in Ohio, Florida, Oklahoma, and Arizona where he spends the winter.

### **1900 (VPC) / 1901 (Zoom) Tales from Mason County, KY**

Wed, Sep 20, 9:30 am-12 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Limestone Creek marked the spot for Simon Kenton where “canebrakes” on top of the hill promised rich farmland. There, he decided to settle and develop the area. Limestone and Washington were formed, and these towns became centers of population, migration, government, education, religion, and culture. This presentation tells that story and what happened beyond settlement to the present, primarily through people with connections to Mason County.

Moderator: John Klee, Maysville Community and Technical Coll. history professor, has taught over four decades and has been involved with many projects with a local history focus.

### **1902 (VPC) / 1903 (Zoom) Psychology of Censorship NEW**

Wed, Sep 27, 9:30 am-12 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Why does the First Amendment protect hate speech and other harmful expression from being censored? Traditional legal theories and free speech case law fail to fully address this question. But the field of psychology offers interesting new answers to why censorship is actually counterproductive. In this program, we will explore psychological reactance and scarcity theories and what they teach us about how the human brain responds to forced silence.

Moderator: Jennifer Kinsley represents the community as a judge on the Ohio First District Court of Appeals. She is also a member of the tenured faculty at NKU Chase College of Law, where she teaches Constitutional Law and legal skills courses. Prior to taking the bench, she represented clients in high-profile cases that challenged the intersection of speech and crime.

### **1904 (VPC) / 1905 (Zoom) Findlay Market: Innovating the Food Entrepreneurship Ecosystem NEW**

Wed, Oct 4, 9:30 am-12 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Findlay Market is Cincinnati's internationally recognized, oldest public market, beloved by generations as a destination for local vendors and farmers. Did you know about their Food Entrepreneurship Programs developed to support businesses as they start, grow, and scale? Hear how the nonprofit Corporation for Findlay Market has developed critical

infrastructure and programming dedicated to lowering barriers and supporting the food business ecosystem: from Findlay Kitchen, award-winning food business incubator, to Findlay Launch, the region's first storefront accelerator, to Findlay Learn, dedicated to food business education.

Moderators: Teri Heist is Findlay Market's Food Innovation Program Manager. Kelly Shaw is the Findlay Kitchen Incubator Manager.

**1906 (VPC) / 1907 (Zoom) David Mann: Service in His DNA NEW**

Wed, Oct 11, 9:30 am-12 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Born in a family in which service was a way of life, David Mann served in the US Navy for four years. His destroyer was one of the first ships to reach Cuban waters during the Cuban Missile Crisis. His presentation will retrace his long and successful journey of public service, address major progress made toward "a more perfect Union," and discuss the unfinished business of becoming a just society and the new challenges ahead.

Moderator: David Mann attended Harvard College (biochemistry) and, after his Navy service, Harvard Law School. He served on Cincinnati council for 26 years, three years as mayor. He was elected in 1992 to the 103rd US Congress. He now practices law with his son in the firm Mann & Mann. His practice includes civil rights and discrimination cases.

**1908 (VPC) / 1909 (Zoom) Immigrant and Refugee Law Center NEW**

Wed, Oct 18, 9:30 am-12 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Cincinnati is home to refugees and asylum seekers from around the world—families forced to flee from violence and lawlessness in their home countries. After making arduous journeys to reach safety in our community, they face a host of challenges including a complex legal system, possible deportation and family separation, and barriers to employment, housing, and education. We will discuss the issues facing Cincinnati's immigrant and refugee community and how the Immigrant and Refugee Law Center, which provides pro bono legal services, is working to address them.

Moderator: Julie Leftwich, founder and executive director, Immigrant and Refugee Law Center, is a passionate human rights lawyer who has extensive experience working with immigrants and refugees. She has worked locally, nationally, and globally to advance human rights and gender equality, especially in conflict-affected countries. She is a recognized expert in gender, peace, and security.

**1910 (VPC) / 1911 (Zoom) Liar in My Head: Surviving Depression, Suicide, and ECT NEW**

Wed, Oct 25, 9:30 am-12 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Victor Lloyd will take you on his journey of living with major depression, struggling with treatment-resistant depression, surviving a suicide attempt, the miracle that saved him, and his subsequent hospitalization. This journey started when he was ten years old and continues today. He will share with you the treatment that finally gave him a new life—ECT, more commonly known as "shock treatment," while dispelling the many myths and misunderstandings about it.

Moderator: T. Victor Lloyd is a semi-retired mental health professional with almost 35 years in the field. He has spent time as a chemical dependency counselor, case manager, and community educator about mental illness and de-escalation training including 20+ years teaching and training law enforcement professionals. He is presently co-facilitator of the Cognitive Enhancement Therapy program.

**1912 (VPC) / 1913 (Zoom) Go Out like Grandma Did: Green Burials and Home Funerals NEW**

Wed, Nov 1, 9:30 am-12 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

More than half of adults polled in a recent survey are considering natural burial. Are you "green burial curious"? This natural alternative to unnatural funeral industry practices involves returning the body to the earth without chemicals, concrete, metal, or manufactured products. And what about before the burial? It's actually perfectly legal to have your body cared for by family, friends, or your religious community. In other words, you can be cared for and buried the way your grandparents were—lovingly washed, dressed, even shrouded in a favorite quilt.

Moderators: Bill Gupton is founder and president of Heritage Acres Memorial Sanctuary, a nonprofit natural burial ground located just outside I-275 and certified by the Green Burial Council. Donna Baker is founder of Columbus Community Deathcare. As a trained death doula, home funeral guide, and end-of-life educator, she is dedicated to bringing back our most basic human traditions.

**1914 (VPC) / 1915 (Zoom) From Entertainment to Engagement: Ensemble Theatre Cincinnati NEW**

Wed, Nov 8, 9:30 am-12 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

D. Lynn Meyers will offer a look at the evolution of Ensemble Theatre Cincinnati as a catalyst for change in OTR and the nation since its founding in 1986. This program will show how theatre and the arts contribute to our national discussion while entertaining. She will share real-life stories that are mirrored on the stage.



Moderator: D. Lynn Meyers has been Producing Artistic Director of ETC for over two decades She has directed Off Broadway and internationally. As a member of the Casting Society of America, she has cast 50+ feature films She is a YWCA Career Woman of Achievement and a Fichandler Award finalist for her work in elevating the art form in the community.

**2000 AfterWARDs: Three Stories NEW**

Wed, Sep 20-Nov 1 (no class 10/4, 10/11), 10-11:15 am (VPC) \$5  
*LIMIT 18*

We will read and discuss one short story and two novels that examine the effects of World Wars I and II on individuals and their understanding of the world: “Big Two-Hearted River” by Ernest Hemingway, *The Offing* by Ben Myers, and *The Reader* by Bernhard Schlink. Our discussion will be supported by a selection of poetry from both wars. The short story is accessible online or in print, and the novels are widely available.

Moderator: Jennifer Manoukian loves the opportunity provided by OLLI to read and discuss literature she enjoys with interested and interesting adults!

**2001 20th-Century American History Nuggets in a Nutshell**

Wed, Sep 20-Nov 8, 11 am-12:15 pm (VPC) \$5  
*LIMIT 36*

American history is a great story of people and events that are being ignored or forgotten these days. Meet again key people of the first 60 years of the 20th century like Rockefeller, the Roosevelts, Harry Truman, Martin Luther King Jr., Eisenhower, and John F. Kennedy. Delve into the times and crises that people of that era experienced.

Moderator: Richard Weis has spent 50+ years teaching US history at the high school and college levels. He believes our nation’s history is an inspiring story full of important people and events that many have forgotten or never learned. He has BA degrees from OSU, an MA from UC, and attends numerous Road Scholar programs on subjects of interest.

**2100 (VPC) / 2101 (Zoom) Mary Emery—The Loneliest Millionaire NEW**

Wed, Sep 20, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Steve Albert continues to animate the lives of Cincinnati’s foundational, great, female, early art collectors and philanthropists. In this program, he takes on the life of Mary Emery, discussing the source of her wealth, what and how she collected art masterpieces, and how the Emery name became attached to a number of Cincinnati’s great cultural institutions. Steve Albert is an arts enthusiast and amateur historian with degrees from the University of Wisconsin.

Moderator: Steve Albert

**2102 (VPC) / 2103 (Zoom) Do You Know How to Nourish Your Brain? NEW**

Wed, Sep 27, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

The big news in brain health is nutrition! Although it is widely accepted as an essential part of a brain healthy lifestyle, research supporting the importance of the enteric brain and the role of microbiome has changed the focus to Alzheimer’s prevention. A closer look at the function of microbiome might have you thinking about what kinds of food you eat and how it affects your cranial brain. Join gerontologist Patricia Faust to learn how you may be able to prevent Alzheimer’s disease by nourishing your brain!

Moderator: Patricia Faust

**2104 (VPC) / 2105 (Zoom) Reproductive Choice and the Abortion Dilemma NEW**

Wed, Oct 4, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Leonard Kanterman will address the medical ethics approach to the (timely) dilemma of abortion rights. Who should make decisions, how should they be made, and how does stage of pregnancy and fetal and maternal health affect these issues? The presentation is meant to be informative. There will be ample opportunity for questions, but it is NOT intended to be a forum for debate about the politics of abortion. Dr. Kanterman is former chair of the Medical Ethics Committee at a hospital in Youngstown.

Moderator: Leonard Kanterman

**2106 (VPC) / 2107 (Zoom) Amazing Art and Life of Rembrandt van Rijn NEW**

Wed, Oct 11, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Rembrandt van Rijn (1606–1669) was a Dutch Golden Age painter, printmaker, and draftsman. An innovative and prolific master in three media, he is generally considered one of the greatest visual artists in the history of art and the most important in Dutch art history. His works depict a wide range of style and subject matter from portraits and self-portraits to landscapes, allegorical and historical scenes, biblical and mythological themes, and animal studies. Presenter Howie Baum is a retired engineer and educator who enjoys exploring a wide array of interests.

