

# OLLI WINTER 2024 COURSE CATALOG

## IMPORTANT DATES

Winter Term: Jan 22–Mar 15, 2024

Check individual course listings for specific meeting dates.

[Registration](#) Opens: Jan 3, 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

Winter Term Membership: \$90

- Most multiweek classes: \$5 with membership
- Most one-time programs: \$0 with membership
- Fieldtrips: \$0–\$13 with membership

Refunds after the term begins at director's discretion.

Moderators of multiweek Winter 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 Wednesday, Jan 3, 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 Jan 5!***

## 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

**2211** At First Hand: Engaging with Renaissance and Baroque Art from UC Collections (VPC-Wed)

**9013** Cincinnati Art Museum Tour: “Charles White: A Little Higher” (OTHER-Fri)

**2519/2520** Elmwood Hall: Thomas Carneal’s Villa in Newport, KY (VPC/ZOOM-Thu)

**2517/2518** Life and Magnificent Nature Artwork of Claude Monet (VPC/ZOOM-Thu)

**1918/1919** Revolutionary Impressionists: More than Pretty Pictures (VPC/ZOOM-Wed)

### ART & CRAFT HANDS-ON

**2410** Art for the Artless (VPC-Thu)

**1008** Found Objects and Your Imagination (VPC-Mon)

**2127** Papercrafting Tools and Techniques (VPC-Wed)

**1611** Playing with Watercolor (VPC-Tue)

### COMPUTERS & TECHNOLOGY

**2616** iPhone Basics (VPC-Thu)

**1411** Microsoft Word for Word Processing (VPC-Tue)

**1924/1925** Redefining Cyberspace: Rethinking the Fundamentals of Cybersecurity (VPC/ZOOM-Wed)

### CURRENT EVENTS, LAW & POLITICS

**1223/1224** Be Brown Brave: Supporting Women of All Color in the Workplace (VPC/ZOOM-Mon)

**2215** Economics of Inequality (ZOOM-Wed)

**2309** Finding Solutions to America’s Problems (VPC-Thu)

**9012** From Maker to Market: Artisan Stories behind Creating a Fair Trade World (OTHER-Mon)

**1711** Healthcare in America: How We Got into This Mess and How We Can Get Out of It (VPC-Tue)

**2213** *Justice Is Coming* by Cenk Uygur, a Book Club Discussion (VPC-Wed)

**1926/1927** Law Enforcement Interactions with Persons in Crisis (VPC/ZOOM-Wed)

**2811** Podcasts, Blogs, and News Reviews: Making News More Relevant and Accessible (OHLL-Fri)

**2809** Sex Trafficking in Cincinnati: The Social Pandemic (OHLL-Fri)

**3010** Taste of Race and the City of Cincinnati (ZOOM-Fri)

**2523/2524** Understanding Youth Culture to Build Intergenerational Connections (VPC/ZOOM-Thu)

**2212** *We, the Corporations*, an American History (VPC-Wed)

**2814** Why Don’t More People Vote, and What Is Being Done about It? (OHLL-Fri)

### FINANCE & RETIREMENT

**1416** Balancing Risks and Returns in Your Investment Portfolio (VPC-Tue)

**2310** Enough \$\$\$ to Enjoy the Rest of Your Life—Retirement Income Solutions (VPC-Thu)

**1219/1220** Estate Planning Pitfalls: What We Can Learn from Mistakes Celebrities Make (VPC/ZOOM-Mon)

**2125** How the Aging Network Can Help You (ZOOM-Wed)

**3011** Medicare 101 (VPC-Fri)

**2414** Passport to Retirement (ZOOM-Thu)

**1610** Wealth Preservation In Volatile Times (VPC-Tue)

### GARDENING

**1310** Gardening Forum: Ask the Experts (VPC-Mon)

**2813** Gardening with Nature: A Balanced Approach to Pollinator Gardening (OHLL-Fri)

### HEALTH & WELLNESS

**2529/2530** Backstory on Inflammation: A Complete Brain and Body Experience (VPC/ZOOM-Thu)

**1311** “Good, Good, Good Vibrations!” with Movement Specialist Sharon Byrnes (ZOOM-Mon)

**2124** How Foods and Drugs Affect the Brain (VPC-Wed)

**2308** Human Immune System and Genetics: An In-Depth Exploration (VPC-Thu)

**2807** Hypnotherapy 101—Seeing Yourself in a Different Light (OHLL-Fri)

**2702** Introduction to Sun Style Tai Chi and Standing Pole Qigong (VPC-Fri)

**2122** Layperson’s Guide to Understanding and Responding to Mental Illness (VPC-Wed)

**1225** Memory Health: Even Elephants Forget Sometimes (VPC-Mon)

**1110** Move into Ease (VPC-Mon)

**1417** Nitric Oxide: Our Healthy Natural Antioxidant (ZOOM-Tue)

**3015** Stop the Bleed and Hands-Only CPR/AED Training (VPC-Fri)

### CLASS LOCATION ABBREVIATIONS

**EMAIL** Delivered weekly by 5pm

**OHLL** Ohio Living Llanfair

**OTHER** Other location indicated in catalog description

**VPC** UC Victory Pkwy Campus

**ZOOM** Online via Zoom

## HISTORY & SOCIAL SCIENCES

- 2812** 10\_Women Revisited: Celebrating 10 Women Who Impacted Cincinnati (OHLL-Fri)
- 2612** Amazing Ohio (VPC-Thu)
- 2311/2312** America—As Others See Us (VPC/ZOOM-Thu)
- 9014** American Sign Museum Tour (OTHER-Wed)
- 1309** Ancient Greece and Rome (VPC-Mon)
- 1226/1227** Black Death—The Great Mortality (VPC/ZOOM-Mon)
- 1412** Causes of World War II and the War Itself (VPC-Tue)
- 2521/2522** Cincinnati's Pivotal Role in the Civil War (VPC/ZOOM-Thu)
- 1230/1231** Ethnic Groups Who Created Cincinnati's Unique Foodways (VPC/ZOOM-Mon)
- 1515/1516** Harry Truman (VPC/ZOOM-Tue)
- 2123** How Cincinnati Changed the World (VPC-Wed)
- 1708** How Cincinnati Grew: Neighborhood by Neighborhood (VPC-Tue)
- 1415** Italian Renaissance, Part 1 of 2 (VPC-Tue)
- 2527/2528** Life and Legacy of Ulysses S. Grant (VPC/ZOOM-Thu)
- 1920/1921** Thirty Men and Women Who Shaped Cincinnati: Daniel Drake to Jerry Springer (VPC/ZOOM-Wed)
- 2126** Tracing Homo Sapiens through Europe into the Americans (ZOOM-Wed)
- 1916/1917** Walnut Hills: Mapping a Changing Neighborhood (VPC/ZOOM-Wed)
- 1009** Wars of the Roses and the Tumultuous Tudor Era (VPC-Mon)
- 1410** "Where Did You Grow Up in Cincinnati?" and "Which High School Did You Attend?" (VPC-Tue)

## HOBBIES, SPORTS & OTHER

- 1928/1929** A Critic's Look at Cincinnati's Local Food Gems (VPC/ZOOM-Wed)
- 8101** Bridge 102: For Those Who Know Some of the Basics (OTHER-Tue)
- 9011** Chocolate Mystery Tour (OTHER-Thu)
- 1608** Dressing for the Best Half of Your Life (VPC-Tue)
- 1217/1218** Help Vote for the Baseball Hall of Fame (VPC/ZOOM-Mon)
- 8401** Let's Do Lunch: New to You (OTHER-Fri)
- 1228/1229** OLLI Town Hall: Meet the Leaders, Learn the Ropes, Ask Your Questions (VPC/ZOOM-Mon)
- 9010** Pub Night at Miamiville Trailyard (OTHER-Tue)
- 1221/1222** Regional Fare: American Food that Defines a Place (VPC/ZOOM-Mon)

## LANGUAGES

- 2407** French for the Fun of It (VPC-Thu)
- 1011** French Poetry—In French (VPC-Mon)
- 1111** Intermediate French Conversation (VPC-Mon)
- 2905** Introduction to American Sign Language through Song (VPC-Fri)
- 1409** Italian for Beginners (ZOOM-Tue)

## LITERATURE & DRAMA

- 1413** A Reader Lives a Thousand Lives (VPC-Tue)
- 1713** Discovering More Mighty Girls and Audacious Women (ZOOM-Tue)
- 2906** Friday Book Class: Tell It Again! (VPC-Fri)
- 1115** Great Short Fiction (ZOOM-Mon)
- 3013** History and Literature: *Lessons in Chemistry* (VPC-Fri)
- 2411** James McBride: His Life in Three Narratives (VPC-Thu)
- 2615** Literature...Science and Math!? (ZOOM-Thu)

- 1517** More Murder and Mayhem in a Locked Room (ZOOM-Tue)
- 1512** Selections from Homer's *Iliad*—Composition and Values (VPC-Tue)
- 1513** Soul Food: The Poetry of Rumi (VPC-Tue)

## MUSIC

- 1514** Exploring Opera (VPC-Tue)
- 2412/2413** For the Love of Music (VPC/ZOOM-Thu)
- 1013/1014** Great American Songbook (VPC/ZOOM-Mon)
- 8303** Indispensable Operas, Part 1 (EMAIL-Thu)
- 1922/1923** Sing America: Songs We Love to Hear and Love to Sing (VPC/ZOOM-Wed)

## PHILOSOPHY & RELIGION

- 8102** Radiance of the Mystics Series (EMAIL-Tue)
- 8302** Samuel, Saul, and David: Their Lives, Their Loves, Their Legacy, Part 1 (OTHER-Thu)
- 1012** What Is the Meaning of Love: Plato and the Symposium (VPC-Mon)

## PHOTOGRAPHY

- 1010** Fundamentals of Photography, Part 2 (VPC-Mon)
- 1710** Lightroom Development Module, Part 1 (VPC-Tue)
- 2907** Phone Photography: The Basics (VPC-Fri)
- 1112** Photography Workshop: Intermediate to Advanced (VPC-Mon)
- 2613** Photo Management: Calm the Chaos (VPC-Thu)

### CLASS LOCATION ABBREVIATIONS

- EMAIL** Delivered weekly by 5pm
- OHLL** Ohio Living Llanfair
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## SCIENCE, MATH & PSYCHOLOGY

- 2614** Genetics as It Applies to You (ZOOM-Thu)
- 1510** Public Health: History and Current Status in the United States (VPC-Tue)
- 1930/1931** Saving Sumatran Rhinos: Among Earth's Rarest and Most Endangered Creatures (VPC/ZOOM-Wed)
- 2409** Volcanoes and the Results of Their Eruptions (VPC-Thu)
- 1518** Who Speaks for Nature? Protecting the Ohio River Watershed (ZOOM-Tue)

## SELF-EXPLORATION

- 2611** Integrated Creativity Expression in Art, Design, Music, Science, and Writing (VPC-Thu)
- 2525/2526** Live Longer?—Yes!. Live Better? Find Out! (VPC/ZOOM-Thu)
- 1511** Managing Stress in Stressful Times (VPC-Tue)
- 2415** Peace Education Program by the Prem Rawat Foundation (ZOOM-Thu)
- 1414** Taking the Next Step in Your Meditation Practice (VPC-Tue)
- 1606** Understanding Vipassana Meditation (VPC-Tue)
- 2532** Vipassana Meditation Practice (VPC-Thu)
- 1609** Wisdom of Elder Tales, Part 1 (VPC-Tue)
- 2408** You Can Change How You Feel with Rational Emotive Behavioral Therapy (VPC-Thu)

## STAGE & SCREEN

- 2810** Behind the Scenes of Cincinnati Community Theater (OHLL-Fri)
- 3014** Fate Versus Free Will: Exploring Shakespeare's *Julius Caesar* (VPC-Fri)
- 1607** Get to Know Cincinnati Community Theaters (VPC-Tue)
- 1113/1114** More Mining the Golden Age of Broadway (VPC/ZOOM-Mon)
- 9015** Movie Matinee and Root Beer Floats (OTHER-Sat)
- 1612** Movies of the 1930s (VPC-Tue)
- 8201** Movies on Trial (OTHER-Wed)
- 2307** Shakespeare for the Fun of It: *The Tempest* and *A Midsummer Night's Dream* (VPC-Thu)
- 2214** Stream the Dream: Amazon Prime (ZOOM-Wed)
- 1712** Stream the Dream: *Better Call Saul* (ZOOM-Tue)
- 2121** The Play's the Thing: A Readers' Theater (VPC-Wed)

## TRAVEL

- 2808** Amazing Day Trips to Warren and Clermont Counties (OHLL-Fri)
- 3012** Beginner's Guide to Travel in Ireland (VPC-Fri)

## WRITING

- 1509** Advanced Poetry Writing (VPC-Tue)
- 1613** A Picture Is Worth 1,000 Words (More or Less): Writing Your Memories (ZOOM-Tue)
- 1709** Memoir Wisdom: Stories Worth Sharing (VPC-Tue)
- 2531** Poetry Out Loud—OLLI Poets' Open Mic (VPC-Thu)
- 2904** Writing for Children (VPC-Fri)

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## COMPLETE CLASS DESCRIPTIONS BY CLASS NUMBER

### 1008 Found Objects and Your Imagination **UPDATED**

Mon, Jan 22-Feb 19, 9:30-11 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 area art galleries and exhibitions.

