

# OSHER LIFELONG LEARNING INSTITUTE AT THE UNIVERSITY OF NORTH TEXAS

## Unique Educational Activities:

- Non-Credit Courses in 6 Locations
- Bus Trip to Dallas Museum of Art
- Wine & Cheese Pairing Lesson
- Lecture Series & Author Talks
- Special Interest Groups & Events

*Welcome back to  
the classroom.*

**2021**  
Fall Catalog

For Adults Age 50+



[OLLi.UNT.EDU](http://OLLi.UNT.EDU)

# A Message From The Director

Welcome back! We have missed seeing you in the classroom and hope you have enjoyed the virtual programming we have provided you over the last fifteen months. Who knew we were all so good at adapting to new ways of learning? We are so very thankful for Zoom. It kept us learning and socially engaged with one another during times of physical isolation. I would be remiss to not mention our beloved Jordan Williams at this point, who played an instrumental role in transforming OLLI at UNT into a remote learning program. I am so grateful for his hard work.

Fifteen months later, we are returning to the classroom to learn in person. We are all so excited! This fall is going to be extraordinary with over 82 non-credit courses and special lectures taught by over 70 faculty members. We will be featuring UNT's English Department in our Lunch and Learn lecture series and they are providing some incredible lectures that you can find out more about on page 20. We also have an incredible line-up of OLLI After 5:00 speakers. If you have not ever attended one of these special lectures, I encourage you to do so. You will have the opportunity to learn from amazing presenters while enjoying complimentary wine and cheese. This series is definitely a favorite among our members. To learn more about this series, take a peek at pages 22 to 23.

We have some fantastic special events planned for the fall, including a chartered bus trip to the Dallas Museum of Art, a painting event, and a fall wine and cheese pairing event, along with a trip to UNT's Sky Theater. Speaking of trips, OLLI at UNT is offering some once-in-a-lifetime trips for its members in 2022, including an art crime trip that will take us to three European destinations alongside OLLI favorite Dr. Laura Evans. Dr. Evans will teach us about art crimes that have occurred in some of the most famous museums. If you have not ever attended one of her presentations, I encourage you to attend her OLLI After 5:00 presentation on September 2nd. For those of you who want to stay closer to home, we will be heading to Santa Fe, New Mexico in 2022. For those who are ready for a little more adventure, try our trip to Ireland! Dr. Fred Busche will be taking a group of OLLI member to the Galapagos. Come learn more about it in his 3-part class series that will be offered at Robson Ranch.

As a reminder, OLLI members can attend classes at any of our six satellite locations. That's right, SIX locations. The Community Event Center in Lantana, Texas is our newest classroom location. Their center is absolutely gorgeous and ready to welcome you this fall.

I am so thrilled to see each of you back in class this fall! We have an incredible line-up of courses, faculty members, special events, and activities.

See you in class!



Stephanie Reinke



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This digital catalog was last updated on September 2, 2021. Members will be notified by email of any subsequent changes to this schedule.



Activities marked with the Zoom logo will take place virtually.



Click the home icons located throughout this catalog to return to this page.

# Staff

Stephanie Reinke, EdD.  
Director



Jordan Williams  
Sr. Communications  
Specialist



# Contact

Email: [olli@unt.edu](mailto:olli@unt.edu)  
Phone: 940-369-7293

# Office

1716 Scripture Street  
Denton, TX 76201  
**Hours:** 8am - 5pm, M - F  
*Our office closes for all holidays observed by UNT.*

# Mail

1155 Union Circle  
Mailbox #310560  
Denton, TX 76203



Thank you, Lily!

Our Administrative Specialist Lily Witty is moving on to the next phase of her career. Lily started as a student employee in our department. After graduating, she returned to work full time during what turned out to be a critical period in our program's history. Throughout the pandemic, Lily has assisted both members and faculty, hosted virtual courses, organized our semester calendars, and performed many other essential tasks. We thank her for her valuable contributions and wish her the best in her future endeavors.

# Annual Membership Options

During the previous four semesters, we offered single semester memberships due to the uncertainty of the pandemic. This fall, we are resuming our annual membership options. Nearly all returning members are due for renewal this fall. If you have questions about your membership status, please contact our office.

**\$150 General Public**  
**\$85 Discounted Groups**  
No Course Fees

**\$55 General Public**  
Pay \$15 Per Course

## All Memberships Include:

- Lunch & Learn Lecture Series
- OLLI After 5:00 Lecture Series
- Special Events & SIGs
- Member Benefits & Discounts
- Access to Great Courses Selections
- 2022 Travel Opportunities



## Discounted Groups:

- U.S. Armed Services Veterans & Spouses
- UNT Retiree Association Members
- UNT Alumni Association Members
- Flower Mound Seniors In Motion Members
- The Grove at Frisco Commons Members

## Course Fees:

For members at the \$55 membership level, a \$15 fee applies to each course listed on pages 24 through 32. These course fees are waived for members at the \$85 or \$150 membership levels. Pay Per Course members may upgrade to an inclusive membership at any time by contacting OLLI at UNT.

## Membership Duration:

All annual memberships remain active for 365 calendar days from the date of purchase. Memberships can be purchased at any time.



Memberships make great gifts.

[olli.unt.edu/gift](https://olli.unt.edu/gift)



# Enrollment Instructions

## New Members: [olli.unt.edu/register](https://olli.unt.edu/register)

### Online:

Become an OLLI at UNT member by following the step-by-step instructions on our website. They explain how to create your new member account, purchase an annual membership, and begin enrolling in our activities through the online Member Portal.

### Mail:

If you prefer to register by mail, please complete these two forms, which are available on our website.

- **Membership Registration Form:** Provide your contact information and select your membership level.
- **Enrollment Form:** Select the activities you wish to participate in this fall.

Submit these forms to our mailing address, along with any fees owed. You will receive a confirmation email once we've processed your registration.

## Show Your ID at the Door



All members will receive an OLLI ID card and lanyard by mail following registration. Please show your ID card to the host each time you arrive

for an OLLI course or event at any of our locations. Until your ID arrives, a printed copy of your registration confirmation email can also be shown as proof of OLLI membership.

## Returning Members: [olli.unt.edu/members](https://olli.unt.edu/members)

### Online:

Sign in to the Member Portal using your username and password. To purchase an annual membership, navigate to the "Membership" category, add the desired option to your cart and proceed through the checkout process. Once you've purchased your membership, you'll gain access to begin enrolling in our activities.

*If you've forgotten your username or password, please do not attempt to create a new member account.*

- **Recover Username:** Select this option if you need to have your username emailed to you.
- **Reset Password:** Select this option to receive a temporary password by email that will allow you to access your account. Once you've signed in, you'll be able to create a new password.

### Mail:

If you prefer to register by mail, please complete these two forms, which are available from our website.

- **Membership Registration Form:** Provide your updated contact information (if needed) and select your membership level.
- **Enrollment Form:** Select the activities you wish to participate in this fall.

Submit these forms to our mailing address, along with any fees owed. You will receive a confirmation email once we've processed your registration.

### Payment Options:

We accept payment by check and all major credit cards. Online credit card purchases are processed by the university's secure payment portal. All membership fees are non-refundable. Course and event fees are due upon enrollment. **Please be aware that the staff at our satellite classroom locations cannot accept any OLLI at UNT payments as they are not university employees.**

### Cancellations:

Enrolled in a course you can no longer attend? Please contact [olli@unt.edu](mailto:olli@unt.edu) or 940-369-7293 to cancel. We might be able to move another member off of the waitlist!

### Weekly Emails:

Watch your inbox for our regular reminders of each upcoming week's schedule.



# Classroom Locations

All OLLI at UNT members can attend OLLI courses at any of our classroom locations, regardless of their membership type. Complimentary parking (including handicap accessible spaces) is available at each location. The time slots when OLLI courses are scheduled are listed below each location.

**Health & Safety Protocols:** At the time of this catalog's printing, there are no mask or physical distancing requirements in effect at UNT locations, including our Scripture Street classroom. Our satellite classroom locations implement their own safety guidelines. All of our classrooms are "mask-friendly." Members should feel welcome to wear masks if they choose. We will update members by email of any changes to these policies.

## University of North Texas



**OLLI at UNT Classroom**  
1716 Scripture Street  
Denton, TX 76201

**Mondays  
& Wednesdays**

10:00am - 11:30am  
& 1:00pm - 2:30pm

## Robson Ranch



**Clubhouse Ballroom**  
9400 Ed Robson Blvd.  
Denton, TX 76207

**Tuesdays  
& Thursdays**

10:00am - 11:30am  
1:00pm - 2:30pm  
& 2:45pm - 4:15pm

## Good Samaritan Society



**Lake Forest Village**  
4th Floor Lounge  
3901 Montecito Drive  
Denton, TX 76210

**Fridays**

10:00am - 11:30am

## Lantana



**Community Event Center**  
1301 Haverford Lane  
Lantana, TX 76226

**Fridays**

10:00am - 11:30am



**NOTE:** *This semester, there will be a few exceptions to the classroom schedules listed on these two pages. Please make note of the date, time, and location for each fall activity in this catalog.*

### **Senior Center Access:**

Please be aware that our senior center partners have their own rules and fees associated with accessing their facilities, as indicated below. OLLI members are subject to these access rules and fees. However, dues-paying members of these senior centers are in turn eligible for discounted membership in OLLI at UNT (\$85 per year).

## **Flower Mound Senior Center**



To access the Flower Mound Senior Center facilities, individuals must either present proof of Seniors in Motion membership or purchase a Day Pass upon entry (\$1 for OLLI members). For information about how to become a member of the Flower Mound Seniors in Motion, visit their website or call 972-874-6110.

[flower-mound.com/749/Seniors-In-Motion](http://flower-mound.com/749/Seniors-In-Motion)

**Shirley Voirin Ballroom**  
**2701 W. Windsor Drive**  
**Flower Mound, TX 75028**

**Mondays**  
**& Wednesdays**  
**2:30pm - 4:00pm**

## **The Grove at Frisco Commons**



To access The Grove's facilities, individuals must purchase a \$3 Day Pass upon entry or present their senior center membership ID card or a photo ID with proof of residence that matches the senior center membership form on file. For information about how to become a member of The Grove at Frisco Commons, visit their website or call 972-292-6550.

[friscotexas.gov/1559/The-Grove-at-Frisco-Commons](http://friscotexas.gov/1559/The-Grove-at-Frisco-Commons)

**Craft Room**  
**8300 McKinney Road**  
**Frisco, TX 75034**

**Fridays**  
**10:00am - 11:30am**  
**& 1:00pm - 2:30pm**



# Member Discounts

## UNT College of Music Concerts

Members can reserve **complimentary** tickets through OLLI at UNT for select College of Music concerts. Members will be notified by email once the list of selected fall concerts is available.

## UNT Bookstore

OLLI at UNT members can receive a **10% discount** at UNT's Barnes & Noble campus bookstore by showing their OLLI ID card at checkout.

## UNT Kuehne Speaker Series

Eight (8) tickets are available through OLLI at UNT for a discounted price of **\$100 per member**.



### James Carville

Thursday, November 4, 2021  
11:00am - 1:30pm  
Renaissance Dallas at Plano  
Legacy West

James Carville is America's best-known political consultant. His long list of electoral successes evidences a knack for steering overlooked campaigns to unexpected landslide victories and for re-making political underdogs into upset winners. He serves as a professor of practice at Tulane University.

The UNT Kuehne Speaker Series is a signature event that features distinguished speakers who share insights on relevant global issues. Through the Kuehne Speaker Series Endowed Scholarship Fund, three \$25,000 scholarship are awarded annually to cover the costs of one year of education for outstanding UNT students.

## UNT Distinguished Lecture Series

OLLI at UNT members can claim one **complimentary** DLS ticket and VIP pass per year. Members will be notified when upcoming speakers are announced. DLS speakers are selected by a committee of UNT students, faculty, and staff. Past speakers have included Don Lemon, Condoleeza Rice, Bill Nye, and Jane Goodall.

## Mr. Chopsticks Restaurant

By showing their OLLI ID card, members can receive a **10% discount** from this Denton restaurant, which is located across the street from our Scripture Street classroom. Visit [MrChopsticks.com](http://MrChopsticks.com) to view their menu.

## Lewisville Lake Symphony Concerts

OLLI at UNT members can purchase discounted concert tickets from the Lewisville Lake Symphony. At the time of printing, it is still being decided whether performances will be held in person, livestreamed online, or both. Members will be notified by email of upcoming concerts.

## UNT THEATRE

Tickets for the following theatre performances are available through OLLI at UNT for just **\$10 per member**.

### *Amazing Grace*

by Shay Youngblood  
based on the book by Mary Hoffman  
Sunday, October 3 at 2:00pm

Our playful hero Grace navigates growing up with wonderful stories from her grandmother, a neighborhood friend, and her boundless imagination. Directed by Morganna Wilborn.

