Course listings, membership information and registration

OLLI @ OSU
Osher Lifelong Learning Institute
Oklahoma State University

Tulsa | Bartlesville
Stillwater | Oklahoma City

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

Fall 2017
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.

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.
2017 – 2018 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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Information 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 1st 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.
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
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☐ 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

Please consider making a tax deductible contribution to **OLLI @ OSU’s Lifelong Learning Program**
Fatal Attraction:
Americans’ Love Affair with Unhealthy Food

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.
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

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 your 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 previous classes for OLLI.

Mental Aerobics

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.
The Life and Legacy of Ralph Ellison

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 finally upon one’s willingness to extend one’s humanity and one’s knowledge of human life.”

- Ralph Ellison

Morris McCorrye 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.
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 de ned 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 filmography of film noir.
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)
☐ $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 __________

Questions? Call the OLLI office at 1.405.744.5868

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