### 1009 Wars of the Roses and the Tumultuous Tudor Era

Mon, Jan 22-Mar 11, 9:30-10:45 am (VPC) \$5

LIMIT 40

It was a bloody, turbulent time—and you're going to love it! As we learn about powerful, ambitious, often ruthless men (Plantagenet, York, Lancaster, Tudor, etc.), we will also discover extraordinary women who helped shape events in this exciting era (with many pictures).

Moderator: Linda Kegg has led a variety of OLLI classes, including Extraordinary Women of the Past, Origami, Hamlet, Easy Exercise, and The Life and Times of Will Shakespeare.

### 1010 Fundamentals of Photography, Part 2 **UPDATED**

Mon, Jan 22-Mar 11, 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 second 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. NOTE: This course is NOT for point-and-shoot cameras or beginners.

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.

### 1011 French Poetry—In French **UPDATED**

Mon, Jan 22-Mar 11, 9:30-10:45 am (VPC) \$5

LIMIT 12

From time to time, a line or two of poetry will unexpectedly cross my mind. These interruptions in my daily life are among the most appreciated. Poets have turned a beautiful language into magical moments of enrichment. This course, taught in French, will introduce (or re-introduce) you to some of the most popular poems in French literature; it is an "*invitation au voyage*." The class will consist of discussions requiring an intermediate level of skill in French. If you studied French or have lived abroad and learned French, this course is for you.

Moderator: David McDiarmid taught high school French for 10 years. French language, literature, and culture have been an important part of his life ever since. It has been his passion and privilege to offer this class with OLLI several times.

### 1012 What Is the Meaning of Love: Plato and the Symposium

Mon, Jan 22-Mar 11, 9:30-10:45 am (VPC) \$5

LIMIT 15

The word "love" covers so many aspects of human interaction. It is notoriously difficult to translate into another language. Yet we have all experienced it. Plato's dialogue "The Symposium" is constructed as a conversation at a dinner party during which each guest has to speak about love as he sees it. We will have a weekly discussion of each speech in turn. You are expected to keep up with the reading and join in the discussion. The required translation is by Christopher Gill from Penguin Classics.

Moderator: Michael Marchal has an AB in English and history from Xavier and a PhD (candidate) in philosophy from Fordham. He taught high school English and Latin for 44 years. He is an avid reader of science fiction, enjoys movies, and loves to cook.

### 1013 (VPC) / 1014 (Zoom) Great American Songbook **UPDATED**

Mon, Jan 22-Mar 18 (no class 2/26), 9:30-10:45 am (Hybrid) \$5  
VPC LIMIT 150 / ZOOM UNLIMITED

The Great American Songbook begins somewhere in the mid-1920s and slowly ends with the advent of rock and roll. In between, songwriters like Rodgers with Hart/Hammerstein, Porter, Berlin, and the Gershwins wrote songs for Ella, Frank, Nat, Louis, and, later, Tony and Barbra, among others. We will study these songs and singers and discuss how they reflect American history.

Moderator: Bruce Bowdon taught middle school music for 43 years and was a cocktail pianist who played the Great American Songbook in an earlier life.

#### CLASS LOCATION ABBREVIATIONS

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

**1110 Move into Ease UPDATED**

Mon, Jan 22-Mar 11, 11 am-12 pm (VPC) \$5

LIMIT 22

A touch of yoga, some energizing movement, a time for relaxation, soulful stretching, and pumping life into each cell. This ONE-HOUR class oils your joints and breathes ease into your bones, like giving yourself a massage. Wear comfortable, loose 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.

**1111 Intermediate French Conversation UPDATED**

Mon, Jan 22-Mar 11, 11 am-12:15 pm (VPC) \$5

LIMIT 16

Intermediate French Conversation is a very active class filled with lively discussions, I rarely sit down. I will share my love of the French language and give you a chance to practice speaking in a variety of activities. Reading at home and out loud in class, listening to audio material, and general discussions are all part of a program that, above all, will keep you thoroughly entertained. While we may cover some structural issues (grammar), this will be driven primarily by you and your questions. This class is fun.

Moderator: David McDiarmid learned French at the age of two, earned bachelor and master degrees in French, and taught high school French. He enjoys sharing this marvelous language with enthusiasts of all ages through animated activities and conversations.

**1112 Photography Workshop: Intermediate to Advanced**

Mon, Jan 22-Mar 11, 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.

Moderators: David Kempton is a long-time 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 from UC-CCM in broadcasting and has been fortunate enough to win numerous video and photography awards over the years.

**1113 (VPC) / 1114 (Zoom) More Mining the Golden Age of Broadway NEW**

Mon, Jan 22-Mar 11, 11 am-12:15 pm (Hybrid) \$5

VPC LIMIT 150 / ZOOM UNLIMITED

We'll continue our journey through Broadway's Golden Age from the late 1940s into the 1950s. Through film clips and discussion, we'll feature shows including *Guys and Dolls*, *The King and I*, *Wonderful Town*, *Kismet*, *Paint Your Wagon*, *Can-Can*, *The Pajama Game*, etc. Composers and lyricists include Rodgers and Hammerstein, Leonard Bernstein, Cole Porter, Lerner and Loewe, Frank Loesser, Robert Wright, and George Forrest.

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.

**1115 Great Short Fiction UPDATED**

Mon, Jan 22-Mar 11, 11 am-12:15 pm (Zoom) \$5

LIMIT 45

Four short novels: *Our Man in Havana* (Graham Greene), *Death of Ivan Ilych* (Tolstoy), *Nightwood* (Dijuna Barnes), *The Postman Always Rings Twice* (James Cain). Eight short stories: "The Wives of the Dead" (Hawthorne), "The Middle Years" (Henry James), "The Procurator of Judea" (Anatole France), "Sonny's Blues" (James Baldwin), "Raymond's Run" (Toni Bambara), "The Reach" (Stephen King), "Good People" (David Foster Wallace), and "Edison, New Jersey" (Junot Diaz). Week 1, read *Our Man in Havana*. Week 2, the first two short stories.

Moderator: John Briggs has advanced degrees in literature but also loves math and science. He's moderated (not taught!) literature courses for six years. He believes the courses are for the class's enjoyment and that participation is happily received but not at all required. Read what you want, come when you want...but enjoy.

**1217 (VPC) / 1218 (Zoom) Help Vote for the Baseball Hall of Fame NEW**

Mon, Jan 22, 12:45-2 pm (Hybrid) \$0

VPC LIMIT 150 / ZOOM UNLIMITED

John Erardi, former sportswriter for the Cincinnati *Enquirer* and frequent OLLI presenter over the years, is one of about 500 sportswriters who have a vote for the Baseball Hall of Fame. Help John review his ballot for this year's Hall of Fame candidates. John will be joined by Reds author Greg Rhodes and Reds author and analyst Greg Gajus.

Moderators: John Erardi, Greg Rhodes, Greg Gajus

| CLASS LOCATION ABBREVIATIONS |                        |
|------------------------------|------------------------|
| OHLL                         | Ohio Living Llanfair   |
| VPC                          | UC Victory Pkwy Campus |
| ZOOM                         | Online via Zoom        |

**1219 (VPC) / 1220 (Zoom) Estate Planning Pitfalls: What We Can Learn from Mistakes Celebrities Make NEW**

Mon, Jan 29, 12:45-2 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

Olivia Smith, a practicing attorney in the areas of estate planning, elder law, and estate administration, will go through a series of celebrity estate-planning cases to illustrate the importance of getting your estate plans prepared and updated.

Moderator: Olivia K. Smith

**1221 (VPC) / 1222 (Zoom) Regional Fare: American Food that Defines a Place NEW**

Mon, Feb 5, 12:45-2 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

From New Orleans muffuletta to Philly grinders, Deb Price will explore the culinary offerings of different regions of our country—the food we yearn for and the dishes we love. Cookbook collector and former restaurant manager, Deb has an interest in everything tasty.

Moderator: Deb Price

**1223 (VPC) / 1224 (Zoom) Be Brown Brave: Supporting Women of All Color in the Workplace NEW**

Mon, Feb 12, 12:45-2 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

Michelle Starr, author, motivational speaker, and Certified Leadership Advisor, will inform us about the current status of exclusion of women in America's employment sector, picturing the possibilities of an inclusive culture, making us aware of the problem today, suggesting a simple and easy solution for tomorrow, envisioning that future, and providing easy calls to action. She will present using interactive media.

Moderator: Michelle Starr

**1225 Memory Health: Even Elephants Forget Sometimes NEW**

Mon, Feb 19, 12:45-2 pm (VPC) \$0  
LIMIT 150

Holistic clinical pharmacist Cathy Rosenbaum will define the continuum of mild cognitive impairment through various dementias, discuss irreversible and reversible causes of memory loss, review medication classes with memory-related side effects, and review pros/cons of medications, dietary supplements, and lifestyle choices used to enhance memory. Rosenbaum is a certified health coach, international speaker, educator, award-winning author, and founder/CEO of Rx Integrative Solutions, a consulting practice in integrative health and medicine.

Moderator: Cathy Rosenbaum

**1226 (VPC) / 1227 (Zoom) Black Death—The Great Mortality UPDATED**

Mon, Feb 26, 12:45-2 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

The Black Death was a devastating global epidemic of bubonic plague that struck Europe and Asia in the mid-1300s. It is estimated that between 75 million and 200 million people died. As we are continuing to deal with the plague of our own time, COVID-19, a journey to the Middle Ages may bring some perspective to what we are experiencing today. Presenter Gerald Checco is spending his retirement delving into interesting topics—like medieval pandemics, demise of the dinosaurs, history of numbers and colors, and much more!

Moderator: Gerald Checco

**1228 (VPC) / 1229 (Zoom) OLLI Town Hall: Meet the Leaders, Learn the Ropes, Ask Your Questions UPDATED**

Mon, Mar 4, 12:45-2 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

Led by Sandy Crawfis, chair of the OLLI Board of Trustees, this Town Hall provides an opportunity for you to meet the organization's volunteer leadership and staff, ask questions, and share your OLLI experience. Have you ever wondered who is responsible for establishing program offerings, scheduling classes, making certain OLLI is financially sound, and why things are done the way they are? Your input will determine the course our discussion takes during this interactive program.

Moderator: Sandra Crawfis

**1230 (VPC) / 1231 (Zoom) Ethnic Groups Who Created Cincinnati's Unique Foodways NEW**

Mon, Mar 11, 12:45-2 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

Taken mostly from her book, *Cincinnati Food: A Queen City Culinary History*, with new, added information, Polly Campbell will explore how immigrant groups from other countries, as well as American internal migration, contributed their ethnic foods to what we eat in Cincinnati. From the predominant Germans to Greeks, Italians, Chinese, African American, and Appalachian, many groups have made their contributions to how and what we eat. Campbell covered restaurants and food for the Cincinnati *Enquirer* from 1996 until 2020.

Moderator: Polly Campbell

**1309 Ancient Greece and Rome UPDATED**

Mon, Jan 22-Mar 11, 2:15-3:30 pm (VPC) \$5  
LIMIT 150

Explore aspects of life and culture in ancient Greece and Rome. Doctoral students, faculty, and staff from the UC Department of Classics will present a series of engaging presentations such as "Ancient Plagues and Pandemics," "The

Crowd Goes Wild: Gladiators in Rome,” “Pliny of Fish in the Sea: Romans and Marine Biology,” “A Funny Thing Happened on the Way to Fountain Square,” “What Do Archaeologists Do, Anyway?” and others. You will learn about the importance of the Classical past to modern values and traditions.

Moderator: Kathleen Lynch is Professor of Classics at UC where she won the Cohen Teaching Award. She is an archaeologist with a specialty in ancient Greek ceramics.

**1310 Gardening Forum: Ask the Experts UPDATED**

Mon, Jan 22-Mar 11, 2:15-3:30 pm (VPC) \$5

*LIMIT 40*

Winter is the perfect time to enhance your gardening skills. Each week, we will hear from professionals in the field of horticulture, herbs, succulents, landscaping, and more. Come with lots of questions and ideas.