### *Our Town*

by Thornton Wilder  
Sunday, November 7 at 2:00pm

This American classic set in Grover's Corner is a celebration of life, love, family and what brings us all together. Directed by Don Jordan.





# The Great Courses

OLLI at UNT has purchased several Instant Video courses from The Great Courses and acquired the rights to share them with our members. To receive the current login information for the shared OLLI at UNT account on The Great Courses website, sign in to the OLLI Member Portal, add The Great Courses Member Access option to your cart, and proceed through checkout. You will then receive a confirmation email containing the login information you'll use to sign in to the Great Courses website. You can also email us to request access.

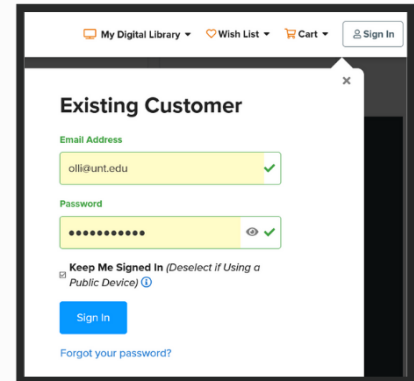
**Signing In:** You must sign in to The Great Courses website using the OLLI at UNT login information provided in the confirmation email you receive. If you have your own personal account on The Great Courses, the titles we have purchased will not appear in your personal Digital Library.

*Make a note of where you leave off in a given course each time you sign out, since other members can also access our shared Great Courses account while you're away.*



1. Sign In

2. My Digital Library ▾



## **NEW THIS FALL!**

### **Understanding the World's Greatest Structures: Science & Innovation from Antiquity to Modernity**

Stephen Ressler, PhD, US Military Academy, West Point

### **How Winston Churchill Changed the World**

Michael Shelden, PhD, Indiana State University

### **How to Read & Understand Shakespeare**

Marc C. Conner, PhD, Skidmore College

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## **ALSO AVAILABLE:**

### **England, the 1960s, & the Triumph of the Beatles**

Michael Shelden, PhD, Indiana State University

### **The American West: History, Myth, & Legacy**

Patrick N. Allitt, PhD, Emory University

### **America's Founding Fathers**

Allen C. Guelzo, PhD, Princeton University

### **The Great Trials of World History & the Lessons They Teach Us**

Douglas O. Linder, JD, University of Missouri, Kansas City

### **Books That Matter: The Federalist Papers**

Joseph L. Hoffman, JD, Indiana University

### **Peoples & Cultures of the World**

Edward Fisher, PhD, Vanderbilt University

### **Life & Work of Mark Twain**

Stephen Railton, PhD, University of Virginia

### **America After the Cold War: The First 30 Years**

Patrick N. Allitt, PhD, Emory University

### **Leonardo da Vinci & the Italian High Renaissance**

George R. Bent, PhD, Washington and Lee University

### **Great Minds of the Eastern Intellectual Tradition**

Grant Hardy, PhD, University of North Carolina, Asheville



# Advisory Council 2021-2022

The ten OLLI members on the Advisory Council work with the Director to review and evaluate policies and operations. The Council also does strategic planning to ensure that the program's quality and growth closely aligns with the needs of the OLLI at UNT membership.

**President:** Dr. Darrel VanDyke

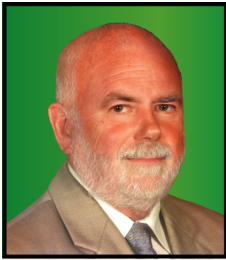
**Financial Liaison:** TBD

**Past President:** Dr. Max Morley

**Vice President:** TBD

**Secretary:** TBD

**Outgoing Council Members:** Dr. John Booth and Deborah Diehl. Thank you for your service on the council!



Dr. Fred Busche



Dr. Bert Hayslip



Dr. Tom Klammer



Dr. Max Morley



Karen Nelsen



Dr. Emily Richardson



Cheryl Storm



Susan Supak



Dr. Darrel VanDyke



Donna Zelisko-McLaughlin

## Get Involved

### Standing Committees

- Communications & Marketing Committee
- Curriculum Committee
- Membership & Nominations Committee

### Ambassadors

Our Ambassadors are volunteers who spread the word about OLLI at events and group meetings in our community. Ambassadors receive training and promotional materials.



Learn more at [oli.unt.edu/volunteer](https://oli.unt.edu/volunteer).



# Your gift can make a difference.

Thanks to the support of our members, OLLI at UNT is able to offer high quality educational activities to lifelong learners across the North Texas region at an affordable price. Donations of any amount made through the website below will be used to sustain our program for years to come.

*“OLLI at UNT classes add a new dimension to my life.”*

- Sally A.

*“OLLI at UNT is just what we need to keep our minds agile.”*

- Don V.



[one.unt.edu/olli](https://one.unt.edu/olli)

## Teach a Course

- Share Your Knowledge
- Inspire Our Community
- Attend OLLI Courses For Free
- Be Our Guest at Our Faculty Reception
- Receive a Director's Letter of Appreciation

Learn more at [olli.unt.edu/teach](https://olli.unt.edu/teach).

*We welcome proposals from active and retired faculty, as well as subject matter experts with a passion for education.*



# 2022 Travel Opportunities

OLLI at UNT partners with some of the tourism industry's most respected agencies to offer exciting domestic and international trips each year. Prior to the pandemic, OLLI members Jim and Melba Morrow took one of the trips we offered to South Dakota and the Badlands with the Collette travel agency. "The trip was well-organized and provided us with a lifetime of memories," Jim told us afterward. "It was a great



opportunity to see wonderful sites and make new friends."

*Although the pandemic put most of our travel plans on hold during the past year and a half, we're ready to resume our trips in 2022.*

Two of our upcoming trips will be led by beloved OLLI at UNT instructors. In May, art crime expert Dr. Laura Evans will lead a group across several of the great museums of Europe, regaling them with captivating tales of famous crimes along the way. In preparation for that trip, members can meet and learn from Dr. Evans twice this semester (see pages 22 & 24). In September, geologist Dr. Fred Busche will take members to the Galapagos to gain a new appreciation for the unique ecology of that region, which is unlike most other places on Earth! Dr. Busche is offering a special introductory series on the Galapagos this fall (see page 17).

**To learn more about our 2022 trips, visit [olli.unt.edu/travel](http://olli.unt.edu/travel)**

**Spotlight on Santa Fe** MARCH 27- APRIL 1

**Treasures & Thieves** MAY 4 - 15

Tracing Art Crimes through the Great Museums of Europe  
with Dr. Laura Evans

**Environment & Culture in the Galapagos**

with Dr. Fred Busche  
SEPTEMBER 7 - 15

**Shades of Ireland** OCTOBER 24 - NOVEMBER 2



# SEPTEMBER 2021

		SEPTEMBER 2021											
		WEDNESDAY 1		THURSDAY 2	FRIDAY 3								
10:00 AM 11:30 AM	<table border="1" style="margin: auto;"> <tr><th style="background-color: black; color: white;">LOCATION KEY:</th></tr> <tr><td style="background-color: #d9ead3;">UNT</td></tr> <tr><td style="background-color: #f4cccc;">Robson Ranch</td></tr> <tr><td style="background-color: #d9ead3;">Good Sam LfV</td></tr> <tr><td style="background-color: #f4cccc;">Lantana</td></tr> <tr><td style="background-color: #d9ead3;">Flower Mound SC</td></tr> <tr><td style="background-color: #f4cccc;">The Grove - Frisco</td></tr> <tr><td style="background-color: #d9ead3;">Off Site or Zoom</td></tr> </table>	LOCATION KEY:	UNT	Robson Ranch	Good Sam LfV	Lantana	Flower Mound SC	The Grove - Frisco	Off Site or Zoom	Annette Becker <b>100 Years of At-Home Style at the TX Fashion Collection</b>			Bruce Ralston <b>The Life of a Civil War Soldier</b>
LOCATION KEY:													
UNT													
Robson Ranch													
Good Sam LfV													
Lantana													
Flower Mound SC													
The Grove - Frisco													
Off Site or Zoom													
1:00 PM 2:30 PM	Steve Dubrow <b>Opera 201: What Makes Opera Great? (Session 1 of 4)</b>	Gloria Cox <b>Voting Obstacles: Integrity, Suppression, or Just the American Way?</b>		Bert Hayslip <b>Growing from Grief</b>									
2:30 PM 4:00 PM	Robin Cole-Jett <b>The Red River War(s) (Session 1 of 2)</b>			Robin Cole-Jett <b>The Red River War(s) (Session 1 of 2)</b>									
2:45 PM 4:15 PM													
EVENING		<b>OLLI After 5</b> Dr. Laura Evans <b>We Didn't Really Think We'd Get Away With It</b>											
		MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10							
10:00 AM 11:30 AM	LABOR DAY		Yoga SIG	Cecil Carter <b>Publicity and Public Relations on a Shoestring Budget</b>		Emily Richardson <b>Your Family History (Session 1 of 2)</b>							
1:00 PM 2:30 PM				Steve Dubrow <b>Opera 201: What Makes Opera Great? (Session 2 of 4)</b>		Leonard Scott <b>The Historical Jesus Through the Prism of The Kabbalah</b>							
2:30 PM 4:00 PM			Robin Cole-Jett <b>The Red River War(s) (Session 1 of 2)</b>	Robin Cole-Jett <b>The Red River War(s) (Session 2 of 2)</b>	Robin Cole-Jett <b>The Red River War(s) (Session 2 of 2)</b>	Robin Cole-Jett <b>The Red River War(s) (Session 2 of 2)</b>							
2:45 PM 4:15 PM				Book Talk SIG w/ Dr. Greenlaw									
EVENING					Wine & Cheese Pairing w/ Ten:One Artisan Cheese								
		MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17							
10:00 AM 11:30 AM	Jack Courtright <b>Sousa, Salsa and Shostakovich</b>	Steve Simpson <b>Recreational Drone Flying</b>		Sara Wilson <b>Creating Family Memories</b>	Your Family History (2 of 2) <b>Creating Family Memories</b>								
1:00 PM 2:30 PM		UNT Sky Theater <i>Dawn of the Space Age</i>	Steve Dubrow <b>Opera 201: What Makes Opera Great? (Session 3 of 4)</b>		Robin Cole-Jett <b>The Red River War(s) (Session 1 of 2)</b>								
2:30 PM 4:00 PM			Ferry Thorsen <b>The Role of the Phantom Jet in the Vietnam War Air Operations in 1969</b>										
2:45 PM 4:15 PM	Recipes: Show, Tell, & Share SIG			Neville McFerrin <b>Open House: A Visit to the Villa of the Mysteries in Pompeii</b>									



# SEPTEMBER - OCTOBER 2021

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
10:00 AM 11:30 AM	Pia Wood The History of Memory: France WWII - Present	Annette Becker 100 Years of At-Home Style at the TX Fashion Collection  Yoga SIG	Sara Wilson Creating Family Memories	Scott Belshaw Ethical Issues in the Criminal Justice System	What Can Poli. Sci. Tell Us About the Risk of Civil War? Early History of Photography Preserving Historical TV News
1:00 PM 2:30 PM		James Laney 19 <sup>th</sup> Century Folk Art Workshop (Session 1 of 2)	Steve Dubrow Opera 201: What Makes Opera Great? (Session 4 of 4)	Dahryl Ramsey English Folk Songs for the Wind Band (Session 1 of 3)	Robin Cole-Jett The Red River War(s) (Session 2 of 2)
2:30 PM 4:00 PM	Cecil Carter Publicity & Public Relations		Richa Yadav Short Stories by Jhumpa Lahiri		
2:45 PM 4:15 PM		Morgan Gieringer Saving, Preserving and Watching Historical TV News		Mike Cochran John B. Denton: True and Tall Tales	Great Books SIG
	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 1
10:00 AM 11:30 AM	John McKenzie Geriatric Medicine Part 1	Gus Seligmann Tippecanoe and Twitter Too	John McKenzie Geriatric Medicine Part 2	Quincy Davis Swing Music and the Rhythm That Makes It Swing	Who Gets Your Stuff When You Die? Understanding Israeli- Palestinian Conflict (1 of 2) Sousa, Salsa, & Shostakovich
1:00 PM 2:30 PM	Lopamudra Banerjee The Art of Memoir Writing (Session 1 of 4)	James Laney 19 <sup>th</sup> Century Folk Art Home Tour (Session 2 of 2)	Yayoi Takeuchi Oh, the Places You'll Go with Japanese O-Bento	Dahryl Ramsey English Folk Songs for the Wind Band (Session 2 of 3)	James Robinson The Transcontinental Railroad
2:30 PM 4:00 PM	Laura Evans F is for Forgery		Leigh Hilton Who Gets Your Stuff When You Die?		
2:45 PM 4:15 PM		David Causey Scams: Avoidance and Awareness		Fred Busche Ecuador and the Galápagos (Session 1 of 3)	
	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
10:00 AM 11:30 AM	Doug Dukes History and Tech of the Early Weapons of the TX Rangers	Sara Wilson Love Languages/Parenting Styles  Yoga SIG	Guy Chet The Articles of Confederation: Safeguarding English Liberties	Steve Dubrow A Little Latin (Session 1 of 4)	Creating Family Memories Understanding Israeli- Palestinian Conflict (2 of 2) Sense and Sensibility
1:00 PM 2:30 PM	Lopamudra Banerjee The Art of Memoir Writing (Session 2 of 4)	Patti Richard & John Booth Apportionment...Gerrymandering (Session 1 of 2)	Jessica Hogue Intro to Frank Lloyd Wright & His Architectural Genius	Dahryl Ramsey English Folk Songs for the Wind Band (Session 3 of 3)	James Robinson The History of American Political Parties
2:30 PM 4:00 PM	Richard McCaslin The Texas Fight for Independence from Mexico				
2:45 PM 4:15 PM		Fred Busche Ecuador and the Galápagos (Session 2 of 3)		Fred Busche Ecuador and the Galápagos (Session 3 of 3)	
EVENING				<b>OLLI After 5</b> Bryan Lovelace The Hard Facts About Psychics and Their Methods	



