Osher Lifelong Learning Institute

Course Schedule
Fall 2017
The Osher Lifelong Learning Institute (OLLI) is a program of the University of Alaska Fairbanks, led and supported by its membership, determining its own curriculum, policies, procedures, and fees. There are over 100 other “Osher Lifelong Learning Institutes” around the country, but each program is completely independent, with many different formats, fees, and ways of operating. What Osher Institutes have in common are high quality and financial support from the Bernard Osher Foundation. They recognize the generosity of benefactor Bernard Osher by using the Osher name.

OLLI at UAF offers a rich array of classes and learning opportunities for adults who are 50 or older. You can explore academic and general interest classes in an atmosphere that is intellectually challenging, but without the stress of tests and grades. Members are invited from all backgrounds: a college education is not a prerequisite for membership. Members share the common bonds of intellectual curiosity and the experience of their generation. They are self-motivated learners, eager to share opinions, knowledge, and expertise with humor and mutual respect.

**Organization**

Osher Lifelong Learning Institute is a program of *Summer Sessions and Lifelong Learning* of the University of Alaska Fairbanks. It is supported by membership fees, donations, and an endowment that was initiated by a generous gift from the Bernard Osher Foundation.

Members participate in planning and operating the program through committees and an Advisory Board. Board members are elected at an annual membership meeting.

**Annual Membership**

Membership is open to adults 50 and older and their adult companions. The membership year is January to December. Membership includes e-newsletters, socials, lecture series, special interest groups, and eligibility to register for courses and special programs.

**Courses**

Classes are held in Spring (February–April) and Fall (September–November). Most classes meet on weekdays, once a week, for four weeks. Topics are in the fields of art, computers, current events, health, history, literature, music, philosophy, and science, as well as exercise and hobbies. The format may be lecture, discussion group, or hands-on. There are no tests or grades. Classes are taught by current and retired faculty of UAF and by others with specialized expertise.

**Fees**

We offer two types of membership:

“Members” pay $35 per year plus $15 tuition per course.

“Unlimited Members” pay $185 per year with no per-course tuition.

Some courses have a materials fee or facility fee; all students must pay those fees.

**Lecture Series**

OLLI now offers two free public lecture series by distinguished UAF faculty and community members.

- Winter lectures are on topics related to Alaska or the North, and are held on the first Fridays of December, January, and February (see pp. 26-27).
- Professor’s Choice is an evening lecture series (see p. 4).

**Socials**

- Fall Kick-Off Ice Cream Social in September
- Lunch and Annual Meeting in March

**Educational Travel**

OLLI’s “Let’s Travel” group (see SIGs, p. 28) allows members to plan and take trips together. Many members also join excursions arranged by UAF Summer Sessions.

**Location**

Most classes are held at the UAF University Park Building (old University Park School) at 1000 University Avenue.
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EX-17  Kayaking
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FLM-03  Great Silent Filmakers: Yasujiro Ozu
FF-03  Wild Edible Berries of Autumn in the Interior
HIS-12  Fairbanks Sports Histories
SOC-01  Professor’s Choice (FREE and open to the public)

Alaskan Topics
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ART-04  Qiviut Knitting Design
ART-12  Meet the Artists
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FF-03  Wild Edible Berries of Autumn in the Interior
HIS-01  History of Ester
HIS-04  History of Ocean Exploration IV
HIS-10  Frontier Justice: Law and Order in Alaska Before Statehood
HIS-12  Fairbanks Sports Histories
MTH-01  Land Survey: Measuring Land
SCI-03  Drones in Alaska: Science, Technology, and Policy
SCI-05  Understanding Climate Variability and Climate Change
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SCI-07  Sea Ice and Its Role in the Climate System
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“Professor’s Choice”
LECTURE SERIES

Mondays, Sept. 18–Oct. 9
7:00 – 8:30 pm
Schaible Auditorium, Bunnell Bldg.

FREE and open to the public — bring a friend!
Parking on UAF campus is free after 5:00 pm

Current OLLI members are encouraged, but not required, to register for this as a free course, SOC-01.

This lecture series aspires to share with OLLI members and the general public some of the wealth of knowledge and experience of the University of Alaska Fairbanks faculty. The series spotlights UAF researchers, professors and emeriti, encouraging them to share topics of their own choice. To celebrate UAF’s centennial year, this fall’s lectures are by and about important figures in UAF’s history.

- September 18
  A Colorful History of the Geophysical Institute
  Merritt Helfferich, former Geophysical Institute do-all researcher and technician

- September 25
  History and Stories about Poker Flat Research Range

- October 2
  Dr. T. Neil Davis: A Giant’s Contribution to Our University and Community
  Rich Seifert, UAF Professor Emeritus

- October 9
  Political History of the University of Alaska
  Dr. Terrence Cole, UAF Professor of History and storyteller extraordinaire

www.uaf.edu/olli/ 907-474-6607 UAF-OLLI@alaska.edu
Glass Fusing Basics  
ART-01  Session I: Sept. 11, 18  
Mondays 1:00 – 4:00 pm (2 weeks)  
* Meets at 1532 LaRue Lane  

Learn the basics of glass fusing and create fused glass jewelry, tiles and plates. Students will learn proper and safe use of various tools which will be supplied by the instructor, and will be introduced to enamels, stringers, glass line paints and more. Projects will be fired and slumped in a kiln. No experience necessary. Materials fee $85; pay instructor at the first class. Enrollment limited to 12.  

Instructor Margaret Donat taught art in Fairbanks schools for many years and, after retiring, became a founding member of local artist cooperative Two Street Gallery, where some of her art is on display. She loves teaching art and is excited to introduce you to glass, a wonderful medium to express yourself and create beautiful art.

Calendar Art  
ART-02  Session I: Sept. 11, 18, 25, Oct. 2, 9  
Mondays 2:00 – 4:00 pm (5 weeks)  

Want to get a head start on Christmas gifts? Come complete 12 pieces in any medium (watercolors, pastels, color pencils, silhouette tracing, etc) reflecting the months of the year, and we will mount them to create a 2018 calendar (see sample in the OLLI office). Bring your choice of medium; the instructor will bring more to share. You do not need to be an accomplished artist to do this – help will be provided! Materials fee $20; pay instructor at the first class. Enrollment limited to 15.  

Instructor David Gerrish has taught art throughout Alaska and accumulated hundreds of field sketches that comprise exhibits here and in the lower 48. His enthusiasm for art and the land he loves continues in retirement.

Beginning Watercolor  
ART-03  Session I: Sept. 12, 19, 26, Oct. 3, 10  
Tuesdays 2:00 – 4:00 pm (5 weeks)  

Make several postcards and paintings depicting Alaska. You’ll learn how to watercolor skies, northern lights, landscapes, oceans and rivers, and how to “border” cards and transfer animal images onto the cards. Three of the completed paintings will be matted by the instructor. Bring watercolors, brushes, a water container, pencil and eraser, fine tip permanent markers, and something that can be used as a palette. Materials fee $20; pay instructor at the first class. Enrollment limited to 15.  

Instructor: David Gerrish (see ART-02)

Qiviut Knitting Design  
ART-04  Session I: Sept. 13, 20, 27, Oct. 4  
Wednesdays 2:00 – 4:00 pm  

Do you enjoy knitting? Have you got good “map reading” skills? Are you fascinated by qiviut? Figure out how to design your own qiviut scarf with a design derived from a traditional artifact. The goal of this class is to understand the relationship between different knitting stitches by mapping them out on graph paper and eventually designing your own knitting pattern, without fear of ripping back to fix mistakes. Materials fee $15; pay instructor at the first class. Enrollment limited to 10.  

Instructor Helen Howard helped establish the Musk Ox Producers’ Cooperative and taught qiviut knitting in Western Alaskan villages.

Create Your Own Fabric I  
ART-05  Session I: Sept. 14, 21, 28, Oct. 5  
Thursdays 2:30 – 5:00 pm  
* Bring 8 yards of PFD fabric to the first class  

This class is for those who want to learn a number of techniques of creating one-of-a-kind fabric. We will use dye, paint (mono-painting) and inks to create unique fabric that can be used in a variety of sewing or crafting projects. In our last class, we will create a silk scarf using inks. Bring eight yards of PFD (Prepared for Dyeing) fabric to the first class. Materials fee $20; pay instructor at the first class. Enrollment limited to 10.  

Instructor Karen Malone started sewing 50 years ago. She loves to create her own fabrics and to sew clothes, purses, sports gear, costumes and dolls. She has taught OLLI classes in the past and is looking forward to spending time with others who enjoy getting their creative juices flowing.
Creativity Studio: Humor and Whimsy
ART-06  Session I: Sept. 15, 22, 29, Oct. 6
Fridays 12:15 – 1:30 pm
* Companion class to SOC-08, but may be taken separately
This class will focus on hands-on applications of creativity to stretch your creativity muscles, find and nourish your creative abilities, and just plain have fun. Using concepts from the Creativity class (SOC-08), we will create humorous and/or whimsical things: perhaps jokes, cartoon strips, art or drama, perhaps something new and, well, creative! For those feeling awkward about their creative abilities, don’t let that stop you from attending the class – you won’t have to share with others what you’re doing unless you choose to do so. Materials fee $5; pay instructor at the first class. Enrollment limited to 30.

Instructor Larry Moen is an award winning ice sculptor and provides art/creativity therapy as a licensed professional counselor in his private practice, Uncommon Therapy (www.utherapy.net).