Moderator: Deb Price is a Master Gardener with a green thumb but does not do turf management.

**1311 “Good, Good, Good Vibrations!” with Movement Specialist Sharon Byrnes NEW**

Mon, Jan 22-29, 2:15-3:30 pm (Zoom) \$0

*LIMIT 20*

The Beach Boys were correct when they sang, “Good Vibrations, she’s giving me excitations.” Vibrations excite or stimulate our bones, nervous system, and entire beings. Join Healthy Aging Coach and Movement Specialist Sharon Byrnes for this two-part healthy aging class. You will benefit whether seated on a stable chair or standing during this experiential class. Come prepared for gentle movement and some fun. Bring a friend to double your Zoom at-home fun for everyone!

Moderator: Sharon Byrnes (MEd, C-IAYT, YA-CEP) is CEO/owner of Vibrant Aging for Life. Her goal is to help seniors live life well. She believes motion is lotion, so when she’s not working, she’s walking, practicing “Bones for Life” processes, and coaching savvy seniors who wish to remain independent and actively involved in life on their terms.

**1409 Italian for Beginners**

Tue, Jan 23-Feb 27, 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 Edoardo 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.

**1410 “Where Did You Grow Up in Cincinnati?” and “Which High School Did You Attend?” NEW**

Tue, Jan 23-Mar 12, 9:30-10:45 am (VPC) \$5

*LIMIT 30*

This is an opportunity to share the uniqueness of growing up in Cincinnati. A chance to compare the Eastside to the Westside! Let’s discuss all things Cincinnati and those wonderful memories of your youth. Share your bad prom dates, cold winters, junk cars with bad tires, dance bars, and sports in Cincinnati.

Moderator: Michael Ward is a former bartender, history teacher, and principal, and current tour guide and OLLI moderator.

**1411 Microsoft Word for Word Processing UPDATED**

Tue, Jan 23-Mar 12, 9:30-11 am (VPC) \$15

*LIMIT 10*

Learn to create professional documents using Microsoft Word 2016, 2019, or Microsoft 365. You must already know the basics of using a computer. The class will be taught on PCs (not Apple). We’ll cover the ribbon with its large list of tools in nine different tabs: including copy, cut and paste; 13 tools to adjust lettering; 13 tools for changing paragraphs; changing styles; inserting text, pictures, and shapes; document layout; references; free templates; the Quick Access Toolbar; and 10 items in backstage (file) view (save, open, print); and lots more. You will receive a binder containing all lessons.

Moderator: Howie Baum worked as a mechanical and industrial engineer at companies in Cincinnati and Dayton doing product and process design and taught for 36 years at four universities and colleges. He volunteers to teach computer skills at the VA.

**1412 Causes of World War II and the War Itself UPDATED**

Tue, Jan 23-Mar 12, 9:30-10:45 am (VPC) \$5

*LIMIT 40*

We will cover the rise of European dictatorships, the Great Depression, fascism on the march, and World War II itself.

Moderator: Edward Schneider, history major at Miami Univ., and master’s in history at UC. Taught AP history at Indian Hill HS and presented for the College Board.

**1413 A Reader Lives a Thousand Lives UPDATED**

Tue, Jan 23-Mar 12, 9:30-10:45 am (VPC) \$5

*LIMIT 12*

Come and share your favorite books through a book-club experience based on subject matter rather than specific titles—a great way to share the excitement of reading and hear what other people are reading. Each week, we will solicit and schedule book presentations by participants on a rotating basis. Reading topics will be listed before the course starts, and books can be fiction or nonfiction. Books you have read or are currently reading are fair game.

Moderators: Tom Cislo and Jim Sears are avid readers and skilled discussion facilitators.



#### **1414 Taking the Next Step in Your Meditation Practice**

**UPDATED**

Tue, Jan 23-Mar 12, 9:30-10:45 am (VPC) \$5

*LIMIT 25*

This class is for those who have been meditating for a while or who have taken Kevin's meditation class in the recent past. You will explore the teacher-student relationship, the three stages of meditation, the role of friends on your spiritual path, guided meditations, various forms of spiritual purification, and your spiritual brain. Plus, you will practice standing, walking, and lying meditation—and try some qigong exercises. These topics are blended from Christian, Hindu, and Buddhist traditions.

Moderator: Kevin Celarek has meditated almost every morning for 44 years. He has studied Christian, Hindu and Buddhist meditation during those years and continues to attend Buddhist and Christian retreats to seek deeper knowledge and understanding. Silent Illumination is the goal of meditation. Hopefully, we can all progress together.

#### **1415 Italian Renaissance, Part 1 of 2** **NEW**

Tue, Jan 23-Mar 12, 9:30-10:45 am (VPC) \$5

*LIMIT 75*

We will describe and explain the Italian Renaissance, concentrating on Florence, Rome, Venice, Milan, and Naples. We will discuss art, architecture, sculpture, humanism, and political and economic history of Italy and the major figures: the Médicis, Leonardo Bruni, and other Renaissance personalities. Part 1 will concentrate on the Early and Middle Renaissance, and Part 2, in a future course, we will discuss the late or High Renaissance, including Machiavelli, Michelangelo and Da Vinci, and various popes. A good preparatory course for a trip to Italy.

Moderator: John Wilson is a retired attorney who has moderated several OLLI courses, including Slavery and the Coming of the Civil War, Reconstruction, The Cold War, and Our Constitution.

#### **1416 Balancing Risks and Returns in Your Investment Portfolio** **NEW**

Tue, Feb 20 -Mar 12, 9:30-10:45 am (VPC) \$5

*LIMIT 25*

We will discuss managing the risks/returns of your stock and bond portfolio. We will draw on the insights of pioneering financial economists Harry Markowitz, Robert Shiller, and Martin Leibowitz as well as legendary investment writer/consultant Charlie Ellis. We'll cover diversification of asset class and individual security; excessive market volatility and emotional bubbles; matching an investor's time horizon with predictable cash inflows from dividends, interest, and maturing bonds; and the advantages of passive index investing. The course draws from *In Pursuit of the Perfect Portfolio* by Andrew Lo, finance professor from MIT.

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

#### **1417 Nitric Oxide: Our Healthy Natural Antioxidant** **NEW**

Tue, Jan 23-Feb 13, 9:30-10:45 am (Zoom) \$5

*UNLIMITED*

The 1998 Nobel prize in medicine/physiology was about nitric oxide (NO), which our youthful bodies make but requires a plant base diet to maintain. Subsequent research has demonstrated NO reduces cardiovascular thrombosis, adult-onset diabetes, hypertension, autoimmune disorder, and dementia, and a whole plant-based diet can reverse atherosclerosis and prevent/slow cancer. This revolutionary information is not widely known, and the Western diet continues to feed these diseases. We'll examine and discuss these important new issues.

Moderator: Kirtland E. Hobler MS (physiology), MD, FACS, retired general surgeon, practice, teaching, and research at Univ., of Rochester and UNC Chapel Hill.

#### **1509 Advanced Poetry Writing** **UPDATED**

Tue, Jan 23-Mar 12, 11 am-12:15 pm (VPC) \$5

*LIMIT 12*

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 six full-length poetry collections, three chapbooks, and scores of poems in literary journals and anthologies over the years. His latest poetry book is *Provocations* (2023: Dos Madres Press).

#### **1510 Public Health: History and Current Status in the United States** **NEW**

Tue, Jan 23-Mar 12, 11 am-12:15 pm (VPC) \$5

*LIMIT 50*

We will explore the history and practices of public health. The development of sanitary systems to control contagious diseases was the first success in public health. The American system became the envy of the world in the 20th century. It led to a significant improvement in the health of people. Public health today includes much more than disease control. Many people today question the value of public health measures. They question to what extent public health programs should be mandated. What might the future hold for public health?

Moderator: Douglas Burks, PhD, is Emeritus Professor of Biology from Wilmington College, OH. He taught both major and non-major courses in biology for 40 years, including courses in

evolution and bioethics for non-science majors. He is interested in the medical and scientific ethical challenges that face us today.

**1511 Managing Stress in Stressful Times UPDATED**

Tue, Jan 23-Feb 20, 11 am-12:15 pm (VPC) \$5

LIMIT 25

We live in stressful times, with daily news reports on the dangers around us—international conflicts, street violence, political chaos, environmental threats—and finally COVID-19, which restricts us from many social interactions that enrich our lives. In this four-week course, we will explore how we might better cope with the unavoidable stressors of daily life. The first two classes will deal with the cognitive aspects and how we can change or reshape the “ways we think” in order to avoid triggering the stress response. In the last two classes, we will practice a few exercises that help with the physiological aspects of stress such as anxiety, depression, insomnia, etc.

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.

**1512 Selections from Homer’s “Iliad”—Composition and Values NEW**

Tue, Jan 23-Feb 20, 11 am-12:15 pm (VPC) \$5

LIMIT 20

*The Iliad*, one of two major ancient Greek epic poems attributed to Homer, is one of the oldest extant works of literature still widely read by modern audiences. We will focus on the technique of oral composition by formulae (“swift-footed Achilles,” “white-armed Hera,” etc.) and the heroic values associated with the form. Selections will focus on the figure of Achilles, his quarrel with the leader of the Greek forces at Troy, Achilles’ withdrawal from battle, and his return and reconciliation in order to avenge the death of his comrade Patroclus.

Moderator: Peter Rose has a PhD in Classics from Harvard. He taught at Yale for seven years and at Miami Univ. for 37 years. He has published two books in which Homer is featured prominently and numerous articles on Greek tragedy and lyric poetry.

**1513 Soul Food: The Poetry of Rumi NEW**

Tue, Jan 23-Mar 12, 11 am-12:15 pm (VPC) \$5

LIMIT 12

What makes the words of Rumi so timeless? Perhaps it’s because he’s a master storyteller. Or because he passionately believes that spiritual awareness is both possible and necessary to authentic human existence. Some say he’s a romantic, others

that he’s a mystic. Whatever the reason, his poems offer guidance for more mindful, conscious living. In this course, we’ll read aloud contemporary English renderings of some of Rumi’s poems as a prelude to talking about them.

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

**1514 Exploring Opera UPDATED**

Tue, Jan 23-Mar 12, 11 am-12:15 pm (VPC) \$5

LIMIT 30

This term we will study some French operas including *Tales of Hoffmann* by Offenbach, *The Pearl Fishers* by Bizet and *Thaïs* by Massenet. You will learn the stories and backgrounds of the operas, something about the composers, 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. Stephen DeHoff is the principal trumpet for the Cincinnati Community Orchestra and a long-time opera fan.

**1515 (VPC) / 1516 (Zoom) Harry Truman**

Tue, Jan 23-Mar 12, 11 am-12:15 pm (Hybrid) \$5

VPC LIMIT 150 / ZOOM UNLIMITED

Was Truman an ordinary provincial American sadly miscast in the presidency, or was he a man of above-average, even exceptional, qualities and character who had the makings of greatness? Let’s discuss and decide!

Moderator: Tom Sundermann is retired from a 45-year career as a financial advisor. A graduate of Notre Dame with an MBA from UC, he is a longtime student of history who feels that is where most of the answers are.

**1517 More Murder and Mayhem in a Locked Room UPDATED**

Tue, Jan 23-Mar 12, 11 am-12:15 pm (Zoom) \$5

LIMIT 25

Do you think sitting behind a locked door will keep you safe? Join us as we discuss these classic and contemporary locked-room/closed-circle mysteries: *The Murders in the Rue Morgue* by Edgar Allan Poe, *The Big Bow Mystery* by Israel Zangwill, *Miraculous Mysteries* edited by Martin Edwards, *The Red House Mystery* by A. A. Milne, *A Murder at Balmoral* by Chris McGeorge, *The Crooked Hinge* and *The Three Coffins* by John Dickson Carr, and *Bloodhounds* by Peter Lovesey. Are you sure you locked the door?

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

**1518 Who Speaks for Nature? Protecting the Ohio River Watershed**

Tue, Feb 6-Mar 5, 11 am-12:15 pm (Zoom) \$5  
*UNLIMITED*

The Ohio River is the most polluted river in the US. Our present system protects corporate property rights and profits but does not recognize the rights of the natural world to flourish. Citizens for Rights of the Ohio River Watershed (CROW) is actively seeking a paradigm shift to empower citizens to take responsibility for protecting ecosystems. This interactive, multi-media course will cover the extent of the damage, failures of government, how this international grassroots movement is working, and how we can help the Ohio River thrive again.

Moderator: Susan Vonderhaar has studied life sciences since the first Earth Day in 1970 . With degrees in science (BS, MS), she worked 25 years as a project scientist at the US EPA. As a post-retirement educator, she has come to see the fallacy of the regulatory system as one of protection of industry not a healthy planet.