# OCTOBER 2021

	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
10:00 AM 11:30 AM	David Causey Scams: Avoidance and Awareness	James Robinson The Transcontinental Railroad	Glen Biglaiser Is Drug Decriminalization a Good Idea?	Steve Dubrow A Little Latin (Session 2 of 4)	TX Fight for Independence The Psychology of Travel A Visit to the Villa of the Mysteries in Pompeii
1:00 PM 2:30 PM	Lopamudra Banerjee The Art of Memoir Writing (Session 3 of 4)	Patti Richard & John Booth Apportionment...Gerrymandering (Session 2 of 2)	Neville McFerrin A Visit to the Villa of the Mysteries in Pompeii	Craig Neumann The Benefits of a Positive Psychology	John Neal The Early History of Photography
2:30 PM 4:00 PM	Rick Thomas Understanding Our Partisan Divide		Nancy Little Energy Sparks to Recharge, Refresh & Revitalize (Session 1 of 2)		
2:45 PM 4:15 PM	Recipes: Show, Tell, & Share SIG	Betty Prior Behind My Wings	Book Talk SIG w/ Dr. Greenlaw	Michael Greig Why Is an Israeli-Palestinian Peace So Hard to Achieve?	
	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
10:00 AM 11:30 AM	Kerry Goldmann American Horror History (Session 1 of 2)	Yoga SIG	Sara Wilson Love Languages and Parenting Styles		Understanding Our Partisan Divide Men and Women in Communication Growing from Grief
1:00 PM 2:30 PM	Lopamudra Banerjee The Art of Memoir Writing (Session 4 of 4)			Painting with a Twist	Richa Yadav Short Stories by Jhumpa Lahiri
2:30 PM 4:00 PM	Kaye Nubel Men and Women in Communication		Nancy Little Energy Sparks to Recharge, Refresh & Revitalize (Session 2 of 2)		
2:45 PM 4:15 PM					Great Books SIG
	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
10:00 AM 11:30 AM	Kerry Goldmann American Horror History (Session 2 of 2)	Francesca Romano The Undogmatic Surrealist Painters	Craig Neumann The Benefits of a Positive Psychology	Steve Dubrow A Little Latin (Session 3 of 4)	Landscaping with Natives The Dark/Deep Web Doomed 1916 Easter Rising
11:45 AM 12:45 PM	<b>Lunch &amp; Learn</b> Devin Garofalo Frankenstein in the Age of Climate Collapse	<b>Lunch &amp; Learn</b> Jeffrey Doty Improbable Shakespeare			
1:00 PM 2:30 PM	Alfred Mierzejewski The German Statutory Pension System		Rudy Ray Seward Doomed 1916 Easter Rising's Contribution to Ireland's Independence		Leigh Hilton Living Trust Seminar
2:30 PM 4:00 PM	Mike Cochran John B. Denton: True and Tall Tales		Kim Williams The Psychology of Travel		
2:45 PM 4:15 PM		Jack Courtright Sousa, Salsa and Shostakovich		Bruce Ralston The Life of a Civil War Soldier	



# NOVEMBER 2021

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
10:00 AM 11:30 AM	Bruce Ralston <b>The Life of a Civil War Soldier</b>	Rudy Ray Seward <b>Doomed 1916 Easter Rising</b>	Sara Wilson <b>UNT Oral History Program</b>	Steve Dubrow <b>A Little Latin (Session 4 of 4)</b>	<b>Your Family History (1 of 2)</b>
		Yoga SIG			<b>Elemental Impacts from TX</b>
				<b>Lunch &amp; Learn</b> Joanna Davis-McElligatt <b>Why Comics?</b>	<b>Geriatric Medicine Part 2</b>
11:45 AM 12:45 PM					
1:00 PM 2:30 PM	Bert Hayslip <b>Maintaining and Growing Your Mental Skills</b>	Max Morley <b>How We Think About Classical Music</b>	Kim Williams <b>The Psychology of Travel</b>		Bruce Ralston <b>The Life of a Civil War Soldier</b>
2:30 PM 4:00 PM	Cecil Carter <b>Landscaping with Natives to Attract Birds</b>		Michael Greig <b>Why Is an Israeli-Palestinian Peace So Hard to Achieve?</b>		
2:45 PM 4:15 PM		Nancy Little <b>Energy Sparks to Recharge, Refresh &amp; Revitalize (Session 1 of 2)</b>		Nancy Little <b>Energy Sparks to Recharge, Refresh &amp; Revitalize (Session 2 of 2)</b>	
EVENING				<b>OLLI After 5</b> Andrew Torget <b>Texas During WWII</b>	
	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
10:00 AM 11:30 AM	Richa Yadav <b>Short Stories by Jhumpa Lahiri</b>	Kevin Richardson <b>What are Universities for?</b>	Elaine Kushmaul <b>Jane Austen: From Life to Fiction</b>	<b>OLLI Bus Trip to Dallas Museum of Art</b>	<b>Your Family History (2 of 2)</b>
11:45 AM 12:45 PM			<b>Lunch &amp; Learn</b> Jacqueline Foertsch <b>On the Road...the End of the American Road Trip</b>		<b>TX Fight for Independence</b>
1:00 PM 2:30 PM	Jessica Hogue <b>Frank Lloyd Wright and His Usonian Vision</b>	Kevin Richardson <b>Research: Who/Where is it for?</b>			<b>UNT Oral History Program</b>
2:30 PM 4:00 PM	Bert Hayslip <b>Maintaining and Growing Your Mental Skills</b>				
2:45 PM 4:15 PM		Kevin Richardson <b>Americans &amp; the English</b>	<b>Book Talk SIG w/ Dr. Greenlaw</b>		
	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
10:00 AM 11:30 AM	Jodi Rhinehart-Doty & Justin Lemons <b>From the UNT Archives to Your Family History</b>	John McKenzie <b>Geriatric Medicine Part 1</b>	Cecil Carter <b>Landscaping with Natives to Attract Birds to Your Backyard</b>	Tom Tweeddale <b>Our 50 States (Session 1)</b>	<b>Publicity and Public Relations</b>
1:00 PM 2:30 PM	Leigh Hilton <b>Living Trust Seminar</b>	Cathy McGowan & Webu Finley-Carroll <b>VolunPeers</b>	Mike Cochran <b>John B. Denton: True &amp; Tall Tales</b>	Tom Tweeddale <b>Our 50 States (Session 2)</b>	<b>How the Microprocessor Changed the World</b>
2:30 PM 4:00 PM	David Causey <b>Scams: Avoidance and Awareness</b>		John McKenzie <b>Geriatric Medicine Part 1</b>		<b>John B. Denton</b>
2:45 PM 4:15 PM	<b>Recipes: Show, Tell, &amp; Share SIG</b>	Guy Chet <b>The Articles of Confederation: Safeguarding English Liberties</b>		Leigh Hilton <b>Living Trust Seminar</b>	Bert Hayslip <b>Maintaining &amp; Growing Your Mental Skills in Later Life</b>
EVENING			Ron Fink & Peggy Heinkel-Wolfe <b>Humor in Newsprint</b>	<b>OLLI After 5</b> Molly Fillmore <b>Opera! An Overview</b>	<b>Great Books SIG</b>





NOVEMBER 2021		
	MONDAY 22	TUESDAY 23
10:00 AM 11:30 AM	Terry Thorsen <b>The Phantom Jet in Vietnam War Air Operations in 1969</b>	John McKenzie Geriatric Medicine Part 2
1:00 PM 2:30 PM	Bert Hayslip <b>Growing from Grief</b>	
2:30 PM 4:00 PM	John McKenzie Geriatric Medicine Part 2	
2:45 PM 4:15 PM		
EVENING		<b>OLLI After 5</b> Kamesh Namduri <b>Safe and Trusted Unmanned Air Transportation</b>

## Special Interest Groups

OLLI at UNT Special Interest Groups (SIGs) provide opportunities for members to get to know one another and discuss topics of shared interest. If you have previously been a member of any of these SIGs, please sign up again this fall to indicate that you plan to continue participating.

### Recipes: Show, Tell, & Share

Mondays, Sept. 13, Oct. 11, & Nov. 15 at 2:45pm  
OLLI at UNT Classroom

Join Kim Kinnear to discuss your favorite recipes and learn tips and tricks from other foodies.

### Great Books

Fridays, Sept. 24, Oct. 22, & Nov. 19 at 2:45pm  
OLLI at UNT Classroom

Join Donna Zelisko-McLaughlin to explore a category of literature called “great books.” Selections might be philosophical, political, scientific, literary, or culturally significant. Group members respond to the works from a personal perspective of what resonates to one as a reader.

Suggested books for the fall:

*Beloved* by Toni Morrison

*I Know Why the Caged Bird Sings* by Maya Angelou

*White Teeth* by Zadie Smith

## SIGs (continued)

### OLLI at UNT Yoga

1st & 3rd Tuesday of the month at 10:00am  
OLLI at UNT Classroom

Join Sheila Holincheck for guided yoga sessions. All experience levels are welcome. *No meeting on Nov. 16.*

### Book Talk with Dr. Jean Greenlaw

2nd Wednesday of the month at 2:45pm  
OLLI at UNT Classroom



This will be a discussion group led by Jean Greenlaw. The topic for each meeting will be the theme of Dr. Greenlaw’s column that appears in the *Denton Record-Chronicle* on the first weekend of each month. It is not necessary to read the books mentioned in the column, but it will make your participation more

meaningful for you if you do read a book that fits the theme. It can range from a picture book for children to the most complex book you find on the topic. Dr. Greenlaw will begin each session by discussing the topic and a few books from her column. A link to the column will be sent to the SIG roster before the meeting. Then members will participate by discussing the book they read. There are three points Dr. Greenlaw would like participants to be ready to discuss with the group:

1. How does the book you read fit the theme?
2. What was your most important takeaway from the book?
3. Why would others be interested in reading the book?

#### Wednesday, September 8

Theme: Mysteries and WWII-related books.

#### Wednesday, October 13

Theme: Art, crafts, and music, to relate to the Denton Arts & Jazz Festival.

#### Wednesday, November 10

Theme: Any book worth giving as a gift this upcoming holiday season.

If you wish to be a member of the SIG and not participate in the discussion, you are welcome. It just is more fun for you if you put your 2 cents worth in the discussion!



# Special Events

We're excited to offer several special events this fall. Our wine & cheese pairing lesson, Painting with a Twist lesson, and bus trip to the Dallas Museum of Art each carry an additional fee. All other special events are complimentary for all members, regardless of membership level.



## Wine & Cheese Pairing Lesson w/ Ten:One Artisanal Cheese Shop

**\$30 Per Member**

Thursday, September 9, 5:30pm - 6:30pm

OLLI at UNT Classroom

Join Justin and Ben from Ten:One for this educational wine and cheese pairing event. Enjoy a glass of Gamay red wine from the Beaujolais-Villages with a selection of three cheeses. Justin and Ben will share their expertise and passion as they teach us all about the wine and cheeses, including why they compliment each other so well.

Fee includes 1 glass of wine, a selection of 3 cheeses (1 oz. each), bread from Ravelin Bakery, plus an assortment of house nuts, jams, and poached fruit.

**Food Allergies:** Please notify OLLI staff at least one week in advance to request a nut free or gluten free tray.

## DAWN OF THE SPACE AGE

### UNT Sky Theater Planetarium

Tuesday, September 14 at 1:00pm

Witness humanity's journey to the stars, from the launch of Sputnik to the lunar landings and privately operated space flights.

Meet us at the Sky Theater or park at the OLLI at UNT Classroom and we'll walk together just 0.5 miles up the sidewalk.



