Summer 2012 COURSE GUIDE

Emory Classes for Adults Ages 50+
Causes (and Repercussions) of World War I
Instructor: Jane Herndon

Historians still debate the causes of World War I. Did the European nations stumble into war? Was any one nation responsible? Could the war have been avoided? We will consider the long range causes of the war beginning with the creation of Italy and Germany in the 1860s. The immediate events which led to the outbreak of war will be considered in detail. The catastrophic effects of World War I altered the course of world history. More than 8 million people died, and another 29 million were injured in a struggle that changed the social, political, economic, and cultural life of Europe. A whole generation of men in France was lost. The war devastated northeastern France and much of Germany. Four major empires collapsed; the nobility in these empires lost their power; Europe lost its dominant position in the world. Many think the war led to the Great Depression and to the rise of Hitler.

The Human Genome
Facilitator: Kathryn Garber, Assistant Professor Emory School of Medicine, Department of Human Genetics

The Human Genome Project has had a deep impact on our understanding of ourselves as a species. The project has opened a window onto our past, allowing us to explore such questions as: How different are human populations across the world? What are the origins of various human populations? Are modern humans related to Neanderthals? The human genome sequence has also revolutionized our ability to identify genes that impact health and disease. Bedside genetic tests that can predict a patient’s response to a prescription medication may soon be a reality. Will this information be a crystal ball into our future? Professor Kathryn Garber will guide discussions on these topics and more.

It’s Not Your Parents’ Retirement
Instructor: Debi Buckland, MS, LMFT, LPC

Studies have shown that today’s “post-intense career” person spends 20-30 more years in active, healthy retirement than in past generations. How are you spending YOUR time? This course takes you through a journey of clarifying and identifying new ways to find passion and fulfillment in your “retirement” phase. We will engage in fun instructor-led exploration exercises each week which will lead to some very lively discussions. If you have recently asked yourself the questions “now what?” or “what do I want to do now that I have grown up?” -- this class is for you.

Language of Compassion II
Instructor: Clarice Belcher

Designed only for those who have taken Language of Compassion, Part I, this second course is experiential, offering opportunities to practice empathy and to participate in simulated or real-life role plays, using the four components of the Language of Compassion. This practice is intended to develop skills and to build confidence in speaking compassionately. In this way, we build new neural pathways for managing difficult conversations. Further, we offer others, by our example, another way to communicate in which connection is maintained, even in challenging circumstances.
Rhyme, Rhythm, and Repetition: The Secret Art of the Classic Broadway Lyricists
Instructor: William Allen, MA, MPhil

Unlike previous courses in our Classic Broadway and Hollywood Lyricists series, this class will concentrate not on biographical and thematic references but will be a study of the art of verbal repetition in the lyrics that the ear may hear but the mind may not always recognize. The course will present an opportunity for discovery as well as listening enjoyment - a new and exciting way to explore the great songs and lyrics of masters like Berlin, Porter, Gershwin, Hart, Hammerstein, Sondheim and many others as sung by original casts and other great recording artists of the period. An additional registration fee of $15 is required for this course.

TUESDAYS:
JULY 17 – AUGUST 21, 10:00-11:00AM

The Short Stories of Edith Pearlman
Instructor: Nancy Purdon

The work of contemporary short story writer Edith Pearlman will be our focus in this course. Our text will be Binocular Vision, published to high acclaim in 2011, winner of the National Book Critics Circle and the Pen/Malamud Awards, and shortlisted for the National Book Award. “Pearlman writes about the predicaments—odd, wry, funny and painful—of being human; her characters take pleasure in what the world offers. They are principled, and moral responsibility plays an important part their lives. Her prose is smooth and poetic; her world seems safe and engaging. So it is arresting when, suddenly, almost imperceptibly, she slips emotion into the narrative. Her characters inhabit terrain defined by anxieties and longing, love and grief, loss and exultation.” There is something significant for us to enjoy in these quiet, elegant stories.

Please purchase the book, ISBN# 0982338295, and read the story, “Self-Reliance,” in advance of the first class meeting. Note: this course will begin one week later than the regular term, on July 17, and will continue for 6 weeks, through August 21.