Suminagashi (Japanese Paper Marbling)
ART-07  Session I: Sept. 15, 22, 29, Oct. 6
Fridays 2:00 – 5:00 pm
Suminagashi is the art of Japanese paper marbling. Inks are floated on a bed of water and transferred to paper, which absorbs the ink. The paper is then rinsed and dried and the print is permanent. Join us as we create stunning papers in a very relaxed environment. We’ll open a 2nd section in Session II if demand warrants, so join the waitlist if interested. Materials fee $10; pay instructor at the first class. Enrollment limited to 8.

Instructor Bev Frey has worked with paper arts for 30 years. She believes experimentation is the nature of art and is happy to introduce OLLI students to a new experience.

Knitting Q&A
ART-08a  Session I (Add-On): Oct. 11
Wednesday 9:15 - 10:15 am
ART-08b  Session I (Add-On): Oct. 11
Wednesday 10:30 – 11:30 am
* Two sections of the same course; register for one only.
Bring along the project you are stuck on. Together we’ll work on finding the solution to get you over the hump. Enrollment limited to 6.

Instructor Gail Davidson is a retired geologist. When not playing outdoors, she knits in any spare moments, something she’s been doing since dinosaurs walked the earth.

Wagon Wheel Rug Weaving
ART-09  Session II: Oct. 16, 23, 30, Nov. 6
Mondays 2:00 – 4:00 pm
* You will have to work on your rug between class meetings.
We will make a circular rug using fabric scraps just like the instructor’s mom taught him. Materials to bring: Scissors (or a circular cutter and cutting mat), a ruler, and lots of safety pins – and if you have some old blue jeans lying around, please bring them. This class is NOT just for women!! Materials fee $10 (to make plastic hoop); pay instructor at the first class. Enrollment limited to 18.

Instructor Arvid Weflen is a UAF professor emeritus who taught aviation maintenance for 30+ years. He enjoys many varied interests including blacksmithing, traditional farming methods, restoring old buggies, genealogy, amateur radio, and solar energy.

More Block Printing for the Amateur
ART-10  Session II: Oct. 17, 24, 31, Nov. 7, 14
Tuesdays 2:00 – 4:00 pm (5 weeks)
Students will carve a design of their choice into a soft rubber block and then hand print the cutout on postcard-size cardstock. We will print first with water-based ink and then, if desired, students can print with oil-based ink and watercolor the image. Bring: watercolors and brushes. This course is a continuation of the block printing course offered Spring 2017, but the spring course is not required. Materials fee $20 covers cutters, water-based and oil ink, and rubber to cut on; pay instructor at the first class. Enrollment limited to 15.

Instructor: David Gerrish (see ART-02)

Knitting Sock Heels
ART-11  Session II: Oct. 18, 25, Nov. 1, 8
Wednesdays 9:30 am - 12:00 pm
Have sock heels been a mystery to you? Surprise! There are many different ways to make heels, to fit many kinds of feet. We’ll look at many and make samples of some. You should know how to cast on, knit and purl. We won’t be making socks, only heels, so you’ll have lots to refer to when you do knit your own socks. A basic supply list will be sent before the first class. Enrollment limited to 15.

Instructor: Gail Davidson (see ART-08)
Meet the Artists
ART-12  Session II: Oct. 18, 25, Nov. 1, 8
Wednesdays 3:45 – 5:00 pm
Meet a different local artist every week. See examples of their work and hear them talk about their creative processes.
Oct. 18: Deb McQueen, Beadwork Artist
Oct. 25: Madara Mason, Painter - Acrylic and Mixed Media
Nov. 1: Yumi Kawaguchi, Woodblock Printmaker
Nov. 8: Ree Nancarrow, Art Quilter

Create Your Own Fabric II
ART-13  Session II: Oct. 19, 26, Nov. 2, 9
Thursdays 2:30-5:00 pm
* Bring 8 yards of PFD fabric to the first class
* Open to all; you do not need to take ART-05 Create Your Own Fabric I first.
This class is for those who want to learn a number of techniques for creating your own fabric. We will start with dyeing PFD (Prepared for Dyeing) fat quarters. We will then use screen printing and mono-printing, and paint fabric using acrylic paints and inks. We will be using stencils, resists and sprays to create fabric that can be used in a variety of sewing or crafting projects. Bring eight yards of PFD fabric to the first class.
Materials fee $20; pay instructor at the first class. Enrollment limited to 10.
Instructor: Karen Malone (see ART-05)

Drawing Studio
ART-14  Session II: Oct. 20, 27, Nov. 3, 10
Fridays 12:15 – 1:30 pm
This class is a continuation for those who have taken any previous drawing classes. We'll continue with drawing exercises and art composition instruction. In addition to strengthening their individual skills, students will be encouraged to explore developing their own individualistic style of drawing. Materials fee $15; pay instructor at the first class.
Instructor: Larry Moen (see ART-06)

Birch Bark Baskets
ART-15  Session II (Add-On): Nov. 13, 14, 15, 16
MTuWTh 2:00 – 5:00 pm
* If you have taken Birch Bark Baskets through OLLI in the last three years, please do not register for this class; let others have a chance to try it.
* You will have to work on your basket between class meetings.
Learn the history of and how to make woven birch bark baskets in the Scandinavian/Northern European style, as practiced for centuries. In this class we will make two small baskets and, as time permits, additional decorative ornaments utilizing birch bark. Be prepared to get your hands and clothes dirty as we prepare the bark and weave it into various shapes. Students should supply their own rulers, scissors, utility knife and pencils for the class. The instructor will provide the birch bark and lots of ideas for your projects. Enrollment limited to 12.
Instructor: Arvid Weflen (see ART-09)

Computer Applications
Mac Survival
CP-01  Session I: Sept. 11, 18, 27, Oct. 2
Mondays 10:30 – 11:45 am
This is a course in survival skills for Mac users. We will discuss various topics including passwords (choosing, remembering, storing), communications (email, text, browsers and search engines), security (viruses, keeping software up to date, and
backups), and what happens to your accounts if you are hurt or worse. You are encouraged to ask questions, make comments and give suggestions.

Instructor Lewis Overton is retired from the University of Alaska. He has worked in Information Technology for over 50 years in both public and private sector operations.

Introduction to iPad
CP-02 Session I: Sept. 12, 19, 26, Oct. 3
Tuesdays 12:00 – 1:30 pm

* Bring your own iPad and your Apple account login information.

This class is designed to give users a basic understanding of the functions and features of the Apple iPad and will examine a variety of applications. *Enrollment limited to 20.*

Instructor William Sanderson has taken several Apple workshops and is an avid reader of manuals. He is excited to share with you what he has learned.

Google Maps
CP-03 Session I: Sept. 13, 20, Oct. 4, 11
Wednesdays 2:00 – 4:00 pm (No class Sept. 27)

Google Maps presents a world of information at your fingertips. Explore Google Maps both on the computer and with the smartphone app, and discover how to use this technology to your advantage. This course is designed to take those with little or no Google Maps experience from beginner to expert. A smartphone is not required, but if you have one, bring it. Whether you are interested in virtual sightseeing, planning a trip, or using Google Maps for navigation, this is the course for you. *Enrollment limited to 20.*

Instructor Katie Kennedy is a member of Google’s Geo Teacher Advisory Board and has been a trainer at numerous Google Apps for Education summits. A former K-12 educator and outreach professional, Katie now works for UAF Summer Sessions & Lifelong Learning.

Introduction to iPhone
CP-04a Session I: Sept. 14, 21, 28, Oct. 5
Thursdays 11:30 am - 1:00 pm

CP-04b Session II: Oct. 17, 24, 31, Nov. 7
Tuesdays 12:00 – 1:30 pm

* Two sections of the same course; register for one only.
* Bring your own iPhone and your Apple account login information.

This class is designed to give users a basic understanding of the functions and features of the Apple iPhone and will examine a variety of applications. *Enrollment limited to 20.*

Instructor: William Sanderson (See CP-02)

Library Technology Programs
CP-05 Session I: Sept. 14, 21, 28, Oct. 5
Thursdays 3:45 – 5:00 pm

* If you have taken Library Digital Resources through OLLI before, please do not register; let others have a chance to try it.
* You must have a FNSB Library account and know your PIN in order to access the programs introduced.

What is this world coming to? It seems everything is online now! This class will introduce you to the digital resources available to anyone with a FNSB Library account. Topics will include the library’s website, online catalog, e-books, e-audio and more. Students can bring their own newer portable devices to class, however this will be held in the UPark computer lab. This course is meant to spark further interest in more specific classes that will be held at the library in the near future. *Enrollment limited to 10.*

Instructor Natalie Forshaw is the Library Technology Manager at Fairbanks North Star Borough Public Libraries.

Home Computer Security
CP-06 Session I: Sept. 15, 22, 29, Oct. 6
Fridays 12:15 – 1:30 pm

This course will focus on home computer security for members who are not familiar with the topic. We will address the following topics: social engineering, anti-virus and anti-malware options, setting up your computer’s built-in firewall, enabling automatic updates, creating stronger passwords, dealing with popup notifications, when to click on embedded links and open attachments and when not to click. We will focus on Microsoft Windows XP, 7 and 10 as well as Macintosh OS 10 Yosemite, El Capitan and Sierra.

Instructors: Barbara Horner-Miller spent more than 40 years in the computer field, much of it in user services. She is a Certified Information Security Manager. Jan Julian started in the computer field in 1961 (yes there were computers in 1961). He retired in 2012. He was qualified as a Certified Information Systems Security Professional and has experience in maintaining a home network.