## What Makes Ecuador and the Galápagos Archipelago So Unique?

Session 1: Thursday, September 30; 2:45pm - 4:15pm

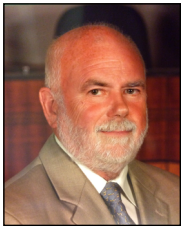
Session 2: Tuesday, October 5; 2:45pm - 4:15pm

Session 3: Thursday, October 7; 2:45pm - 4:15pm

Robson Ranch Clubhouse Ballroom



Join Dr. Fred Busche for an introductory lecture series about one of the most extraordinary locations on Earth. The series will begin with Charles Darwin's 19th century voyages to document the various species of animals and plants found near the equator (Session 1). Professor Busche will then describe the unique geology of the region, which includes some of the greatest altitude differences on the planet (Session 2). Finally, he will examine the region's remarkably stable climate and the affect it has on life in the area (Session 3). Members who enjoy these lectures are encouraged to consider traveling to the Galapagos with Dr. Busche in September 2022! To learn more about this travel opportunity, visit [oli.unt.edu/travel](https://oli.unt.edu/travel).

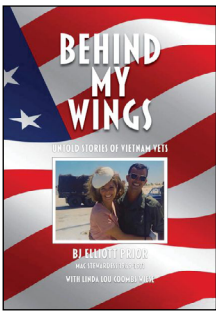


**Fred Busche, PhD**, earned his BS and his MS in Geology from the University of Illinois and the University of Hawaii, respectively. His PhD in Geochemistry was completed at the University of New Mexico, where he worked with lunar samples from Apollo 11 through 15. He currently teaches as an adjunct professor at Brookhaven College and is a member of the OLLI at UNT Advisory Council.

## Behind My Wings

Tuesday, October 12; 2:45pm - 4:15pm

Robson Ranch Ballroom



The 1960s was an era of misunderstanding, disillusionment, drugs, and sexual revolution. As an impressionable young stewardess transporting troops to the battlefields of Vietnam, Betty Prior saw the best and worst of times for our soldiers. After 40 years of flying for Continental Airlines, her passion

grew to share the stories of these young men who faced war and many other challenges when they returned to an unsettled America. In this lecture, she will weave a tapestry of their stories along with her own journey from air hostess, to stewardess, to flight attendant and finally, author and speaker.

**Betty Jo Elliott Prior** is an author and speaker. During her career with Continental Airlines, she became proficient evacuating a plane in 90 seconds, almost delivered a baby in flight, and transported military men to Vietnam from 1969 to 1971.

## Painting with a Twist

Thursday, October 21; 1:00pm - 2:30pm

OLLI at UNT Classroom



### \$35 Per Member

Develop your painting skills as an instructor from our local Painting with a Twist guides us through the "Colors of Autumn" design.

Fee includes 16" x 20" canvas and painting supplies.



# Dallas Museum of Art Chartered Bus Trip

Thursday, November 11



## Explore historic works of art and leave the driving to us.

**\$35 Per Member** (includes transportation and special exhibit ticket)

Travel with us by chartered bus to one of the country's premier art museums to view a special exhibition featuring works by Vincent van Gogh. Catch the bus at one of our designated classroom locations. When we arrive at the museum, we'll take in the art together. Later, we'll enjoy lunch from the food trucks in Klyde Warren Park (weather permitting) or in the museum's cafe, and return by about 4:00pm. The food trucks scheduled to be available include The Butcher's Son, Yummy Pizza, The Fruit Bowl, Greek Lover, and Serious Salads. The cost of lunch will be on your own.

**Van Gogh and the Olive Groves** is the very first exhibition dedicated to Vincent van Gogh's important olive grove series created between June and December 1889 during his stay at the asylum of Saint-Rémy-de-Provence. Reunited for the first time, the paintings reveal Van Gogh's passionate investigation of the expressive powers of color and line, and his choice of the olive groves as an evocative subject. Co-organized by the Dallas Museum of Art and the Van Gogh Museum in Amsterdam, this groundbreaking exhibition presents new insights into a beloved artist through works drawn from public and private collections.

**Bus 1: Robson Ranch, Lantana, Flower Mound SC**

**Bus 2: The Grove at Frisco Commons**

*At the time of publication, we are still finalizing arrangements with the museum and bus company. Additional details will be announced as they become available.*



# HUMOR IN NEWSPRINT

Wednesday, November 17 at 5:00pm

**OLLI at UNT Classroom**

Get ready to laugh as two notable Dentonites share bizarre and hilarious news items collected mostly from local papers over the years. These items have appeared on police blotters, obituaries, picture captions, and in cartoons. Please be aware that some of these items may include scandalous content!



**Peggy Heinkel-Wolfe** earned her Master's degree in journalism at UNT. She is a freelance journalist and a former longtime staff writer for the *Denton Record-Chronicle*.



**Ron Fink** has several degrees from the University of Illinois and is a Professor Emeritus in the UNT College of Music. He is a professional musician with multiple bands.



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# Lunch & Learn Lecture Series



Bring your lunch into the classroom and learn from UNT Department of English faculty in this series of four fascinating lectures. This series is complimentary for all OLLI at UNT members. Each lecture will take place from **11:45am to 12:45pm**.



## **Frankenstein in the Age of Climate Collapse**

Monday, October 25

OLLI at UNT Classroom

Mary Shelley wrote *Frankenstein* in the wake of the April 1815 eruption of Mount Tambora, a volcano located

on the island of Sumbawa. The eruption was catastrophic for people living in the Indonesian archipelago: thousands died, agriculture was devastated, and disease was rampant. Its effects were also planetary in scale. Refugees in and beyond Indonesia were forced to emigrate in hopes of escaping famine. In Europe, the eruption caused what we now call the Year Without a Summer: an unseasonably cold, dark, stormy period whose strange weather patterns and lurid sunsets inspired Caspar David Friedrich, J.M.W. Turner, and other Romantic-era painters. This brief but veritable climate change also set in motion the ghost story competition wherein *Frankenstein* was ultimately conceived. In this lecture, members will explore *Frankenstein's* climatological backstory. Members will also consider how and why we should read *Frankenstein* in light of contemporary climate collapse -- a crisis this historically far-flung and seemingly old novel does not name, but nevertheless anticipates and apprehends.

**Devin Garofalo, PhD**, is an Assistant Professor in the UNT Department of English. She completed her PhD in English at the University of Wisconsin-Madison with a minor in the history of science. Her research and teaching focus on nineteenth-century British literature, the environmental humanities, empire, and the poetry and fiction of climate change. Portions of her in-progress book manuscript have appeared or are forthcoming in *Diacritics*, *Victorian Literature and Culture*, and *Essays in Romanticism*.



## **Improbable Shakespeare**

Tuesday, October 26

Robson Ranch Ballroom

Although his plays are now regarded as a pinnacle of elite or high culture, in Shakespeare's own day, professional playwrighting was a new and slightly disreputable profession. This lecture will look at Shakespeare in context: what it was like to work in the theater of the 1590s, how (and why) scripts were made into books, and how Shakespeare eventually migrated from "popular" to "highbrow" culture.

**Jeff Doty, PhD**, is an Associate Professor in the UNT Department of English. He is the author of *Shakespeare, Popularity and the Public Sphere* (Cambridge, 2017) and numerous essays on Shakespeare and Renaissance drama. He earned his MA at UNT and his PhD at the University of Iowa.



## **Why Comics?**

Thursday, November 4

Robson Ranch Ballroom

Why would anyone read, teach, or write about comics – aren't they for kids? The answer is resoundingly no: comics are for everybody. In this lecture, members will explore graphic narrative as a medium, a language that involves reading, seeing, and thinking at the same time. Members will look at examples of comics, learn some of the fundamentals of comics grammar, and grapple with modes of representation, narration, and visualization.

**Joanna Davis-McElligatt, PhD**, is an Assistant Professor of Black Literary and Cultural Studies at UNT. She is coeditor of *Narratives of Marginalized Identities in Higher Education: Inside and Outside the Academy* (Routledge, 2019), *Narrating History, Home, and Nation: Critical Essays on Edwidge Danticat* (University Press of Mississippi, forthcoming), and *BOOM! Splat: Comics and Violence* (University of Mississippi Press, under contract). She is currently at work on her first monograph titled *Black and Immigrant: Diaspora, Belonging, and Time in American Literature after 1965*, a critical exploration of representations of immigrants of African descent to the US from Afropolitans to Wakandan Americans.





## On The Road, In Cold Blood, and the End of the American Road Trip

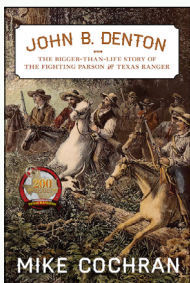
Wednesday, November 10

OLLI at UNT Classroom

This lecture comes from Dr. Foertsch's in-progress project, *Chariots of Doom: Getting Around to True Crime in Postwar America*, which examines the role played by automobility, social mobility, geography, and logistics in the commission of famed true crimes from the post-WWII period and narrative renditions of these. In this lecture, she'll discuss the connections between an iconic text from the period, Jack Kerouac's *On the Road*, as the "two guys in a car" motif is repeated in the commission of the infamous Clutter murders in the late 1950s and in Truman Capote's widely acclaimed recounting of the event. As with many true crimes of the period, this one could not have been committed without the aiding and abetting of an automobile, and postwar America's enthrallment to nationwide carscapes and car culture will be a focal point.

**Jacqueline Foertsch, PhD**, is a Professor in the UNT Department of English and Director of UNT's Postwar Faculty Colloquium. She is the author of seven books on postwar American literature, film, culture, and gender studies.

## UNT Press Authors



### John B. Denton: True and Tall Tales of the Texas Ranger and Frontier Preacher

RR Thursday, Sept. 23; 2:45 - 4:15pm  
FM Monday, Oct. 25; 2:30 - 4:00pm

UNT Wednesday, Nov. 17; 1:00 - 2:30pm  
GS Friday, Nov. 19; 10:00 - 11:30am

From his extremely humble beginnings and boyhood on the Arkansas frontier, John B. Denton rose to become a man of prominence, well respected by his contemporaries, but his life was cut short in the Battle of Village Creek in Tarrant County. His legend continued to grow after his death. This talk will cover the historical record of the man for whom Denton and Denton County are named as well as examine the sources of the fantastic legends that sprung up after he was killed in 1841. The talk will also explore the question of "Who is buried in Denton's Tomb?"

**Mike Cochran** has been researching and lecturing about John B. Denton for more than thirty years, which led to his publishing Denton's biography, *John B. Denton: The Bigger-Than-Life Story of the Fighting Parson and Texas Ranger* (October 2021). His interest in historic preservation led him to become the Chairman of the City of Denton Historic Landmark Commission, President of the Denton County Historical Society, and a member the Denton County Historical Commission. He curates the long-running history website, [Dentonhistory.net](http://Dentonhistory.net).



### The Role of the Phantom Jet in Vietnam War Air Operations in 1969

FR Friday, Sept. 3; 1:00 - 2:30pm  
FM Wednesday, Sept. 15; 2:30 - 4:00pm

UNT Monday, Nov. 22; 10:00 - 11:30am

This talk will include a brief history and description of Navy/Marine aviation training. It will cover the role of Phantom jets in Vietnam War air operations, including the role of Phantom jets in the Vietnam War. The talk will also cover the role of Phantom jets in the Vietnam War.

**CANCELLED**  
We will reschedule for a future semester, if possible.

**Major Terry Thorsen** is a Vietnam veteran. He is the author of *Phantom in the Sky: A Marine's Back Seat View of the Vietnam War*.

To learn more about these authors, visit [untpress.unt.edu](http://untpress.unt.edu).



# OLLI After 5:00 Lecture Series

Complimentary wine and cheese will be provided during these five thought-provoking lectures. This series is offered at no cost for all OLLI at UNT members. Each lecture will take place from **5:30 to 6:30pm** in the **Robson Ranch Clubhouse Ballroom**.



## “We Didn’t Really Think We’d Get Away With It”

**The Cases of the Missing Cellini Saliera & the Stolen Berthe Morisot Painting**  
Thursday, September 2

In this lecture, members will learn about two cases of amateur art thieves who acted on whims when they decided to break into museums and steal priceless works of art. Professor Evans will discuss the commonalities between the brazen theft of Berthe Morisot’s *Jour d’Eté* from London’s Tate Gallery by two young Irish lads in 1956 and the daring theft of Benvenuto Cellini’s salt cellar from Vienna’s Kunsthistorisches in 2003, while also looking at what makes each theft unique. The lecture will also include information about the artists, the art, and their history.

**Laura Evans, PhD**, is an Associate Professor of Art History and Art Education and the Coordinator of the Art Museum Education Certificate at UNT. Her research interests are in the intersections between art museum education, interpretation, gender and narrative. Evans has also interned or worked at galleries across the world.