Moderator: Howie Baum

**2108 (VPC) / 2109 (Zoom) Winter Survival Kit for Your Immune System NEW**

Wed, Oct 18, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Winter is coming, so let’s look at how you may be able to use diet and supplements to boost your immune system.

Presenter Preeti Bansal Kshirsagar is a registered dietician, licensed with the State Medical Board of Ohio. She has extensive experience and education in the field of integrative nutrition and functional medicine, which is also the focus of her practice, Integrative Nutrition and Healing ([www.inhwellness.com](http://www.inhwellness.com)).

Moderator: Preeti Bansal Kshirsagar

### **2110 (VPC) / 2111 (Zoom) Do You Like to Laugh?**

#### **The Humorous Side of Getting Older NEW**

Wed, Oct 25, 12:45-2 pm (VPC & Zoom) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

Subjects covered include minimal exercise, confusion, dieting, unfair changes to our bodies, memory issues, the “good ol’ days,” funny names of the music and songs we loved, gas, lollygagging, figuring out those newfangled cellphones and other tech devices, dillydallying, napping, driving, birthdays, medications, body leaks, paying bills, trying to read the small print, bathroom fun, and more! Presenter Howie Baum is a retired engineer and educator who enjoys exploring a wide array of interests. He also has an alter ego who is a clown!

Moderator: Howie Baum

### **2112 (VPC) / 2113 (Zoom) Blackout of 2003—The View from an Electrical Power Plant NEW**

Wed, Nov 1, 12:45-2 pm (VPC & Zoom) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

In August 2003, electrical power from Ohio to Massachusetts was lost when a tree in Ohio brushed against high voltage power lines. Joan Wieging will describe how a simple fault that should have been quickly resolved turned into the worst power blackout in history and what the nation has done to try to ensure this won’t happen again. A retired engineer, Wieging worked in the nuclear electrical generation field for her entire career and watched this event unfold from a nuclear power plant in Illinois.

Moderator: Joan Wieging

### **2114 Stock Investing for Retirement Income NEW**

Wed, Nov 8, 12:45-2 pm (VPC) \$0  
LIMIT 150

Carl Bishop will discuss how Value Line Investment Survey Ratings and Report together with Schwab’s Investment Tools can be used to evaluate stocks. He will also cover dividend yields, price earnings ratios, and PEG ratios. Bishop has a PhD in chemistry and is retired from Monsanto. He also spent time as an adjunct professor during his career. He began investing in stocks in 1962 and now manages his own portfolio that supplements his Social Security income.

Moderator: Carl Bishop

### **2115 Layperson’s Guide to Understanding and Responding to Mental Illness**

Wed, Sep 20-Nov 8, 12:45-2 pm (VPC) \$5  
LIMIT 20

One in five Americans in any given year will experience a mental illness (NIMH). Depression, anxiety, and schizophrenia are just three of the nearly 300 different illnesses listed in the Diagnostic and Statistical Manual (DSM-V). What causes mental illness? What are its signs and symptoms? Can it be cured? Why is there so much myth and stigma around mental illness? These are timely questions, and this course will explain the many aspects of mental illness using easy-to-understand language, analogy, and personal experience.

Moderator: T. Victor Lloyd, MTh, MAPC, is a caseworker and Law Enforcement Training Specialist. He has 30 years’ experience as a mental health professional and 20+ years’ experience providing education and training on mental illness and crisis intervention to law enforcement and other professionals both locally and throughout the US.

### **2116 Reading from the Upanishads NEW**

Wed, Sep 20-Nov 8, 12:45-2 pm (VPC) \$5  
LIMIT 20

The Upanishads are the philosophical-religious texts of Hinduism (also known as Sanatan Dharma meaning “Eternal Order” or “Eternal Path”) that develop and explain the fundamental tenets of the religion. We will study the concepts and teachings of the Upanishads through table readings and guided class discussion to gain an introduction to these mystical texts and their eternal wisdoms.

Moderator: Jim Slouffman has been an artist and educator for more than 53 years. He received his BFA from Wright State Univ. and MFA from UC. He now devotes most of his time between the arts organizations he founded.

### **2117 Football 101 UPDATED**

Wed, Sep 20-Nov 8, 12:45-2 pm (VPC) \$5  
LIMIT 30

Both football novices and armchair coaches will gain a better understanding of the games they might watch on TV or in person. Coach Berta provides an overview of the current strategies, positions, offenses, and defenses being played at most levels of football. Become a more knowledgeable and enthusiastic fan and understand what all those Xs, Os, and arrows all about. Everyone is welcome!

Moderator: Robert Berta coached high school football for 45 years, mostly as head football coach at Turpin High School on the east side of Cincinnati.

#### **CLASS LOCATION ABBREVIATIONS**

<b>OHLL</b>	Ohio Living Llanfair
<b>VPC</b>	UC Victory Pkwy Campus
<b>ZOOM</b>	Online via Zoom

**2118 Smartphone and Social Media for Seniors** **UPDATED**

Wed, Sep 20-Nov 8, 12:45-2 pm (VPC) \$5

*LIMIT 25*

Social media can bring the world to you without the need to go anywhere. We'll show how to use your smartphone or tablet in a safer way to navigate in this world of information. Topics to be covered: 1) Smartphone and tablet—opening a window on the world. 2) Social media—Facebook, Twitter, and the ads. 3) Sharing pictures on Google, viewing pictures or videos made by smartphone on TV. 4) Podcasts and getting music on smartphone. 5) Security and safety when using smartphone and social media.

Moderator: Katalin Molnar is a retired software engineer and former researcher in artificial intelligence and text recognition. She has taught this class at OLLI, Miami Township Senior Center, and Anderson Senior Center and wants to share it with more people.

**2119 How the Aging Network Can Help You** **UPDATED**

Wed, Sep 20-Oct 11, 12:45-2 pm (Zoom) \$5

*LIMIT 30*

Over four sessions, Pro Seniors and our nonprofit partners will educate you on services that are available as you or your loved ones age. We'll cover how to choose long-term care in nursing, assisted living, or group homes; how to sort through the sea of health insurance information including Medicare, Medicaid, and long-term care insurance; how to detect and protect against the latest scams targeting seniors; finding in-home care, transportation, home-delivered meals, caregiver support, and more.

Moderators: Linda Kerdolff is a Long-Term Care Ombudsman with Pro Seniors, a 501(c)(3) nonprofit; Mary Hurlburt is a volunteer Long-Term Care Ombudsman; Becky Hayward is a volunteer ombudsman with Ohio Senior Health Insurance Information Program; Brian Rhame is a peer educator for Senior Medicare Patrol; Lisa Kruse is Communications Specialist, Council on Aging.

**2120 Papercrafting: Tools and Techniques** **UPDATED**

Wed, Sep 20-Nov 8, 12:45-2:45 pm (VPC) \$5 + fee

*LIMIT 8*

Create unique notecards, bookmarks, or even small works of art using a variety of papercrafting techniques. Learn multiple ways to use tools such as a die cut machine, scoring board, and punches as well as techniques such as sponging, dry and heat embossing, and using various inking methods. During the last two weeks, we'll combine these tools and techniques to create beautiful holiday cards. Moderator will collect a \$10 fee to cover papers, inks, adhesives, and embellishments.

Moderator: Cathy Berrens is a retired teacher. She became interested in scrapbooking and cardmaking almost 20 years ago and took a variety of classes. She continues to make cards and explore new techniques and designs.

**2200 "Sweeney Astray: A Version from the Irish" by Seamus Heaney** **NEW**

Wed, Sep 20-Nov 8, 2:15-3:30 pm (VPC) \$5

*LIMIT 20*

Mad Sweeney is a medieval Irish warrior king who learns that a priest is planning to build a church in his kingdom. Enraged, he assaults the priest, who puts a curse on him, condemning him to live the rest of his life as a bird, und clothed and exposed. What follows is one of the loveliest, richest portrayals of man and nature together, considered one of the most significant poetic works in the whole canon of Irish literature. Please read the entire book before the first class.

Moderator: Bob Shanklin is a lifelong lover of literature and poetry with an ever-growing gratitude to OLLI for providing a venue for expressing his passion.

**2201 Understanding Personality Disorders**

Wed, Sep 20-Nov 8, 2:15-3:30 pm (VPC) \$5

*LIMIT 20*

Personality is the front door to our interactions with society, other individuals, and ourselves. But what happens when our thoughts, feelings, and behaviors become maladaptive and negatively affect those interactions? That is what is defined as a personality disorder, perhaps the hardest to treat and most difficult to understand of all the mental illnesses. We will examine the ten personality disorders, as listed in the DSM-V, including the history, recognition, response, and treatment of these often-disabling disorders.

Moderator: T. Victor Lloyd, MTh, MAPC, is a caseworker and Law Enforcement Training Specialist. He has 30 years' experience as a mental health professional and 20+ years' experience providing education and training on mental illness and crisis intervention to law enforcement and other professionals both locally and throughout the US.

**2202 Franz Schubert: The Greatest Songs** **UPDATED**

Wed, Sep 20-Nov 8, 2:15-3:30 pm (VPC) \$5

*LIMIT 25*

Franz Schubert (1797-1828) was the greatest songwriter of the Romantic period. We will study a selection of his most personal songs to explore how his music expresses his deepest feelings (and ours). It is not necessary to know how to read music in this course.

Moderator: Heather Arden is Professor Emerita at UC. After teaching French for many years, she returned to music and the piano. She studies music with the head of keyboard studies at CCM and performs in music clubs. The music of Franz Schubert is her specialty.