John Milton
Instructor: Jim Mengert, PhD

If the last time you encountered the poetry of John Milton was in a college survey course, you probably remember him as a sober, even dour Puritan—and one so learned that you needed numerous explanatory footnotes to fully understand his poems. Perhaps it’s time to take a second look at England’s “second greatest” poet. You may discover a passionate and principled man, the trajectory of whose life may resonate with your own. And poetry of surpassing beauty and power. The goal of this brief course is to launch you anew into his life and work in the hope that you will want to continue the journey with him on your own. We will read some minor poems, sections of his great epic poem Paradise Lost, and all of his drama Samson Agonistes. Any of several available editions of Milton’s complete poems will be an acceptable text for this course.

A Research Perspective on Mind and Body: Lifetime Health in Aging

Coordinator: Madeleine E. Hackney, Ph.D., Research Health Scientist, Atlanta VAMC, and Assistant Professor of Medicine, Emory School of Medicine; Presented by investigators and affiliates of the Atlanta VA Rehab R&D Center of Excellence

We undergo changes in cognition and mobility (mind and body) throughout a lifetime. Today, neural, cognitive and motor research sheds light upon mechanisms of maintained and improved health, as well as benefits of targeted therapies to enhance function. Speakers will cover a variety of topics related to the maintenance of health throughout the latter part of the lifespan, including
important information and new findings about sensory and cognitive aging, attitudes and perspectives, as well as creative therapies.

The Reformation
Instructor: Joe Baird

By splitting apart the unity of western Christianity, the Reformation caused a complete upheaval of European society with important and lasting consequences to the subsequent history of western civilization. The key events of this important era (i.e., the Ninety-five theses, the Peasant War, the Thirty Years’ War and the Peace of Augsburg) will be studied along with its key figures such as Luther, Calvin, Zwingli, Knox, and Henry VIII. We will also examine the Counter-Reformation, the Catholic response to the Reformation. Diarmaid MacCulloch’s *The Reformation, a History* is a recommended, but not required text.

An Adventure into Wine
Tuition: $40
Instructor: Herbert Spasser, MD, Certified Wine Educator, Society of Wine Educators
4 sessions: July 10 and 17; August 7 and 14

The wonderful world of wine becomes exciting, alive and familiar as presented through lecture, Power Point slides, and of course tasting. A correlation of the many factors inherent in wine production will be discussed: the importance of vintages, the soil, the climate, and the quality of the vintners. The classes four sessions will include: “The Wonderful Wines from Down Under (Australia & New Zealand),” “The Wines of the ‘New South’ (South America & South Africa),” “The Exciting Wines of the Northwest (Oregon & Washington State)” and “California’s Emerging Central Coast”. The registration fee of $40 covers all wines featured. Registration is limited to 20. Participants are encouraged to bring 2 personal wine glasses to each session. Note that this class will not meet July 24th and July 31st.

So, what do you think?
Facilitators: Susan Barnard and Temi Silver

“So, what do you think?” This is your opportunity to speak your mind and make suggestions on a wide variety of subjects. Want to talk about lawmakers who don’t pay their taxes? Nations stealing other nations’ secrets? The death penalty? A news media on steroids belaboring Angelina and Brad Pitt ad nauseam? . . . Well, now is your chance to voice your thoughts and discuss contemporary everyday topics and issues.

Feng Shui: If Walls Could Talk (But They Do!)
Instructor: Bernadette Rose

Winston Churchill said, “We shape our dwellings ... thereafter our dwellings shape us.” With a world of choices at your doorstep – enough to make your head spin – how do you fashion and maintain a home that is supportive and comfortable? The Chinese art of auspicious placement, Feng Shui (pronounced fung shway), offers a 3000-year-old approach to heart, home, and lifestyle enrichment. This class explores one of Feng Shui’s more fascinating tools, the Bagua (bog-wa), in which nine areas of life that contribute to – or deplete from – wellness and joy are mapped out. The Bagua offers a unique and practical template that bridges the spaces of your home with support for health, prosperity, reputation, love, creativity, children, networking, travel, career and personal empowerment. If you are new to Feng Shui, and want a fun way to satisfy your curiosity and explore what this life-enriching practice has to offer to your own home, this experiential class is for you. The benefits might surprise you! Instructor Bernadette Rose Smith has over a decade of experience in the art of creating sustainable homes and workplaces.
**WEDNESDAYS:**
**JULY 11 – AUGUST 29, 11:20 AM-12:20 PM**