*Travel with Dr. Evans on an art crime-themed tour of European museums in 2022! For trip details or to make a reservation, visit [oli.unt.edu/travel](http://oli.unt.edu/travel).*



## The Hard Facts About Psychics & Their Methods

Thursday, October 7

In this lecture, members will learn the secret techniques that psychics use to fleece unsuspecting victims of their hard-earned cash. Members will see examples of Barnum Statements, Cold Reading, and Hot Reading; the tools used in most psychic readings. Members will see demonstrations of these techniques and see psychics applying them in their trade. This lecture will not prove that true psychics or psychic powers do not exist, but this lecture will demonstrate that any psychic who is using supernatural powers to perform their reading is doing it the hard way.

**Bryan Lovelace, MS, BCBA, LBA**, is an Adjunct Professor in UNT’s Department of Behavior Analysis. He is a board-certified behavior analyst who received his BS and MS in Behavior Analysis from UNT.



## Opera! An Overview of the Art Form for Both the Novice and Seasoned Fan

Thursday, November 18

In this lecture, members will get an overview of what makes opera special. Professor Fillmore will also share some practical tips for enjoying opera for the first or 101st time!

**Molly Fillmore, MM**, is a Professor of Voice and the Chair of the Division of Vocal Studies at UNT. She holds a Master of Music degree from The University of Maryland. She has performed with many acclaimed symphonies and opera companies, including the Metropolitan Opera.







## Texas During WWII

Thursday, November 4

This lecture will explore the far-reaching transformations that World War II brought to Texas. Texas played a key role in supporting the U.S. war effort as the state became the world's largest military training ground during the war and turned its vast oil reserves into an indispensable weapon for Allied forces. Focusing on how men and women experienced the war on the Texas home front, this lecture will detail how the war also transformed Texas from an agricultural to urban society.

**Andrew Torget, PhD**, is an Associate Professor in the UNT History Department. He is a historian of nineteenth-century North America who teaches classes on the Old South, American expansion, slavery, Texas, the U.S.-Mexico borderlands, and digital scholarship. He is currently writing a history of the rise and fall of nineteenth-century Galveston as the key to the development of the American Southwest, editing a book on the history of violence along the U.S.-Mexico border, and developing two digital scholarship projects.



## Safe and Trusted Unmanned Air Transportation

Tuesday, November 23

The flying taxi business is projected to be a \$5 Billion/year market. Airline companies including Boeing, Airbus, and Bell, are building the electrical Vertical Takeoff and Landing (eVTOL) aircrafts. Uber is collaborating with NASA to plan flying taxi service in Dallas by 2023 with early demonstrations planned in 2020. The big question that we need to address is "Are we ready for the big challenges that come with unmanned air transportation?" What are you likely see first, a fully autonomous self-driving car in an urban area or an unmanned air taxi? In this lecture, Dr. Namuduri will discuss the critical aspects of unmanned air transportation. This lecture will be based on Dr. Namuduri's active engagement in activities related to Unmanned Aerial System (UAS) research.

**Kamesh Namuduri, PhD**, is a Professor of Electrical Engineering and the director of Autonomous Systems Laboratory at UNT. He received his BS in Electronics and Communication Engineering from Osmania University, MS in Computer Science from the University of Hyderabad, and PhD in Computer Science and Engineering from the University of South Florida.



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Faculty & Alumni Interviews Hosted By OLLI Member Susan Supak



# Fall Courses

## Classroom Location Key:

**UNT** = OLLI at UNT classroom

**RR** = Robson Ranch

**FM** = Flower Mound Senior Center

**LAN** = Lantana

**GS** = Good Samaritan Society LFD

**FR** = The Grove at Frisco Commons

## ARTS & HUMANITIES

### A Little Latin

**RR** Thurs. Oct. 7, 14, 28, & Nov. 4;  
10:00am - 11:30am

Alexander Pope wrote, “A little knowledge is a dangerous thing,” yet a little Latin can lead to bigger things, including better results on the *NYT* crossword, improved English grammar, and insights into how language functions. This four-session course will begin at the beginning so that members will quickly be able to make Latin nouns change form to show their function in the sentence and determine the correct form of the Latin verb to express person and tense. And members will begin reading the story of Aeneas, hero of Virgil’s *Aeneid*.

**Steve Dubrow** graduated from Columbia and Princeton, taught at Brown University, served for 25 years as a diplomat in the U.S. Foreign Service, and taught world languages for 19 years.

### American Horror History

**UNT** Mon. Oct. 18 & 25; 10:00am - 11:30am

Horror films are well-known as popular forms of entertainment. However, few audience members are aware of how American-made horror films have reflected various eras of American history. In this two-session course, members will discuss horror themes and films through the decades of the 20th century and explore how creators and audiences tried to make sense of anxious atmospheres by seeking out fear through film. An optional list of films will be in advance for members who want to watch a few before these sessions.

**Kerry Goldmann, PhD**, is a Lecturer and Associate Director of Graduate Studies in the UNT History Department. She received her BA and MA in history from UNT and her PhD in Humanities from the University of Texas at Dallas.

### English Folk Songs for the Wind Band

**RR** Thurs. Sept. 23, 30, & Oct. 7;  
1:00pm - 2:30pm

Composers in the early 20th century went through a period of revisiting historical folk songs. One of the more prolific countries to honor this movement was Great Britain. Blending the band tradition with folk songs from Britain produced a body of wind band music that is still popular today. Composers such as Gustav Holst, Ralph Vaughn Williams, and Hayden Wood created very listenable compositions that highlight British folk song material.

**Darhyl Ramsey, PhD**, is a retired Professor of Music from the College of Music at UNT, where his area of expertise was instrumental literature and band history. He holds degrees from Carson-Newman College and The University of Iowa.

### F is for Forgery: Art Crime at SMU’s Meadows Museum of Art

**FM** Mon. Sept. 27; 2:30pm - 4:00pm

When Algor Meadows, founder of the Meadows Museum of Art, decided to collect art, he did so with much enthusiasm, but with no experience in art collecting. As a billionaire, his new affection for art attracted some unsavory characters from the world of art crime that were keen to exploit Mr. Meadows’ fortunes. This session will explain how he came to own a spectacular collection of forgeries created by Elmyr de Hory, who has been called “the greatest forger of our time.”

**Laura Evans, PhD**, is an Associate Professor of Art History and Art Education and the Coordinator of the Art Museum Education Certificate at UNT.

### Fashion In Residence: 100 Years of At-Home Style at the Texas Fashion Collection

**UNT** Wed. Sept. 1; 10:00am - 11:30am  
**RR** Tues. Sept. 21; 10:00am - 11:30am

Over the past year, we’ve spent an unprecedented amount of time at home, and our wardrobes have adjusted accordingly. However, this isn’t the first instance of at-home contexts impacting fashion choices. In this session, members will explore a century of clothing designed for domestic environments, ranging from Prohibition-era hostess ensembles to 1950s television ensembles to 1970s bohemian caftans and even a nap dress from 2020, all drawn from the holdings of the UNT Texas Fashion Collection.

**Annette Becker, MA**, is the director of the Texas Fashion Collection, an archive of nearly 20,000 historic and designer garments and accessories spanning 250 years of fashion history. She holds an MA in Art History from UNT.

### How We Think About Classical Music

**RR** Tues. Nov. 2; 1:00pm - 2:30pm  
**FR** Fri. Nov. 12; 1:00pm - 2:30pm

Dr. Max Morley’s interest in investigating how Americans think about classical music and the fine arts led him to develop this presentation. In this session, members will be encouraged to explore their own perceptions about these subjects.

**Max Morley, DMA**, taught music history and literature at Stephen F. Austin State University until his retirement. He earned his BM, MM, and DMA degrees from UNT. He is currently a member of the OLLI at UNT Advisory Council.

### Jane Austen: From Life to Fiction

**UNT** Wed. Nov. 10; 10:00am - 11:30am

Jane Austen lived before reality TV and the media that exposes all things private to the public. Therefore, many of her readers know little of her life. She self-described her writing as being about “four or five families in a small village” and “the little bit of Ivory on which I work with so fine a Brush, as produces little effect after much labour.” This session will show the connections between Jane Austen’s life circumstances and events and the stories so carefully penned to be shared through publication. Family, finances, and felicitations are a few areas to be covered.

**Elaine Kushmaul, MLIS**, graduated from the University of Missouri with a degree in nursing and worked in healthcare for 25 years. She then earned a Master’s in Library Information Services from the University of North Carolina at Greensboro and worked as a librarian at a community college.

### Jane Austen’s *Sense and Sensibility*

**GS** Fri. Oct. 8; 10:00am - 11:30am

Jane Austen’s novel that became *Sense and Sensibility* was originally titled *Elinor and Marianne*. Changing the title added “philosophical depth” to what began as a sketch of two characters. The question is: do we find true love by following our heart (sensitivity) or our brain (sense)? It is more drama than comedy, but shows Austen’s wit as she surrounds her two central heroines with characters who deserve laughter from the reader. It is available on film in several versions. It is not necessary to read the book or watch the movie before attending this session.

**Elaine Kushmaul** (see bio above)



## Oh, the Places You'll Go with Japanese O-Bento

UNT Wed. Sept. 29; 1:00pm - 2:30pm

This course will introduce the world of bento, the Japanese lunch box, from its historical origin, to major types and popular styles. Members will explore many bento-related concepts in depth, including how to create pop obento types known as Chara-Ben.

**Yayoi Takeuchi, MA**, is a Senior Japanese Lecturer in the World Languages, Literatures, and Cultures Department at UNT. Yayoi received an MA in Linguistics from Ohio University.

## Opera 201: An Intro to Opera & What Makes an Opera Great

UNT Wed. Sept. 1, 8, 15, & 22;  
1:00pm - 2:30pm

This four-session course will focus on the intrinsic elements that attract opera audiences. Thanks to YouTube selections from operas of the late 18th, the 19th, and the early 20th centuries, members will discover the contributions to an opera's "greatness" made by both the playwright's (the librettist's) dramatic words, characters, and stories and the composer's lush melodies and virtuoso display pieces. Then, members will examine how the librettist-composer collaboration creates the stage magic that happens in performance. The result is a "great opera," namely, one that resonates over generations with the opera-going public.

**Steve Dubrow** (see bio on previous page)

## Preservation: From the UNT Archives to Your Family History

UNT Mon. Nov. 15; 10:00am - 11:30am

In this session, members will gain insight into what preservation work is being done at UNT's Libraries Special Collections Preservation Lab. Members will find out what it takes to preserve rare and unique materials so that they may be made accessible for use, research, exhibition, and long-term storage. Finally, members will be shown some preservation solutions and ideas to preserve their own family history.

**Jodi Rhinehart-Doty, MS**, is the Program Project Coordinator for UNT Libraries Special Collections. She earned her BA and MS in Psychology from Florida State University.

**Justin Lemons, MIS**, is the Lead Preservation Technician for UNT Libraries Special Collections. He earned a BFA in Drawing and Painting and an MIS in Library Science, both from the UNT.

## Short Stories by Jhumpa Lahiri

FM Wed. Sept. 22; 2:30pm - 4:00pm

FR Fri. Oct. 22; 1:00pm - 2:30pm

UNT Mon. Nov. 8; 10:00am - 11:30am

Jhumpa Lahiri is a Pulitzer Prize-winning author known for popular works of fiction like *The Namesake*. She has a rich global, cultural exposure as she is a British-born immigrant of Indian heritage whose family moved to the US when she was two years old. In this session, members will explore some of her finest stories from *Interpreter of Maladies* (1999), which won the Pulitzer Prize, and *Unaccustomed Earth* (2008), a collection that considers the lives of Indian American characters and how they deal with their mixed cultural environment.

**Richa Yadav** is a freelance writer who has lived in the US for almost two decades.

## Sousa, Salsa, & Shostakovich: The Many Roles of the Trombone

UNT Mon. Sept. 13; 10:00am - 11:30am

GS Fri. Oct. 1; 10:00am - 11:30am

RR Tues. Oct. 26; 2:45pm - 4:15pm

In this session, members will hear some of the many ways the trombone has been used in its short lifetime, from the opera house to the parade grounds to the silver screen. How could the instrument that depicts epic battle scenes in the orchestra be the very same that wah-wahs out the voice of Charlie Brown's parents? Explore the many sounds of this marvelous and versatile instrument and learn a few classic trombone jokes along the way.

**Jack Courtright** is currently a Teaching Fellow at UNT where he directs two large ensembles and teaches trombone lessons. He holds a degree and a Performer's Certificate from the Eastman School of Music.

## Swing Music and the Rhythm That Makes It Swing

RR Thurs. Sept. 30; 10:00am - 11:30am

Rhythm is an essential component to jazz music. But not all rhythm is created equal! Some rhythms swing, and some rhythms do not swing. In this session, members will learn exactly what rhythms swing and how those rhythms effect swing jazz music (Basie, Goodman, Ellington). By the end, members will understand better what swing is, but most excitingly, they will learn how to swing themselves!

**Quincy Davis, MA**, is Associate Professor of Jazz Percussion and chair of the drumset department in the UNT College of Music. He is a graduate of Western Michigan University.

