

Course listings, membership information and registration



OKLAHOMA STATE UNIVERSITY

Fall
2017

Tulsa | Bartlesville
Stillwater | Oklahoma City

OLLI @ OSU
Osher Lifelong Learning Institute
Oklahoma State University



COLLEGE OF
Education

Online enrollment available:
<http://education.okstate.edu/olli>

What is the Osher Lifelong Learning Institute?

OLLI @ OSU is a program of educational courses for people who want to enrich their lives through new learning experiences. Courses on a variety of topics are offered each semester to retirees and other adults in the community. Instructors are qualified volunteers from various career backgrounds, including academia, business, the arts, and government. Our students have a genuine interest in continuing their learning experiences and intellectual excitement.

Sponsored by the Osher Lifelong Learning Institute and the OSU College of Education, OLLI @ OSU is governed by a Board of Directors elected by the membership. Each site has an Executive Committee. Members may attend classes and social events and recommend instructors and courses. Member fees and support from the Bernard Osher Foundation and Oklahoma State University fund OLLI @ OSU operating costs.



OKLAHOMA STATE UNIVERSITY

100 Scott Hall
Oklahoma State Univ.
Stillwater, OK 74078
405.744.5868
405.744.5862 fax

olli@okstate.edu email
education.okstate.edu/olli

On the cover:
Edmon Low Library
on the OSU Campus in
Stillwater

To enroll

Enroll online at education.okstate.edu/olli or complete the form for your city, located on pages 44, 45, 46 or 47 of this booklet, and mail with your check or credit card information to us. A confirmation will be sent to you.

Best Value: Joining at the \$200 Annual Membership level allows unlimited course enrollment through 6/30/2018!

Questions?



Need-based scholarships are available.

Contact the OLLI @ OSU office for more information.

There are no tests or grades
just the joy of learning.

Oklahoma State University in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal laws and regulations, does not discriminate on the basis of race, color, national origin, sex, age, religion, disability, or status as a veteran in any of its policies, practices or procedures. This includes but is not limited to admissions, employment, financial aid, and educational services. Title IX of the Education Amendments and Oklahoma State University policy prohibit discrimination in the provision of services or benefits offered by the University based on gender. Any person (student, faculty or staff) who believes that discriminatory practices have been engaged in based upon gender may discuss their concerns and file informal or formal complaints of possible violations of Title IX with the OSU Title IX Coordinator, Director of Affirmative Action, 408 Whitehurst, Oklahoma State University, Stillwater, OK 74078, (405) 744-5371 or (405) 744-5576 (fax). This publication, issued by Oklahoma State University as authorized by The Director, OLLI @ OSU, Oklahoma State Regents for Higher Education, was printed by Royle Printing at no cost to the taxpayers of Oklahoma 4.5M/July 2017

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Membership

The only requirements for membership are that you are an adult with an interest in continuing educational experiences and will support the program through participation and payment of a membership fee. Choose your membership level:

Unlimited Annual Membership: \$200. Unlimited attendance to dozens of courses during the Fall, Spring & Summer sessions at any OLLI location - Stillwater, Tulsa, Oklahoma City, and Bartlesville.

\$40 Annual Membership: Each course costs an additional \$25.

Membership is valid through 6/30/2018.

Membership allows participation in all social events, travel opportunities, and other special programs, OLLI luncheons, committee membership, voting privileges, and course evaluation. Membership runs July 1 through June 30. The membership year has 3 semesters: Fall (6 weeks), Spring (6 weeks), and Summer (3 weeks).

OLLI @ OSU Staff

DIRECTOR

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Pat Kroblin

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OKLAHOMA CITY SITE COORDINATOR

Mona Akin

ADMINISTRATIVE ASSISTANT

Misty Burk

OLLI EDITOR

Barbara Mintmire

Texts & Materials

Please pre-pay for texts and materials fees listed in the catalog.

Individuals who pay later than 10 days prior to the beginning of a course are not guaranteed texts and/or course materials.