**1606 Understanding Vipassana Meditation UPDATED**

Tue, Jan 23-Mar 12, 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 is 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.

**1607 Get to Know Cincinnati Community Theaters NEW**

Tue, Jan 23-Mar 12, 12:45-2 pm (VPC) \$5  
*LIMIT 100*

Learn about the dozens of local community theaters, from Fort Thomas to Middletown and from Loveland to Covedale. Learn what is playing this season. We will have members of different theater companies tell us about their history, their present, and their future. Learn how to get involved either backstage or on stage. Find out about auditions. We can also see a play or two if the class wants.

Moderator: Rick Stein has moderated many classes for OLLI: Best Short Stories , Voices from the Heart, and writing classes. He has been in plays for several theater companies and is on the Board of Directors of Tri-County Players.

**1608 Dressing for the Best Half of Your Life NEW**

Tue, Jan 23-Mar 12, 12:45-2 pm (VPC) \$5  
*LIMIT 10*

The rules have changed, your roles have changed, and your body has changed. So, how does the new YOU dress to embrace your new lifestyle? In this hands-on, how-to workshop you will discover your style personality, learn your body shape and how to style it, and put together fabulous outfits with clothing that’s already in your closet.

Moderators: JoEllen Hothem and Jennifer Ebelhar have become personal stylists in the best half of their lives. JoEllen is also an organizing enthusiast and culinary educator teaching cooking classes at local nonprofits. Find her on Instagram @JoHothem\_taste\_style. Jennifer has discovered the power of video in teaching style principles, and her account @theStyleEquation has 150,000 followers on TikTok.

**1609 Wisdom of Elder Tales, Part 1 NEW**

Tue, Jan 23-Mar 12, 12:45-2 pm (VPC) \$5  
*LIMIT 25*

Fairy tales are not just for children! The most common fairy tales feature young heroes and heroines who face first-half-of-life challenges and then “live happily ever after.” But what really happens in the “ever after”? This is the first of a two-part series exploring “elder tales”—fairy tales about older protagonists. Elder tales present an alternative to the dominant heroic perspective and the unrealistic “happily ever after,” offering a different image of maturity that focuses on wisdom, self-knowledge, and transcendence.

Moderator: Rick Warm teaches classes and facilitates programs on wisdom, aging, and spirituality as well as leadership. He is director of the Center for Wisdom and Leadership.

**1610 Wealth Preservation In Volatile Times UPDATED**

Tue, Jan 23-Mar 12, 12:45-2 pm (VPC) \$5  
*LIMIT 30*

Need help navigating the investment universe in today’s volatile times? We will discuss increasing income as well as preserving and protecting our savings and investments. We will also discuss how a challenging economic environment will impact the markets and our investments. We will learn how to distinguish between “good” and “bad” investments and cover estate and retirement account protection strategies.

Moderator: Edward Apfel is a First Vice President and Financial Planning Specialist at Morgan Stanley with 28 years of experience. He received his bachelor’s degree from UC.

| CLASS LOCATION ABBREVIATIONS |                        |
|------------------------------|------------------------|
| OHLL                         | Ohio Living Llanfair   |
| VPC                          | UC Victory Pkwy Campus |
| ZOOM                         | Online via Zoom        |

**1611 Playing with Watercolor UPDATED**

Tue, Jan 23-Mar 12, 12:45-3:30 pm (VPC) \$5

LIMIT 20

Jill taught herself watercolor painting during COVID, and you can learn it too! Besides the painting, we will focus on how to learn, how to see, and some good resources. We will start by exploring how watercolor paint acts, how your brushes work (making strokes), mixing colors, and different paints and papers available. Moving on to a little about perspective; seeing shape, light, and shadow; and doing painting exercises. You'll learn by doing. You will receive a supplies list before class begins.

Moderator: Jill Mitchell worked in IT and loves her iPhone and iPad. She has experience with sewing, embroidery design, and making pottery, but painting was new to her! She gardens, reads, plays tennis, and loves new travel experiences.

**1612 Movies of the 1930s NEW**

Tue, Jan 23-Mar 12, 12:45-3:30 pm (VPC) \$5

LIMIT 25

The 1930s were a dynamic period for the film industry—from talkies to the Hays Code, all while dealing with the Depression and worldwide unrest. The 1930s produced some of the more memorable films in cinema history while reflecting the social consciousness of the period and also offering relief and escape from the harsh reality of the times. We'll view a selection films from that time that remain important and popular even today.

Moderator: Shannon Womer has been obsessed with films since childhood. He loves all types movies and has had the luck to branch out to more and more periods and genres. He learns so much preparing for these classes and wants to share this with others.

**1613 A Picture Is Worth 1,000 Words (More or Less): Writing Your Memories UPDATED**

Tue, Jan 23-Mar 12, 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, sharing with family and friends, or shouting 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 one 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, human resources, training, and ownership. Retired, he works at his passions—photography, remembering, writing, self publishing.

**1708 How Cincinnati Grew: Neighborhood by Neighborhood UPDATED**

Tue, Jan 23-Mar 12, 2:15-3:30 pm (VPC) \$5

LIMIT 25

Cincinnati is a city of 52 recognized neighborhoods. We will explore why, how, and when these distinct areas became part of Cincinnati, many giving up their own "city" status. Did you know that College Hill had a town hall and a mayor? You will be encouraged to contribute information about your own neighborhoods.

Moderator: Marcha Hunley has been an educator for 40 years and is a lifelong Cincinnati resident. Currently, she keeps her brain in tiptop shape by moderating courses for OLLI and designing historical tours for Spring Grove Cemetery and the OTR Brewery District.

**1709 Memoir Wisdom: Stories Worth Sharing**

Tue, Jan 23-Mar 12, 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 stories, crafted into creative nonfiction (plot, characters, setting, conflict, dialogue, voice), can turn real-life experiences into stories your reading audience will cherish. In this course, each writer will share his/her stories online. 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 UC Blue Ash College 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.

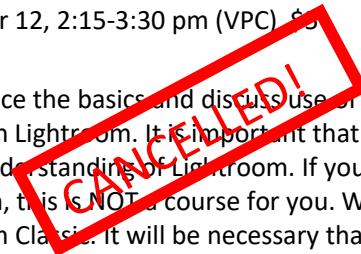
**1710 Lightroom Development Module, Part 1 NEW**

Tue, Jan 23-Mar 12, 2:15-3:30 pm (VPC) \$5

LIMIT 15

We will introduce the basics and discuss use of the Development Module in Lightroom. It is important that you already have a basic understanding of Lightroom. If you have never used Lightroom, this is NOT a course for you. We will be using Lightroom Classic. It will be necessary that you have a laptop with Lightroom on it and bring it to class each week.

Moderator: Larry Pytlinski is an award-winning amateur photographer who, since his retirement, has devoted his time to his passion for photography. He's had several solo shows, and his pictures are currently in several local galleries.



**1711 Healthcare in America: How We Got into This Mess and How We Can Get Out of It** **UPDATED**

Tue, Jan 23-Mar 12, 2:15-3:30 pm (VPC) \$5  
*LIMIT 150*

We'll explore the history of health insurance in America: how we got the most expensive in the world with low-quality care compared to other industrialized countries. The rise (and fall?) of HMOs, PPOs, accountable care organizations, Obamacare. What has and hasn't worked. Pros and cons of our current system(s). Single-payer system? Medicare for everyone? What are the possible futures of American healthcare? Is there a way out of our mess or a middle ground political parties can agree to?

Moderator: Dale Bradford ran health plans and founded and managed a healthcare consulting firm for 30 years in five US cities including Cincinnati. He was general manager of Choice-Care in Cincinnati and chief operating and financial officer of one of the most innovative healthcare companies in America, trying to create a truly accountable care organization to succeed for the long run.

**1712 Stream the Dream: "Better Call Saul"** **UPDATED**

Tue, Jan 23-Mar 19, 2:15-3:30 pm (Zoom) \$5  
*LIMIT 30*

Calling all *Breaking Bad* fans. This class will be devoted to watching *Better Call Saul*, the *Breaking Bad* prequel spin-off. We will watch about six hours per week and discuss what we've watched in the next class. You can watch on Netflix or get the DVDs from the library. (They have plenty of copies.) Everyone seems to agree that this is one of those rare times when the spin-off is even better than the original! Please watch the first seven episodes of season one before January 23.

NOTE: We will meet for nine weeks.

Moderator: Karen Grosser is a retired GE Aviation software engineer. Her two millennial children did a good job teaching her that she could stream TV for hours at a time!

**1713 Discovering More Mighty Girls and Audacious Women** **NEW**

Tue, Jan 23-Mar 12, 2:15-3:30 pm (Zoom) \$5  
*LIMIT 15*

Did you miss out reading about mighty girls and audacious women fall term? Did it leave you wanting more? The abundance of works of both fiction and nonfiction featuring brave, bold, audacious women and girls was too long to cover in eight weeks, so we'll cover more this winter. We'll read works for both adults and young people, most fewer than 300 pages, to keep the reading load manageable. Join us for inspiration and camaraderie (previous participation not required). For week one, read Tim Brady's *Three Ordinary Girls*.

Moderator: Judy Schechter enjoys reading; writing; theater; music, especially Broadway musicals, jazz, and the 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.

**1916 (VPC) / 1917 (Zoom) Walnut Hills: Mapping a Changing Neighborhood** **NEW**

Wed, Jan 24, 9:30 am-12 pm (Hybrid) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Walnut Hills has a long history as a racially and economically diverse community. Using a new application, we can trace changes to the neighborhood at a building-by-building level, getting a deeper appreciation for how residents lived, shopped, worked, worshipped, and played at different times. This presentation makes use of HistoryForge, an online application that links census data, building information, and historical maps to create a clear picture of the demographic and geographic changes to Walnut Hills during the 20th century.

Moderator: JoAnn Morse earned a PhD in history from Princeton Univ. in the 1970s. Her career turned toward business, focusing on process improvement during the time when computers were revolutionizing supply chain and financial planning. After retiring to Cincinnati in 2016, she has been working with the Walnut Hills Historical Society ([walnuthillstories.org](http://walnuthillstories.org)) to document the rich history of her neighborhood.

**1918 (VPC) / 1919 (Zoom) Revolutionary Impressionists: More than Pretty Pictures** **UPDATED**

Wed, Jan 31, 9:30 am-12 pm (Hybrid) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Exhibitions of French Impressionist paintings are guaranteed blockbusters. But why are they important? You'll love the beautiful canvases by Monet, Degas, Pissarro, and others even more when you understand what they tell us about a rapidly changing world, shifting societal mores, and new technologies.

Moderator: Cate O'Hara fell in love with Impressionism as a sixth-grader on a field trip to the Art Institute of Chicago. She worked at the Taft Museum of Art for 25 years before becoming Director of OLLI in 2013.

**1920 (VPC) / 1921 (Zoom) Thirty Men and Women Who Shaped Cincinnati: Daniel Drake to Jerry Springer** **NEW**

Wed, Feb 7, 9:30 am-12 pm (Hybrid) \$0  
*VPC LIMIT 150 / ZOOM UNLIMITED*

From the late 18th century to the present, creative men and women made Cincinnati into the city we know and love. Some came here and made a difference; some grew up here and left their mark. Historian Rick Pender will introduce 30 people—some admirable, some notorious—who contributed to making the Queen City one of America's most fascinating cities. Drawing on his popular book *Oldest Cincinnati*, his entertaining program will bring to life these colorful, larger-than-life figures.

Moderator: Rick Pender is a Cincinnati historian, journalist, author, and speaker who has studied and promoted aspects of Greater Cincinnati for 40+ years. Well versed in the arts, culture, and history the city, he is author of *100 Things to Do in Cincinnati before You Die* and *Oldest Cincinnati*. He also co-authored *The Cincinnati Bengals: An Illustrated Timeline*.

**1922 (VPC) / 1923 (Zoom) Sing America: Songs We Love to Hear and Love to Sing NEW**

Wed, Feb 21 ~~Feb 14~~, 9:30 am-12 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

Relive the songs we sang in school, folk songs, patriotic songs, songs of civil unrest, and more. We will learn the history of many of the songs and join together in song, led by the beautiful voice of Kristin Suess. We will include "Fanfare for the Common Man," "This Land Is Your Land," "America the Beautiful," "You're a Grand Old Flag," "Dixie," "Yankee Doodle," "Battle Hymn of the Republic," "We Shall Overcome," "God Bless America," and more. The words will be posted so we can all sing along. Not a singer? Not a problem!

Moderators: Deb Price, a retired educator, has presented OLLI classes on topics from chocolate and gardening to history and literature. She loves to research new topics and share them with OLLI friends. OLLI Program Coordinator Kristin Suess's first love is singing, and she has her BA in Vocal Performance. She keeps her singing chops in shape as a section leader and soloist at an area church.