**T’ai Chi**
Instructor: Harvey Meisner, Certified T’ai Chi and Qi Gong teacher

T’ai Chi is a series of movements designed to open the body while creating strength, balance, and flexibility and improving cardiovascular health. The continued practice of Tai Chi has been shown to help reduce blood pressure, stress, tension and the pain and stiffness of arthritis, fibromyalgia and other similar disorders. T’ai Chi also helps increase general health and wellbeing. These are gentle, easy yet effective movements that anyone can do, and all special needs are taken into consideration by the instructor. Gentle music and beautiful moves based on nature will help you ease through your days. All body types are welcome. Come share the joy! Registration for this class is limited to 15 students, and there is an additional $64 enrollment fee — that’s just $8/class — so that our certified instructors may be compensated. Note: this will be a 8 week course, ending August 29.

**Watercolor**
Instructor: Marcia Rice

Explore the pleasure you can derive from watercolor. Learn to sketch from photographs (preferably yours) or still life. Supply list is given and discussed the first day of class. Class size limited to 10.

**Famous Popular Singers from Around the World: Sight and Sound**
Instructor: Howard Cohen

This course will highlight the great popular singers from France, Italy, Spain, Argentina, Greece, Brazil, the Celtic world, and other places around the globe. Using music videos, we will see and hear such artists as: Jacques Brel, Edith Piaf, Charles Aznavour, Marlene Dietrich, Lucio Dalla, Carlos Gardel, The Bothy Band, Cesora Evora, Astrid Gilberto, George Dalaras, Miriam Makeba, Maria Farantouri, Vladimir Vysotsky and many others. Instructor Howard Cohen is former owner of International Records and has had 35 years of experience listening to, learning about, selling and appreciating World Music.

**Enriching Relationships with Grandchildren**
Instructor: Anna Andes

In this course we will explore ways to improve relationships with the young people in our lives by learning and practicing new skills, and through sharing successes with other class members. Presentation and discussion will include: using Skype, email, and other media to stay connected; how storytelling can assist in sharing dreams, memories and other life experiences; recognizing and enhancing a teachable moment; building trust through effective questions and active listening; and understanding how differences in boys and girls impact relationships at various age stages of children and adults.
Genius: Five Case Studies
Instructor: Mary Otte

Around the year 2000, Mary Otte discovered Harold Bloom . . . and hasn’t been the same since. Bloom had written over twenty books of literary criticism by then, but the one that most intrigued Mary was his 100 Geniuses. In preparing and instructing this course, Mary has chosen five of her own favorites to explore: Robert Frost, for his Poetry and Prose; Dr. Seuss, because we love him; J.S. Bach, for his sublime music; Albert Einstein, who claimed, “I have no special talent;” and Mark Twain, who continues to entertain us. We’ll pause for sidelong glances at some others as we go along.

Retirement Investing: What Works, and What Doesn’t?
Facilitator: Mark Pozner

We have all been affected by the sharp economic downturn. Facilitator Mark Pozner will candidly share his investing experiences and ask you to share yours. Topics included will be stocks, bonds, real estate, gold and silver, annuities, and more. This course is intended as a discussion forum in which we can learn from one another. There are no stock brokers involved, and services and/or expertise is not presented for sale to participants. We simply hope to share and learn as peers with a spectrum of investing experience.

THURSDAYS:
JULY 12 – AUGUST 16, 11:20 AM-12:20 PM

Yoga in the Third Age
Instructors: Susan Zoller & Donna Frankiewicz

Experience the benefits of hatha yoga as you learn basic asanas with the help of experienced yoga instructors. Sorry, but we must limit this popular class to 20 students.

Dialogues for Women: Empowering and Changing, the Paradigm of Mature Women
Instructor: Judie Manulkin, PhD, host of award-winning cable television show, “Real Talk,” and other TV specials

Women are incredible in their ability to transition, maintain flexibility, grow with life’s demands, shift and accept the possibilities presented to them. Come celebrate and explore that full range of thoughts, concerns and behaviors that seem to be distinctly of women. There will be intimate and candid dialogue focusing on those matters that are of interest or importance, the vibrant possibilities available in the areas of: relationships, independence, finances, communications, sexuality, and the “feminine self” in the spectrum of life’s changes. Your thinking and awareness will expand and profoundly affect the quality of your life, leaving you with more freedom, power, self-expression and peace of mind.