Include payment with your registration. You may pick up your materials the first day of class. Texts are not required for the courses but highly recommended.

Note: If public schools are cancelled due to inclement weather, OLLI @ OSU classes will also be cancelled.

Handicapped Parking: Available for those who display the appropriate signage.

Lunch: Enrollees may purchase lunch on designated days (see registration page, payable in advance, priced per semester) or bring a brown bag lunch and join your OLLI friends. Please indicate your intention to participate, and pay at time of registration.

Tulsa Course Offerings

Course Information: pages 6-19

Enrollment Form: page 44

Bartlesville Course Offerings

Course Information: pages 20-25

Enrollment Form: page 45

Stillwater Course Offerings

Course Information: pages 26-37

Enrollment Form: page 46

OKC Offerings

Course Information: pages 38-43

Enrollment Form: page 47

Enroll Online for OLLI @ OSU's Lifelong Learning Classes!

To enroll online:

- Go to the website: <https://education.okstate.edu/olli>
- Follow the link to register online.
- On the right-hand side of the page, there is a box titled **LOGIN**.
 - If you enrolled online previously, enter your password.
 - If not, click **FORGOT YOUR PASSWORD**. You will then be prompted to enter your email address. An email will be sent to you with your login information.
- Our annual membership runs July 1- June 30, you will need to decide on your membership level before enrolling. Membership must be purchased separately from classes, so remember to choose your classes after purchasing a membership.
- **If you choose the \$200 unlimited membership, you may enroll in classes in Tulsa, Bartlesville, Stillwater, and Oklahoma City without additional tuition fees through June 30, 2018.**
- If you choose the \$40 membership, your tuition will cost an additional \$25 per class.
- Once you've logged in as a paid member, you will be able to research the classes offered and enroll. You may pay your fees, purchase texts, and purchase lunches on this site. Classes are listed by city through the selection of the Stillwater, Tulsa, Bartlesville, and Oklahoma City Program Type.



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Education



Please consider making a
tax deductible contribution
to

**OLLI @
OSU's
Lifelong
Learning
Program**

Make your gift today!

Name: _____

Address: _____

City/State/Zip: _____

Email: _____

Gift Designation

I wish my gift to be designated to: **OLLI @ OSU OSUF 25-79300**

My gift of \$ _____ is enclosed.

Please make check payable to the **OSU Foundation** & mail to:

OLLI @ OSU, 100 Scott Hall, Stillwater, OK 74078

Or bill my gift of \$ _____ to my credit card.

Card No.: _____ Exp. Date: _____

Name on Card : _____

Signature: _____

Date: _____

Or I pledge a total of \$ _____ over a period of _____ years
beginning _____ and ending _____

Please remind me:

Monthly Quarterly Semi-Annually Annually

Signature: _____ Date: _____

Other - For gifts of real estate, property, stocks, or estate gifts from a will or trust, contact Denise Unruh, Sr. Development Director, College of Education, OSU Foundation, 405.385.5663 or dunruh@osugiving.com

Fatal Attraction:

Americans' Love Affair with Unhealthy Food

Bartlesville

Arvest
4225 SE
Adams Rd.

The Centers for Disease Control and Prevention report that 7 out of every 10 Americans are dying prematurely from chronic inflammation which causes heart disease, cancer, Alzheimer's and many more human diseases. We are now beginning to understand that our diet is partly responsible for putting us into a chronic inflammatory state. This course will cover the newly emerging role of inflammation in human disease and the dietary factors that impact human health. We will cover six topics: 1) a healthy diet and how can you make your diet healthy, 2) the nutritional value of food—organic versus conventional and the impact of different processing and cooking methods on nutritional value, 3) vitamin and mineral deficiencies in Americans, 4) the importance of fiber for our health, 5) what trans fat is and what it does to you, and 6) where you can get Omega-3 fat and why it is so good for you.