**2203 Confronting Your Stressful Thoughts NEW**

Wed, Sep 27-Nov 15, 2:15-3:30 pm (VPC) \$5

LIMIT 20

Using the technique of Byron Katie's "The Work," this interactive class will explore the four questions that, when applied to a specific problem, enable you to see what is troubling you in an entirely different light. You will learn to investigate your stressful thoughts, listen to the answers you find inside yourself, and open your mind to profound, spacious, and life-transforming insights that will aid you in unraveling the stressful thoughts that keep you from experiencing peace. When appropriate, other writings will be included.

Moderator: Marci McGill, L.I.S.W, has had two 25-year careers, one as a writer/editor of children's books, Senior Editor at Random House and Editorial Director of the Children's Book Departments of Doubleday and Crown Publishers in New York. She changed careers midlife and became a psychotherapist. Her interests include writing haiku poetry, watercolor painting, and wearing out her dogs.

**2204 Passport to Retirement UPDATED**

Wed, Sep 20-Nov 8, 2:15-3:30 pm (VPC) \$5

LIMIT 25

Learn how to take advantage of today's new retirement landscape. This nationally taught in-depth course follows the CFP Board of Standards in Retirement. You will gain a better perspective to set realistic goals and make sound financial decisions. A complimentary 135-page color workbook is included with the course to help you apply what you learn. Guest speakers will address their areas of expertise.

Moderator: Gary Hollander, CFP, is a practicing financial professional with 47+ years of experience who conducts workshops to help with financial success in retirement. An accredited A+ Member Cincinnati BBB since 1991, he has been awarded the "FIVE STAR Best in Client Satisfaction Wealth Manager" by Cincinnati Magazine since 2012. He is president of Hollander and Associates LLC since 1976

**2205 Extinction and Humans NEW**

Wed, Sep 20-Nov 8 (no class 10/18, 10/25), 2:15-3:30 pm (VPC) \$5

LIMIT 25

Earth's biodiversity is in peril. Extinction is part of the natural fabric of life, but contemporary species are becoming extinct at an alarming rate, greatly increased by human activities. Together, we'll explore the value of biodiversity, the definition of "extinction," lessons learned from natural mass extinctions in the geological past, the causes of human-induced extinction, and the provocative topic of what would happen if humans suddenly disappeared from the planet. Each session will include a review of a brief pre-read and intro of the daily topic, followed by lively discussion.

Moderator: Arnie Miller is Professor Emeritus at UC. As a paleontologist, he studies the geological history of biodiversity and contemporary, tropical ecosystems. He has lived in a habitat on the seafloor as an aquanaut and has snuck into Wrigley Field in the middle of the night. Website: <https://researchdirectory.uc.edu/p/millera>.

**2206 Energy Geopolitics in the Global Warming World NEW**

Wed, Oct 4, 2:15-3:30 pm (VPC) \$0

LIMIT 150

The 1980s ushered in a new era in energy geopolitics when the global warming rate more than doubled per decade since 1880. In the pre-1980 century, nations that had access to abundant fossil fuels and the technology to use them dominated geopolitics. Now the race is on to transition to a carbon-neutral economy. Would countries—China and India, for example—who resist going carbon-neutral until much later in the century hold the developed world hostage?

Moderator: Pat Niskodé, PhD, Adjunct Professor of Sustainable Design at Miami Univ., has moderated several foreign policy discussions for OLLI.

**2207 China and the US—Entering a New Geopolitical Divide? NEW**

Wed, Oct 11, 2:15-3:30 pm (VPC) \$0

LIMIT 150

The rift between China and the United States has been growing rapidly since the US foreign policy Asia-Pacific pivot. Since the start of the Ukraine invasion, China and Russia have pulled closer together, deepening the rift into a geopolitical divide with China and Russia on one side and the US and its allies on the other. How will this affect our relationship with Taiwan and other democracies in the Pacific? Let's discuss.

Moderator: Pat Niskodé, PhD, Adjunct Professor of Sustainable Design at Miami Univ., has moderated several foreign policy discussions for OLLI.

**2208 Let's Read and Discuss Elie Wiesel's "Night" NEW**

Wed, Sep 20-Nov 8, 2:15-3:30 pm (Zoom) \$5

LIMIT 24

*Night* is a 1960 memoir by Elie Wiesel based on his Holocaust experiences with his father in the Nazi German concentration camps at Auschwitz and Buchenwald in 1944-45, toward the end World War II in Europe. This short work (nine chapters) was originally published in 1965. We will read a chapter each week and two chapters the final week. Please have chapter 1 read for the first class session.

Moderator: Lisa Burnett enjoys reading and reviewing classic literature.

**2209 Democracy School: Where Did My Rights Go? NEW**

Wed, Oct 4-25, 2:15-4:15 pm (Zoom) \$5

*UNLIMITED*

Based on the initiative of Community Environmental Legal Defense Fund, this class explores the limits of conventional organizing and offers a new model that helps citizen action. We'll cover the history of grassroots movements and dramatic activism in Pennsylvania and Ohio communities confronting powers that counter shared democratic values. This is an intensive look at the history and process of law-making in our government. The information is both chilling and enabling, because a better understanding of the present system also awakens a profound sense of responsibility for change.

Moderator: Susan Vonderhaar is a retired environmental scientist, college educator, and Director of the Cincinnati Permaculture Institute. Her lifelong journey of activism has revealed that not only environmental protection but our very democratic rights are limited by design of the corporate state.

**2210 Testing Our Limits: What Can We Learn from Elite Athletes? NEW**

Wed, Oct 4-Nov 8, 4-5:15 pm (Zoom) \$5

*UNLIMITED*

Each year, athletes complete swimming, biking, and running events. But some really test their limits, requiring hours and even days to finish. For this combined Miami University ILR and UC OLLI course, we have recruited five elite athletes (local, national, international) with wonderful stories of endurance plus a conditioning consultant to help summarize and interpret these feats. They will describe physical challenges and how they conquer "mind over matter."

Moderators: Dr. David Butler, Professor Emeritus of Biomedical Engineering at UC; Joe Macke, retired U.S. Bancorp Vice President of Mainframe Computer Infrastructure Systems; Dr. John Evans, Director of Mental Conditioning and Human Performance at BLND Health in Ann Arbor, MI.

**2300 Intermediate/Advanced French Conversation UPDATED**

Thu, Sep 21-Nov 9, 9:30-10:45 am (VPC) \$5

*LIMIT 15*

Brush up on your speaking and listening comprehension of one of the most beautiful languages in the world in a relaxed but structured setting. We'll do some grammatical review, but an intermediate knowledge of French is required. This course is conducted primarily in French. Beginners may enjoy #2404 French for the Fun of It.

Moderator: Deanna Hurtubise is a retired high school French teacher. She earned her MA in French language and civilization from UC and is the author of several picture books for children and a series of French historical fiction for middle schoolers.

**2301 Finding Solutions to America's Problems UPDATED**

Thu, Sep 21-Nov 9, 9:30-10:45 am (VPC) \$5

*LIMIT 20*

This is the 15th OLLI course using the National Issues Forum Institute (nifi.org) public deliberation process. We will weigh alternatives from various courses of action using NIFI issue guides. You are encouraged to express, listen to, and consider all points of view. Discussions include these major issues: 1) A nation in debt: how can we pay our bills? 2) Land of plenty: how should we ensure people have the food they need? 3) Social Security: how can we afford it?

Moderator: Kent Friel, MBA, UC, 1965. Former business owner and Community Fellow with KnowledgeWorks Foundation. He is a trained moderator by the NIFI, a subsidiary of the Kettering Foundation.

**2302 Visits with Complementary and Alternative Medical Specialists UPDATED**

Thu, Sep 21-Nov 9, 9:30-10:45 am (VPC) \$5

*LIMIT 50*

Each week, a different complementary or alternative medical specialist will present. Topics will include dietary supplements, acupuncture, massage therapy, pharmacogenetics, chiropractic medicine, herbal and Chinese medicine, mindfulness and meditation, palliative care, and naturopathic medicine.

Moderator: Richard Wendel, MD, MBA, is a retired physician/urologist who maintains his medical license to practice and is active in resident training at TriHealth.

**2303 Space Exploration Company (SpaceX): The First 21 Years NEW**

Thu, Sep 21-Nov 9, 9:30-10:45 am (VPC) \$5

*LIMIT 35*

We will discuss the founding of Space Exploration Company (SpaceX) by Elon Musk in 2002 through its development of reusable launch vehicles for NASA and commercial customer satellite launches. We will also look at SpaceX's contracts with NASA to provide cargo and crewed missions to the International Space Station as well as SpaceX's contracts to provide NASA the crewed lander for its Artemis III moon landing mission. We will even talk a bit about Musk's goal of human colonization of Mars.

Moderator: James P. Rauf (BA, physics, Thomas More College; BME, mechanical engineering, Univ. of Detroit) is retired from GE Aircraft Engines where he was a manager and principal engineer in the Commercial Engines Product Support Engineering Group.

**CLASS LOCATION ABBREVIATIONS**

- OHLL** Ohio Living Llanfair
- VPC** UC Victory Pkwy Campus
- ZOOM** Online via Zoom

**2304 Great Legal Issues of the 21st Century UPDATED**

Thu, Sep 21-Nov 9, 9:30-10:45 am (VPC) \$5

*LIMIT 24*

We will explore several significant legal issues that have confronted the courts and have an impact on the day-to-day lives of Americans over the past 15-20 years. These include workplace harassment, free speech, minority and LGBTQ+ rights, church-state separation, abortion, Second Amendment, religious freedom, etc. Outstanding lawyers who are active in these areas will, from time to time, be guest speakers. They will share both sides of the issues as well as their own positions. You will be encouraged to debate their points of view.

Moderator: Donald B. Hordes, JD, LLM, George Washington Univ.; practicing law since 1969; frequent lecturer in all areas of employment discrimination law; currently head of the Litigation Department at Ritter and Randolph, LLC.