Gmail & Google Drive
CP-07 Session II: Oct. 18, 25, Nov. 1, 8
Wednesdays 9:00 – 11:30 am

Your email account is much more than a virtual version of the mailbox at the end of your driveway. For example, can your mailbox save your attachments in Google Drive? What can you do with the photos you receive in your mail? How do you easily share a photo? This class will introduce you to all of the options in your Gmail account. We will start with managing your inbox and then move to Google Drive, Google Photos, and even more. What do you think Gmail could do for you? Bring your questions. *Enrollment limited to 20.*

Instructors are Instructional Designers at UAF eLearning: Chris
Exercise & Recreation

Chair Yoga
EX-01  Session I: Sept. 11, 18, 25, Oct. 2
Mondays 10:30 – 11:45 am

Come join us for a fun session of Chair Yoga! Chair Yoga is appropriate for all abilities and body types, from upright to chair bound. Yoga helps us to create balance, alignment, flexibility and strength, all from the safety and support of a chair. Our class will include breathing and poses taught with emphasis on alignment. A gentle yoga practice trains the body to be supple and strong and the mind to be quiet. Enrollment limited to 20.

Instructor Toni Kaufman has been dedicated to yoga for 30 years. She is certified in alignment style of yoga and has taught classes extensively in the Fairbanks area. Toni’s commitment to yoga has helped to keep her feeling mostly young and flexible into her 70s.

Basic Ice Skating Skills
EX-02  Session I: Sept. 11, 13, 18, 20, 25, 27, Oct. 2, 4, 9, 11
Mondays & Wednesdays 11:00 am – 12:00 pm (5 weeks)

Meets at UAF Patty Center Ice Arena. OLLI parking permits are NOT valid at Patty Center.

Whether you’ve never ice skated before, or it’s been many years and you’d like to try it again, this class will get you gliding over the ice. As with any new sport or exercise program, consult with your doctor to see if ice skating is a good choice for you. If you have skates that fit you, bring them; if you don’t, you can borrow a pair of rental skates at no additional charge. Helmets are recommended for beginning skaters. $20 fee covers ice time; pay OLLI at registration. Enrollment limited to 12.

Instructor Anne Derkacz-Wagner has been teaching skating to all ages for 30+ years. She enjoys all types of skiing, walking, and paddleboarding.
Strength Training for Athletes with Needy Knees  
EX-03 Session I: Sept. 11, 18, 25, Oct. 2  
Mondays 12:15 – 1:30 pm  
* If you have taken this course through OLLI before, please do not register; let others have a chance to try it. (See EX-11.)  
* Students will need to get up and down from the floor multiple times during each hour.  

For this class, we will focus on core strength exercises to enhance knee stability with the goal of minimizing your chance of injury. During the first class meeting, we will do a basic functional assessment of each student, and in following classes, students will learn how to do exercises with cues on proper form for their existing strength level with adjustments to be made in the exercises as they improve. Students will need to get up and down from the floor multiple times during each hour. Students should wear gym shorts or tights so that the instructor can see what your knees are doing. **Enrollment limited to 10.**  

Instructor **Susan Sugai** is an outdoor enthusiast who still enjoys Nordic skiing, hiking, and biking after two total knee replacements and orthopedic surgeries on hand, foot, and shoulder. Having had to work for years to overcome faulty muscle memory associated with her dysfunctional joints, Susan wants to share what she's learned from her rehabilitation and research.

Bike Maintenance: Learn to Love Your Bike  
EX-04 Session I: Sept. 12, 19, 26, Oct. 3, 10  
Tuesdays 8:45 – 11:45 am (5 weeks)  
* Bring a bike!  
* If you have taken Bike Maintenance through OLLI in the last three years, please do not register for this course; let others have a chance to try it.  

Learn how to fix flats, adjust gears and brakes, straighten wheels, and take care of bearings, chains, and cables. Set up your bike for better riding and be prepared for all conditions — even winter! Bring your bike! **Enrollment limited to 10.**  

Instructor **Simon Rakower** has been teaching bike repair for over 25 years in Fairbanks and elsewhere. He trained instructors to teach kids to work on bikes for the Recycle a Bicycle program in Brooklyn, NY. He dreams of a world where all riders can fix their own flats.

Strong Seniors  
EX-05 Session I: Sept. 19 to Nov. 16  
Tues & Thursdays 12:15 – 1:30 pm (no class Oct. 17, 19)  
* 8 weeks, double course fee  
* If you have taken “Strong Women” through OLLI in the last three years, please do not register for this course; let others have a chance to try it.  

This research-based beginning strength-training program was designed for middle-aged and older women, but it works for men too! Strength training helps control weight, blood sugar, and cholesterol, and increases independence and bone density. Sleep quality improves; falls, depression, and arthritis pain are reduced. Wear comfortable clothes and stable shoes with socks. The first class is an orientation where we discuss the research and what weights to get (minimal). Participants complete a health checklist and their health care provider's clearance may be needed. Come with a friend and stop the “downhill slide.” **Enrollment limited to 20.**  

Instructor **Leslie Shallcross** is Cooperative Extension’s new Tanana District “Health, Home and Family Development” faculty member. Her academic background includes linguistics and nutrition. She is a registered dietitian with a master’s degree in human nutrition science. Her career and current program focuses heavily on health promotion, disease prevention, food safety and nutrition through the lifecycle.

Beginning Kettlebells  
EX-06 Session I: Sept. 12, 14, 19, 21, 26, 28, Oct. 3, 5, 10, 12  
Tuesdays & Thursdays 2:00 – 3:15 pm (5 weeks)  
* If you have taken Kettlebells through OLLI in the past, please do not register for this course; let others have a chance to try it.  
* Meets at Fairbanks Kettlebells, 380 Chena Pump Plaza (near Lemongrass)  

Kettlebells are cast iron weights shaped like a ball with a handle for easy gripping. Kettlebell exercises build strength and endurance, particularly in the lower back, legs and shoulders, and increase grip strength. Wear comfortable clothes. The first class will be an orientation. We will talk about any health issues. Try this newly popular form of exercise! Kettlebells provided. **Enrollment limited to 10.**  

Instructor **Gerald Damron** is a certified personal trainer with the National Strength and Conditioning Association. He enjoys coaching powerlifting and has owned and managed fitness facilities and worked with clients for over 15 years. He is currently co-owner of Fairbanks Kettlebells located in Chena Pump Plaza.
Pinochle
EX-07  Session I: Sept. 13, 20, 27, Oct. 4, 11
Wednesdays 10:00 am – 12:00 pm (5 weeks)
Instructor Karen Emerson has enjoyed playing double pinochle for many, many years and would love for others to learn and enjoy the game as much as she does. Nori Bowman started playing cards at a very young age with her grandmother, and she hasn’t stopped playing since. Both Karen and Nori play single and double pinochle with the OLLI Pinochle SIG.

Beginning Swimming
EX-08  Session I: Sept. 24, Oct. 1, 8, 15
Sundays 8:00 – 9:00 am
* Meets at UAF Patty Center Pool
Swimming is an important skill for everyone who participates in activities that are in or near the water. Besides being essential for drownpoofing, swimming is a non-impact exercise that all ages can enjoy, and it isn't too late to learn! If you don’t swim at all, are a self-taught dog-paddler, or have forgotten all you ever knew about swimming, this class is for you. You'll learn elementary swim skills, water safety, and several competitive and resting strokes. $10 pool use fee; pay OLLI at registration. Enrollment limited to 12.

Taoist Tai Chi I & II
EX-09  Session I: Sept. 15, 22, 29, 6, 13
EX-10  Session II: Oct. 20, 27, Nov. 3, 10, 17
Fridays 3:20 – 4:30 pm (5 weeks)
* EX-10 is a continuation of EX-09.
* Enroll in EX-10 only if you are also taking EX-09 or have previous experience with Taoist Tai Chi.
Taoist Tai Chi offers a pleasant form of exercise which incorporates stretching and relaxation. It is a mind/body activity which, when practiced diligently, is capable of improving balance, strength, range of motion and overall well-being. Participants should wear loose-fitting, non-restrictive clothing and comfortable shoes that allow movement while giving a feeling of connection to the floor.

Instructors Dave and Mary Nebert are Tai Chi enthusiasts and instructors with the local branch of Taoist Tai Chi Society. they became interested in Taoist Tai Chi several years back when they realized they weren’t getting any younger and that aging without remaining active can adversely affect one’s ability to enjoy life.
**Intermediate Yoga**
EX-14  Session II: Oct. 20, 27, Nov. 10, 17
*Fridays 8:45 – 10:00 am (No class Nov. 3)*

* For students with previous yoga experience. Beginners see EX-01, Chair Yoga.

Bring your sticky mat, blocks and strap (if you have them), and something to put under your head during relaxation. *Enrollment limited to 25.*

Instructor Patricia Mata-Celis has practiced yoga for many years, and completed a one-year certification course for teaching yoga and meditation.

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**Awareness Through Movement ®**
EX-15  Session II: Oct. 20, 27, Nov 3, 10
*Fridays 10:30 – 11:45 am*

* Students must be able to get down and back up from the floor several times during each hour.

The Feldenkrais® Method uses gentle movements and directed attention to enhance muscular efficiency by reducing subconscious muscular habits that often limit the quality of our movements. Class participants are verbally led through a sequence of movements in basic positions such as lying on the floor, sitting in a chair, or standing. Each class will feature a different movement sequence designed to increase awareness of how your body functions. Bring a yoga mat or similar floor pad. *Enrollment limited to 15.*

Instructor Russell Walker holds a degree in Kinesiology from Oregon State University and uses the Feldenkrais® Method to improve posture, movement, and well-being.