## The Art of Memoir Writing: Voice, Style, and Narrative

UNT Mon. Sept. 27, Oct. 4, 11, & 18;  
1:00pm - 2:30pm

How can one seek meaning and resonance in his/her memories while crafting them into compelling stories? How and when is memory married to imagination, and how does one narrate the details of his/her experiences, while internalizing the thin line between fiction and nonfiction? How can one envision memoir as a cathartic act as well as a piece of art? In this four-session course, members will analyze the memoirs of Alice Walker, Maya Angelou, and Virginia Woolf, among others, and learn how they address various aspects of storytelling. Members will learn to write memoirs inspired by their styles and narrative voices.

**Lopamudra Banerjee** is an author, poet, and editor with six books and four anthologies in fiction, memoir, and poetry. She received a Journey Award for her memoir *Thwarted Escape: An Immigrant's Wayward Journey* and also received Honorary Mention for the book at the Los Angeles Book Festival.

## The Art Within 19th Century Folk Art: Workshop & Home Tour

RR Tues. Sept. 21; 1:00pm - 2:30pm &  
Home Tour: Tues. Sept. 28; 1:00pm - 2:30pm

In the first session of this course, members will learn about the history and tradition of 19th century American and British folk art: silhouettes, portraits, portrait miniatures, and other folk art forms. Members will experience the hands-on creation of selected folk art forms. In the second session, members will receive a guided home tour and view the extensive 19th century American and British folk art collection of Dr. James D. Laney.

**Dr. James D. Laney** is retired from the Department of Teacher Education and Administration at UNT, where he was a tenured Full Professor and Department Chair. He is an avid collector of 19th century American and British folk art.

### Scheduling Note:

Courses with multiple sessions at a single location continue from one session to the next.

Courses with multiple classroom locations listed are repeated at each location.



## The Early History of Photography

**LAN** Fri. Sept. 24; 10:00am - 11:30am

**FR** Fri. Oct. 15; 1:00pm - 2:30pm

In this session, members will learn about the discoveries that led to the invention of photography as well as the people who first made photographic images. Early forms of photography on metal, glass, and paper will be covered in this illustrated presentation, as will examples of strategies used by early professional photographers to capture images that long exposure times made difficult. Members will see some of the work of early portrait and landscape photographers.

**John F. Neal, PhD**, taught journalism and mass communication at the college level for more than 30 years. He received his PhD from UNT, and while in graduate school at The University of Texas at Austin, he worked in the photography collection of the Harry Ransom Center.

## The Undogmatic Surrealist Painters

**RR** Tues. Oct. 26; 10:00am - 11:30am

From Max Ernst, Rene' Magritte to Salvador Dali one can say that all their works were so original that no one dared to copy them. Their originality opened up the conscious to the subconscious via para Freudian appeal. Experience this new conception of artistic creativity which began in 1926 and continues to be used today by many artists.

**Francesca d'Atria - Romano, MFA, MA**, received her MFA from Kean College and her MA in Arts & Supervision from Newark State College. She is an artist and art instructor who has worked as a docent at the Metropolitan Museum of Art.

"I enjoy interacting with people who are interested in exploring and responding analytically to an information-filled world because it stimulates creative thinking."

-Member survey response

## CURRENT EVENTS & SOCIAL ISSUES

### Americans and the English: Two Worlds Separated by a Common Language?

**UNT** Tues. Nov. 9; 1:00pm - 2:30pm

This session will question traditionally understood differences between American and English cultures. In what ways are we similar and how (and why) do we differ? Is such a comparison still possible and meaningful? This transatlantic talk will use interactive polling using zoom involving two different groups; OLLI members in North Texas, and a group of policy experts and academics in England.

**Kevin Richardson** is currently employed at a senior level by UK Research & Innovation; that country's primary state funder of research, development & innovation. Mr. Richardson studied political science at UNT.

### Apportionment, Redistricting, and Gerrymandering after the 2020 Census: What's the Picture?

**RR** Tues. Oct. 5 & 12; 1:00pm - 2:30pm

In this two-session course, Drs. Richard and Booth will look at how the 2020 census had to cope with taking place during the pandemic as well as with budget issues and politicization. After reviewing the reallocation of House of Representative seats by state through the apportionment process, they will see how the 50 states go about redistricting and consider the likelihood of gerrymandering and its impact on the 2022 elections.

**John A. Booth, PhD**, is Regents Professor Emeritus of Political Science at UNT. His research and teaching at UNT have focused on Latin American politics and public opinion, democratization, and political violence and revolution.

**Patricia Richard, PhD**, is Trustee Professor Emeritus of Political Science at Ohio University. In her scholarly work, Dr. Richard has written extensively about democracy, elections and campaigns, public opinion, and women's rights.

## Ethical Issues in the Criminal Justice System: Examining Current Events in the U.S.

**RR** Thurs. Sept. 23; 10:00am - 11:30am

In this session, members will become acquainted with the criminal justice system in the United States and ethical concerns that have floated to the surface over the last few years. Members will examine how the United States has dealt with the problem of criminal behavior over time and how it is enforced. The ethical issues of immigration, policing and race along other varying concerns about the definition of crime and criminality will be presented.

**Scott Belshaw, PhD**, is the director of the UNT Cyber Forensics Lab, where his goal is to connect with as many police departments and federal agencies as possible to accelerate investigation processes.

## Facing the War on Drugs: Is Drug Decriminalization a Good Idea?

**UNT** Wed. Oct. 13; 10:00am - 11:30am

Over the past several years, voters in many states have decriminalized marijuana, treating the sale of marijuana much like alcohol. Oregon recently decriminalized all drugs, including methamphetamine and heroin. Is decriminalization a good idea? Or, should the United States rely on its long-running policy of punishing countries that produce/traffic illegal drugs, attempting to focus on restricting drug supply into the US, while using programs such as DARE in the schools to lower drug demand?

**Glen Biglais, PhD**, is a Professor in the Department of Political Science at UNT. His areas of specialization include comparative politics, Latin American politics, and economic and political issues in the developing world.



## Men & Women in Communication: "He Says. She Says."

FM Mon. Oct. 18; 2:30pm - 4:00pm

LAN Fri. Oct. 22; 10:00am - 11:30am

Men and women often use very different styles when communicating with one another. Some popular writers and researchers believe that men and women speak in distinct ways, as if they are from different cultures. Understanding these differences can help in creating & enjoying positive relationships. This interactive lecture will cover the history of gender and interpersonal communication, stereotypes of the past, communication styles of the present, and how to develop behavioral flexibility.

**Kaye Nubel** is a former Associate Professor who has taught at university and college levels for over 25 years and provided workshops and seminars in the public arena. Her areas of expertise are in Public Speaking, Interpersonal Communication, and Intercultural Communication.

## Scams: Awareness and Avoidance

RR Tues. Sept. 28; 2:45pm - 4:15pm

UNT Mon. Oct. 11; 10:00am - 11:30am

FM Mon. Nov. 15; 2:30pm - 4:00pm

In today's world, scammers are abundant. They use ever-evolving tactics to take advantage of our community. This session will cover some of these tactics and more importantly, some red flags that someone may be attempting to take advantage of you.

**Officer David Causey** is the UNT Police Department's Community Relations Officer. He is a graduate of UNT, a certified TCOLE instructor, a certified Gracie Survival Instructor, and a Field Training Officer.

## Understanding Our Partisan Divide

FM Mon. Oct. 11; 2:30pm - 4:00pm

FR Fri. Oct. 22; 10:00am - 11:30am

In this session, members will learn about the Graves Theory of human psychosocial development, and explore how it applies to them and their interactions with their families, friends, and our society in general. The objective will be to better understand the strong divisions we see in our country today.

**Rick Thomas** has been a university professor, a manager with the IBM Corporation, and a Life coach. He enjoys helping others in their quest to better understand themselves and the world we live in.

## Understanding the Israeli-Palestinian Conflict

LAN Fri. Oct. 1 & 8; 10:00am - 11:30am

This course will give a broad historical overview of the Israeli-Palestinian conflict from the British mandate in Palestine to the present. The implications for regional and global politics will be discussed. Members will come away with a deeper understanding of the history, politics, and culture of the region.

**Idean Salehyan, PhD**, is Professor of Political Science at UNT. His research and teaching focus on political violence, migrants and refugees, and protest movements. Dr. Salehyan is also the Executive Director of the Peace Science Society, International.

## VolunPeers: Inclusive Community Service

RR Tues. Nov. 16; 1:00pm - 2:30pm

Life Works Community is a day program located in Denton that caters to adults with intellectual disabilities. Life Works strives to assist its clients in reaching their full potential through meaningful work, community engagement, and in some cases job training and placement. This makes any volunteer opportunity very powerful to these often-underestimated community peers. Come and find out why OLLI's own director, Dr. Stephanie Reinke chooses to spend her spare time helping with this organization.

**Cathy McGowan** is the Executive Director of Life Works Community. Cathy has over 45 years experience working with people with special needs. She retired from Lewisville ISD in 2016 where she was a Behavior Specialist and the Transition Specialist for the district.

**Christopher (Webu) Finley-Carroll** is the Day Program Manager and has worked at Life Works since it's opening in 2016.

## Voting Obstacles: Integrity, Suppression, or Just the American Way?

RR Thurs. Sept. 2; 1:00pm - 2:30pm

The question of who can vote is a settled matter in this country, but how we vote has become a contentious issue recently. Some say current efforts to enact new rules and regulations address the integrity and legitimacy of elections while others say they are just nothing more than the same old voter suppression. This session will examine the issue to see if we can figure it out.

**Gloria Cox, PhD**, is a University Distinguished Teaching Professor and Associate Professor in the UNT Department of Political Science. She is the Founding Dean of the Honors College at UNT.

## What Are Universities For?

UNT Tues. Nov. 9; 10:00am - 11:30am

This session will examine and question critically the concept of universities as we have known them in the modern and changing world. Emphasis will be placed on their role not just in terms of teaching and research, but also what else they can and should do for local people and the real world places where they are based. How do we know collectively if they are doing a good job? This session will draw on recent work of the Civic University Network and the role of Civic University Agreements in the United Kingdom.

**Kevin Richardson** (see bio on previous page)

## What Can Political Science Tell Us About the Risk of Civil War in the United States?



ZOOM Fri. Sept. 24; 10:00am - 11:30am

Members can also watch this livestream from *The Grove at Frisco Commons*.

In the modern era, Americans have typically thought of civil conflicts in terms of the degree to which they promote instability in parts of the world where the U.S. has important interests. Yet, some today have questioned whether the U.S. itself might be headed toward a civil war. In this session, members will explore what political science research on civil conflict can tell us about the potential for civil war in the U.S., what such a conflict might look like, and how it might be avoided.

**Michael Greig, PhD**, is a Professor of Political Science at the UNT with a primary research and teaching expertise in international relations. His work explores the forces that cause the outbreak of conflict and the tools that are most effective in transitioning war to a stable peace.

## Why Is an Israeli-Palestinian Peace So Hard to Achieve?



RR Tues. Oct. 14; 2:45pm - 4:15pm

ZOOM Wed. Nov. 3; 2:30pm - 4:00pm

In 2021, fighting again broke out between Israel and the Palestinian group Hamas, resulting in casualties on both sides. Violence followed by a return to an uneasy ceasefire marked by mutual hostility has been the recurring pattern between Israelis and Palestinians for decades. In this session, members will explore the roots of the Israeli-Palestinian conflict, examine the efforts to end it, and evaluate the prospects for the establishment of a permanent peace between the two sides.

**Michael Greig, PhD** (see bio above)



## FINANCE & BUSINESS

### Living Trust Seminar

**FR** Fri. Oct. 29; 1:00pm - 2:30pm

**UNT** Mon. Nov. 15; 1:00pm - 2:30pm

**RR** Thurs. Nov. 18; 2:45pm - 4:15pm

Your Living Trust should do all it can to protect your beneficiaries from losing their inheritance, avoid Probate and Guardianship, specifically address the different needs of each of your loved ones, protect your IRAs and retirement plans, and take advantage of future changes in Estate Tax and Capital Gains Tax Laws.

**Leigh Hilton** is an Accredited Estate Planner. She received her law degree from the South Texas College of Law in Houston and is a member of the Wealth Counsel, National Association of Elder Law Attorneys, and Elder Counsel.

### Publicity and Public Relations on a Shoe String Budget

**UNT** Wed. Sept. 8; 10:00am - 11:30am

**FM** Mon. Sept. 20; 2:30pm - 4:00pm

**FR** Fri. Nov. 19; 10:00am - 11:30am

This course will explore proven public relations methods that cost little and get a big return in publicity. It will demonstrate how an organization can become better known and attract attention by using just a few simple, easy to master, techniques.

**Cecil Carter** taught Public Relations on the adjunct faculty of Oklahoma State University's Oklahoma City Branch for 20 years. He has been President of both the Denton chapter and statewide organization of the Native Plant Society of Texas.