**2305 (VPC) / 2306 (Zoom) Autocracy: A History NEW**

Thu, Sep 21-Nov 9, 9:30-10:45 am (VPC & Zoom) \$5

*VPC LIMIT 150 / ZOOM UNLIMITED*

Autocracy has been a common form of government through recorded history and across all civilizations. How did it start, how was it maintained, and why is it still being implemented? Examples range from early empires of Persia and China to modern countries like North Korea, Iran, and Russia. Is it a viable alternative to representative government?

Moderator: Doug MacCurdy is a naturalized American citizen and native Canadian who resided in Canada for 55 years. Educated in Winnipeg at Univ. of Manitoba and Univ. of Winnipeg, he has lived and worked in the US on three separate occasions as well as having international work experience in France, Holland, Japan, the UK, and other countries.

**2400 Magic for the Young at Heart**

Thu, Sep 21-Oct 12, 11 am-12:15 pm (VPC) \$5 + fee

*LIMIT 10*

Whether you have taken this class before or want to amaze and amuse your grandkids, family, and friends by performing easy-to-learn feats of magic, this class is for you! You can be the “cool” magician yourself or be the magician who teaches your grandkids astonishing magic tricks. Over four weeks, you will learn the sleight-of-hand skills necessary to perform many basic but powerful magic effects with everyday objects including coins, cards, ropes, balls, etc. You will purchase a magic kit from the moderator for \$25.

Moderator: Mark Hogan is a passionate amateur magician who has been performing and teaching magic for 30+ years. He is currently a moderator of magic clubs at Kilgour and Milford elementary schools and has taught magic at OLLI for several years. He has written two books for beginning magicians, one for young magicians and one for seniors.

**2401 Holistic Health and Wellness Series NEW**

Thu, Oct 26-Nov 9, 11 am-12:15 pm (VPC) \$5

*LIMIT 50*

Week 1—Antioxidants, Anti-inflammatory Products, and Health: role of oxidation and inflammation in general health; immune health, and gut-brain-microbiome axis, Mediterranean diet; debunking myths about supplements, diagnostic testing for antioxidant levels. Week 2—Men’s Integrative Wellness: Mind: stress management, emotions, memory, sleep; Body: cardiovascular health, vitamins, Mediterranean diet, prostate, eye health, low T; Spirit: spirituality, nature. Week 3—A to Zzz’s of Sleep Health: four stages in the sleep cycle; common sleep disorders; pros/cons of medications and supplements and integrative wellness interventions to improve sleep.

Moderator: Cathy Rosenbaum is a holistic clinical pharmacist, certified health coach, and founder and CEO of Rx Integrative Solutions, a consulting practice in integrative health and medicine. She is an international speaker, educator, and award-winning author.

**2402 Big Bang, Collapsing Stars, Tectonic Plates, Bonds, and Graphene**

Thu, Sep 21-Nov 16 (no class 11/9), 11 am-12:15 pm (VPC) \$5

*LIMIT 25*

We’ll start with the origin of the universe beginning with the Big Bang, then we will show how stars were/are being formed from cosmic dust. We will examine ways to find the distance to stars and galaxies and touch on dark matter and dark energy. Closer to home, we’ll explore plate tectonics (how the top layer of the earth is moved), how bonds in chemical elements make rocks and graphene, and the relationship between climate and types of soils, beginning with Ohio’s.

Moderator: Richard Longshore, MD, is a graduate of XU and Univ. of Louisville College of Medicine. He is NOT a geologist or astrophysicist, but he has an interest in what we see around us.

**2403 Mythology with Joseph Campbell, Part 1 UPDATED**

Thu, Sep 21-Nov 9, 11 am-12:15 pm (VPC) \$5

*LIMIT 30*

Joseph Campbell (1904-1987) was an American writer and educator who worked in comparative mythology and religion. His work covers many aspects of the human experience. We will study mythology through viewing and discussing lectures he made while he was teaching at Sarah Lawrence College. This course will provide you with an in-depth understanding of mythology and how it impacts the world around us.

Moderator: Jim Slouffman has been an artist and educator for more than 53 years. He received his BFA from Wright State Univ. and MFA from UC. He now devotes most of his time between the arts organizations he founded.

**2404 French for the Fun of It**

Thu, Sep 21-Nov 9, 11 am-12:15 pm (VPC) \$5  
*LIMIT 15*

Through colorful resources like toys, dioramas, sleight-of-hand tricks, funny hats, mystery objects, etc., you will learn basic French. Via lively humorous anecdotes, Rick will share his knowledge of the culture and history of France, the land of his ancestors that he has visited many times. You will “repeat after me,” learning to pronounce French words and phrases. Through impromptu guided dialogues, you will learn how to ask for directions, check into “un hôtel,” order “un café et un croissant,” and locate “les toilets” (an important skill!).

Moderator: Rick Sowash is a classical composer and the author of eight books. He publishes his own sheet music, books, and CDs. For seven years, he taught high school French at Leaves of Learning, a Cincinnati alternative school. He and Jo, his wife of 50 years, love France and French culture. More info at [www.sowash.com](http://www.sowash.com).

**2405 (VPC) / 2406 (Zoom) For the Love of Music UPDATED**

Thu, Sep 21-Nov 9, 11 am-12:15 pm (VPC & Zoom) \$5  
*VPC LIMIT 150 / ZOOM UNLIMITED*

We will sample excerpts and discuss forthcoming performances by Cincinnati Symphony Orchestra, Chamber Music Cincinnati, Linton Chamber Music, Cincinnati Ballet, and other Cincinnati musical organizations to explore great compositions. Contexts include performance practice and reception history, composers, and performers.

Moderators: Bob Zierolf is a retired UC vice provost, dean of the Graduate School, and professor of music theory at CCM. Steve Winter is a retired GE engineer with no formal musical training who has enjoyed classical music for most of his adult life.

**2500 (VPC) / 2501 (Zoom) Brent Spence Bridge Corridor Project NEW**

Thu, Sep 21, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

The Brent Spence Bridge Corridor project is a historic investment for the nation. Ohio and Kentucky are working together with the Design Build Team to construct this project to fix the nation’s second biggest trucking bottleneck, as the bridge handles more than \$1 billion of freight every day. Tom Arnold, PE, the Project Manager for ODOT District 8, will provide a brief history of the project, an update on progress, and a look to the future. He has served in many roles including project manager for the I-71 and Martin Luther King Jr. interchange.

Moderator: Tom Arnold

CLASS LOCATION ABBREVIATIONS	
<b>OHLL</b>	Ohio Living Llanfair
<b>VPC</b>	UC Victory Pkwy Campus
<b>ZOOM</b>	Online via Zoom

**2502 (VPC) / 2503 (Zoom) The Golden Spike NEW**

Thu, Sep 28, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

The backstory of the two railroads whose tracks were connected at Promontory Point, Utah, on May 10, 1869, intersects with other events occurring during the 19th century. Retired educator Deb Price and retired engineer and train enthusiast Joe Warkany will recall the people, events, politics, and shenanigans that surrounded this remarkable achievement. All aboard!

Moderators: Joe Warkany, Deb Price

**2504 (VPC) / 2505 (Zoom) Overcoming the Digital Divide NEW**

Thu, Oct 5, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Are you challenged technologically in our modern days? Let’s look at digital divides and ways to break them down among our communities and among us to improve our society and ourselves. Presenter Whitney Gaskins, PhD, has been working to eradicate digital divides throughout Ohio through community-based action, research, and other strategies. She is an assistant dean in the UC College of Engineering and Applied Science (CEAS), the only African American female currently teaching in the CEAS faculty.

Moderator: Whitney Gaskins

**2506 (VPC) / 2507 (Zoom) Cincinnati Music Hall: Then and Now NEW**

Thu, Oct 12, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Music Hall is a beloved Cincinnati monument designed by architect Samuel Hannaford and completed in 1878. Becky Moeggenberg will share historic and present-day images along with stories about Music Hall’s unique role in Cincinnati’s history. Moeggenberg is a member of Friends of Music Hall and has been a docent for Music Hall for over six years. She leads both indoor and outdoor tours plus the Beer Tour and helped to design a special tour for school age children.

Moderator: Becky Moeggenberg

**2508 (VPC) / 2509 (Zoom) On the Road in Michigan’s Upper Peninsula and Wisconsin’s Door County NEW**

Thu, Oct 19, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Rick and Kathy Takanen are avid travelers with Road Scholar. Rick is also the administrator of the “Friends of Road Scholar” Facebook page, which currently has about 10,000 members. This photo presentation follows the route of their Road Scholar trip through Door County as well as a four-day independent trip through the Upper Peninsula of Michigan,

highlighting its many lighthouses, waterfalls, museums, and the natural beauty of Lake Superior and Lake Michigan.

Moderators: Rick and Kathy Takanen

**2510 (VPC) / 2511 (Zoom) Neighborhood Upgrading v. Gentrification: A Book Reviewer's Perspective NEW**

Thu, Oct 26, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Gentrification, affordable housing, and housing equity are much in the news and debated hotly by citizens, city planners, and government officials. UC Professor Emeritus of Planning at UC David Varady will provide an update on the literature on neighborhood revitalization based on ten of the books he has reviewed for journals in recent years. Key questions: Is neighborhood upgrading feasible? How are housing vouchers and voucher hotspots connected to decline? Can neighborhood upgrading and gentrification coexist?

Moderator: David Varady

**2512 (VPC) / 2513 (Zoom) Colors NEW**

Thu, Nov 2, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

This presentation may use some colorful language to discuss colors from a historical, scientific, and experiential perspective. Learn how languages develop words for colors in the same order, regardless of that language, and how the knowledge of "blue" is a fairly recent addition to our experience. Why is the sky blue? Why is an apple red? Or is it? Presenter Gerald Checco is spending his retirement delving into interesting topics—like medieval pandemics, the Black Death, annihilation of the dinosaurs, the history of numbers, and much more.