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**Improve Your Strokes**
EX-16  Session II: Oct. 22, 29, Nov. 5, 12
*Sundays 8:00 - 9:00 am*

* Meets at UAF Patty Center Pool

* For those who can swim continuously at least one full lap, freestyle (front crawl) without floatation aids, with your face in the water, and turning your head to breathe. If you can’t do this, choose Beginning Swimming (EX-08) instead.

This is a class for those who already know how to swim and want to refine their technique to avoid injuries, learn new strokes to give variety to your workouts, and swim more efficiently (faster with less effort). Several OLLI students who took this course last year are now part of the U.S. Masters Swimming Fitness group that meet several times a week. The camaraderie and encouragement of the group will keep you going. $10 pool use fee; pay OLLI at registration. *Enrollment limited to 12.*

Instructor: Kristina Miller (See EX-08)

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**Kayaking**
EX-17  Session II: Oct. 22, 29
*Sundays 2:30 – 4:30 pm (2 weeks)*

* Must be able to hold your breath and move easily on your own on land and water.

* Meets at UAF Patty Center Pool

A minimal paddle skill set will be presented and practiced, allowing students to safely and comfortably maneuver on still water. If demand warrants, we’ll open a 2nd section (to meet Nov. 5 & 12), so join the waitlist if interested. $16 fee for use of kayak and pool; pay OLLI at registration. *Enrollment limited to 10.*

Instructors: Tony Mustered is the Owner/Operator of Alaska Dream Adventures, a sightseeing tour and outfitting company that sells and rents kayaks, canoes, and related equipment and Cat Fordham works as a wilderness tour guide, computer technician, and piano teacher.

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**See also: (listed under “Music & Dance”)**
DAN-01 &-02  Israeli Folk Dance I & II
DAN-03   Contradance

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**Films & Photography**

**Movie Double and Triple Hitters**
FLM-01  Session I: Sept. 11, 18, 25, Oct. 2, 9
*Mondays 2:00 – 5:00 pm (5 weeks)*

In weeks 1 and 2 we will view two versions of *Ladykillers* (comedy, crime): first the 1955 British production starring Alec Guinness and Katie Johnson, then the 2004 Coen Brothers version starring Tom Hanks and Irma P. Hall. In weeks 3, 4, and 5 we’ll view three versions of *The Magnificent Seven* (action, adventure): first, the 1960 version directed by John Sturgis set in Mexico starring Yul Brynner, Eli Wallach, James Coburn, Steve McQueen, Robert Vaughn, and Charles Bronson; then the 1955 original Japanese version directed by Akira Kurosawa; and finally the 2016 version directed by Antione Fuqua, starring Denzel Washington, Ethan Hawke, and Tlingit-Athabascan actor Martin Sensmeier.

Instructor Ron Inouye, retired from UAF Rasmuson Library, says that his major qualification for facilitating film classes is having regularly and willingly paid admission to see movies, from childhood Saturday afternoon matinees to the current offerings at our local cinemas.

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**Great Silent Filmmakers: Douglas Fairbanks**
FLM-02  Session I: Sept. 13, 20, 27, Oct. 4, 11
*Wednesdays 5:15 – 7:00 pm (5 weeks)*

* Meets in O’Neill room 201 on UAF’s West Ridge. Parking is free after 5:00 pm.
Often called, “The King of Hollywood,” Douglas Fairbanks was both a big star and a great filmmaker in the silent era. He was actor, screenwriter, producer, director, and one of the four founders of United Artists. In this course we will explore his life and work in the silent film industry. Screenings will include: The Mark of Zorro (1920), Robin Hood (1922), The Thief of Bagdad (1924), and The Black Pirate (1926). Supplements include introductions, documentaries, trailers, and period cartoons.

Instructor Jeffrey Simonson has an insatiable appetite for film. He became a cinephile after discovering the great classic films at the local library 25 years ago.

Great Silent Filmmakers: Yasujiro Ozu

FLM-03  Session II: Oct. 18, 25, Nov. 1, 8, 15
Wednesdays 5:15 – 7:00 pm (5 weeks)

Influential Japanese screenwriter and director Yasujiro Ozu was most famous for his 1960s films exploring culture clash between generations in Japanese society. Yet, in his 20s, he started his career and developed his unique style making silent films; most are lost. In this course we will explore his life and work in silent film. Screenings may include: Walk Cheerfully (1930), That Night’s Wife (1930), Dragnet Girl (1933), I Was Born, But... (1932), Passing Fancy (1933), and Tokyo Chorus (1931). Supplements include introductions, documentaries, trailers, and period cartoons.

Instructor: Jeffrey Simonson (see FLM-02)

Films of Reese Witherspoon

FLM-04  Session II: Oct. 20, 27, Nov. 3, 10
Fridays 2:00 – 5:00 pm

Reese Witherspoon was born in New Orleans and started modeling at age seven. Modeling led to parts in television commercials and eventually, at age 14, to her first movie role in Man In the Moon. In 2005 she won the Academy Award for Acting in the Johnny Cash biographic film, Walk the Line, in which she did her own singing in the role of June Carter Cash. She produced and won another best actress nomination for her role as Cheryl Strayed in Wild. We will view and discuss the three films listed above as well as Pleasantville (1998).

Instructor Clif Lando is a retired UAF mathematics professor and department head.

Alaskan Wildlife Photography

PHT-01  Session I: Sept. 15, 22, 29
Fridays 12:15 – 1:30 pm (3 weeks)

Learn how and where to photograph wildlife in Alaska. In the first class, we will discuss how to operate the camera and what different terms mean. The instructor will bring his own Canon camera to demonstrate. Student do NOT have to bring a camera. Enrollment limited to 15.

Instructor Bud Marschner was put into his father’s darkroom when he was 5 years old and has been photographing everything from landscapes to wildlife ever since. Since moving to Alaska 20 years ago, he’s been more focused on the incredible diversity of wildlife available here.

See also:
HIS-05  A Centennial Overview of the Great War and Great Cinema about the War
HIS-13  Documentaries on Irish History
CP-08  Managing Your Digital Photos
CP-09  “Photos” for Mac, iPhone & iPad

Foods & Flowers

Tea “101”

FF-01  Session I: Sept. 11, 18, 25, Oct. 2
Mondays 12:15 – 1:30 pm

Tea is the most popular beverage in the world, as well as one of the healthiest. Learn some of the history of tea and the differences between types of teas. Compare white, green, oolong, black, and pu-erh, as well as some of the herbal teas like rooibos and mate. See how to steep tea properly, with slightly different techniques for individual types. Learn about quality, storage, and shelf life. Find out what’s new in the world of tea: bubble tea, kombucha, matcha and more. Materials fee $20; pay OLLI at registration. Enrollment limited to 25.

Instructor Jenny Tse, owner of Sipping Streams Tea Company, is a certified tea specialist with the Specialty Tea Institute.
Cooking with an “Instant Pot”
FF-02 Session I: Sept. 11, 18, 25, Oct. 2
Mondays 2:00 – 4:00 pm
Heard about Instant Pot? Wonder how it works? Is it really “Instant”? (NO, it isn’t). Is it right for you? Don’t rush out and buy one; come and see if this kitchen tool will work for you. We will take one out of the box, put it together, test it, talk about safety, and COOK. Each week we will explore different recipes including: yogurt, tomato soup, rice, beans, pasta, whole chicken, and desserts! Even if you don’t want one, come and try the food! Materials fee $20; pay instructor at the first class.

Instructor Terry Roberts is a distracted cook, making an Instant Pot ideal for her.

Wild Edible Berries of Autumn in the Interior
FF-03 Session I: Sept. 12
Tuesday 5:30 – 7:30 pm (Meets once)
This one day indoor class introduces you to a number of Interior Alaska’s wild berries ready to harvest at this time, including low-bush cranberry, highbush cranberry, rose hips and more. This presentation will cover detailed plant identification, nutritional values and a variety of uses to inspire your own wild harvesting before the snow flies (if it hasn’t already!)

Instructor Leslie LaBar is the Wild Edible Plant Instructor for the Becoming an Outdoors Woman program offered through the Dept. of Fish & Game. She and her husband George have also taught Wild Edible Plant classes through OLLI. Known as the Forest & Rock People of Earth Link Jewelry since 1987, they seek to inspire people to understand, respect, and explore the beauty and bounty of the Natural World.

Herbs
FF-04 Session I: Sept. 13, 20, 27, Oct. 4
Wednesdays 10:30 – 11:45 am
Sept. 13: Lavender with Jo Romine
Sept. 20: Rubs and Seasonings with Virginia Damron
Sept. 27: Monarda with Dorothea Ott
Oct. 4: Edible Flowers with Marsha Munsell

Instructors are members of The Herb Bunch, a loosely organized group of people who are interested in all things herbal.

Coffee “101”
FF-05 Session II: Oct. 17, 24, 31, Nov. 7
Tuesdays 3:45 – 5:00 pm
Did you know that coffee is the second-most traded commodity in the whole world, second only to crude oil? Cultivated in over 70 countries by thousands of independent farmers, coffee is one of the oldest commodities in the world. Let the Diving Duck team spend a few hours with you to share their knowledge of this popular beverage. We will have fun, learn about coffee and taste premium organic coffees. Materials fee $5; pay instructor at the first class.

Instructor Julia Quist is owner of Diving Duck coffee.