**1924 (VPC) / 1925 (Zoom) Redefining Cyberspace: Rethinking the Fundamentals of Cybersecurity NEW**

Wed, Feb 14 ~~Feb 21~~, 9:30 am-12 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

Cybersecurity is not just a technical issue. It is driven by social, political, organizational, and cultural factors. Learn about the vitality and vulnerability of cybersecurity and what is currently being done here in Ohio and nationally to minimize potential threats.

Moderator: Richard Harknett, PhD, Director of the UC School of Public and International Affairs, Co-Director of Ohio Cyber Range Institute, Chair of UC's Center for Cyber Strategy and Policy, and professor at UC's School of IT, was inaugural Fulbright Professor in cyber studies, Oxford Univ., and the first Scholar-in-Residence at US Cyber Command and NSA. He regularly advises the US government and Ohio.

**1926 (VPC) / 1927 (Zoom) Law Enforcement Interactions with Persons in Crisis NEW**

Wed, Feb 28, 9:30 am-12 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

Police officers handle a variety of calls for service every day. Many of these calls involve someone affected by mental illness, and they don't always end peacefully. Learn how our law

enforcement officers train and prepare for these encounters and how better tactics, techniques, and methods are being used by our law enforcement partners to help de-escalate these encounters so that the persons affected get the help they need and everyone goes home safe.

Moderator: Paul Hartinger is a law enforcement trainer and educator who spent 33 years in law enforcement. He retired as the police chief of a local agency and is now actively involved in Crisis Intervention Team training. He is an advocate for modern mental health training for law enforcement officers, with a specialty in de-escalation and crisis communication.

**1928 (VPC) / 1929 (Zoom) A Critic's Look at Cincinnati's Local Food Gems NEW**

Wed, Mar 6, 9:30 am-12 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

New, flashy, trendy restaurants are opening all the time. What's rarer are the local gems that have consistently and proudly served Greater Cincinnati for decades. As a native Cincinnati, Keith Pandolfi is committed to ensuring that our city's dining scene is examined and told from the nuanced perspective of a local.

Moderator: Keith Pandolfi is a James Beard Award-winning journalist, former senior features editor at *Serious Eats*, and a former senior editor at *Saveur*. Born and raised in Ohio, he's spent time working as a journalist in New Orleans and took up food writing after a move to Brooklyn.

**1930 (VPC) / 1931 (Zoom) Saving Sumatran Rhinos: Among Earth's Rarest and Most Endangered Creatures NEW**

Wed, Mar 13, 9:30 am-12 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

Working with Cincinnati Zoo Scientist Dr. Terri Roth since 1989, Animal Keeper Paul Reinhart has been part of a team that has successfully bred Sumatran rhinos in managed care, starting with Andalas, who was born at the Zoo in 2001. Andalas was the first Sumatran rhino calf born in managed care in 112 years. The Zoo was the only successful breeder of this critically endangered species for 12 years. Thus far, three calves were sired by Ohio-born rhinos, and the latest calf, number four, begins a new generation.

Moderator: Paul Reinhart has witnessed six of the seven births of Sumatran rhinos alive today. In 2015, he accompanied the third zoo calf to a Sumatran Rhino Sanctuary in Indonesia to join a breeding program. A graduate of the Zoo Academy, he has worked with zoo hoofed stock for 43 years and eventually became primary Sumatran rhino keeper. He has wonderful experiences and stories to share.

**CLASS LOCATION ABBREVIATIONS**

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

**2121 The Play's the Thing: A Readers' Theater UPDATED**

Wed, Jan 24-Mar 13, 12:45-2 pm (VPC) \$5

LIMIT 20

Comedies, tragedies, classics, one-act plays...whatever seems appealing for our reader's theater. Everyone participates in choosing the plays. Then we read roles in class, select distinguishing props/costumes, or just be part of the audience. No memorizing or acting experience required. Discussions about the plays bring added dimensions for us all. Let your voice be heard and join in the fun.

Moderator: Karen Zaugg is a theater enthusiast and sometimes actor in local productions.

**2122 Layperson's Guide to Understanding and Responding to Mental Illness UPDATED**

Wed, Jan 24-Mar 13, 12:45-2 pm (VPC) \$5

LIMIT 30

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 in the Diagnostic and Statistical Manual (DSM-V). What causes mental illness? What are its signs and symptoms? Can it be cured? How do I respond to family, friends, and others who have been diagnosed with a mental illness? This course will explain the many aspects of mental illness using easy-to-understand language, the latest information, data, 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.

**2123 How Cincinnati Changed the World**

Wed, Jan 24-Mar 13, 12:45-2 pm (VPC) \$5

LIMIT 30

Many residents of our region are unaware of the worldwide impact of past and present Cincinnatians. Join our exploration and discussion of how Cincinnatians influenced the world in areas such as media, medicine, education, consumer products, politics, and more!

Moderator: Robert Eveslage is a professor emeritus and retired biology dept. chair at Cincinnati State. He developed his interest and knowledge in Cincinnati history by being a docent for Spring Grove Cemetery and the Over-the-Rhine Brewery District. He also is a re-enactor of various figures from Cincinnati's past.

**2124 How Foods and Drugs Affect the Brain NEW**

Wed, Feb 28-Mar 20, 12:45-2 pm (VPC) \$5

LIMIT 150

Everything we consume has the potential to affect brain function and health. This course will explore the ways that foods, herbs, spices, and many common drugs enhance or impair the function of the brain. These are some of the questions that will be considered: Why do we crave coffee and donuts in the morning? Is a gluten-free diet good for the brain? What are the effects of too many fats or carbohydrates on the brain? Is nicotine good or bad for the brain?

Moderator: Gary L. Wenk, PhD, Distinguished Professor of Psychology and Neuroscience, OSU. Author: *Your Brain on Food* (Oxford Univ. Press).

**2125 How the Aging Network Can Help You**

Wed, Jan 24-Feb 14, 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: Nick Stockburger is 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.

**2126 Tracing Homo Sapiens through Europe into the Americas**

Wed, Jan 24-Mar 13, 12:45-2 pm (Zoom) \$5

LIMIT 30

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 Hogya, 40 years of teaching at UC. Many years of quality management training and seminars. Former Cleveland Metropolitan Parks naturalist.

| CLASS LOCATION ABBREVIATIONS |                        |
|------------------------------|------------------------|
| OHLL                         | Ohio Living Llanfair   |
| VPC                          | UC Victory Pkwy Campus |
| ZOOM                         | Online via Zoom        |

### **2127 Papercrafting Tools and Techniques**

Wed, Jan 24-Mar 13, 12:45-2:45 pm (VPC) \$5 + fee

LIMIT 10

This course will focus on card making, but the skills will transfer to any type of papercrafting—place cards, favors, signs, scrapbooking, even quilling and origami. We'll start with the basics, stamps, inks, and papers, before exploring the many uses of a die cut machine, scoring board, and punches along with techniques involving dry and heat embossing, alcohol inks, and sponging. There is a \$10 materials fee for this class. The only thing you need is a small pair of sharp, pointed scissors.

Moderator: Cathy Berrens is a retired educator, spending most of her career teaching preschool and kindergarten. She started scrapbooking and card making 20 years ago when she helped her sister make a memory book for their parents' 50th anniversary. She has been hooked ever since.

### **2211 At First Hand: Engaging with Renaissance and Baroque Art from UC Collections** NEW

Wed, Jan 24-Feb 28, 2:15-3:30 pm (VPC) \$5

LIMIT 12

Explore the art and culture of Renaissance and Baroque Europe (ca. 1400-1750) with faculty and advanced students from the UC School of Art and other academic programs. Using lavishly illuminated manuscript pages and intricately designed prints, we will present a series of talks on topics that may include love, war, portraiture, global travel, and religious devotion. We will bring original artworks for you to examine and, in some cases, physically handle, so that you can appreciate the materials, techniques, and creative process of artists like Dürer, Rembrandt, Tiepolo, and Goya.

Moderator: Christopher Platts is an Assistant Professor of Art History and Museum Studies at UC. He teaches medieval and early modern art, while his research focuses on Italian painting and manuscript illumination, ca. 1250-1550. In addition, he regularly curates exhibitions at museums and libraries such as the Getty Museum, Yale Univ. Libraries, and Vassar's Loeb Art Center.

### **2212 "We, the Corporations," an American History** NEW

Wed, Jan 24-Feb 28, 2:15-3:30 pm (VPC) \$5

LIMIT 40

Did you know that our country started out as a corporate venture at Jamestown or that the 14th Amendment has been politically manipulated to give corporations rights as "persons"? Through viewing the 2003 documentary *The Corporation* and discussing the book *We the Corporations: How American Businesses Won Their Civil Rights* by Adam Winkler, we'll explore the history and significance of corporate power in America—and whether we may be able to counteract it.

Moderator: Lynn Hamamoto is passionate about voting rights and the environment. She looks forward to diving into the conversation with other interested people.

### **2213 "Justice Is Coming" by Cenk Uygur, a Book Club Discussion** NEW

Wed, Mar 6-13, 2:15-3:30 pm (VPC) \$0

LIMIT 40

*Justice Is Coming* by Cenk Uygur is a newly released book that describes how our nation got to this point of contention and why our votes and voices go unheeded by the local, state, and federal representatives of "We, the People." How does the majority recapture rights that are held captive by the promotion of a minority and corporations over a democratic majority rule.

Moderator: Lynn Hamamoto, environmental activist and pacifist.

### **2214 Stream the Dream: Amazon Prime** UPDATED

Wed, Jan 24-Mar 13, 2:15-3:30 pm (Zoom) \$5

LIMIT 25

Let's stream Amazon Prime at home and all watch the same thing. We will then check in each week to discuss what we're watching. Must have an Amazon Prime account. Just want to emphasize that watching TV is nothing to be ashamed of!

Moderator: Karen Grosser is a retired GE Aviation software engineer. She has learned how to stream TV from her millennial children!

### **2215 Economics of Inequality** NEW

Wed, Jan 24-Feb 21, 2:15-3:30 pm (Zoom) \$5

UNLIMITED

Economics plays a central role in the functioning of every aspect of society. This course will address economic inequality, both income and wealth, as well as economic mobility. We will explore the origins of inequality as a policy matter, the underlying data and evidence, and what policy levers are available to deal with it. Some focus will be given to inequality across racial and ethnic categories. Each lecture will be taught by a different subject-matter expert.

Moderator: Jon Haveman is Executive Director of the National Economic Education Delegation (NEED). He is an expert on economic policy. He holds a PhD in Economics from the Univ. of Michigan.

### **2307 Shakespeare for the Fun of It: "The Tempest" and "A Midsummer Night's Dream"** NEW

Thu, Jan 25-Mar 14, 9:30-10:45 am (VPC) \$5

LIMIT 26

Devoting four sessions to each of these two great comedies, we will read scripts aloud in class, each assigned a different character. (Declining to participate, i.e., "just listening" is perfectly OK, too!) We will examine the lines, the language, the motivations, and the plot, and we will discuss and argue about the meaning of it all. Using humor and anecdotes, Rick promises you a good time each week in the company of Mr. Shakespeare and the amazing characters he created. Texts: Simon and Schuster, edited by Folger Shakespeare Library.



Moderator: Rick Sowash is a classical composer, author, and publisher of his own music, books, and CDs. His high school English teacher (later his mother-in-law) brought him up to speed on Shakespeare, and he has cherished, seen, enjoyed, read, studied, thought about, and talked about his favorites among the Bard's plays for 50+ years.

### **2308 Human Immune System and Genetics: An In-Depth Exploration** **NEW**

Thu, Jan 25-Mar 14, 9:30-10:45 am (VPC) \$5  
*LIMIT 30*

Dr. Wendel will provide a framework for viewing the complex human immune system as it relates to the palliation and cure for genetic, inflammatory, autoimmune, and cancerous disorders.

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.

### **2309 Finding Solutions to America's Problems** **UPDATED**

Thu, Jan 25-Mar 14, 9:30-10:45 am (VPC) \$5  
*LIMIT 20*

Using the National Issues Forum (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 three major issues: 1) A House Divided: What would we have to give up to get the political system we want? 2) Keeping America Safe: What is our greatest threat? 3) America's Role in the World: What does national security mean in 21st Century?

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

### **2310 Enough \$\$\$ to Enjoy the Rest of Your Life—Retirement Income Solutions** **NEW**

Thu, Jan 25-Mar 14, 9:30-10:45 am (VPC) \$5  
*LIMIT 24*

From a financial perspective, retirement has two phases. The first is accumulating towards retirement; the second is spending through retirement. Strategies that work in the first phase often do not work well in the second. Further, there are solutions to correct shortfalls before retirement begins; but mistakes made during the spending phase are often irreparable. With today's longevity, many of us will be blessed to see our children's children. This course addresses the concerns of outliving one's assets and leaving a legacy. Rest assured, we will not promote financial products.