Moderator: Gerald Checco

**2514 (VPC) / 2515 (Zoom) A Duck Walks into a Bar... Introduction to the History of Comedy in America NEW**

Thu, Nov 9, 12:45-2 pm (VPC & Zoom) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Nancy Nolan presents an overview of comedy in America from the 1800s to today, featuring information and selected performances from vaudeville and burlesque, the heyday of comedy shows on radio and TV, comedic films from Hollywood, and some of the best standup comedians working today. Please note that some video footage may contain some off-color language. Nolan departs from her previous OLLI subject of female jazz vocalists to present this amusing program highlighting some of America's best comedic minds and their craft.

Moderator: Nancy Nolan

**2516 Vipassana Meditation Practice UPDATED**

Thu, Sep 21-Nov 9, 12:45-2:45 pm (VPC) \$5  
*LIMIT 10*

If you have prior experience with the fundamentals of Vipassana (insight) meditation practice, this class offers an opportunity to cultivate the Buddha's way of liberation through the practice of ethics, meditation, and insight. More technical explanations concerning the practice procedures will be introduced. The session starts with a short chanting and follows by the walking and sitting practices. Thorough discussion about the practice experiences will follow. The session is concluded with an extended loving-kindness observation. Each class meets for two hours.

Moderator: Manit Vichitchot has been practicing Vipassana meditation on a consistent basis since January 2009. Since then, he has participated in numerous intensive Vipassana meditation retreats in Thailand.

**2600 Sustainability Megatrend: Strategic Solutions for Climate Change UPDATED**

Thu, Sep 21-Nov 9, 2:15-3:30 pm (VPC) \$5  
*LIMIT 25*

Sustainability is the oversight for conserving and protecting natural resources, achieving net-zero, and building zero-waste circular value chains without compromising the ability of future generations to meet their needs. Sustainability solutions are strategies, practices, and technologies (AI) aimed at promoting environmental, social, and economic sustainability to address the challenges of resource overuse, climate change, air and water quality, and social inequality through mitigation, adaptation, and prevention of loss and damage. This course is integrative, interdisciplinary, and interactive and includes the expertise of guest speakers using authentic examples and practical exercises.

Moderator: Ralph Brueggemann, MBA, MEd, is an adjunct professor at UC College of Engineering and Applied Science. He has experience in independent consulting, quality improvement, nonprofit boards, and developing commercial products for national and international corporations.

**2601 iPhone Next NEW**

Thu, Sep 21-Nov 9, 2:15-3:30 pm (VPC) \$5  
*LIMIT 25*

Are you an Apple iPhone user who knows the basic apps and is now interested in learning what's next? If so, this course may help you discover new and exciting ways to customize and use your phone. It is designed for people who have taken iPhone Basics or are skilled at using the basic apps and are ready to learn more. Information will be presented from Apple's iPhone Users Guide which can be found on their website. You must have an iPhone 10 (X) or later.

Moderators: Karen Klein has been a longtime Apple enthusiast



going back to her first Mac computer in 1988 and her first iPhone in 2009. She loves to share and learn about all things Apple. Janet Keller has been an avid fan of Apple products for almost 35 years. She loves learning new ways to use technology and sharing that knowledge.

**2602 What's Love Got to Do with It? Poems by Rumi and Kabir** **NEW**

Thu, Sep 21-Nov 9, 2:15-3:30 pm (VPC) \$5  
*LIMIT 12*

Our search for mental health “solutions” and mindful “practice” reflects our longing for the spiritual. Yet “love has made the space inside me full of light,” declared the poet Kabir. We’ll read poems by Kabir and Rumi in contemporary English as we explore their meaning for today. Class size is strictly limited to enhance discussion.

Moderator: Cecil Albright has led eight previous poetry discussion courses for OLLI.

**2603 Great American Composers (Plus One Who Is Pretty Good)**

Thu, Sep 21-Nov 9, 2:15-3:30 pm (VPC) \$5  
*LIMIT 50*

Who are America’s “great” classical composers? What are their best works? Why does their music sound American? What is musical greatness? We’ll listen to segments from many works plus some shorter works in their entirety. Suggestions for additional listening at home will be given. Featured composers will include Billings, Foster, Joplin, Sousa, Ives, Copland, Gershwin, Grofé, Barber, Harris, Thompson, Hanson, Ellington, Bernstein, and Hollywood film composers. Rick, who calls himself a “pretty good” composer, will share some of his works showing how these past composers have influenced today’s composers.

Moderator: Rick Sowash is a composer and author. He has written 500 works and eight books. His Concerto for Clarinet and Orchestra was recorded by the St. Petersburg Symphony. His cello concerto was premiered in Carnegie Hall. His music is often broadcast on Cincinnati’s WGUC and at many other classical music radio stations throughout the US.

**2604 Philosophers and Scientists: Common-Sense Conversations about Our Differences** **NEW**

Thu, Sep 21-Nov 9, 2:15-3:30 pm (VPC) \$5  
*LIMIT 15*

Human interests matter. Words matter. The many issues that occur among us are a consequence of our misunderstanding of each other’s basic interests and a misunderstanding of each other’s culture, language, politics, economics, and views of social change. But we can talk and act upon what grows out of ethical communication. The starting point is talking and listening to each other about the things that hold us back in

communication and how the difference between rhetoric and philosophy may have the ability to think of the conflict we have in a more optimistic and hopeful way.

Moderator: Timothy Leonard is a retired professor of education. He has taught courses in high schools and universities in Chicago, Columbus, and Cincinnati in the areas of philosophy, psychology, religion, and education.

**2605 Word Play with Upside-Down Ambigrams—Hands-On Workshop** **UPDATED**

Thu, Oct 12, 2:15-3:30 pm (VPC) \$0  
*LIMIT 40*

Beth Gully is an ambigram artist who creates pictorial words that can be modified to create the same or different words when viewed upside down. She will teach you how to create four ambigrams (wow, big, peace, and chump) using exercises to break down the letter forms into simple shapes. Finding the common denominator of each word and tweaking it stimulate brain flexibility and encourage problem solving in a fun, challenging way. These tools will help you to create your own unique ambigrams—maybe even your name! No artistic talent required.

Moderator: Beth Gully is one of 94 in the world who has been professionally recognized as an ambigram artist. She is the author of two upside-down books, *The Other Side of Christmas* and *The Other Side of Easter*, garnering 18 awards. She holds a BA in Visual Communication Design from Univ. of Kentucky and has created 400 logos, many utilizing her handwriting.

**2606 Speed Friending in Person** **UPDATED**

Thu, Oct 19, 2:15-3:30 (VPC) \$0  
*LIMIT 50*

Finding it hard to make friends in retirement or just always ready to meet new people? Join us for a casual, fun, fast-paced afternoon where you’ll spend a few minutes each with other participants getting to know them with provided questions—or ask your own. NOTE: this is NOT speed dating! Come and make some new friends at OLLI.

Moderator: Deb Price is not shy about meeting new people and looks forward to sharing the fun with you.

**2607 Great (Shorter) Fiction You May Have Missed** **UPDATED**

Thu, Sep 21-Nov 9, 2:15-3:30 pm (Zoom) \$5  
*LIMIT 45*

We’ll read short novels, short stories, and some slightly longer novels—all first-rate writing. This course is for enjoyment. Read what you want, come when you want, say a lot, or remain silent...as long as you enjoy yourself. For week one, read *Lord Jim* (Joseph Conrad). Remaining works: “Flowering Judas” and “Noon Wine” (Katherine Anne Porter); “Foster” and “Small Things Like These” (Claire Keegan); *Tinker, Tailor,*

*Soldier, Spy* (John le Carré); *Going after Cacciato* (Tim O'Brien); *The Nightingale* and *The Great Alone* (Kristine Hannah).

Moderator: John Briggs has degrees in literature, loves math and physics, and has taught numerous courses for OLLI.

### **2608 Exploring the Basics of Genetics**

Thu, Sep 21-Nov 9, 2:15-3:30 pm (Zoom) \$5  
**UNLIMITED**

Certified genetic counselors will provide a basic overview of human genetics while exploring several hot topics in the genetics field. We'll cover an introduction to genetics and the field of genetic counseling; how to take a family history and its utilization in risk management; genetics of common diseases such as cancer, heart disease, and psychiatric illnesses; genetic testing and screening; case examples of diagnostic odysseys; and genetics in the media.

Moderators: Dharti Adhia, MS, LCGC, and Beatrix Wong, MS, LCGC, are genetic counselors for the Division of Human Genetics at Cincinnati Children's Hospital Medical Center.

### **2609 "The Gilded Age"—Documentary and Discussion**

**NEW**  
Thu, Sep 21-28, 2:15-4:15 pm (VPC) \$0  
**LIMIT 150**

Meet the titans and barons of the glittering late 19th century whose materialistic extravagance contrasted harshly with the poverty of the struggling workers who challenged them. The vast disparities between them sparked debates still raging today. Each week, we'll watch half of *The Gilded Age*, a two-hour PBS American Experience documentary, and discuss what we've seen.

Moderator: Lynn Hamamoto presents documentary treasures that expand our understanding of history and current events.

### **2610 "The Oil Machine: Can We Break Our Addiction?"**

**Exclusive Screening and Discussion NEW**

Thu, Oct 5, 2:15-4:15 pm (VPC) \$0  
**LIMIT 150**

Oil has been an invisible machine at the core of our economy and society. It now faces an uncertain future as activists and investors demand change. Is this the end of oil? By highlighting the complexities of how oil is embedded in our society—from high finance to cheap consumer goods—*The Oil Machine* brings together a range of voices from oil company executives, economists, young activists, workers, scientists, and pension fund managers. It considers how this machine can be tamed, dismantled, or repurposed. Let's watch and discuss.

Moderator: Lynn Hamamoto advocates for the documentary film genre, past and present, local and afar. This exciting genre affords voice to gender and racial diversity in filmmaking.