Dining with Diabetes
FF-06 Session II: Oct. 25, Nov. 1, 8, 15
Wednesdays 11:00 am – 1:00 pm
Learn the basics of meal planning and nutrition for diabetics. Come prepared to sample recipes and foods that are both tasty and healthy to keep your diabetes under control or to help prevent onset of diabetes. Materials fee $15; pay instructor at the first class. Enrollment limited to 12.

Instructor: Leslie Shallcross (see EX-05)

Healthy Living

Dog Grooming 101: Zen and the Art of Canine Maintenance
HL-01 Session I: Sept. 12, 19, 26, Oct. 3
Tuesdays 10:30 am – 12:30 pm
* Meets at Golden Heart Boarding and Grooming, 2928 Plack Road, North Pole

Learn how to work with your pet gently and safely and do basic grooming and health management. Bring your own tools if you have them and want to learn how to use them better. Students may borrow tools from the instructor, but only during class. You may bring your own (one) dog to each class. Dogs will be restrained/contained while at the kennel. Risk waiver forms must be signed, and no one may work on another’s dog without signed permission of the owner. We’ll open a 2nd section in Session II if demand warrants, so join the waitlist if interested. Materials fee $40; pay instructor at the first class. Enrollment limited to 4.

Instructor Lynn Orbison is an animal lover, a retired dog musher, a shelter volunteer and a professional groomer. She wants you to take the best possible care of your own pets, and is willing to show you how.
Stressors such as change in socioeconomic status, diet, residence, cultural traditions, population growth, and agriculture affect gut flora and the immune system. The interaction between diet and the gut, as it affects the immune system, behavior and health (mental and physical), is a blooming field of research supported by new research tools and many new publications. This is a non-technical class gauged to provide insight and tools for healthy living.

Instructor Bret Luick is an Associate Professor of foods and nutrition at UAF, where he has been administering nutrition education programs, collecting food cost data and conducting nutrition research since 1994.

The New Face of Medicine
HL-03 Session I: Sept. 14, 21, 28, Oct. 5
Thursdays 2:00 – 3:15 pm

The hope of life is that new things will come along to ease our ways through those harsh realities of aging and illness. Now with our knowledge of the structure of the atom and of the nature of our genetic code, a new age of advanced medicine is evolving. Treatment of heart attacks by regrowth of heart muscle by one’s own stem cells, anatomical transplants from one’s own skin tissue, and replacement of defective or missing enzymes through genetic manipulation are a few of the procedures being carried out today! Now, we can look forward, hopefully, to “younger next year”!

Instructor Nicholas Deely, MD, arrived in Fairbanks in 1963, shortly after completing his medical training in Montreal, to become the community’s first pediatrician.

Burnout Intervention: Restore Joy in Life
HL-04 Session I: Sept. 21, 28, Oct. 5, 12
Thursdays 3:45 – 5:00 pm

Burnout can affect us in our jobs, volunteer positions, and caregiving duties. Learn how health professionals define, identify, and intervene in burnout. Restore joy in your life activities through strategies to eliminate burnout.

Instructor Jean Wilbur Tsigonis, MD, was born and raised in Fairbanks. She has been employed at the Tanana Valley Clinic since 1981. She has been chair of the Family Medicine Department at FMH, chair of the Alaska State Medical Board, President of the Alaska Academy of Family Practice, and most recently obtained her MPH through UAA. Her project was on physician burnout.

Self-Hypnosis
HL-05 Session I & II: Sept. 15 - Nov. 17
Fridays 3:45 – 5:00 pm (10 weeks)
* 10 weeks, double course fee

Interested in stress reduction, enhancing skills or changing old habits? Self-hypnosis is an effective way to take control of the power of your subconscious mind and achieve positive change in your life. Learn about hypnosis, the subconscious mind, effective self-hypnosis techniques, and how to craft effective autosuggestions. Experience group hypnosis and take from this class powerful tools you can use to change your life in positive ways. Other benefits are improved creativity, intuition, health, reflexes, concentration, sense of humor, memory and pain management. The text, Self-Hypnosis and Other Mind Expanding Techniques by Charles Tebbetts, is available for $15 directly from the instructor.

Instructor James Conner, Ph.D., C.H.T., is certified with the American Council of Hypnotist Examiners as a clinical hypnotist and master hypnotist and maintains a private practice in Fairbanks.

Vitamin D: Diet, Supplements and/or Sun?
HL-06 Add on I: Oct. 12
Thursday 8:45 – 11:45 am (Meets once)

Are you deficient, “sufficient,” optimal or at risk for side effects? Vitamin D is actually a prohormone that is converted by your liver and kidneys to an active form which is associated with numerous health conditions and possibly longevity. But association is not causation and low vitamin D levels may instead be a marker for ill health. We’ll explore the current research and information about testing, what to do with the information or how to inform your healthcare provider.

Instructor Melinda F. Evans, MD, MPH, ABIM, practiced primary care outpatient adult medicine for almost 25 years in Fairbanks. As a lifelong learner with a family history of skin cancers, osteoporosis and atherosclerosis, she has a personal interest in Vitamin D.

The Heart of the Matter: Cardiology Meds
HL-08 Session II: Oct. 17, 24, 31, Nov. 7
Tuesdays 12:15 – 1:30 pm

We will review typical drug therapies used in some of the most common cardiac disorders with respect to different medication classes, how they work, and considerations that go into healthcare professionals’ selections. We can also discuss common side
effects, things to monitor for, and good questions to ask about these therapies. Proposed therapies to discuss include high blood pressure, high cholesterol, anti-arrhythmia, anti-coagulant, anti-platelet and related medication therapies, but topics are open to modification per request.

Instructor Brittany Karns, PharmD, is a pharmacist at Fairbanks Memorial Hospital and Denali Center. She completed undergrad at UAF, pharmacy school in Minnesota, and completed her residency at the VA in Boston.

Complementary, Alternative and Integrative Medicine
HL-09 Session II: Oct. 17, 24, 31, Nov. 7
Tuesdays 3:45 – 5:00 pm
This class will define each type of medicine (complementary, alternative and integrative) and discuss what it is, how it works, and where and how each is offered. We will discuss traditional alternative medicines; body, mind, and senses; CAM and diet; and herbs and supplements.

Instructor Nancy Frei, PharmD, works at Fairbanks Memorial Hospital. She specializes in acute, ambulatory and hospice care.

First Aid, CPR, AED
HL-10 Session II (Add-On): Nov. 13, 14, 15, 16, 17
MTuWThF 12:15 – 1:30 pm
We will cover the basics of first aid, medical emergency signs and symptoms, injury emergencies and what to do about them. Medical emergencies will include stroke, heart attack, seizures, severe allergic reactions, shock, and choking. Everyone will practice adult chest compressions and use of an AED. Enrollment limited to 20.

Instructor Terry Solomon has 25 years experience teaching in the public schools in Alaska, 13 years as an Emergency Medical Technician and 12 years as a volunteer at Chena-Goldstream Fire and Rescue. She is currently teaching EMT classes in the Interior, working on wildland fires, taking OLLI classes and being a Gramma.

History of Ester
HIS-01 Session I: Sept. 11, 18, 25, Oct. 2
Mondays 12:15 – 1:30 pm
This course will explore the history of Ester, with an emphasis on its origins in the Fairbanks gold rush. We will meet some of its first prospectors, miners and merchants. We will learn about Berry and Ester City and the relationship between the two. We will discuss how the nearly defunct settlement was revived when the Fairbanks Exploration Company established one of their gold dredging camps there, and how the present village grew up around the camp. There will be extensive use of historic photos, film, and early written accounts.

Instructor Matthew Reckard is an architectural historian and engineer specializing in historic preservation. He moved to Ester in 1979 and has written extensively on the town’s history.

Great Decisions 2017 (I & II)
HIS-02 Session I: Sept. 12, 19, 26, Oct. 3
HIS-03 Session II: Oct. 17, 24, 31, Nov. 7
Tuesdays 9:30 – 11:30 am
⋆ Each 4-week session stands alone; you may take either one or both.
Do you ever see foreign news reports and wonder what it’s all about? Global challenges have increasingly become domestic challenges with events in the remotest parts of the world affecting our lives in myriad ways. Get the information you need to figure out what’s happening and to be able to discuss it intelligently with others. This program was developed by the Foreign Policy Association. Read essential background information in the briefing book, then come to class for a video analysis of the topic by experts, followed by a group discussion. The Great Decisions 2017 Briefing Book is available from the OLLI office for $26. Class members take turns leading the discussions. Topics for 2017 Session I are:
• The Future of Europe
• Trade and Politics
• Conflict in the South China Sea
• Saudi Arabia in Transition
Topics for 2017 Session II are:
• U.S. Foreign Policy and Petroleum
• Latin America’s Political Pendulum

Registration Procedure
On the day registration opens, you can enroll and/or waitlist in up to 3 courses in Session I and 3 courses in Session II. Starting the next day, you can select as many more courses as you wish.
History of Ocean Exploration IV  
HIS-04  Session I: Sept. 11, 18, 25, Oct. 2  
Mondays 4:00 – 5:15 pm  
* Meets in O’Neill room 201 on UAF’s West Ridge. OLLI parking permits will be honored in the UA Museum parking lot.

The second globe-circling voyage (the best known of three) by HMS Beagle (1831-1836) is the starting point for this course. By illustrating the significance of its navigational, artistic, cartographic, geological and other recorded observations during extended voyages, instructors will encourage students to compare and relate 19th-century British Admiralty expeditions to both earlier and more recent oceanic exploratory initiatives aimed at better understanding Earth, our “water planet.” Students need not have taken earlier editions of this course, as enrollees’ interests will shape the sequence and detail of topics to be covered.