The People’s Republic of China: “A Better Perspective”
Instructor: Claude Collins

Given the enormous rise of China as a global economic leader in the world today, these lectures serve as a tool to give the audience “A Better Perspective” of a nation of great global importance. We explore the history, the economy, the government, the people, the language and many other items of interest about China. All sessions are presented using dynamic charts, graphs, pictures and text. An experienced businessman who spent more than 11 years working directly for a Chinese company based in Beijing, instructor Claude Collins offers an informed and up-to-date exploration of the various aspects of Chinese culture.

Meet the Artists
Facilitators: Clarice Belcher and Leeann Lathrop

This course brings metro Atlanta artists to OLLI for each of our six sessions, presenting aspects of their art from their portfolios, both early and current. Each artist will share their process and passion, noting, among other things, what inspires them, how they begin their work, and what their work involves. Whether you are a novice artist, an accomplished artist, or a curious participant,
this course is an easy and enjoyable way to see a lot of art and may open up new ideas about art and artmaking.

**Your Favorite Desert Island Movies**  
**Instructor: Jim Athanas**

Passionate film enthusiast, Jim Athanas, has been gathering lists of your favorite movies - the ones that you love to watch year after year. We’ll watch one or two films in their entirety, and clips from many others in this 90 minute class. Enjoy and discuss classic scenes from some of the best motion pictures ever made. See you at the movies! *Note: This is a one and a half hour class, ending at 12:50.*

**COMPUTER CLASSES:**

**Basic Computing for Seniors**  
**Instructor: Gus Strassburger, technology consultant**  
4 sessions: July 10-31, 10:00 am - 12:20 pm  
Tuition: $99

Eliminate the mystery of the computer! This is not a traditional computer course, but a relaxed environment with professional assistance. You don’t need to own a computer or pay internet fees to have the opportunity to practice on a computer. If you have no computing experience, learn to turn on the computer, use a mouse and keyboard, open files, and browse the World Wide Web. Even if you’ve used the computer for years, you’ll be amazed at how much you’ll learn. Get your computer questions answered while you learn email, the Internet, and software programs. All levels of experience are welcome. No prerequisites.

**Online Travel Planning**  
**Instructor: Gus Strassburger**  
2 sessions: August 7-August 14, 10:00 am -12:20 pm  
Tuition: $85

The computer is a great place to find bargains, interesting destinations, and learn more about where you would like travel. Learn to use the power of the internet to plan your next vacation. This class covers how and when to use websites to bid for your airfare or hotel. Know where to go to find special on-line discounts or search for the best travel deal. Learn to get directions; find recommendations; and make reservations without picking up the telephone.

**ZENTAGLE!**  
**Instructor: Joan Payton**  
Tuition: $40  
**Date: June 12, 9:30 am-12:30pm**

Zentangle is a beautiful and relaxing art form that anyone can create using repeating patterns. This kinesthetic meditation was intentionally designed to remove many of the barriers people have to making creativity and relaxation a part of their lives. In a Zentangle workshop, students will experience that anything is possible, one stroke at a time! Zentangle can be learned by children, adults, and especially those who consider themselves non-artists! Instructor Joan Payton is one of Atlanta’s first Certified Zentangle teachers. register soon and be a part of Emory’s first Zentangle class! The registration fee covers all class materials.
Please fax your choices as soon as possible in order to process your registration, as classes may fill.

Registration Form  Osher Lifelong Learning Institute at Emory

NAME__________________________________________________________
ADDRESS______________________________________________________
CITY_________________________STATE___________ZIP_______________
TELEPHONE____________________ EMAIL __________________________
TUESDAYS_______________________________________________________
WEDNESDAYS___________________________________________________
THURSDAYS_____________________________________________________

CARD TYPE_____________________________________________________
CARD NUMBER__________________________EXP DATE____________________

PAYMENT $______ (additional course fees)
☐ I have already submitted my registration payment online.
☐ I am registering for the regular OLLI membership.
☐ I am registering for the one class membership.

I’D LIKE TO SUPPORT THE WORK OF OLLI AT EMORY:
☐ $25
☐ $50
☐ $100
☐ $_______ (other)

RETURN VIA FAX OR MAIL:  PHONE: 404.727.6000  FAX: 404.727.3474

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