### **2700 Intentional Retirement Income Planning**

Fri, Sep 22-Nov 3, 9:30-10:45 am (VPC) \$5  
**LIMIT 24**

Preferred retirement lifestyles require resources for income. If your retirement appears fraught with financial uncertainty, this course is for you. Whether you are retired or nearing retirement, knowing how to optimize resources can enhance your golden years. Together, we will explore the four Ls of retirement income planning: Lifestyle, Longevity, Liquidity, and Legacy. We will also expose myths and biases common in today's financial industry, including investment strategies associated with retirement income planning. What we will not do is promote financial products or expect anyone to reveal personal financial information.

Moderators: David McCarley, CFP since 1999, licensed for insurance/investments since 1974. He is currently living a planned retirement lifestyle: he "walks the talk." Thomas J. Ritter Sr., CSCP, financial professional for 35+ years, with most of those years as an advisor to advisors, including regulatory compliance. His experience includes roles as financial planner and mutual fund analyst.

### **2701 Playwriting Principles and Workshop UPDATED**

Fri, Sep 22-Nov 3, 9:30-12 pm (VPC) \$5  
**LIMIT 8**

Join us for samples, readings, and exercise-driven practice for believable and effective dialogue, viable characters, context, plot building, dramatic action, and compelling story arc. Practicing playwrights, writers, and the brave-curious are invited to enroll. Works will be read in class and encouraged elsewhere through networking.

Moderator: Paul Shortt, UC-CCM Professor Emeritus, Theater Design and Production; 250+ productions designed for CCM and professional companies; design consultation worldwide; playwright, poet, and short story writer. Univ. of Michigan, BS in design; Yale Drama School, MFA; United Scenic Artists; Dramatist Guild; Literary Club.

### **2800 Safe and Healthy at Home NEW**

Fri, Sep 22, 9:30 am-12 pm (OHLL) \$0  
**LIMIT 100**

Learn some keys to staying in your home as you age, including valuable information about topics such as home hazards, medicine management, vision changes, mobility in the community, fall prevention, and agility training. Presenters from Whole Home Modification will also discuss products and services that contribute to barrier-free living options and create a safe and healthy environment. You'll have a chance to see some of the products that can help you stay in your home, and there will be time for Q&A.

Moderators: Sara Bourgeois is a certified aging-in-place specialist, working to improve the safety of the home

environment through installation of accessibility measures. Lisa Capannari is a physical therapist assistant with geriatrics, understanding the mobility needs of the aging population. Together, they facilitate fall prevention education in the community to reduce the potential for catastrophic injury related to falls.

### **2801 Mount Adams: A Fascinating History NEW**

Fri, Sep 29, 9:30 am-12 pm (OHLL) \$0

*LIMIT 100*

Explore the rich history of Cincinnati's oldest suburb. How did the Mount Adams Incline influence its growth, what part did Nicholas Longworth play in the hill's early history, what was Archbishop John Purcell's gift to Mount Adams, and how did Charles Manson make his presence known in the neighborhood? You'll get those answers and learn much more when you attend the presentation.

Moderator: Jim Steiner, a graduate of OSU College of Dentistry, retired from Children's Hospital Medical Center in 2011. He served in the US Air Force and is a Professor Emeritus at UC. He has written two books: *Immaculata on Mount Adams* and *Mount Adams: A History*.

### **2802 History and Evolution of Downtown Cincinnati NEW**

Fri, Oct 6, 9:30 am-12 pm (OHLL) \$0

*LIMIT 100*

Downtown Cincinnati has continually evolved from a river town settlement in 1788 to an important 19th-century city, and on through periods of change and renewal. Local history writer Jeff Sues presents a story of the downtown basin, how transportation and changing eras have affected its development, and what the future may hold for the heart of Cincinnati.

Moderator: Jeff Sues is a history writer with a weekly column in the Cincinnati *Enquirer* and several local history books including *Lost Cincinnati*, *Cincinnati Then and Now*, and *Cincinnati: An Illustrated Timeline*.

### **2803 College Sports: Riding the Winds of Change NEW**

Fri, Oct 13, 9:30 am-12 pm (OHLL) \$0

*LIMIT 100*

College athletes, administrators, and fans face a world in turmoil. Dramatic recent changes include conference realignments, NIL (name, image, and likeness) payments to athletes, players changing schools via the transfer portal, and expanded betting on college sports. We will explore the changes, how they came about, and how they are affecting competition and athletic department compliance activities.

Moderator: Trever Wright is Associate Athletic Director of Compliance and Administration in the UC Athletic Department.

### **2804 Story of Public Radio in Cincinnati NEW**

Fri, Oct 20, 9:30 am-12 pm (OHLL) \$0

*LIMIT 100*

What is your favorite public radio station—WGUC, WVXU, WMKV, something else? Public radio offers something for everyone, from news and analysis to music and the arts. Learn about the history of this great community resource and all that it has to offer from Mike Martini and Rick Pender, who helped make the history.

Moderators: Mike Martini has been heard professionally on Cincinnati radio for 35+ years, including WVXU and WMKV. He is cofounder of the nonprofit broadcast archive Media Heritage, a former adjunct professor at XU, and author of the book *Cincinnati Radio*. Rick Pender, Cincinnati journalist, historian, and author, was formerly the promotions director of WGUC and WNKU's first general manager.

### **2805 History of Film in Cincinnati NEW**

Fri, Oct 27, 9:30 am-12 pm (OHLL) \$0

*LIMIT 100*

Around 1900, Cincinnati, as one of the largest cities in the United States, was an essential stop for entertainers of every genre imaginable. Some of the first motion picture screenings took place in the Queen City and inspired creative innovators who contributed to the growth and acceptance of this new medium. This program will introduce some of these pioneers and their impact on the emerging motion picture industry.

Moderator: Greg Hand, proprietor of the "Cincinnati Curiosities" blog, retired from UC as director of public relations. Before his employment by the university, he was editor of the Western Hills Press in suburban Cincinnati. In addition to his blog, he contributes regularly to *Cincinnati* magazine and the WCPO-TV *Cincy Lifestyles* show.

### **2806 Best Strategies for Successful Cognitive Aging NEW**

Fri, Nov 3, 9:30 am-12 pm (OHLL) \$0

*LIMIT 100*

Understanding how we age in terms of our memory and cognition is a central concern for seniors. We all need to understand the vulnerabilities and strengths of how our brains and sense of self age. We will review normal aging, basic cognitive disorders such as Alzheimer's disease, what to do with cognitive concerns when they appear in ourselves or loved ones, and the supports and changes in lifestyle that may be warranted. We will focus on ways to promote adaptive aging, including overall health, diet, exercise, and socialization.

Moderators: Janie Taylor, PsyD, and Amanda Stein, PhD, are both faculty with the Cognitive Aging Program at the UC Department of Psychiatry and Behavioral Neuro Science. Dr. Michael Keys is a geriatric psychiatrist and Program Director for the Geriatric Psychiatry Fellowship Program at UC.

### **2900 Guided Photo Walks for Fun and Great Pictures**

**UPDATED**

Fri, Sep 22-Nov 3, 11 am-12:15 pm (VPC) \$5

*LIMIT 20*

Walk with us to photograph interesting sites that you will pick from our list or suggest. Photograph one week (for two hours, 11 am-1 pm), share and discuss the photographs the next week. Class will start the first week at VPC with explanation then move to the Cincinnati Zoo. We have indoor sites in the event of rain. After each two-hour photo session, we will break for an optional lunch. Photo books of previous adventures available at the OLLI office. Questions, call Peter: 513-236-6402. We have shot everything, loving every minute.

Moderators: Peter Nord—scientific, commercial/industrial, personal types of photography, 70+ years of experience. Dennis Foster—TV news photography with local stations, travel (ask him about his pictures from Africa and India!), fine art, loves entering contests, once filmed a harness race while seated next to the driver.

### **2901 When Harlem Was in Vogue** **NEW**

Fri, Sep 22-Nov 3, 11 am-12:15 pm (VPC) \$5

*LIMIT 15*

A hundred years ago, Harlem was the cultural center of African American life. An explosion of Black literature, music, theater, and the visual arts showcased freedom of expression and cultural pride. We will read and discuss three novels from this period: *Passing* by Nella Larsen (9/29), *Cane* by Jean Toomer (10/13), and *Their Eyes Were Watching God* by Zora Neale Hurston (11/3). On alternate weeks we will sample poetry, plays, jazz, art, and musical theater from the era, with help from guest speakers from UC and OLLI.

Moderators: Monique Rothschild is a graduate of the Univ. of Michigan with a degree in literature. Susan Robinson is a lifelong reader who has moderated several OLLI book discussion classes.

### **2902 Speed Friending on Zoom** **UPDATED**

Fri, Sep 22-Nov 3, 11 am-12:15 pm (Zoom) \$5

*LIMIT 24*

Finding it difficult to make friends in this new age or just always ready to meet new people? Maybe we can talk about retirement, travel, and any good books or movies you've experienced lately. Join us for casual, fun, fast-paced afternoons where we will spend time getting to know each other. Come prepared to tell us something about yourself the first week of class.

Moderator: Lisa Burnett is exuberant, enjoys people, and looks forward to meeting you. Her superpower is being a mom!

### **2903 Lives and Music of Some Important Broadway Songwriters** **NEW**

Fri, Sep 22-Nov 10, 11 am-12:15 pm (Zoom) \$5

*UNLIMITED*

The music of Broadway/Hollywood musicals is an artform in and unto itself. It takes a team of multi-talented performers and an orchestra to produce these entertainment extravaganzas. At the heart of it are creative geniuses who set the whole thing in motion: the songwriters. In this multimedia course, we will cover Richard Rodgers, Cole Porter, Alan Jay Lerner, Andrew Lloyd Webber, Jerome Kern, Claude-Michel Schoenberg, Leonard Bernstein, Jule Styne, and George Gershwin. Much attention will be paid to their collaborators as well.

Moderator: Lee Kaufman has taught many continuing education music courses at St. Louis area junior colleges, OLLI, Chautauqua Institute, and several school district programs. He is currently secretary of the North American Chapter of the Elgar Society and has co-produced with Hershey Felder the following plays with music: *George Gershwin Alone*, *Monsieur Chopin*, and *Beethoven As I Knew Him*.