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.

### **2311 (VPC) / 2312 (Zoom) America—As Others See Us** **NEW**

Thu, Jan 25-Mar 14, 9:30-10:45 am (Hybrid) \$5  
*VPC LIMIT 150 / ZOOM UNLIMITED*

Let's take a look at America as seen by Smith, Blake, de Tocqueville, Churchill, Iran, China, Japan, et al. How have their perceptions developed into a mix of adoration and distaste? Many American scholars are looking abroad at the strengths of other democracies. The global world will not allow indifference.

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.

### **2407 French for the Fun of It**

Thu, Jan 25-Mar 14, 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, which he has visited many times. You will "repeat after me," learning to pronounce French words and phrases. Through impromptu guided dialogues, you will learn to politely ask for directions, check into "un hôtel," order "un café et un croissant" and locate "les toiles" (an important skill!).

Moderator: Rick Sowash, who is of French ancestry, is a classical composer and 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 his wife of 51 years love France and have visited every region of the country.

### **2408 You Can Change How You Feel with Rational Emotive Behavioral Therapy** **UPDATED**

Thu, Jan 25-Mar 14, 11 am-12:15 pm (VPC) \$5  
*LIMIT 20*

While anger, fear, and hurt are normal feelings, sometimes we have too much of them for our own good. This session will introduce you to the Albert Ellis, PhD, method to change feelings. Rational Emotive Behavioral Therapy (REBT) is a self-help skill that you can use to manage stress or change negative self-talk. REBT posits that people have erroneous beliefs about situations they are involved in, and that these beliefs cause disturbance, but can be disputed and changed.

Moderator: Mike Shryock is a licensed clinical counselor with many years' experience using REBT. He is also a facilitator for Smart Recovery, a program using REBT for people with addiction.

### **2409 Volcanoes and the Results of Their Eruptions**

Thu, Jan 25-Mar 14, 11 am-12:15 pm (VPC) \$5

*LIMIT 40*

We will begin by looking at the material that is belched out of different types of volcanoes like Kilauea in Hawaii, Mt. Saint Helens in Washington, Mt. Pinatubo in the Philippines, and Yellowstone. We'll contrast these igneous rocks from those volcanoes with the sedimentary rocks around Cincinnati and metamorphic rocks in the Appalachian Mountains. We'll also determine why Cincinnati's hillsides are on a downward slide. We will end by looking at what happens to rocks.

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

### **2410 Art for the Artless UPDATED**

Thu, Jan 25-Mar 14, 11 am-12:15 pm (VPC) \$5

*LIMIT 20*

Have you ever thought you couldn't draw a straight line? Well, this class is for you. Come and join other art-impaired OLLI members and have fun exploring drawing techniques. We'll teach each other as we play around in a no-pressure atmosphere. Bring a sketch pad and a pencil of any kind. All other supplies will be provided.

Moderator: Deb Price is not an artist! She has been a teacher, restaurant manager, aquatic instructor, professor, and more. She loves history and most books about everything. She has given more than 100 OLLI talks and counting.

### **2411 James McBride: His Life in Three Narratives NEW**

Thu, Jan 25-Mar 14, 11 am-12:15 pm (VPC) \$5

*LIMIT 18*

This eight-week discussion class will examine James McBride's life through his autobiography, *The Color of Water*, and two of his recent novels, *The Heaven and Earth Grocery Store* and *Deacon King Kong*. All are widely available in print, audio, and electronic form. McBride is an American writer and musician. He is the recipient of the 2013 National Book Award for fiction.

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

### **2412 (VPC) / 2413 (Zoom) For the Love of Music UPDATED**

Thu, Jan 25-Mar 14, 11 am-12:15 pm (Hybrid) \$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. There is always time for discussion and class participation.

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

### **2414 Passport to Retirement UPDATED**

Thu, Jan 25-Mar 14, 11 am-12:15 pm (Zoom) \$5

*LIMIT 20*

Take charge of your financial affairs. Learn how to manage your retirement to be financially secure. This course provides a comprehensive approach that helps you set realistic goals and make more informed decisions for your overall financial retirement management in today's retirement landscape. Address your concerns with tools that will last a lifetime. Gary will use graphics to explain concepts clearly and concisely. You will receive a 120-page full-color workbook packed with explanations and self-analysis quizzes. This valuable resource helps you apply what you learn to your personal financial situations.

Moderator: Gary Hollander, CFP, is a practicing financial professional with 48 years of experience who conducts financial workshops to help with financial success in retirement. He is an accredited A+ Member Cincinnati BBB since 1991 and has been awarded the "FIVE STAR Best in Client Satisfaction Wealth Manager" by Cincinnati Magazine. He has been president of Hollander & Associates LLC since 1976.

### **2415 Peace Education Program by the Prem Rawat Foundation UPDATED**

Thu, Jan 25-Mar 14, 11 am-12:15 pm (Zoom) \$5

*LIMIT 20*

The Peace Education Program is an innovative series of video-based workshops that helps people discover their own inner strength and personal peace. Included is a workbook, reflection time, sharing, and activities. The program is non-religious and not political. Rather than describing or defining personal peace, the program empowers you to reach your own understanding.

Moderator: Llee Sivitz is a Cincinnati resident who has facilitated the Peace Education Program in person since 2015, and on Zoom since 2020. She has offered the program to a variety of groups including senior centers, Cancer Support Community, local correctional facilities, probation and parole reentry programs, nonprofit organizations, and OLLI. She is a writer in her professional life.

### **2517 (VPC) / 2518 (Zoom) Life and Magnificent Nature Artwork of Claude Monet NEW**

Thu, Jan 25, 12:45-2 pm (Hybrid) \$0

*VPC LIMIT 150 / ZOOM UNLIMITED*

Find out about Claude Monet's life, painting techniques, and the beauty of his paintings. He was a French painter and founder of Impressionist painting, especially in his attempts to paint nature as he perceived it. During his long career, he

was the most consistent and prolific practitioner of plein air (outdoor) landscape painting, Presenter Howie Baum is a retired engineer and educator who enjoys exploring and sharing a wide array of interests.

Moderator: Howie Baum

**2519 (VPC) / 2520 (Zoom) Elmwood Hall:  
Thomas Carneal's Villa in Newport, KY NEW**

Thu, Feb 1, 12:45-2 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

This richly illustrated presentation concerns the Neoclassical villa of Thomas Carneal (ca. 1818) in Newport, KY. Elmwood was perhaps the latest, furthest west, and most wide-open example of the Anglo-American, Palladian villa revival, with spectacular river views. Acerbic British critic Frances Trollope praised the stunning, rural estate, likening it to a bower of roses in Russia. We'll examine all of the notable architectural features, the history of ownership, the plan for a utopian town, and Elmwood's entanglements with enslavement. Theresa Leininger-Miller, PhD, is Professor of Art History at UC.

Moderator: Theresa Leininger-Miller

**2521 (VPC) / 2522 (Zoom) Cincinnati's Pivotal Role  
in the Civil War NEW**

Thu, Feb 8, 12:45-2 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

Cincinnati played a pivotal role in the Civil War: attempt to assassinate Abraham Lincoln; connection to the Battle of Shiloh; formation of the Black Brigade; attack by the Confederates who planned to burn, plunder, and ransom the city; the amazing Union general who saved Cincinnati, caught Billy the Kid, fought Apache renegades, sentenced Lincoln's assassins to hang, and wrote one of the greatest books in American literature, *Ben-Hur*. Presenter Peter Bronson was an editor and columnist at the Cincinnati *Enquirer* for nearly 20 years and is author of several books.

Moderator: Peter Bronson

**2523 (VPC) / 2524 (Zoom) Understanding Youth Culture  
to Build Intergenerational Connections NEW**

Thu, Feb 15, 12:45-2 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

Are you sometimes confused by younger generations? Do you know the difference between Millennials and Gen Z? We will explore characteristics of different generations to better understand how to connect across intergenerational lines. We face big issues as a society, and our ability to create healthier communities depends on understanding how to engage people from a variety of ages, backgrounds, and perspectives. Shawn Jeffers, Director of Leadership Development for Youth at the Center and lead trainer for GLSEN, Greater Cincinnati, is an advocate for inclusion and student voice.

Moderator: Shawn Jeffers

**2525 (VPC) / 2526 (Zoom) Live Longer?—Yes!  
Live Better? Find Out! UPDATED**

Thu, Feb 22, 12:45-2 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

There is no doubt that people are now living longer. Can we live better, fuller lives than seniors have experienced in the past? The answer is a resounding YES! If we follow the common-sense principles outlined in the Seven Dimensions of Senior Wellness Care. The presentation is based on experience, not theories. Presenter is Roy Franchi, founder of Redirection, which concentrates on retirement and aging issues.

Moderator: Roy Franchi

**2527 (VPC) / 2528 (Zoom) Life and Legacy  
of Ulysses S. Grant NEW**

Thu, Feb 29, 12:45-2 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

Ulysses S. Grant had immense character and was driven to accomplish everything he started. As a general, he was perceptive and intent on attacking. His leadership in civil rights was decades ahead of his time. But by 1935, his reputation had sunk to that of a drunk, butcher, and President of a corrupt administration. Recent research has finally restored his remarkable legacy. Chris Burns is a Civil War historian with a passion for linking the past to the present and bringing history to life.

Moderator: Chris Burns

**2529 (VPC) / 2530 (Zoom) Backstory on Inflammation:  
A Complete Brain and Body Experience NEW**

Thu, Mar 7, 12:45-2 pm (Hybrid) \$0  
VPC LIMIT 150 / ZOOM UNLIMITED

Inflammation is our body's natural defense system. But it is also a precursor to many of our chronic diseases and neuro-degenerative diseases. Wear and tear of aging and poor lifestyle habits invite inflammation to take on an oversized role in our health. This presentation reviews the onset of inflammation, the damage it causes to our bodies and our brains, and solutions to get inflammation back under control. Patricia Faust is a gerontologist and brain aging and brain health specialist. Her focus is helping older adults have the best brain possible.

Moderator: Patricia Faust

**2531 Poetry Out Loud—OLLI Poets' Open Mic UPDATED**

Thu, Mar 14, 12:45-2 pm (VPC) \$0  
LIMIT 150

OLLI's poets have been hard at work in their OLLI poetry workshops (and lonely garrets!) over the past few years and would like to share their work with you. Even if you think you don't like or understand poetry, we promise you will enjoy this program of poetry out loud organized by OLLI Director

(and poet) Cate O'Hara. And, if you're a poet yourself, we'll give you a few minutes to share your work.

Moderator: Cate O'Hara

### **2532 Vipassana Meditation Practice UPDATED**

Thu, Jan 25-Mar 14, 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. Each 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.

### **2611 Integrated Creativity Expression in Art, Design, Music, Science, and Writing UPDATED**

Thu, Jan 25-Mar 14, 2:15-3:30 pm (VPC) \$5

*LIMIT 25*

This creativity course focuses on learning how creativity is expressed in art, design, music, science, and writing. We'll explore how to apply the creative process, how to integrate creativity across disciplines, and how to apply artificial intelligence to expand your creativity capability. Creative thinking is a competency comprising attitudes (want), skills (how), and knowledge (what). Everyone can learn to express feelings, expand imaginations, generate ideas, and pursue new opportunities. This course is integrative, interdisciplinary, interactive, and includes the expertise of guest speakers who will introduce authentic examples and practical exercises.

Moderator: Ralph Brueggemann, MBA, MEd, is an adjunct professor at the College of Engineering and Applied Science, UC. He is a published author and has practical experience in independent consulting. He has held management positions in national and international corporations developing commercial technology products and implementing quality improvement programs.

### **2612 Amazing Ohio NEW**

Thu, Feb. 22-Mar 14, 2:15-3:30 pm (VPC) \$5

*LIMIT 50*

Yes, Ohio is first in flight, but we are also first in so many other things. Come and find out more about the Buckeye State than you learned in fourth grade.

Moderator: Deb Price has been a teacher, restaurant manager, aquatic instructor, professor, and more. She loves history and most books about everything. She has given more than 100 OLLI talks and counting.

### **2613 Photo Management: Calm the Chaos NEW**

Thu, Jan 25-Feb 15 (no class 2/8), 2:15-3:30 pm (VPC) \$5

*LIMIT 6*

Do you find yourself in a photo mess, pictures scattered around your home in boxes and drawers, on memory cards, and devices? Is your phone full of hundreds of memories, but it's hard to get to the right one? Would you like to have a system that lets you enjoy your photos now and preserve them for future generations? Learn about safe and private cloud storage, design your photo management plan, learn some organizing tips, and discover simple ways to share your memories in both online and printed formats.