Instructors: Mark Johnson is a physical oceanographer at UAF. Dave Norton is a retired research generalist, and Marvin Falk is a retired research archivist-librarian.

A Centennial Overview of The Great War and Great Cinema about the War  
HIS-05  Session I: Sept. 12, 19, 26, Oct. 3  
Tuesdays 2:00 – 5:00 pm  
We will review the background and events leading to The Great War and United States involvement in the war. For some this will be a review, for some it will be more. Film selections that we will cover are The Blue Max, All Quiet on the Western Front (1979 uncut version) and The Lost Battalion. We will also review the consequences of the war 100 years after the fact.

Instructor Steve Heckman, retired Alaska State Trooper, former adjunct with Tanana Community College, and retired history teacher and vice principal of Monroe Catholic High School, has an undergraduate degree from the University of Alaska.

De-mystifying Cannabis  
HIS-06  Session I: Sept. 13, 20, 27, Oct. 4  
Wednesdays 12:15 – 1:30 pm  
This multimedia course is designed to provide participants with documented information regarding cannabis, commonly known as marijuana. Topics include the following: overcoming the stigma of cannabis use, how to talk to others about cannabis, the history of cannabis and its uses, why cannabis became illegal, legal aspects of cannabis in Alaska, home cultivation, cannabis in other forms (cooking, recipes, and other preparations), and how people are using cannabis today, especially for the relief of chronic pain, anxiety, and insomnia, to name a few. Optional field trip, date & time TBA.

Instructors: Carl Addington is a retired middle school teacher. He has lived in Alaska for 36 years. Marilyn Berglin retired after teaching for 27 years at Fairbanks Youth Facility. She has lived in Alaska for 47 years and is currently a peony farmer.

American Political Development: Federalism  
HIS-07  Session I: Sept. 14, 21, Oct. 5, 12  
Thursdays 2:30 – 3:45 pm (no class Sept. 28)  
* Meets in Murie Auditorium. OLLI parking permits will be honored in UA Museum parking lot.  
* Oct. 12 class will meet in Old UPark.

This course reviews the constitutional foundation of American federalism and its evolution to the present. Students will understand the modern political dynamic through development of the three branches of government, the federal bureaucracy, the role of the states, and the operational relationships among the federal Legislature, Executive Branch, and Supreme Court. Ultimately, we focus on our current politics and consider deeply the roles of federal actors. We address questions such as, “Why does everyone hate Congress?”, “Can President Trump do that?”, “Is the Supreme Court part of the most or least dangerous branch?”, and “Why does any of this matter to Alaska?”.

Instructor Amy Lauren Lovecraft is a UAF Professor in the Political Science Department.

Europe Recovers from 20th Century Horrors  
HIS-08  Session I: Sept. 15, 22, 29, Oct. 6  
Fridays 2:00 – 3:15 pm  
From the instructor’s childhood memories spanning Hitler’s Auschluss of Austria (1938), WWII itself, and postwar refugee problems, this semester’s course continues to document one European family’s challenges and survival strategies into the 1950s. For context, some materials covered last semester will be repeated in early class meetings, but OLLI welcomes both new and returning enrollees.

Instructor Renée Blahuta is a retired research librarian. Dave Norton and archivists from UAF’s Rasmuson Library are helping Renée illustrate and archive her accounts.

Doing the Right Thing  
HIS-09  Session: II: Oct. 16, 23, 30, Nov. 6  
Mondays 10:30 – 11:45 am  
This course will explore different ways of analyzing difficult moral choices to arrive at a just solution. Political implications will be emphasized. Inspired by the book Justice by Michael Sandel. Enrollment limited to 15.

Instructor Gerald Springer is a retired physician who often doesn’t know the right thing to do and, even if he does, sadly doesn’t always do it.
Frontier Justice: Law and Order in Alaska Before Statehood
HIS-10  Session II: Oct. 16, 23, 30, Nov. 6
Mondays 12:15 – 1:30 pm
Explore how law and order were maintained (or not) in Alaska before Alaska became a state. Topics covered will include: Justice in Alaska before the discovery of gold, miners’ meetings, Soapy Smith and Skagway, U.S. Army’s influence on law and order during the Klondike Gold Rush, enactment of the 1900 Civil Code for Alaska, lawlessness during Nome Gold Rush, and more.
  Instructor Ray Bonnell has lived in and explored Eastern Interior Alaska for over 30 years.

History of Medicine
HIS-11  Session II: Oct. 18, 25, Nov. 1, 8
Wednesdays 10:30 – 11:45 am
We will examine the ways pathogens and epidemics changed human experiences, explore turning points in medical discoveries, and investigate the development of health care and medical practices through the ages.
  Instructor Janice Ott, UAF adjunct and retired high school biology teacher, has a passion for unusual things. She holds an M.S. in biology with an emphasis on Wildlife Disease.

Fairbanks Sports Histories
HIS-12  Session II: Oct. 18, 25, Nov. 1, 8
Wednesdays 6:30 – 7:45 pm
* Meets at Fairbanks Community Museum, 535 2nd Ave.
Learn about some of Fairbanks’ most fabled sports history as we’ll spend one evening on hockey, one on basketball, one on curling and one on cross-country skiing. This is an interactive class so bring some of your fondest sports memories to share.
Special guest speakers will be on hand for each class. Class order to be determined by availability of guest speakers.
  Instructor Bob Eley is the President of the Fairbanks Community Museum and the former Sports Editor at the Fairbanks Daily News-Miner.

Documentaries on Irish History
HIS-13  Session II: Oct. 19, 26, Nov. 2, 9, 16
Thursdays 9:30 – 11:30 am (5 weeks)
This class is vivid, exciting and immensely varied. It is far more than the sum of old clichés and myths which set the Irish as a people who were prisoners and victims of history. We see Ireland as an international island which is both changed by and helps to change the world beyond her shores. The Story of Ireland: Age of Invasion, Age of Conquest, Age of Revolution, Age of Union, and Age of Nations. All films are captioned.
  Instructor John Byrne was born and raised in Dublin, Ireland.

Shipwreck Treasure: The Nuestra Senora de Atocha
HIS-14  Session II (Add-On): Nov. 17
Friday 2:00 – 3:15 pm (Meets once)
The Nuestra Senora de Atocha is the most valuable shipwreck ever to be recovered. The Spanish galleon sank off the coast of Florida in a hurricane in 1622 while heavily laden with gold, silver, and emeralds. A second hurricane scattered the wreckage before it could be recovered. A team of American treasure hunters headed by Mel Fisher spent 16 ½ years searching for the wreck before it was found in 1985. However, the captain’s cabin, which is expected to hold the most valuable gold and emeralds, is still missing.
  Instructor Krista Holbrook will share her personal experience of diving for these shipwrecked remains.

The Irish Literary Revival
LIT-01  Session I: Sept. 12, 19, 26, Oct. 3
Tuesdays 10:30 – 11:45 am
The Irish Literary Revival was part of a broad-based cultural movement in Ireland during the late 19th and early 20th centuries. It has been called one of the greatest flourishing of literature in modern times. We will sample a few of the key works from this period including John Synge’s wonderful play, The Playboy of the Western World, and poetry and prose by Augusta Gregory, W.B. Yeats, Oscar Wilde, and Douglas Hyde. We will also view some recent documentary film clips on this remarkable era.
  Instructor Pat Lambert has lived, studied, and taught in Ireland and has a long-term interest in Irish literature and language. He is a Professor Emeritus of Mathematics at UAF.

George Eliot’s Middlemarch
LIT-02  Session I: Sept. 13, 20, 27, Oct. 4
Wednesdays 12:15 – 1:30 pm
This “Study of Provincial Life” in early 19th-century England is arguably the best Victorian novel. Its moral ambiguity, psychological depth, and multiple plots (involving several interlocking sets of characters) encompass complex themes: thwarted ambitions and idealism; selfishness, insensitivity, materialism, and religious hypocrisy; loyalty and jealousy; marital ruin and satisfaction; social unrest and reform. To facilitate our early discussions, please (re)read the entire novel before the first class.
  Instructor Joe Dupras, Professor of English Emeritus (UAF 1979-2010), has taught OLLI classes on various writers, including Dickens, R. Browning, E. Brontë, Meredith, and Hardy.
Modern American Poetry, I & II
LIT-03  Session I: Sept. 14, 21, 28, Oct. 5, 12
LIT-04  Session II: Oct. 19, 26, Nov. 2, 9, 16
Thursdays 12:15 – 1:30 pm (5 weeks)
* Part I is recommended, but not required, before Part II.
This is a 10-week course split into two 5-week pieces. “ModPo” is a fast-paced MOOC (Massive Open Online Course) from University of Pennsylvania. It’s an introduction to modern and contemporary U.S. poetry from Emily Dickinson and Walt Whitman to the present, with an emphasis on experimental verse. Participants will view the video and then continue with their own discussion regarding the poems and poets. The lecture/discussion is given by Penn State’s Al Filreis, Kelly Professor and Director of the Center for Programs in Contemporary Writing and the Kelly Writers House.

Local facilitator Scott Sexton is a retired surveyor whose broad interests include martial arts and poetry.

Beat Poetry Roundtable, I & II
LIT-05  Session I: Sept. 15, 22, 29, Oct. 6, 13
LIT-06  Session II: Oct. 20, 27, Nov. 3, 10, 17
Fridays 9:30 – 11:30 am (5 weeks)
* Each 5-week session stands alone; you may enroll in either one or both.
Read, listen to and discuss the Beat poets, the Black Mountain Poets, and the San Francisco Renaissance poets including: Allen Ginsberg, Bob Kaufman, Gregory Corso, Jack Kerouac, Frank O’Hara, John Ashbery, Lawrence Ferlinghetti, Denise Levertov, Anne Waldman, and others. We will discuss the history, the movement, the art, and the poetry. This will be a roundtable discussion open to any and all, even if you don’t like poetry.