### **3000 Great "American" Songbook of 1960s Rock and Roll** **UPDATED**

Fri, Sep 22, 1-3 pm (VPC) \$0

*LIMIT 150*

Join Steven Rosen for a continuation of his presentation of rock songs from the 1960s that have entered or will enter the Great American Songbook. He will make a limited number of choices based on a song's lyrical quality, the quality of its vocal interpretation, its impact as an innovative and powerfully produced recording, or any of the above. He will play key excerpts and welcome discussion. And you will be asked to suggest your own favorites and explain why they warrant inclusion. It will be fun and interactive. No need to have attended the previous session to enjoy this one.

Moderator: Steven Rosen has written about music for Cincinnati *CityBeat*, *Cincinnati* magazine, *Cincinnati Enquirer*, and national publications. He is the author of *Lost Cincinnati Concert Venues of the '50s and '60s* (2022, History Press). He has an MS in journalism from Northwestern Univ. and is creator of National One Hit Wonder Day.

### **3001 So You Think You Know Cincinnati Baseball** **NEW**

Fri, Sep 29, 1-3 pm (VPC) \$0

*LIMIT 150*

One objective of this presentation on Cincinnati professional baseball is to dispel some widely believed myths including ones regarding the Cincinnati Red Stockings and Reds' Opening Day. On the lighter side, we'll take on many interesting, challenging, and surprising trivia questions on Cincinnati baseball. More than mere trivia, they are informative and

some may call for creative thinking outside the box. Of course, audience participation is encouraged. This program should be interesting for the both rookie and veteran Reds' fans.

Moderator: Gary Crouch has a degree in journalism and wrote freelance for regional and national publications. As a teacher, he thought it would be more fun, and profitable, to share the same information in the classroom. A Reds fan since age nine, he has published many articles on Cincinnati baseball. He also volunteered at the Cincinnati Reds Hall of Fame.

### **3002 Italy: Unified Country, Regional Tastes** **UPDATED**

Fri, Sep 29, 1-3 pm (Zoom) \$0

**UNLIMITED**

Across the globe, there is no country with food and wine that is more romanticized and sought after than Italy. It's a place where good food and delicious wine are available at every turn. This is the home of 2,000 years of culinary history dating back to the Roman Empire. Italy consists of 20 regions that have lots of unique treasures and outstanding sights to explore. Each of the regions lends its own flavor to the dishes we know and love. Let's explore!

Moderator: Larry P. Canepa is a Certified Culinary Educator and Le Cordon Bleu Chef, author, researcher, food historian, and lecturer of culinary topics. He has a dynamic, innovative, and engaging style that incorporates food history, culinary arts, education, and "food-tainment" into every class.

### **3003 Jumpstart Your Memoir!** **NEW**

Fri, Oct 6, 1-3 pm (VPC) \$0

**LIMIT 150**

Do you want to write your memoir but just can't seem to get started? This two-hour class will provide the tools and the motivation you need to get your thoughts out of your head and onto your computer screen or notebook. We'll cover how to organize your thoughts, various types of memoirs, how to make it fun for you and your reader, and steps to publication. There's no right or wrong approach to writing your memoir. The best approach is the one that makes sense to you.

Moderator: Chris Klein has been self-employed as a writer for 30+ years. She has written hundreds of articles, websites, speeches, and blogs for some of Greater Cincinnati's finest healthcare organizations and for the Cincinnati *Enquirer*. She is the author of *The Simpler Family* (2001) and OLLI presenter of "90 Days in an RV."

### **3004 Alfred Hitchcock's San Francisco** **NEW**

Fri, Oct 6, 1 -2:30 pm (Zoom) \$0

**UNLIMITED**

Alfred Hitchcock loved San Francisco and used its beauty and mystery to great effect in many of his films. In this virtual tour, you'll see brief scenes from *Vertigo*, *The Birds*, and other

Hitchcock classics filmed on location in the San Francisco Bay Area. You'll hear stories about how Hitchcock chose those locations and how he filmed them. And you'll learn why San Francisco was the perfect setting for Hitchcock's favorite themes: danger, deception, and obsession. It's a treat for Hitchcock fans and lovers of the City by the Bay.

Moderator: Jay Sherwin is a writer and consultant who has been watching, studying, and enjoying Hitchcock films for decades. He created a walking tour of "Alfred Hitchcock's San Francisco" and led it for nine years; he also developed this virtual tour to share his favorite stories and photos with Hitchcock fans everywhere.

### **3005 Understanding Financial Terms** **UPDATED**

Fri, Oct 13, 1-3 pm (VPC) \$0

**LIMIT 150**

Don't let the jargon of the financial industry get in the way of understanding your assets and investments. Here's your chance to get definitions and explanations of the many terms used to create and manage a financial plan, including types of assets, investment methods, and markets.

Moderator: Gail Taylor is retired from a 42-year career in information technology, most recently at GE Aviation. She has moderated previous OLLI classes. She has a BS in information science from OSU and MBA in finance from Wright State.

### **3006 History and Literature: "Matrix: A Novel"** **NEW**

Fri, Oct 20, 1-3 pm (VPC) \$0

**LIMIT 150**

Historical novels tell interesting stories about a time and its people, requiring authors to do extensive research so their writing reflects that history accurately. This class will offer a one-hour look at the Middle Ages, with an emphasis on the rise of monasteries and knighthood and the interplay of women and power. We will explore their impact on our modern times. In the second hour, we will continue with a discussion of the novel as contemporary literature. Readers and history buffs welcome! Please read *Matrix* by Lauren Groff before class.

Moderators: Stan and Diane Henderson are avid readers—Stan reads history, Diane fiction. In other lives, they would have been history and English professors. Now they team up to share their passions with us. Pre-retirement, Stan was Vice Chancellor for Enrollment Management and Student Life at Univ. of Michigan-Dearborn, and Diane was an educational program planner/consultant. Both are failing retirement!

#### **CLASS LOCATION ABBREVIATIONS**

<b>OHLL</b>	Ohio Living Llanfair
<b>VPC</b>	UC Victory Pkwy Campus
<b>ZOOM</b>	Online via Zoom

### **3007 Cincinnati in the Civil War: Then and Now NEW**

Fri, Oct 27, 1-3 pm (VPC) \$0

LIMIT 150

During the Civil War, Cincinnati played a crucial role in preserving the US. Not only was the city the North's most populous in the West, but also it was the nation's third most productive manufacturing center. The Queen City served as a key provider of the Union's soldiers, weapons, supplies, medical aid, and political influencers. Cincinnati historian David Mowery will reveal some of the Queen City's key structures in the way they appeared at the time of the Civil War. Simultaneously, he will show how those same buildings look today.

Moderator: David L. Mowery is a native of Cincinnati and a graduate of UC. He performed the final design and historical validation of the entire length of the John Hunt Morgan Heritage Trail of Ohio. He authored *Morgan's Great Raid: The Remarkable Expedition from Kentucky to Ohio* and *Cincinnati in the Civil War: The Union's Queen City*.

### **3008 Benefits and Risks of Medical Marijuana NEW**

Fri, Nov 3, 1-3 pm (VPC) \$0

LIMIT 150

Several states in the US have legalized cannabis for medicinal or recreational purposes. Cannabis is now recommended for many different medical conditions. In some cases, it is helpful; in others, it can be harmful. Research in Dr. Gary Wenk's laboratory has determined that the effects of cannabis on the brain are age dependent. He will explain how the contents of the cannabis plant, such as THC and CBD, affect the brain. He will also discuss how cannabis acts in the body and brain and the potential benefits and harms.

Moderator: Dr. Gary L. Wenk is Professor of Neuroscience and Molecular Virology, Immunology, and Medical Genetics at OSU and Medical Center as well as Director of the Neuroscience Undergraduate Programs. He is currently a member of the Governor's Medical Marijuana Advisory Committee and has conducted preclinical research on medical marijuana for the past 20 years.

### **3009 Everything You Need to Know to Write Your Novel—In Two Hours! NEW**

Fri, Nov 3, 1-3 pm (Zoom) \$0

UNLIMITED

Full disclosure: actually writing your novel is going to take longer! But *USA Today* bestselling thriller author Hank Phillippi Ryan will reveal how to take your idea and turn it into a living breathing book. You'll need talent, persistence, and craft. And some magic. But in this fast-paced class, suitable for any genre, Hank offers a structure and an architecture—exactly what you need to help grow your idea into the novel it is meant to be. You'll leave with a practical personal plan

for your book—and even some inspiration.

Moderator: Hank Phillippi Ryan is *USA Today* bestselling author of 15 thrillers, winning five Agathas, the coveted Mary Higgins Clark Award, and 37 EMMYs for her television investigative reporting. Her newest novel is the page-turning standalone *The House Guest*—a story of psychological manipulation and the dark heart of marriage and friendship. *Publishers Weekly* raves, "Ryan is a master of suspense!"

### **8000 Learn Contra Dancing: It's Fun and Easy!**

Mon, Sep 18-Oct 2, 7:30-10 pm (Wyoming Fine Arts Ctr) \$0

LIMIT 15

Contra dance is a form of folk dancing with long lines of couples. It originated from English and Scottish country dance. It's easy to learn, and a partner is not required. If you can walk quickly, you can contra dance! Lessons start at 7:30, and dancing runs 8-10 pm with live music and a caller who will guide your every move. Location: Wyoming Fine Arts Center, 322 Wyoming Ave, Wyoming, 45215.

Moderator: Tammy Goyke attended her first contra dance in January 2019. She quickly became an enthusiast. She first heard about contra dancing from an OLLI classmate and now wants to share the contra dance experience with others.