### Who Gets Your Stuff When You Die?

**FM** Wed. Sept. 29; 2:30pm - 4:00pm

**FR** Fri. Oct. 1; 10:00am - 11:30am

This session will help members plan for the two most important things in their lives: everything they own and everyone they love.

**Leigh Hilton** (see bio above)

## HISTORY

### An Introduction to Frank Lloyd Wright & His Architectural Genius

**UNT** Wed. Oct. 6; 1:00pm - 2:30pm

Frank Lloyd Wright resisted the dominant design aesthetics popular at the turn of the century and ushered in a new era of uniquely American architecture. In this session, members will learn about the 70+ year evolution of Wright's aesthetic, from his pre-Prairie Style homes of the late 19th century to his design for the Guggenheim Museum, completed in 1959. By the end, members will be able to recognize the key elements that defined Wright's approach as contextualized within the history of American architectural design.

**Jessica Hogue** developed a passion for Frank Lloyd Wright's architectural designs after visiting the Pope-Leighey House near Washington D.C. in 2002. Since then, she has visited FLW-designed residences and public buildings throughout the country.

### Contract Between Generations: The German Statutory Pension System Over 130 Years

**UNT** Mon. Oct. 25; 1:00pm - 2:30pm

The session will trace the development of the German government retirement pension system. It will show how it was created, how it survived inflation and depression, two world wars and the separation of Germany into two very different states. It will conclude with a comparison of today's German pension system with Social Security OASDI in the United States.

**Alfred C. Mierzejewski, PhD**, is a Professor in the UNT History Department. He has written two books and numerous articles concerning the German statutory pension insurance system. He is currently working on a third book as well as a history of the German welfare state.

### Frank Lloyd Wright & His Usonian Vision

**UNT** Mon. Nov. 8; 1:00pm - 2:30pm

In the latter part of his career, Frank Lloyd Wright translated his personal beliefs about American values and ideals into a uniquely democratic style of architecture that he called Usonian. In this session, members will learn how Wright's design style evolved from expansive Prairie-style homes for the wealthy "avant-garde" to accessible homes for middle-income "everyman" families.

**Jessica Hogue** (see bio above)

## History & Technology of the Early Weapons of the Texas Rangers

**UNT** Mon. Oct. 4; 10:00am - 11:30am

Using demonstrations, primary, and secondary examples, this session will show the technology of the common weapons used by the early Texans and Texas Rangers. The session will also explore how developing technology led to changes in their tactics.

**Doug Dukes** served 28 years with the Austin Texas Police Department. He has studied the early weapons and records of the Texas Rangers through primary and accepted secondary sources for over 10 years.

## History of American Political Parties

**FR** Fri. Oct. 8; 1:00pm - 2:30pm

This session will take members through the tangled history of the two parties, from Colonial times to the 1992 rise of Ross Perot. Along the way, we will discover forgotten parties like the National Republicans and the Know Nothings, and discuss why third parties always seem to disappear. No current political divisions will be brought up, just historical facts.

**James Robinson** is a retired teacher of American and Afro-American History. His Master's degree involved Civil War origins, and he is currently a volunteer for the Denton County Office of History and Culture's Traveling Museum project.

## How the Microprocessor & Inventive People Changed the World

**LAN** Fri. Nov. 19; 10:00am - 11:30am

This session will encompass one decade: the 1970s. During this time, the microprocessor was commercially brought to market and people with nothing more than ideas went about changing the world. Members will be shown some of the wonderful ideas that allow us to carry a cell phone today.

**Darrel VanDyke, PhD**, is also the author of *Fire in the Mind*, which details the computer ideas that came about during the 1970's. He holds a PhD in Computer Science and has worked with several early computer companies. He is a current member of the OLLI at UNT Advisory Council.



## Life of a Civil War Solider

**LAN** Fri. Sept. 3; 10:00am - 11:30am

**RR** Thurs. Oct. 28; 2:45pm - 4:15pm

**UNT** Mon. Nov. 1; 10:00am - 11:30am

**FR** Fri. Nov. 5; 1:00pm - 2:30pm

A Civil War reenactor complete with uniform will bring to life what it was like to be in the Union army during the war. He will share his story ranging from camp life to the role of women and African Americans and much, much more.

**Bruce Ralston** is a Civil War living history actor. He taught US History for 45 years in California.

## Open House: A Visit to the Villa of the Mysteries in Pompeii

**RR** Thurs. Sept. 16; 2:45pm - 4:15pm

**UNT** Wed. Oct. 13; 1:00pm - 2:30pm

**GS** Fri. Oct. 15; 10:00am - 11:30am

With its elaborate interior decorations and well-preserved plan, the Villa of the Mysteries is the largest extant domestic structure associated with the site of Pompeii. Through a discussion of architecture and wall paintings, jewelry and furnishings, this session will explore the ways in which Pompeii, and the villa, offer us an opportunity to encounter the history of a family and the ways in which they chose to present themselves to their community.

**Neville McFerrin** is an archaeologist and art historian specializing in the ancient Mediterranean region. Her current work focuses on the visual and material culture of the sites of Pompeii and Persepolis.

## Our 50 States

**RR** Thurs. Nov. 18; 10:00am - 11:30am & 1:00pm - 2:30pm

This two-session course will present a trivia guide to the United States of America, including fascinating facts about the 50 states and their histories.

**Tom Tweeddale** is a former dance and private pilot ground school instructor and has been with UNT for 28 years. He has presented American and Texas history lectures to colleges, libraries, and retirement center audiences.

## Saving, Preserving, & Watching Historical TV News

**RR** Tues. Sept. 21; 2:45pm - 4:15pm

**GS** Fri. Sept. 24; 10:00am - 11:30am

UNT Libraries is the home of the WBAP/KXAS NBC-5 Television News Archive. In this session, members will learn how UNT preserves over 60 years of historical TV news footage and how this archive footage has been incorporated into documentary productions and major motion pictures. Members will also learn how they can search for footage and watch historical news footage from home.

**Morgan Gieringer, MLIS**, is a Certified Archivist and the Head of UNT Libraries Special Collections. Morgan received her BA in Anthropology from UNT and her Master's in Library Science from Texas Woman's University.

## The Articles of Confederation: Safeguarding English Liberties

**UNT** Wed. Oct. 6; 10:00am - 11:30am

**RR** Tues. Nov. 16; 2:45pm - 4:15pm

This session will contrast the view of colonial and Revolutionary history provided by US textbooks, which paint the Revolution as a product of long incremental cultural change in America, with the view of specialists on the colonial era, who tend to view the Revolution as an event that reflected the settlers' English identity and beliefs. Within the colonialist framework, the Revolution emerges not as a constitutional crisis, in which rebels saw themselves not as advocates for change, but as reversing the clock to restore the old order.

**Guy Chet, PhD**, is a Professor of History at UNT, teaching classes on early-American and military history. He earned his bachelor's degree at the University of Haifa, and his MA and PhD at Yale University.

"I love sharing divergent ideas and opinions and continuing discussions after class."

-Member survey response

## The Doomed 1916 Easter Rising's Contribution to Ireland's Independence

**UNT** Wed. Oct. 27; 1:00pm - 2:30pm

**GS** Fri. Oct. 29; 10:00am - 11:30am

**RR** Tues. Nov. 2; 10:00am - 11:30am

The 1916 Easter Monday Rising was conducted by a poorly armed, fatally disorganized, and ideologically incoherent band of rebels, with little popular support, who defied their commander-in-chief's cancellation. The declared 'Irish Republic' lasted only six-days and never controlled more than a few square miles in central Dublin. The Rising is considered Ireland's most famous and influential rebellion. Its contents, context, consequences, and celebrations indicate ambivalence about its significance for independence in 1922.

**Rudy Ray Seward, PhD**, is a descendant from Mary Davis born on Christmas Day in 1792 in County Tyrone, Ireland. He first visited Ireland in 1971 and in 1998 was Research Fellow at National University of Ireland, Galway. In 2012, he was designated Professor Emeritus at UNT after 39 years on faculty.

## The History of Memory: France from WWII to the Present - Resisters or Collaborators?

**UNT** Mon. Sept. 20; 10:00am - 11:30am

Societies around the world create memories of major events in their country's history. Often, these memories will change over time as new information comes to light, new voices are heard, and different perspectives gain prominence. Using France from WWII to the present, this session will focus on understanding how and why the narrative of France as a nation of resisters became more nuanced over the years. This example will give members insights into how societal memories are formed and how and why they can change over time.

**Pia Wood, PhD**, is the Vice Provost and Dean of International Affairs at UNT. She has a Ph.D. in Political Science from the University of Geneva in Switzerland and her areas of expertise are US-European Relations, French Foreign Policy and the European Union.



## The Red River War(s)

**FM** Wed. Sept. 1 & 8; 2:30pm - 4:00pm

**GS** Fri. Sept. 3 & 10; 2:30pm - 4:00pm\*

**UNT** Tues. Sept. 7 & 9; 2:30pm - 4:00pm\*\*

**FR** Fri. Sept. 17 & 24; 1:00pm - 2:30pm

The word "frontier" means simply a borderland - but in American history, it means a confrontation between the known and the unknown. In North Texas and the Red River Valley, it centers on hostilities between the US and state governments, and indigenous tribes. By focusing on the several clashes along this "frontier," this two-session course will examine how this term clouded the history of the 19th century.

\*These sessions were originally scheduled to meet at 10:00am in the Good Sam. 4th Floor Lounge. They will now meet in the Activity Room at 2:30pm.

\*\*These sessions were originally scheduled for Sept. 13 & 20 at 1:00pm.

**Robin Cole-Jett**, a graduate of East Texas State University, UNT, and TWU, has worked as the Educator at the Eisenhower Birthplace State Historic Site in Denison, Texas. She's also known as the Red River Historian, chronicler of the history of "where the South meets the West."

## The Texas Fight for Independence from Mexico

**FM** Mon. Oct. 4; 2:30pm - 4:00pm

**FR** Fri. Oct. 15 ; 10:00am - 11:30am

**LAN** Fri. Nov. 12; 10:00am - 11:30am

The Texas fight for independence, or the Texas Revolution, has become the focus of strong arguments over causation and the significance of such events as the massacre at Goliad, the fall of the Alamo, and the Texan victory at San Jacinto. Join Dr. McCaslin to review these and other topics concerning the Texan rebellion against Mexico.

**Richard B. McCaslin, PhD**, is a TSHA Endowed Professor of Texas History in the Department of History at UNT where he currently teaches classes on Texas and 19th century U.S. military history. His primary interest is in addressing the myths of our past and finding the truth that lies within, as well as explaining the not-so-true elements that develop.

"I enjoy the camaraderie among participants and instructors."  
-Member survey response

## The Transcontinental Railroad

**FR** Fri. Oct. 1; 1:00pm - 2:30pm

**RR** Tues. Oct. 12; 10:00am - 11:30am

This session will examine the building of the Transcontinental Railroad. Members will look at the politics and background, the incredible engineering, the toil and effort, and the contributions of the Transcontinental Railroad. The session will also examine the contributions of immigrants, the backroom deals, the sometimes-shady financing, and unique contributions like the "Hell on Wheels" towns and the Harvey Girls.

**James Robinson** is a retired teacher of American and Afro-American History. His Master's degree involved Civil War origins and he is currently a volunteer for the Denton County Office of History and Culture's Traveling Museum project.

## Tippecanoe & Twitter Too: Changing Techniques in American Presidential Campaigns

**RR** Tues. Sept. 28; 10:00am - 11:30am

This course will include a discussion of changing techniques in US Presidential Campaigns from 1840 to the present. The emphasis will be on changing technology and methods of reaching voters.

**Gus Seligmann** has been teaching US political history at both the undergraduate and graduate level for several decades. In addition, he has practical experience both in polling and in running political campaigns.

## UNT's Oral History Program

**UNT** Wed. Nov. 3; 10:00am - 11:30am

**GS** Fri. Nov. 12; 10:00am - 11:30am

This session will provide an overview of the UNT Oral History Program's process, purpose, and archives. Members will also learn ways to collect their own family oral histories to preserve for future generations.

**Sara Wilson, MEd**, is the Office Support Associate for the UNT Oral History Program. She holds a Master's of Education Degree and a Texas Teacher Certification. Her background includes teaching, parent education, working as a community liaison, and public speaking.

## Your Family History Identity: Discovering Who You Are

**LAN** Fri. Sept. 10 & 17; 10:00am - 11:30am

**FR** Fri. Nov. 5 & 12; 10:00am - 11:30am

The craft of genealogy helps an individual learn about their ancestors and as a result better understand their own personal identity. This two-session course will introduce genealogical methods applicable in American and international research. Members will be introduced to key record types and the role of technology in genealogical research.

**Dr. Emily C. Richardson** has done genealogy research for over 40 years and has taught this topic to students of all ages. She is currently a member of the OLLI at UNT Advisory Council.