Martin Banschbach received his Ph.D. degree in Biochemistry and Nutrition from Virginia Polytechnic Institute in 1973. He has been teaching human nutrition to OSU medical students, OSU graduate students, Rogers State University Nursing Students and TCC students for over 20 years.



Oklahoma History: The Amazing, Mysterious & Fascinating Stories of Our people



Bartlesville

Arvest
4225 SE
Adams Rd.

Many of history's most important actors and pivotal moments took place in Oklahoma. Bartlesville, in particular, has a long roster of what might politely be called colorful characters. Allow us the pleasure of introducing you a handful of folks who made a difference, for better or worse, including:

- A woman who descended from one of our local founding fathers and was married several times—including to outlaws;
- The Indians who started the first churches in Washington County;
- The OSU mascot, who lived in Bartlesville;
- A man who found gold in Silver Lake;
- The almost war with Texas;
- The political reasons for the Bartlesville Post Office moving back and forth across the river;
- The two young boys who drove a car by themselves from New York all the way home to Oklahoma;
- The real reason Hotel Phillips was built; and
- The prisoner turned pilot who was a friend to Frank Phillips.

Betty Keim is a former public school teacher who is now the Education Coordinator at the Bartlesville Area History Museum, sharing history with all ages. **Kay Little** is also a former public school teacher and home school mom. She was the Education Coordinator at Bartlesville Area History Museum for 6 1/2 years before Betty took the job. Kay now has her own business, Little History Adventures, in which she shares history with all ages. Betty and Kay both enjoy sharing history together, whether it be in the schools or with OLLI.

Reviving Civility

Bartlesville

Bartlesville
Public
Library
600 S
Johnstone
Ave.
Room A



Incivility in America has reached epidemic proportions. Everyday rudeness, disrespect, and hostility sideline collaboration and compromise, but it doesn't have to be this way. You can help revive civility in your government, community, and family. We will focus on building relationships in order to foster collaboration and inclusive problem solving. Instead of vilifying and demonizing those who hold differing viewpoints, learn how to convey respect for another's point of view, turn down the heat, and discover areas of common ground. Each class will include examples, demonstrations, and techniques followed by putting what you've learned into practice in actual conversations. Learn how to cultivate warm and respectful engagement among people who may hold profoundly different opinions. The changes you make in yourself will radiate through you family and community and lead to a more civil, just, and prosperous society.

Kevin Bennett is a lifelong Bartlesville resident with a passion for big ideas and broad perspectives. He makes his living as a real estate investor and enjoys learning, taking classes, and traveling with his wife, Cindy. Kevin has taught several previous classes for OLLI.

1 - 3 pm Tuesdays • Sep 19 - Oct 24

Mental Aerobics

Bartlesville

Bartlesville
Public
Library
600 S
Johnstone
Ave.
Room A



Sharpen your wits while boosting your brainpower! Neuroscience indicates that engaging in a variety of cognitive activities wakes up sleepy brain cells. The catch is to reach the challenge zone of mental activity so the brain can function at peak performance for beneficial results. We'll start with some easy cognitive stretches, limbering up with palindromes, heteronyms, semordnilap, and other word puzzlers and pick up the pace with analogies, inferences, and logic detail games. As we turn up the heat, you'll work together as teams to discover the elusive answers. Cool down with a complex, humorous quiz. We promise you'll break into a mental sweat in this challenge zone, and you'll be astounded at your own brain power.

Diane Dixon has taught elementary grades in Louisiana, California, Texas, and Oklahoma. During the last 16 years she taught Gifted and Talented classes in Bartlesville with an emphasis on analytical and creative thinking. Diane enjoys teaching with a relaxed, humorous style that brings out the best potential of her students and promotes the OLLI philosophy that all people are lifelong learners.