### **8100 Bridge 101: An Introduction to Bridge UPDATED**

Tue, Sep 19-Dec 5, 2:45-5 pm (Cinti Bridge Ctr) \$5

LIMIT 24

Newcomers to bridge will begin a two-course journey to learn this great card game from the beginning (with Bridge 102 in winter term). No prior bridge experience necessary, but you should have a serious interest in spending some time to learn how to play the game with a commitment to attend all or most classes. TEXTBOOK: *ACBL Bridge in the 21st Century*. Location: Cincinnati Bridge Center, 2860 Cooper Rd, Cincinnati, 45241. NOTE: Some classes may be conducted via Zoom.

Moderator: Larry Newman: Ruby Life Master, Best Practices accredited teacher of the American Contract Bridge League and member of the Cincinnati Bridge Association (CBA) education committee. Other teaching staff of the CBA may occasionally be involved.

### **8200 Falling in Love at the Movies NEW**

Wed, Sep 20-Nov 8, 1-4 pm (Chesterwood Village) \$5

LIMIT 50

Romance is always in the air in Hollywood, We'll explore this theme while watching eight movies in their entirety with discussion to follow. Movie elements for discussion include themes, acting, direction, set design, costuming, scoring, etc. The films are *His Girl Friday*, *The Birdcage*, *Ghost*, *The French Lieutenant's Woman*, *Victor/Victoria*, *When Harry Met Sally*, *On Golden Pond*, and *Breakfast at Tiffany's*. Actors include

Cary Grant, Meg Ryan, Audrey Hepburn, Katherine Hepburn, Henry Fonda, Meryl Streep, Robin Williams, James Garner, and Julie Andrews. Location: Chesterwood Village, 8073 Tylersville Rd, West Chester Twp, 45069.

Moderator: Doug Iden is a big fan of movies and theatrical musicals with an extensive collection of films and original Broadway scores. He has taught classes on Broadway and film at OLLI for many years.

**8300 “She Was the Tower of the Apostles”—Women of Strength in the New Testament NEW**

Thu, Sep 21-Nov 9, 11 am-12:15 pm (Temple Sholom) \$5  
*LIMIT 25*

We will study and discuss the lives of women of strength in the New Testament. We will learn about well-known women such as Mother Mary, Mary Magdalene, Elizabeth, Mary and Martha of Bethany, and the Samaritan woman; and also lesser-known women such as Anna, Priscilla, Thecla, Tryphaena, and Phoebe. Required text: New Revised Standard Version (NRSV) of the Bible. Location: Temple Sholom, 10828 Kenwood Rd, Blue Ash, 45242.

Moderator: Gerry Walter is Rabbi Emeritus of Temple Sholom and also the recently retired Director of Pastoral Care at Cedar Village. He has taught Jewish and religious studies and Bible at Hebrew Union College, NKU, Virginia Tech, and Roanoke College.

**8301 Indispensable Composers UPDATED**

Thu, Sep 21-Nov 9, 5-5:05 pm (email) \$0  
*UNLIMITED*

The indispensable and yet much neglected Spanish, theatre, French, American, Latin American, Russian, and English composers get their due attention in Rafael’s audio-visual course by email, “The Indispensable Composers.”

Moderator: Rafael de Acha has enjoyed a distinguished career in the arts as a performer, stage director, cultural producer, and educator. He studied at the Juilliard School of Music, CCM, and New England Conservatory of Music, from which he received the master’s degree. In 2006 he was presented with a citation from the Dade County Cultural Affairs Council.

**8400 Let’s Do Lunch: Chains That Reign UPDATED**

Fri, Sep 22-Nov 10, 1-2:30 pm (various) \$5  
*LIMIT 30*

Make new friends while you savor foods from unusual restaurants that are part of national chains (but not found on every corner). From upscale to burgers to brunch, we’ll dine at eight unique sites located across the Tristate. Please do not sign up if you know you will miss more than one or two sessions of this popular offering. Planning and reservations depend on a consistent number of attendees. First week:

everyone will meet at Mission BBQ, 8655 Mason Montgomery Rd, Mason, 45040.

Moderators: Deb Price and Caryl Miller are Cincinnati natives who enjoy sharing knowledge of regional restaurants, food, and dining experiences with friends old and new.

**9000 New Richmond Underground Railroad Tour (Morning)**

Fri, Sep 22, 10 am-12 pm (New Richmond) Donation  
*LIMIT: 20*

**9001 New Richmond Underground Railroad Tour (Afternoon)**

Fri, Sep 22, 2-4 pm (New Richmond) Donation  
*LIMIT: 20*

Take a walking tour of select sites in the historic river village of New Richmond. Founded in 1814, New Richmond became a hotbed of abolitionist and Underground Railroad activity. Sites are within reasonable walking distance over three village blocks on flat terrain. Your guide, Greg Roberts, is Vice President of Historic New Richmond and recognized authority on local abolitionist and Underground Railroad history. Donations accepted in lieu of a fee. Tour begins at Cranston Memorial Presbyterian Church, 200 Union St, New Richmond, 45157.

**9002 Cincinnati Art Museum Tour: Creating Connections: Self-Taught Artists NEW**

Fri, Sep 29, 1:30-2:30 pm (Cinti Art Museum) \$0  
*LIMIT: 40*

Take a docent-guided tour of “Creating Connections: Self-Taught Artists,” exploring 38 works by self-taught artists from diverse cultures and circumstances connected by a desire to communicate through art making—and by astonishing creativity and ingenuity. Their artworks, most from the 20th century, speak volumes. Media include drawing, painting, sculpture, and needlework. Art materials range from the conventional to creatively repurposed items like house paint, cardboard, rocks, bottle caps, cans, and scraps of wood. Meet at the main information desk. Location: Cincinnati Art Museum, 953 Eden Park Dr, Cincinnati, 45202.

**9003 Pub Night at the Miamiville Trailyard UPDATED**

Tue, Oct 3, 7-8:30 (Miamiville Trailyard) \$0  
*LIMIT 35*

Join with old and new OLLI friends upstairs at the Miamiville Trailyard to raise a glass and enjoy the company of other lifelong learners. Drinks and food on your own. The camaraderie is free! Location: Miamiville Trailyard, 368 Center St, Loveland, 45140

**9004 Quilling Cards: Vietnamese Paper Art Workshop**

Fri, Oct 6, 9:30-11:30 am (Ten Thousand Villages, O'Bryonville) \$30

*LIMIT 15*

Visit Ten Thousand Villages nonprofit store in O'Bryonville to explore the ancient technique of quilling popularized by artisans in Vietnam. Quilling turns ordinary strips of paper into works of art. Hear stories about artisan techniques and how fair trade is igniting positive social and economic change around the world. In this beginner's class, you will receive your own set of tools and supplies to continue your new skill at home. You'll have time to shop for a good cause after the workshop. Location: Ten Thousand Villages, 2011 Madison Rd, Cincinnati, 45208.

**9005 Tour Adath Israel**

Tue, Oct 10, 12:45-2 pm (Adath Israel) \$0

*LIMIT 25*

Walk through Adath Israel Synagogue and learn about the rituals, holidays, and beautiful stained glass windows. Have the opportunity to see and learn how the incredible Torah scrolls are written. Your guide, Jo-Ann Casuto, has been leading tours of Adath Israel for 50+ years and will meet you in the main lobby. Location: Adath Israel, 3201 E Galbraith Rd, Amberley Village, 45236.

**9006 Lanterns and Landmarks Historical Tour of Montgomery**

Sun, Oct 29, 6:30-8 pm (Universalist Church) \$0

*LIMIT 25*

Take an evening walking tour to explore the rich historical heritage of the City of Montgomery. Tour starts and stops at Montgomery's Universalist Church. Did you know that the Universalist Church's bricks were made on-site, and some of them have a house-key imprint? And, for many years, the church bell was the village fire alarm. Join Montgomery Assistant City Manager Tracy Henao to learn about the landmarks and people of Montgomery. Location: Universalist Church, 9471 Montgomery Rd, Montgomery, 45242.

**9007 Tour Dinsmore Homestead in Burlington, Kentucky**

**NEW**

Sun, Oct 22, 1-3 pm (Dinsmore Homestead) \$10

*LIMIT 20*

For six generations, the Dinsmores opened their doors to visitors from all walks of life. Come hear about the family's relationship with Theodore and Eleanor Roosevelt and discover their religious and political beliefs as you surround yourself with original artifacts and art in their 1842 home. The outbuildings are all original and give you a glimpse into the labor routines of the enslaved African Americans, day laborers, and tenants who ensured that this farm was an economic success. Location: Dinsmore Homestead, 5656 Burlington Pike, Burlington, KY 41005.

**9008 Dinner and a Movie in Mariemont **NEW****

Thu, Nov 2, 6-10 pm (National Exemplar and Mariemont Theater) \$0

*LIMIT 15*

It's date night—OLLI style, with OLLI providing the companionship of fellow lifelong learners (so no "date" needed!). Meet for dinner at the National Exemplar Restaurant, located on the first floor of the historic Mariemont Inn, before walking down the block to see a movie together at the Mariemont Theatre (movie TBA). You'll pay for your meal and movie tickets individually. Location: National Exemplar, 6880 Wooster Pike, Mariemont, 45227.

**9009 Tour Memorial Hall **NEW****

Fri, Nov 3, 11am-12:15pm (Memorial Hall) \$0

*LIMIT 25*

Memorial Hall is among Cincinnati's important historic and architectural buildings. Designed by famed Cincinnati architect Samuel Hannaford & Sons, this building was dedicated in 1908 as a memorial to the veterans of the Civil War and Spanish American War. It is considered the region's best example of Beaux Arts architecture and is noted for its intimate, "jewel-box" theater and patriotic design elements. Following renovation in 2015-16, Memorial Hall offers concerts, performances, and civic and other events. This tour also includes an overview of the cultural arts district around Washington Park. Parking is available for a fee in the Washington Park Garage or nearby on the street. Location: Memorial Hall, 1225 Elm St, Cincinnati, 45202.