Instructors: Scott Sexton (see LIT-03) and Marion Avrilyn Jones (see LIT-08)

The History and Future of Libraries
LIT-07  Session I (Add-On): Oct. 10, 12
Tuesday & Thursday 2:00 – 5:00 pm
The ancient origins of libraries have fascinated ancient librarian Greg Hill ever since he attended library school and fondled his first cuneiform clay tablet. The first class will offer a brief overview of how the fundamental mission of libraries has remained constant for 5,000 years utilizing an ever-changing series of delivery systems. The future of libraries will be explored in the second class by several generations of librarians. A guaranteed good time.

Instructor Greg Hill is the retired director of the FNSB libraries and founder of the Guys Read program. He loves to read and talk about all sorts of books with all sorts of people.

When Poems Happen: The Writing Short Poems Workshop
LIT-08  Session I (Add-On): Oct. 13
Friday 2:00 – 5:00 pm (Meets once)
Designed especially for timid poets, this brief introduction will explore short poems by reading, writing and sharing them. You will be writing, so be sure to bring a notebook and pen (or laptop). Both new and former students are welcome. Enrollment limited to 12.

Instructor Marion Avrilyn Jones is a former adjunct lecturer for the UAF English Department. She lives and writes in Fairbanks.

The Stories of Anton Chekhov
LIT-09  Session II: Oct. 17, 24, 31, Nov. 7
Tuesdays 10:30 – 11:45 am
Anton Chekhov brought the short story into its modern form with carefully crafted stories built around subtle and complicated situations and characters. We will read some of his short stories along with some of the longer ones too. Our book will be The Stories of Anton Chekhov (Richard Pevear and Larissa Volokhonsky, translators), Modern Library Edition. There are print and e-books available. Happy reading.

Instructor Frank Soos, UAF Emeritus Professor of English, is author of the award winning Unified Field Theory: Stories, Bamboo Fly Rod Suite with Kes Woodward, and Double Moon with Margo Klass. He recently finished a 2-year term as Alaska State Writer Laureate.

Writing Your Life Story
LIT-10  Session II: Oct. 18, 25, Nov. 1, 8
Wednesdays 3:45 – 5:00 pm
This course will introduce participants to an easy and fun way to write their life stories. We’ll discuss the basic types of life stories and the recognized rules for success in writing your life story. In each session participants will be given a quick and easy lesson to help start the writing process that will enable them to
easily continue their own story. The only materials required will be a good pen, a notebook, an open mind and a fun spirit.

Instructor Dick Farris has written his own autobiography and is working on Niilo Koponen’s biography. An ex-Peace Corps Volunteer, graduate of UAF, and volunteer in the Fairbanks Senior Center, he has lived in Fairbanks since 1948.

Introduction to Chinese, I & II
LNG-01  Session I: Sept. 11, 18, 25, Oct. 2
LNG-02  Session II: Oct. 16, 23, 30, Nov. 6
Mondays 8:45 – 10:00 am
* LNG-02 is a continuation of LNG-01.
Here is the language you always wanted to know about but were afraid to tackle. Come and give it a try, and take away a few phrases. We will explore and learn to write characters, and perhaps you will start to appreciate the power of the writing system. We will also see a few interesting video clips. This short course might pique your interest to start planning a trip to China. Part II is a continuation of part I; beginners need to take LNG-01 in order to participate in LNG-02.

Instructor Rosalind Kan, a native speaker of Chinese, has been teaching Chinese at UAF for over 10 years. She retired from Alaska DOT after 30 years of service as a highway design engineer.

Beginning Spanish
LNG-03  Session I: Sept. 15, 22, 29, Oct. 6
Fridays 10:30 – 11:45 am
Are you tired of speaking in one language all the time? Maybe it is time to learn some Spanish! Spanish is constantly rated as one of the prettiest and most romantic languages in the world. You can learn it too! Everyone is welcome—if you have some experience or none, or if you just want to brush up on your language skills. We will focus on the oral language, and will learn vocabulary and phrases related to topics like greetings, traveling, shopping and food. ¡Hasta la vista!

Instructor Marina Cuzovic-Servern is an Assistant Professor of Spanish at UAF. This is her first year in Alaska. Her PhD is in Hispanic literature and cultural studies. She has 9 years of experience in teaching Spanish language and culture in the U.S.

Introduction to Esperanto
LNG-04  Session II: Oct. 16, 23, 30, Nov. 6
Mondays 12:15 – 1:30 pm
Esperanto, the International Language, is the most widely spoken constructed language in the world. About two to three million people in 115 countries speak Esperanto as a second language. This language is relatively easy to learn, and although it takes work to learn a language, you will be speaking basic Esperanto in your first lesson. Each subsequent class will build on the foundation of previous lessons.

Instructor Mary Beth Perreault has a degree in Spanish, minor in TESOL (Teaching English to Speakers of Other Languages) and has been studying Esperanto for a while.

Fundamentals of Public Speaking
LNG-05  Session II: Oct. 18, 25, Nov. 1, 8
Wednesdays 8:45 – 10:00 am
Develop public speaking skills and confidence in a safe, supportive environment. The goals of this course include gaining confidence, learning to think quickly and clearly (impromptu speaking), and the use of body language and visual aids. The benefits of effective public speaking include poise, managing nervousness and motivating others. Experienced speakers from Toastmasters International will demonstrate these skills in a Speechcraft format. Learn by doing – there will be opportunities for a few students to practice in class.

Instructor: Eric Muehling (see SOC-06)

Music & Dance
The Pipe Organ and Its Music
MUS-01  Session II: Oct. 19, 26, Nov. 2, *maybe 9
Thursdays 12:15 – 1:30 pm
Not only is the pipe organ the most versatile of all musical instruments, for centuries it was one of the most technologically advanced and complex of all human inventions. We will explore the history of pipe organs, their design, construction, and wide variety of musical sounds, using examples from the organ repertoire. Some basic physics will help explain how organ sounds are produced and how the human ear perceives them, even though the physics was not understood until long after the early builders and composers figured out how to make them work. We hope to hold a Nov. 9 class meeting at First Methodist Church, 915 2nd Ave, but guest instructor availability can’t be confirmed at press time.

Instructor Rod Combellick studied pipe organ at the University of Washington and University of Southern California while pursuing his undergraduate and graduate degrees in Geology.

Let’s Sing Together
MUS-02  Session II: Oct. 20, 27, Nov. 3, 10
Fridays 2:00 – 3:15 pm
Singing can lift your spirits, improve your lung function and rejuvenate your memory. We’ll sing songs in a variety of styles plus rounds and partner songs designed to improve your part-singing skills. It’s easier than you think!

Instructor Theresa Reed is a retired general music teacher who has been involved in performing and directing music and theatre for more than 30 years.
**Israeli Folk Dance, I & II**

DAN-01 Session I: Sept. 14, 21, 28, Oct. 5, 12
DAN-02 Session II: Oct. 19, 26, Nov. 2, 9, 16
**Thursdays 2:00 – 3:15 pm**

* Participants need to be able to hear and see clearly, and move easily at a steady pace.
* Each 5–week session stands alone; you may enroll in either one or both.

Israeli folk dancing is not just the Hora. Come and learn a variety of steps and dances. Dances will start out easy with the possibility of adding more jumping and hopping. Don't be afraid to try it, as we can also scale down any dance to a slower pace. Wear comfortable shoes.

**Instructor Joy Clein** has been working with OLLI since September 2016 and has been dancing for over 30 years.

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**Contradance**

DAN-03 Session I: Sept. 20, 27, Oct. 4, 11
DAN-04 Session II: Oct. 25, Nov. 1, 8, 15
**Wednesdays 4:15 – 5:30 pm**

Swing right into this form of American folk dance that includes dances like the Virginia Reel. It's excellent exercise that you can take at your own pace. Live music and a relaxed atmosphere are traditional. Wear soft-soled, comfortable shoes.

**Instructor Lynn Basham** is a caller for the Fairbanks Contra Borealis Dancers (as well as a retired instructor for the UAF English Department). He assures us that newcomers find a warm welcome and helpful instruction at the local contradances. Live music will be provided by members of local band Ice Jam and friends.

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**Historical Dancing for Fun, Exercise, & Sociability I & II**

DAN-04 Session I: Sept. 20, 27, Oct. 4, 11
DAN-05 Session II: Oct. 18, 25, Nov. 1, 8
**Wednesdays 2:00 – 3:30 pm**

Experts and studies confirm that dancing is one of the best forms of exercise for the body and brain. Dancing requires you to think while moving, thus combining both physical and mental exercise. The total benefit to the dancer is larger than either half, and it's lots of fun! This class uses old English dances that have beautiful music (with many tunes by Classical composers), with historical interest and playful sociability. Social interaction with other people adds an important additional benefit to exercise and thinking. The emphasis in class is on the mental challenge, not strenuous exercise.

**Instructor Ken McFarland** has taught social dancing since 1975.

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**Science & Mathematics**

**DNA Exploration**

SCI-01 Session I: Sept. 11, 18, 25, Oct. 2, 9
**Mondays 8:45 – 10:00 am** *(5 weeks)*

* Meets at UA Museum in the Classroom. OLLI parking permits are valid in the museum lot during class times. Use the west entrance door (closest to Murie).