Moderator: Tabitha O'Connor has been a personal memory manager since 2001 and has the privilege of helping clients tell their story through their photos, videos, and more so future generations know their story and aren't left to guess. For Always Photos, Memories & More is her business and enables her bring calm to her clients' photo chaos.

### **2614 Genetics as It Applies to You**

Thu, Jan 25-Mar 14, 2:15-3:30 pm (Zoom) \$5

*UNLIMITED*

Genes! We all have them, but how do we use that information to take care of ourselves, catch criminals, and learn about our dogs? We will expand on the basics of genetics and discuss specific tests like newborn screening, direct-to-consumer testing, and forensics. We will also cover recent topics such as gene therapies, ethics, and the COVID mRNA vaccine.

Moderators: Sarah Crawford and Dharti Adhia are genetic counselors for the Division of Human Genetics at Cincinnati Children's Hospital Medical Center. They are skilled at making this complex and fascinating topic easy to understand.

### **2615 Literature...Science and Math!? NEW**

Thu, Jan 25-Mar 14, 2:15-3:30 pm (Zoom) \$5

*LIMIT 60*

Literature...science and math! Can they meet over the same questions? We'll seek to answer that question through three novels: *Time's Arrow* (Martin Amis), *Quantum Spy* (David Ignatius), and *Galileo's Daughter* (Dava Sobel); two short stories: "Entropy" (Pynchon) and "The Gold Bug" (Poe); and excerpts from Shakespeare, Proust, and Donne as well as summaries of other works. Literary people, be warned! "Here be equations, physics, and chemistry!" Math geeks, be warned! "Here be Shakespeare!" Let's give it a try and see what we can learn from each other!

Moderator: John Briggs has advanced degrees in literature but loves science and math, as well. He’s moderated (not “taught”) at OLLI for six years. He believes that OLLI is for your enjoyment. No participation is required, Come as you want, take the course as you want. No one should feel pressured; no one should ever hesitate to disagree with him.

**2616 iPhone Basics**

Thu, Jan 25-Mar 14, 2:15-3:45 pm (VPC) \$5  
*LIMIT 25*

Whether you are new to the Apple iPhone, need a refresher, or just suspect there might be a bit more you can do with it than make calls, this is the class for you. Beginning with buttons and hardware, lock and unlock, contacts, control center, gestures, phone apps, messages, mail, photos, iCloud, and much more, we will cover many of the basics and will be flexible to needs of class. We will be using the latest IOS 17 (iPhone Operating System). This class is for users of Apple iPhones only!

Moderators: Janet Keller has been an avid fan of Apple products for almost 30 years. She loves learning new ways to use technology and sharing that knowledge. 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.

**2702 Introduction to Sun Style Tai Chi and Standing Pole Qigong NEW**

Fri, Jan 26-Mar 15, 9:30-10:45 am (VPC) \$5  
*LIMIT 25*

Tai chi and qigong are complementary traditional Chinese arts that help to improve health, vitality, and wellbeing. Tai chi is a series of gentle flowing movements based on martial arts. Qigong is a mind/body exercise that helps to stimulate “elemental life force.” This class introduces the basic form of Sun style tai chi and Xingyi “Standing Pole” qigong. Sun style tai chi uses a higher stance and smaller movements, making it more comfortable and safer for older adults. We’ll also explore some of the philosophy and basic principles behind these arts.

Moderator: Rick Warm has practiced martial arts including tai chi for 40+ years. His study of tai chi and qigong has become more focused and serious over the past 10 years and he is a certified instructor from the prestigious Deyin Institute in England.

**2807 Hypnotherapy 101—Seeing Yourself in a Different Light NEW**

Fri, Jan 26, 9:30 am-12 pm (OHLL) \$0  
*LIMIT 120*

Experience an introduction to the effective use of hypnosis to create positive and long-lasting changes in your life. Learn what

hypnotherapy IS and IS NOT, and the many applications of hypnotherapy such as habit control (smoking, weight, etc.) and treating phobias, fears, anxieties, depression, and pain management. Mary will also guide the class through a hypnotic process to experience living a more free, confident, healthy, and fulfilling life. She promises that nobody will be made to act like a chicken!

Moderator: Mary Kacaba is a Certified Clinical Hypnotherapist and owner of Resources Within, LLC, with 30 years’ experience working with individuals and groups. Utilizing hypnotherapy, she has been immersed in consciousness-raising techniques. She truly believes that hypnosis is one of the most useful tools available for experiencing transformation. Come experience yourself in a different light!

**2808 Amazing Day Trips to Warren and Clermont Counties NEW**

Fri, Feb 2, 9:30 am-12 pm (OHLL) \$0  
*LIMIT 120*

Discover adventures right in your own backyard! Warren and Clermont Counties offer all kinds of opportunities for quick escapes, historic sites and museums, parks and natural spaces, themed driving trails, iconic eateries, festivals and events, art in many forms, great hiking and bicycling trails, coveted grandparent outings ideas, and more. This program is guaranteed to introduce you to fun nearby adventures you never knew existed.

Moderators: Scott Hutchinson is Director of Marketing and Communications for the Warren County Convention and Visitors Bureau. Sarah Gleason is Marketing and Communications Manager for the Clermont County Convention and Visitors Bureau.

**2809 Sex Trafficking in Cincinnati: The Social Pandemic NEW**

Fri, Feb 9, 9:30 am-12 pm (OHLL) \$0  
*LIMIT 120*

You will learn about the signs and symptoms of sex trafficking, programs that are in place to support victims, how to be an advocate, and ways to get involved. Redeemed Homestead, an extension of BLOC Ministries Inc., is actively working to be a model in providing a holistic solution to the problem of sex trafficking of minors in our area.

Moderator: Maria Lees-Dunlap is the Director of Development for Redeemed Homestead, a safe home for young women 11-17 escaping sex trafficking. She has worked in the nonprofit sector of Cincinnati for 10 years. Prior to her work with Redeemed Homestead, she founded a nonprofit, Reviv Family Support Foundation, after the death of her first child.

| CLASS LOCATION ABBREVIATIONS |                        |
|------------------------------|------------------------|
| OHLL                         | Ohio Living Llanfair   |
| VPC                          | UC Victory Pkwy Campus |
| ZOOM                         | Online via Zoom        |

### **2810 Behind the Scenes of Cincinnati Community**

#### **Theater NEW**

Fri, Feb 16, 9:30 am-12 pm (OHLL) \$0

*LIMIT 120*

Local theater patrons are blessed with many non-professional theater companies that provide an excellent alternative or supplement to our area's professional companies. Several veteran community theater volunteers will share their personal stories. Then they'll describe the various companies, where they perform, how they choose their shows, how auditions work, how their nonprofit operations are financed, how they are managed, what the ticket prices are, and everything else you might want to know about community theater.

Moderator: Fred Hunt is a director, producer, and actor who is currently president of the Association of Community Theaters (ACT) of Greater Cincinnati. He will be joined by several additional panelists representing a cross section of community theater member organizations.

### **2811 Podcasts, Blogs, and News Reviews: Making News More Relevant and Accessible NEW**

Fri, Feb 23, 9:30 am-12 pm (OHLL) \$0

*LIMIT 120*

Chris will explore the basics of podcasts and blogging. What is a podcast? Is it the same as a radio show? You'll leave with a better understanding of what blogging is and how to find and listen to a podcast. Then, Maryanne will walk us through the successful years of WVXU's Morning Edition and the behind-the-scenes work required to keep Morning Edition and Cincinnati Edition current and relevant.

Moderators: Chris Smith is a reference librarian for Cincinnati and Hamilton County Public Radio. While specializing in local history and genealogy, he loves to share his interest in a wide range of topics. Maryanne Zeleznik is VP of News for WVXU, where she is responsible for all news and public affairs programming and hosts Morning Edition.

### **2812 10 Women Revisited: Celebrating 10 Women**

#### **Who Impacted Cincinnati UPDATED**

Fri, Mar 1, 9:30 am-12 pm (OHLL) \$0

*LIMIT 120*

Funded by a People's Liberty Grant in 2019, 10 \_\_\_ Women was a multi-disciplinary experience that connected the accomplishments of female trailblazers with our modern Cincinnati identity using the lives and legacies of 10 Cincinnati women. Five years later, the team behind the 10 \_\_\_ Women project is ready to revisit this "first class" of 10 and look toward selecting who should be in the next class...with some input from you!

Moderators: Jeff Sues is a reporter for the Cincinnati *Enquirer* where he writes about Cincinnati history. Kristin Sues is the Program Coordinator for OLLI and has continued her arts administration work in the area.

### **2813 Gardening with Nature: A Balanced Approach to Pollinator Gardening NEW**

Fri, Mar 8, 9:30 am-12 pm (OHLL) \$0

*LIMIT 120*

Plant with nature! We'll take a balanced approach to planting with nature where native and cultivated plants work in harmony to create a landscape that supports pollinators and birds while allowing you, the garden creator, to spend more time enjoying the garden and less time tending to it. This is the ideal garden for those who can't, or don't want to, spend a lot of time tending to a garden. Discover plants that thrive in Cincinnati. Learn the importance of the winter garden—the often-forgotten garden season.

Moderator: Jennifer Smith is a pollinator garden designer, writer, photographer, and educator with Wimberg Landscaping. She holds certificates in landscape design and horticulture from UC and is the designer and caretaker of the Wimberg Pollinator Garden at Ault Park and the gardens surrounding Wimberg's office. An avid gardener for 20+ years, she practices planting with nature.

### **2814 Why Don't More People Vote, and What Is Being Done about It? NEW**

Fri, Mar 15, 9:30 am-12 pm (OHLL) \$0

*LIMIT 120*

The percentage of eligible voters who actually cast a ballot is often low and inconsistent across demographic groups. Learn how three Cincinnati-area organizations are trying to improve our local numbers by working to register voters and disseminate nonpartisan information on the issues and candidates. Find out how they incorporate traditional, innovative, technological, and collaborative approaches to reaching out to all eligible voters in our community from seniors to college students. Also hear about their challenges and successes.

Moderators: Kimberly Jacobs is VP of Voter Services, League of Women Voters of the Cincinnati Area. Keith Lanser is Assistant Director, UC Center for Community Engagement (UC Votes). David Whitehead is 3rd VP, Political Action Chair and Voter Empowerment Chair, Cincinnati NAACP. Deb Moy is an OLLI member and moderator who serves on the OLLI Diversity Committee.

### **2904 Writing for Children**

Fri, Jan 26-Mar 15, 11 am-12:15 pm (VPC) \$5

*LIMIT 10*

Do you want to be a child again, using your imagination and life experiences to write for children? Once written, would you like to send your fiction or nonfiction story off to a publisher or to hand it down to your grandchildren? Freestyle creative writing on an assigned topic in class, book reviews, lectures, and guest speakers will help you create a story that is suitable

for children aged three through early teens. We'll also discuss marketing tools and pros and cons of self-publishing.

Moderator: Connie Trounstein is the author of *The Worst Christmas Ever* and *The Phantom Five*, both chapter books for middle-grade students, and *Fingerprints on the Table*, a picture book about a table that has been in the White House since President Ulysses S. Grant. Nine presidents signed historic peace documents on the table.

### **2905 Introduction to American Sign Language through Song UPDATED**

Fri, Jan 26-Mar 15 (no class 3/1), 11 am-12:15 pm (VPC) \$5  
LIMIT 12

American Sign Language is a beautiful, practical, and fun skill. In this class, we will start with the alphabet and work our way up to vocabulary needed to interpret a selected song in sign. In addition to practicing basic ASL signs, you will also learn how to notate ASL vocabulary, construct sentences in ASL, seek out resources to learn new signs, and touch on principles of Universal Design and how they intersect with Deaf culture and history. Previous class attendees are welcome to return!

Moderator: Kristin Suess, in addition to being a professional singer, arts administrator, serial student, and Program Coordinator for OLLI, has trained in ASL off-and-on since she was in kindergarten. She attended Cincinnati State's Interpreter Training program with the thought of going into theatrical interpreting but cut her training short and finished with a certificate in Deaf studies.

### **2906 Friday Book Class: Tell It Again! UPDATED**

Fri, Feb 2, Feb 16, Mar 1, Mar 15, 11 am-12:15 pm (VPC) \$5  
LIMIT 15

We will read and discuss four novels that are retellings of classic epics, plays, or novels. You may read the original, too, but that is not necessary. The class will meet on alternate weeks.  
Feb 2: *The Silence of the Girls* by Pat Barker (based on the *Iliad*);  
Feb 16: *Dunbar* by Edward St. Aubyn (based on *King Lear*);  
Mar 1: *Wide Sargasso Sea* by Jean Rhys (based on *Jane Eyre*);  
Mar 15: *March* by Geraldine Brooks (based on *Little Women*).