The Meaning behind Memory: Writing the Short Memoir

Memoir is a glimpse into the sensibility of a writer whose take on the world is provocative and memorable. In this class, you will be prompted to write about a tangible, real event, place, or people that just won't let you go. You may not understand yet why they won't let you go, but you'll be delving into that mystery, writing about things you've seen, experienced, remember from childhood, recall from family storytelling about relatives or ancestors, or noted in a passing observation or through an experience witnessed in a historical moment. You will also learn basics of writing figurative language, sensory description, retrospective position, form, and structure, as you process a memory through your particular sensibility and emotional life onto paper. Be prepared to dig deep, not just for the details, but for the meaning behind a memory from your life, because you simply can't shake it from your thoughts.



Sidney Brammer is a writing professor at Rogers State University-Bartlesville campus and an online creative writing professor for Austin Community College. She has taught courses in English composition, fiction writing, memoir writing, screenwriting and playwriting. She is a published short story writer and former journalist, as well as an award-winning playwright and screenwriter. Sidney has led writing workshops for writers of all ages, background, and ability, with special focus on helping individuals translate their personal experiences into lyrical and thought-provoking writing for the page or for performance. She has an MFA in Creative Writing and a BFA in Theater.

Bartlesville

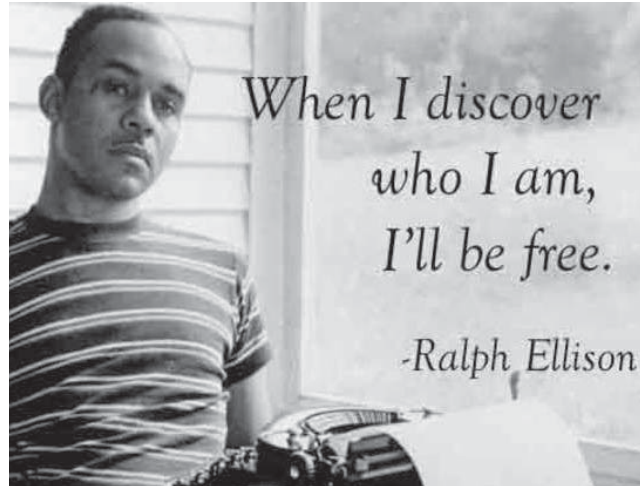
Bartlesville
Public
Library
600 S
Johnstone
Ave.
Room A

**Optional
Text:
Pre-order
with
registration.
Delivered
at first
class,
Writing the
Memoir
\$11**

The Life and Legacy of Ralph Ellison

Bartlesville

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Johnstone
Ave.
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Morris McCorvey

graduated with a BA in English from Friends University followed by graduate school at the University Of Oklahoma School Of Education. He

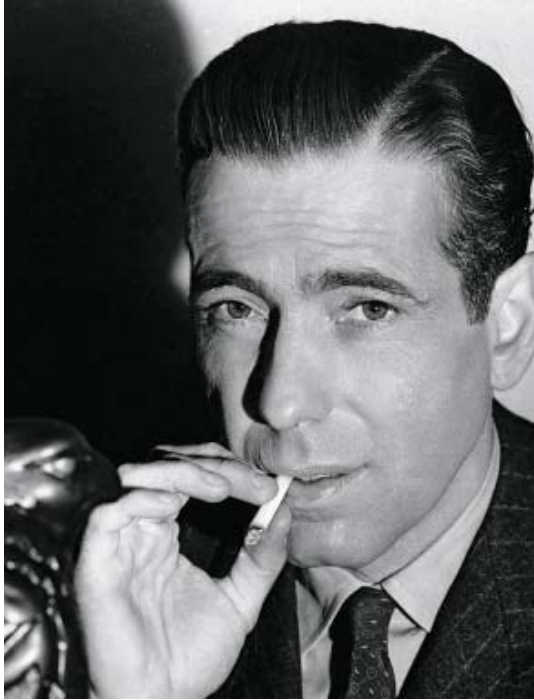
served as an Oklahoma Arts Council Artist-in-Schools for 11 years, teaching poetry and theater. Since 2004, he has served as the Executive Director of the Westside Community Center of Bartlesville.