## NATURE & GARDENING

### Landscaping with Natives to Attract Birds to Your Backyard

**FR** Fri. Oct. 29; 10:00am - 11:30am

**FM** Mon. Nov. 1; 2:30pm - 4:00pm

**UNT** Wed. Nov. 17; 10:00am - 11:30am

This session will cover the basics of what birds need to thrive, native plants that attract birds and why, and bird-nesting preferences. It will cover what determines "nativeness" for plants and why it is vital in attracting birds so that members can ensure an endless supply of birds in their backyards year-round.

**Cecil Carter** has been President of both the Denton chapter and statewide organization of the Native Plant Society of Texas.

## PHILOSOPHY & RELIGION

### The Historical Jesus Through the Prism of The Kabbalah

**FR** Fri. Sept. 10; 1:00pm - 2:30pm

Applying the knowledge of the Ancient Jewish Mystical Tradition: The Kabbalah, to the Gospel

**CANCELLED**

We will reschedule for a future semester, if possible.

of gaining Enlightenment and Salvation.

**Leonard C. Scott** has been conducting research on the Historical Jesus for the past twenty-five years using Kabbalistic sources. He is the author of a forthcoming book on the Historical Jesus.





# SCIENCE, TECHNOLOGY, ENGINEERING, & MATH

## Elemental Impacts From Texas

**LAN** Fri. Nov. 5; 10:00am - 11:30am

This session will highlight how the history of Texas has affected our status on the world's stage and how things that happened in Texas do make a difference. The top 10 advances in the Great State will be discussed, providing members with all the bragging rights that make Texas and Texans extraordinary.

**Diana Mason, PhD**, is a Professor Emerita in the UNT Chemistry Department. She holds a PhD in Science Education with emphasis in chemistry, which she taught for 33 years. In 2016, she was commissioned by Governor Abbott as an Admiral in the Texas Navy, recognizing her passion for the great state of Texas.

## Recreational Drone Flying

**RR** Tues. Sept. 14; 10:00am - 11:30am

This session will introduce members to personal drone flying with a review of how to select a personal drone, equipment and accessory recommendations, FAA requirements. The session will include a live personal drone flight demonstration outside of the Robson Ranch Clubhouse (weather permitting).

**Steve Simpson** has 20+ years experience working for Japanese manufacturers and supporting the major mobile wireless phone carriers.

## Research: Who & Where is it For?

**UNT** Tues. Nov. 9; 1:00pm - 2:30pm

This session will question existing understandings of research inside universities as being too driven by science and technology, and the aspirations of those institutions and their academics. It will identify the role of local communities in helping to identify social and community needs of local places using concepts such as social innovation and the foundational economy. The session will draw on recent work in England towards a national strategy for research and development.

**Kevin Richardson** is currently employed at a senior level by UK Research & Innovation; that country's primary state funder of research, development & innovation. He is also a Visiting Fellow at Newcastle University, a research intensive state institution.

## The Mysterious & Secret World of the Dark/Deep Web

**LAN** Fri. Oct. 29; 10:00am - 11:30am

The layers of the Internet go far beyond the surface content that many can easily access in their daily searches. The other content is that of the Deep Web, content that has not been indexed by traditional search engines such as Google. The furthest corners of the Deep Web, segments known as the Dark Web, contain content that has been intentionally concealed. The Dark Web may be used for legitimate purposes as well as to conceal criminal or otherwise malicious activities. This lecture will give members a basic understanding of the Dark Web and what is on it.

**Scott Belshaw, PhD**, is the director of the UNT Cyber Forensics Lab, where his goal is to connect with as many police departments and federal agencies as possible to accelerate investigation processes.

## WELLNESS & LIFESTYLE

### Creating Family Memories

**RR** Thurs. Sept. 16; 10:00am - 11:30am

**GS** Fri. Sept. 17; 10:00am - 11:30am

**UNT** Wed. Sept. 22 ; 10:00am - 11:30am

**FR** Fri. Oct. 8; 10:00am - 11:30am

Do you know the difference between routines, rituals and traditions? In this session, members will discuss those differences and how all three play important roles in our lives. Members will also explore activities that help create family memories with children and grandchildren and maybe develop new tradition or two to pass along.

**Sara Wilson, MED**, (see bio on previous page)

### Energy Sparks to Recharge, Refresh, & Revitalize

**FM** Wed. Oct. 13 & 20; 2:30pm - 4:00pm

**RR** Tues. Nov. 2 & Thurs. Nov. 4;

2:45pm - 4:15pm

In this two-session course, members will learn effective ways to self-nurture so they will more easily dissipate the effects of stress. Members will offer presence, compassion, and encouragement in key relationships once restored to vitality. Energy Sparks will guide members to a more meaningful, purposeful, and gratifying life.

**Nancy Little, PhD**, utilizes her expertise in mind/body health to enhance both quality of life and wellness outcomes as a speaker, online trainer and author. She has supported thousands of clients to change behaviors, revamp attitudes, and engage in life-enhancing choices.

## Geriatric Medicine Part 1: An Introduction

**UNT** Mon. Sept. 27; 10:00am - 11:30am

**RR** Tues. Nov. 16; 10:00am - 11:30am

**FM** Wed. Nov. 17 ; 2:30pm - 4:00pm

This will be an introduction to the specialty of Geriatric Medicine. Dr. McKenzie will discuss the differences in how drugs work and other special considerations in treating people as they age. He will discuss what you need to tell your doctor and how to get the most out of your visit. He will discuss common geriatric medical problems, hospital and long term care, and finally end of life issues such as living wills.

**John McKenzie, MD**, recently retired after a 30 year career as a Family Practice Specialist, with additional certification in Geriatric Medicine. After retiring, he taught at the LSU School of Medicine in Shreveport. During that time, he took care of his parents who both developed Alzheimer's disease.

## Geriatric Medicine Part 2: Planning for End of Life Care

**UNT** Wed. Sept. 29; 10:00am - 11:30am

**GS** Fri. Nov. 5; 10:00am - 11:30am

**FM** Mon. Nov. 22 ; 2:30pm - 4:00pm

**RR** Tues. Nov. 23; 10:00am - 11:30am

This session is designed to help members plan the latter stages of life. Dr. McKenzie will discuss living wills, medical power of attorney, choices for home and institutional care, and differences between in home health care, getting help, and hospice. He will explore the reasons doctors tend to be much less aggressive in treatment for themselves toward the end of their lives as well as the various things we can do to make our final years and days as peaceful as possible.

**John McKenzie, MD** (see bio above)

## Growing from Grief

**FR** Fri. Sept. 3; 1:00pm - 2:30pm

**GS** Fri. Oct. 22; 10:00am - 11:30am

**UNT** Mon. Nov. 22; 1:00pm - 2:30pm

This session will help members who are grieving the loss of someone they love understand grief and bereavement. It will describe grief and emphasize how persons can grow personally after having lost a loved one.

**Bert Hayslip, Jr., PhD**, is a Regents Professor Emeritus in the Department of Psychology at UNT. He received his doctorate in Experimental/Developmental Psychology from the University of Akron. He is a current member of the OLLI at UNT Advisory Council.



## Love Languages & Parenting Styles

**RR** Tues. Oct. 5; 10:00am - 11:30am

**UNT** Wed. Oct. 20; 10:00am - 11:30am

In this session, members will explore Gary Chapman's 5 Love Languages on how people feel loved and how our (grand)parenting styles can add to or detract from the love languages of others.

**Sara Wilson, MEd**, is the Office Support Associate for the UNT Oral History Program. She holds a Master's of Education Degree and a Texas Teacher Certification. Her background includes teaching, parent education, working as a community liaison, and public speaking.

## Maintaining and Growing Your Mental Skills In Later Life

**UNT** Mon. Nov. 1; 1:00pm - 2:30pm

**FM** Mon. Nov. 8; 2:30pm - 4:00pm

**FR** Fri. Nov. 19; 1:00pm - 2:30pm

This session will examine the aging of mental skills - what changes, what does not change, and why. The emphasis will be the development of skills, techniques, and attitudes that foster cognitive vitality in later life.

**Bert Hayslip, Jr., PhD**, (see bio on previous page)

## The Benefits of a Positive Psychology

**RR** Thurs. Oct. 14; 1:00pm - 2:30pm

**UNT** Wed. Oct. 27; 10:00am - 11:30am

This session will focus on the psychological and neurobiological aspects of positive psychology, such as gratitude, altruism, and positive emotions.

**Craig Neumann, PhD**, is a Distinguished Research Professor in the UNT Department of Psychology. He has been active teaching and conducting research in the Clinical Psychology Graduate Training Program at UNT for over 20 years.

## The Psychology of Travel: How Our Personalities Influence Our Travel Plans

**FM** Wed. Oct. 27; 2:30pm - 4:00pm

**UNT** Wed. Nov. 3; 1:00pm - 2:30pm

**LAN** Fri. Oct. 15; 10:00am - 11:30am

In this session, members will learn more about their personal travel behaviors and how they can combine these with their travel partners to enhance their next trip.

**Kim Williams, PhD**, is the Department Chair of Hospitality & Tourism Management at UNT. She is the Robert Dedman Endowed Chair in Club Management.



## Maintaining and Improving Your Mental Skills as You Age: Keeping Your Mind Sharp



**Dr. Bert Hayslip**  
OLLI at UNT  
Advisory Council

It is often when people reach their 40s and 50s that even temporary slips of memory, difficulty in learning new ideas and concepts, or solving new everyday problems convince them that "they must be getting old" or worse still, that they might be suffering from Alzheimer's disease. For older persons who have lost confidence in their skills, simply balancing a checkbook, attempting a crossword puzzle, trying Sudoku, or memorizing important numbers (e.g. one's driver's license or social security number) may cause them to rely on a computer program, a calculator, one's husband, wife, or one's (grand)children to perform these relatively simple activities! This lessened use of one's skills contributes to more avoidant behaviors and this leads to a further loss of one's self-confidence and greater anxiety about failure.

Making efforts to improve our skills is a hallmark of successful aging. Regarding learning and memory, knowledge is power. Indeed, distinguishing between normal, maturational (age-related) changes in our skills that are independent of disease, and pathological changes in our skills which are due to the effects of disease and/or lifestyle (e.g., dementia, depression and anxiety, inactivity, stress) is very important.

As each of us grows older in unique ways, we are different from one another in our mental skills. Some persons will experience difficulties and others will not. These differences are explained by the influence of many factors which impact the aging of our mental skills. Physical factors (our brain cells' ability to transmit information, obesity, diabetes, hypertension, sleep apnea), sensory influences (declining vision or hearing), lifestyle factors (stress, cigarette smoking, alcohol or medication use and abuse, poor nutrition, lack of exercise), emotional factors (lack of self-confidence, depression, anxiety), and interpersonal factors (loneliness, isolation from others) all directly or indirectly influence our mental skills, motivation to solve new problems, and ability to learn and recall new and old information.

So, how can we not only maintain, but also improve our mental skills as we age?





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1. Become knowledgeable about the aging process- this enables you to separate myth from fact and makes it more likely that you will not succumb to the stereotype that your skills will decline as you get older, or that dementia is inevitable if you live long enough.
2. Remember that the aging brain is flexible and is continually responsive to stimulation and both physical and mental activity- the aging brain demonstrates plasticity.
3. Develop realistic expectations of what you can and cannot do- set everyday goals that are meaningful to you and increase the quality of your life.
4. Take care of your health- get regular exercise, get a good night's sleep, eat heart healthy foods- low fat, high fiber foods, fruits, vegetables, fish, chicken, olive oil.
5. Do things that force you to think and that are interesting and challenging, e.g., travel (by yourself), do crossword or jigsaw puzzles, Sudoku, juggle, play an instrument, listen to new music, garden, paint, write a poem, watch Jeopardy, listen to NPR.
6. Do things that you normally do in different ways, e.g. write or brush your teeth with your non-dominant hand.
7. Try new activities and develop new interests (e.g. car repair, tax preparation for women, knitting, cooking, or crocheting for men!).
8. Make a concerted effort to improve your memory (read a book on memory improvement, take a class!).
9. Do not rely on technology (e.g. smart phones, computers) or drugs (e.g. Ginkgo Biloba, Prevacid) to improve your skills or keep them from declining.
10. Foster new, interesting, and supportive relationships with others- diversity beats sameness and boredom!
11. Maintain a positive attitude toward learning, toward changing, and toward not giving up or giving in. Have a sense of purpose in life and look forward to each new day- ask yourself "What can I accomplish today?"
12. Develop your curiosity quotient-ask questions ("why is that?") and actively seek answers to those questions.
13. Allow yourself to disagree and debate with others. This broadens your reservoir of knowledge and enables you to look at issues from many perspectives, rather than from just one.
14. Never give up on learning new things. Become a lifelong learner!

**This article was originally written for *FYI 50+* magazine and has been reprinted with their permission.**



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