Moderator: Susan Robinson has attended and moderated the Friday Book Class for many years.

### **2907 Phone Photography: The Basics UPDATED**

Fri, Jan 26-Mar 15, 11 am-12:15 pm (VPC) \$5  
LIMIT 15

We'll start with the basics of photography using a small camera and creating the best results with appropriate subjects. Learn better techniques for portraits, family groups, pets, landscapes, and more. Weather permitting, we'll shoot some interesting outdoor locations nearby. Learn how to share, edit, print, and make a photobook of favorites. Questions: pnord@fuse.net.

Moderators: Peter Nord has 70+ years of experience with photography. He uses an iPhone, but the class is appropriate for any phone camera. 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.

### **3010 Taste of Race and the City of Cincinnati UPDATED**

Fri, Jan 26, Feb 16, Mar 15, 1-3 pm (Zoom) \$5  
LIMIT 20

Each month, we will explore a portion of *Race and the City: Work, Community and Protest in Cincinnati, 1820-1970*. You will come to understand how the injustices of the past created the systemic inequities we see today. Please note that homework will be assigned, but no grades or tests will be given.

Moderator: Melanie Moon is a retired librarian. She earned degrees from UK, UC, and Miami Univ. She is the mother of four grown children and the grandmother of four. In addition to offering 8-12 week sessions of *Race and the City* via Zoom, she is a SilverSneakers fitness instructor and a baby sleep trainer.

### **3011 Medicare 101 UPDATED**

Fri, Feb 2, 1-3 pm (VPC) \$0  
LIMIT 150

In this educational class, we will discuss the federal Medicare program and all of its parts including Parts A, B, C, D and Medicare Supplement plans. After this class, you will understand how the different programs work and how many people make their decisions for what type of plan to choose for yourself.

Moderator: Jonathan Wallace is a full-time insurance broker who specializes in Medicare-based products since 2011.

### **3012 Beginner's Guide to Travel in Ireland**

Fri, Feb 9, 1-3 pm (VPC) \$0  
LIMIT 150

Interested in traveling to Ireland? Steve Ulm has made multiple visits to the Emerald Isle and will give an overview of Ireland travel for first-time visitors. What are popular sights? What's the best way to travel around Ireland? How hard is it to drive on the left side of the road? Is Northern Ireland safe? Can I use my cell phone? Where can I get a Guinness? What are helpful travel tips in general? He'll attempt to answer these and other questions.

Moderator: Steve Ulm is a retired engineer with interests in travel and history. This, along with a wife of Irish descent and multiple trips to Ireland, has led to an interest in the history and culture of the Emerald Isle.

#### **CLASS LOCATION ABBREVIATIONS**

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

**3013 History and Literature: “Lessons in Chemistry” NEW**

Fri, Feb 23, 1-3 pm (VPC) \$0

LIMIT 150

Historical novels tell interesting stories about a time and its people, requiring extensive research so the writing reflects history accurately. This class provides a one-hour look at the women’s movement in the US—from the Seneca Falls convention through the 19th Amendment to feminism in the mid-20th century, exploring their impact on modern times. In the second hour, we will continue with a discussion of the novel as contemporary literature. Readers and history buffs welcome! Participants should read *Lessons in Chemistry* by Bonnie Jo Garmus 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!

**3014 Fate Versus Free Will: Exploring Shakespeare’s “Julius Caesar” UPDATED**

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

LIMIT 150

Join Brian Isaac Phillips, Cincinnati Shakespeare Company Producing Artistic Director, for an exploration of the themes, direct language, and character ambiguities in Shakespeare’s *Julius Caesar*. Phillips, who will be directing CSC’s upcoming production of *Julius Caesar*, will lead a discussion on what inspired his modern conceptualization of the play.

Moderator: Candice Handy is Director of Education at Cincinnati Shakespeare Company, where she’s also an ensemble actor and mainstage director. She was last in seen in CSC’s production of *Alice Childress’ Trouble in Mind* and playing the role of Nancy in Steven Dietz’s *Gaslight*. She directs *The Amen Corner* by James Baldwin this January.

**3015 Stop the Bleed and Hands Only CPR/AED Training**

Fri, Mar 8, 1-3 pm (VPC) \$0

LIMIT 150

Learn how you can be a lifesaver. Stop the Bleed is a nationwide campaign to empower individuals to act quickly and save lives. Uncontrolled bleeding injuries result from natural and manmade disasters and from everyday accidents. It can kill within minutes, potentially before trained responders arrive. Hands-only CPR is another lifesaving skill and can be as effective as regular CPR. Bystanders with little or no medical training can become heroic lifesavers.

Moderator: Gina Menninger, Trauma Prevention and Outreach Coordinator for UC Health and UC Medical Center. She has been a nurse for 18 years, with most of those years with the

Trauma Department at UC Medical Center. She graduated from UC College of Nursing in 2006 and is an avid Bearcats fan.

**8101 Bridge 102: For Those Who Know Some of the Basics UPDATED**

Tue, Jan 23-Mar 12, 2:45-5 pm (Cincinnati Bridge Center) \$5

LIMIT 16

Those who have taken an introductory bridge course or have experience playing socially will gain additional skills for this great card game. Topics and course curriculum will follow the ACBL text *Play of the Hand in the 21st Century* (provided) but will be adjusted to fit participant experience levels. Topics to be covered: techniques for play, strong and weak 2 bids, communication, and beginning conventions beyond the basics. Location: Cincinnati Bridge Center, 2860 Cooper Rd, Evendale. NOTE: Some classes may be conducted via Zoom. \*\*Approval of moderator required for those who have not previously completed Bridge 101

Moderator: Larry Newman, Gold Life Master, Best Practices Accredited teacher of the ACBL, and member of the Cincinnati Bridge Association Education Committee.

**8102 Radiance of the Mystics Series UPDATED**

Tue, Jan 23-Mar 12, 5 pm (Email) \$0

LIMIT 40

You will receive eight weekly emails providing thought-provoking information about eight different famous mystics and their mystical experiences. Each email will include a general discussion about the mystic’s life and times (article), illustrated quotes by the mystic, research papers discussing the mystic, YouTube videos and lectures about the mystic, and photos and images of the mystic. Questions or comments will be answered via email.

Moderator: Jim Slouffman has been an artist and educator for 55+ years. He received his BFA from Wright State Univ. in 1972 and MFA from UC in 1976. He now devotes most of his time between the arts organizations he founded. He is a long-time committee member of Greater Cincinnati Friends of Jung.

**8201 Movies on Trial NEW**

Wed, Jan 24-Mar 13, 1-4 pm (Chesterwood Village) \$5

LIMIT 50

Legal dramas and comedies have been a staple in Hollywood for years. In each three-hour class, we will watch a movie in its entirety and then have a discussion. Movies to be shown: *Adam’s Rib*, *Runaway Jury*, *Inherit the Wind*, *To Kill a Mockingbird*, *The Verdict*, *Rumpole’s Return*, *Twelve Angry Men*, and *My Cousin Vinny*. Featured actors include Paul Newman, John Cusack, Dustin Hoffman, Spencer Tracy, Katharine Hepburn, Gregory Peck, Henry Fonda, Marisa Tomei, Leo McKern, and others. Location: Chesterwood Village, 8073 Tylersville Rd, West Chester.



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.

**8302 Samuel, Saul, and David: Their Lives, Their Loves, Their Legacy, Part 1 NEW**

Thu, Jan 25-Mar 14, 11 am-12:15 pm (Temple Sholom) \$5  
LIMIT 50

We will learn about the often heroic yet deeply flawed lives of Samuel, Saul, and David through a close reading of the biblical books of Samuel. Part I: Samuel. Text: *Tanakh, The Holy Scriptures* (Jewish Publication Society). Location: Temple Sholom, 10828 Kenwood Road, Blue Ash.

Moderator: Rabbi 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 HUC-JIR, NKU, Virginia Tech, and Roanoke College.

**8303 Indispensable Operas, Part 1 NEW**

Thu., Jan 25-Mar 14, 5 pm (Email) \$0  
UNLIMITED

Each week, you will receive an email with information, images, and links covering Rafael's picks for "Indispensable Operas." He will include as many of the indispensable operas of the 19th century as space allows. You will find the Italians Verdi, Puccini, and Mascagni sharing company with Wagner. Questions and comments will be answered via email. Look for future series covering more time periods and more operas.

Moderator: Rafael de Acha has enjoyed a distinguished career in the arts as a performer, stage director, producer, and educator. He is an alumnus of UC-CCM, has taught courses on the History of Music at Univ. of Miami Frost School of Music and contributed writings and reviews to *Seen and Heard International* ([www.seenandheard-international.com](http://www.seenandheard-international.com)) and to his blog [www.allabouttheartscoms.com](http://www.allabouttheartscoms.com).

**8401 Let's Do Lunch: New to You UPDATED**

Fri, Jan 26-Mar 15, 1-2:30 pm (various) \$5  
LIMIT 30

This session, we will be trying out restaurants that may be new to the area or just ones that you may not have tried. Please remember that more than a few misses keep others from joining Let's Do Lunch and create problems around making reservations at the restaurants. You will receive information about the first destination before Jan 26.

Moderators: Caryl Miller and Deb Price have been organizing this program for 72 restaurants and counting. They are Cincinnati natives who enjoy regional restaurants, food, and dining experiences with friends old and new.

**9010 Pub Night at Miamiville Trailyard UPDATED**

Tue, Jan 30, 7-8:30 pm (Miamiville Trailyard) \$0  
LIMIT 40

Join with old and new OLLI friends upstairs at the Miamiville Trailyard to raise a glass and enjoy the company of other life-long learners and a bit of non-competitive trivia (theme: Black History). Drinks and food on your own. The camaraderie is free! Location: Miamiville Trailyard, 368 Center St, Loveland.

**9011 Chocolate Mystery Tour UPDATED**

Thu, Feb 8, 2-3:30 pm (TBA) \$5  
LIMIT 12

Do you love surprises? Do you love chocolate? Sign up for this tour of two different chocolatiers. You will receive information about the first location a day or two ahead of time. One hint: both are in the Montgomery area.

**9012 From Maker to Market: Artisan Stories behind Creating a Fair Trade World UPDATED**

Mon, Feb 12, 9-11 am (Ten Thousand Villages, Harper's Point) \$0  
LIMIT 15

Visit Ten Thousand Villages nonprofit store in Harper's Point for a morning full of fair-trade coffee, tea, and chocolate sampling and a talk by Pam Venable about artisans around the world who are connected with their mission. From women escaping human trafficking in Bangladesh to Cambodian artisans using the bombshells of a recent civil war to ignite positive social and economic change, their stories are certain to inspire. There will be time to shop for a good cause for your Valentine or yourself after the talk. 11316 Montgomery Rd, 45249.

**9013 Cincinnati Art Museum Tour: "Charles White: A Little Higher" NEW**

Fri, Feb 23, 1:30-2:30 pm (Cincinnati Art Museum) \$0  
LIMIT 40

Take a docent guided tour of the special exhibition *Charles White: A Little Higher*. White (1918-1979) is widely recognized as one of the most important and influential African American artists of the 20th century. He created powerful, evocative interpretations of the Black experience with his mastery as a draftsman, printmaker, and painter. White speaks to viewers from all walks of life. He stated, "I like to think that my work has a universality to it. I deal with love, hope, courage, freedom, and dignity—the full gamut of the human experience." Location: Cincinnati Art Museum, 953 Eden Park Dr, Eden Park.

**CLASS LOCATION ABBREVIATIONS**

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

**9014 American Sign Museum Tour UPDATED**

Wed, Feb 28, 11 am-12:30 pm (American Sign Museum) \$13  
*LIMIT 50*

Take a guided tour of Cincinnati's American Sign Museum. This unique attraction, dedicated to the art and history of signs and sign making, is the largest public museum dedicated to signs in the US. Covering more than 100 years of American sign history in 20,000 square feet of indoor space, the museum is a walk through the ages of nostalgia, sign technologies, and design. No refunds. 1330 Monmouth Ave., Camp Washington.

**9015 Movie Matinee and Root Beer Floats NEW**

Sat, Mar 2, 1-5 pm (Mariemont Theatre & 50 West Brewing Company) \$0  
*LIMIT 25*

Relive your youth with a Saturday matinee (movie TBD) at the Mariemont Theatre followed by burgers and floats (or a more grownup beverage) nearby at 50 West Brewing Company. You'll pay for your tickets and refreshments individually. Locations: Mariemont Theatre, 6906 Wooster Pike; 50 West Brewing Company, 7605 Wooster Pike, Mariemont.