**Optional
Used Text:
Pre-order
with
registration.
Delivered
at first
class,
Ralph
Ellison: A
Biography
\$15
*Out of
print,
limited
numbers
available**

Although he is best-known as a writer and for his critically acclaimed novel, *Invisible Man*, Ralph Ellison's lifetime achievements embrace such varied topics as music, sculpture, photography, electronic audio technology, politics, and civil rights. A Professor of Humanities at New York University, he also taught at Yale and Rutgers and received an honorary degree from Harvard University. He received the National Book Award for Fiction, the Presidential Medal of Freedom, and many other notable awards. Ellison did not have an auspicious start in life. Born in poverty in Oklahoma City, his early education was marked by his interest in music and art. His insight into the human condition might be traced to his early years. He wrote, "The understanding of art depends nally upon one's willingness to extend one's humanity and one's knowledge of human life."



Film Noir – The Dark Side



Playing off the successes of crime and detective movies, a particular type of film evolved during World War II that reflected the nation's tensions and insecurities with a chilling mood of pessimism, cynicism, mistrust, and fear. These movies, released in France following the war, were so dark they became defined by a term coined by French film critics: film noir or dark movies. Films such as *The Maltese Falcon*, *Double Indemnity*, and *Laura* are representative of the hero/anti-hero/seductress characters struggling and ultimately losing amid the sinister underworld of violence and corruption. Join us as we watch and discuss the dark underbelly of human nature and the cinematography of film noir.

Charlie Taraboletti is News Director and Operations Manager for KWON-KYFM-KRIG-KPGM radio in Bartlesville. He's a long-time fan of good cinema. He enjoyed photography while in grade school and high school, both behind the lens and in the darkroom. As a teenager you'd find him in the theater Saturday afternoons watching a good movie more than once, particularly murder mysteries or suspense films. As you would expect with most newsmen, Charlie enjoys telling a story, so he appreciates how a great story-teller might do it.

Bartlesville

Unitarian
Universalist
Church of
Bartlesville
428 S
Seneca
Ave.





Bartlesville Registration Form

Annual Membership is valid through 6/30/2018.



Please include your check or credit card information.
A confirmation will be sent to you.

Please complete, detach, and mail your registration form to this address:

OLLI @ OSU, 100 Scott Hall, Stillwater, OK 74078

Or enroll online at <http://education.okstate.edu/olli>

Questions? Call the OLLI office at 1.405.744.5868

NAME(S) _____

MAILING ADDRESS _____ CITY _____ ZIP CODE _____

EMAIL ADDRESS _____

PHONE _____ DATE OF BIRTH _____

EMERGENCY CONTACT _____

PHONE _____ RELATIONSHIP _____

Course(s) Enrolling in:

- Fatal Attraction, **Mondays**, 10-noon, **Arvest**, 9/18-10/23
- Oklahoma History, **Mondays**, 1-3 pm, **Arvest**, 9/18-10/23
- Reviving Civility, **Tuesdays**, 10-noon, **BPL**, 9/19-10/24
- Mental Aerobics, **Tuesdays**, 1-3 pm, **BPL**, 9/19-10/24
- Memoir, **Wednesdays**, 10-noon, **BPL**, 9/20-10/25, *\$11
- Life & Legacy of Ralph Ellison, **Wednesdays**, 1-3 pm, **BPL**, 9/20-10/25, *\$15
- Film Noir, **Thursdays**, 6-8:30 pm, **UU**, 9/28-11/2

PICK ONE

\$200 Unlimited Annual Membership
(Unlimited Lecture Courses through 6/30/2018)

OR

\$40 Regular Annual Membership
(each course \$25)

_____ # of courses X \$25 = _____

Monday Lunch (6@\$9 each) @ \$54

Tuesday Lunch (6@\$9 each) @ \$54

Wednesday Lunch (6@\$9 each) @ \$54

\$_____ * Texts/material fees to accompany courses

\$_____ **Total Enclosed**

(Make checks payable to **OSU**) or bill credit card listed below:

Card No. _____ Exp. Date _____