What exactly is DNA and what does it do? Are GMOs and cloning something I should be concerned about? When they tell me I'm 6% Neanderthal, how did they know that? These questions and more will be answered in this crash course centered on all things DNA. We will delve into DNA structure and function, hereditability of genetic material, genetic research, genetics in the media, and ethics of genetic research. This class will be a mix of discussion and hands-on activities. **Enrollment limited to 16.**

**Instructor Kyndall Hildebrandt** is the collection manager for the University of Alaska Museum's Genomic Resource Department. She has been enthusiastically exploring DNA for over 15 years.

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**Evolution: A Primer**

SCI-02 Session I: Sept. 12, 19, 26, Oct. 3
**Tuesdays 8:45 – 10:00 am**

Understanding evolution is the key to appreciating the natural world around us, and the scientific study of evolution is itself changing and advancing rapidly. We'll start with an easy to understand refresher on basic genetic processes that lead to genetic variation and genetic changes through time. We'll examine dog breeds to see how fast artificial selection can operate and then see that natural selection also can occur over shorter time scales and distances, in real time, and how adaptations evolve. We'll discuss sexual selection, the evolution of bizarre traits, and alternative strategies. We'll conclude by examining speciation, adaptive radiations, and co-evolutionary arms races.

**Instructor Ed Murphy**, Professor Emeritus, taught courses in animal behavior, mammalogy, ornithology, and natural history during his 30 years at UAF; his research has focused on the ecology of Alaskan birds.

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**Religion & Beliefs**

**Neophyte’s Guide to Numerology with Added Ages & Stages**

RB-01 Session I: Sept. 12, 19, 26, Oct. 3, 10
**Tuesdays 2:00 – 4:00 pm** *(5 weeks)*

Who knew numbers could be this fun? From numeric representations of birthdate and full birth-name, students will learn more about their own internal nature, motivations, and even general development and purposes during their life. Come learn more about yourself and others and make your world a more compassionate place! The fifth class is for highly inspired students; it is especially tedious, although it leads to another set of fascinating insights.

**Instructor Ginny McDowell**, former geologist and reading tutor, has spent the past 8 years learning to think symbolically and intuitively, in pursuit of internal development, self-fulfillment, and fun.
Drones in Alaska: Science, Technology, and Policy
SCI-03    Session II: Oct. 16, 23, 30, Nov. 6
Mondays 3:45 – 5:00 pm
What the general public refers to as “drones” are more formally called “unmanned aircraft systems” (UAS) by those who work in the field. Come learn about the science, technology, and policy aspects of UAS.

Instructor Cathy Cahill is Director of the Alaska Center for Unmanned Aircraft Systems Integration (ACUASI) & CEO of the Pan-Pacific UAS Test Range Complex (PPUTRC), an FAA test site that spans seven climate zones, allowing UAS manufacturers and potential users to test their equipment in the Arctic, the tropics, and in arid environments.

Understanding Medical Experiments
SCI-04    Session II: Oct. 17, 24, 31, Nov. 7
Tuesdays 2:00 – 3:15 pm
The news contains a seemingly endless parade of miraculous medications and treatments. Is the latest health advice or medicine based on well-designed experiments? Learn about the basic parts of a properly-conducted experiment, and participate in a fun designed experiment in class. We’ll look at a variety of recent medical research articles and then sleuth out whether they were properly designed. When we are done, you’ll be able to see whether the latest medical miracle in the news is likely to work at all.

Instructor Ron Barry is a statistician in the UAF Dept. of Mathematics and Statistics.

Understanding Climate Variability and Climate Change
SCI-05    Session II: Oct. 18, 25, Nov. 1, 8
Wednesdays 2:00 – 3:15 pm
This class will provide an overview of how the predictions systems from subseasonal to seasonal work and where they are headed in the future. We will explore the difference between the shorter term weather and the seasonal scale in terms of prediction. Finally, we will discuss at least two specific examples that are relevant for Alaska: fire weather and sea ice forecasting.

Instructor Uma Bhatt conducts research using long data sets and models to understand climate variations with a focus on the Arctic and Alaska. She is a professor at UAF in the Department of Atmospheric Sciences and the Geophysical Institute.

Weather Satellites and Alaska Weather
SCI-06    Session II: Oct. 19, 26, Nov. 2, 9
Thursdays 2:00 – 3:15 pm
Learn how weather satellites operate and how satellites help meteorologists monitor and forecast Alaska’s weather. Imagery from the newest and most advanced satellites, including GOES-16 which just became operational this year, will be highlighted. And as interesting weather events develop in and around Alaska during the weeks of this class, we will discuss them within the context of observations from satellites.

Instructor Eric Stevens is a meteorologist working with the University of Alaska as a liaison to Alaskan forecasters using satellite imagery. From 1993 to 2011, he worked as a meteorologist with the National Weather Service in Fairbanks, Anchorage, and Nome. He was born and raised in North Dakota, and moved to Alaska for the nicer winters.

Sea Ice and Its Role in the Climate System
SCI-07    Session II: Oct. 19, 26, Nov. 2, 9
Thursdays 3:45 – 5:00 pm
SCI-07 complements History of Ocean Exploration (HIS-04) but may be taken separately.

Learn how sea ice forms and moves and its impact on both the atmosphere and the ocean. The course will cover sea ice formation processes and growth, how sea ice differs between the poles, sea ice motion and physics, how sea ice affects climate and trends in sea ice thickness and distribution.

Instructor Chase Stoudt is a researcher with the College of Fisheries and Ocean Sciences at UAF whose work primarily focuses on the physical oceanography of the Bering, Chukchi and Beaufort seas.

Land Survey: Measuring Land
MTH-01    Session II: Oct. 17, 24, 31, Nov. 7
Tuesdays 10:30 – 11:45 am
We’ll examine land measurement history, survey instruments used, how we define property, and why we define property. We will discuss measurements in both the horizontal and vertical realms. Some legal issues will be addressed and some of the problems we have in Alaska will be incorporated.

Instructor: Scott Sexton (see LIT-03)
Fun With Math: MathCounts® for Seniors
MTH-02  Session II: Oct. 19, 26, Nov. 2, 9
Thursdays 10:30 – 11:45 am
Do you like mental puzzles? In this class you’ll challenge your reasoning skills by tackling short problems that can be solved with middle-school-level math. The problems will be taken from MathCounts®, a national program for middle-school students, but they are fun and challenging for adults, too! Solutions will be available after each class. You’ll review, or be introduced to, concepts from many areas of mathematics such as measurement, probability, statistics, and geometry. You’ll learn to “dissect” word problems and find that class discussion is part of the fun. Remember, OLLI has no tests and no grades – this is your chance to try math purely for fun! 
Instructor Clark Milne has worked as a civil and environmental engineer in Alaska for over 40 years and coached school teams or coordinated the local MathCounts program in Fairbanks and statewide since 1984.

Social Studies

Professor’s Choice
SOC-01  Session I: Sept. 18, 25, Oct. 2, 9
Mondays 7:00 – 8:30 pm (Special dates)
Meet in Schaible Auditorium, Bunnell Building. Parking is free after 5 pm.
This lecture series gives opportunities for accomplished and award-winning UAF professors and researchers to give lectures on topics of their choosing from their life’s work. It is free and open to the public; OLLI membership is not required. OLLI members are encouraged to register for this as a class so it will show up on your schedule; there is no registration fee. See page 4 for a list of presenters and topics.
Facilitator: Rich Seifert, UAF Professor Emeritus and OLLI Board member.

Beginning Genealogy
SOC-02  Session I: Sept. 12, 19, 26, Oct. 3
Tuesdays 12:15 – 1:30 pm
Learn the what, why, when and how of tracing your family history. We’ll start with the basics, but anyone of any level may take this class. Bring: three-ring binder, plastic case for binder to hold pencils and aids, and any information you have on your parents and four grandparents: names, birth, marriage, death dates and where they lived if known. A computer is NOT required, but if you use a laptop, bring it.
Instructor Ruth Jolly Knapman, historian, researcher, and genealogist, began her family history research at age ten, over 70 years ago! She has taught numerous genealogy workshops over the years and is willing to share her gleanings.

Ted Talks
SOC-03  Session I: Sept. 13, 20, 27, Oct. 4
Wednesdays 3:45 – 5:00 pm
TED stands for Technology, Entertainment, Design, and its slogan is “Ideas worth spreading.” TED Talks are lectures by fascinating thinkers and doers. Each class will feature three to five talks by people who are passionate about what they do. We will see new ideas, practical ideas, and beautiful ideas. Videos from previous classes won’t be repeated, except by popular demand.
Instructor Mary Ann Borchert retired from UAF after 23 years in research and administration, and she loves learning from these TED Talks.

The Power of Story
SOC-04  Session I: Sept. 14, 21, 28, Oct. 5
Thursdays 10:30 – 11:45 am
We will explore the power of story and myth as found in entertainment, education, and political and religious movements. Using historical material, we will consider how myth and story have been used to guide, motivate, explain or manipulate individuals and society. Reynolds Price wrote, “the opposite of silence leads quickly to narrative, and the sound of story is the dominant sound of our lives.” The goal of the class is to consider the use and abuse of storytelling.
Instructor Montie Slusher’s background includes an undergraduate major in sociology and graduate programs in theology, education and social studies. His work experience in Alaska began in 1968 and includes social work, education, and ministry in rural and urban settings.

Travelogues
SOC-05  Session I: Sept. 14, 21, 28, Oct. 5, 12
Thursdays 12:15 – 1:30 pm (5 weeks)
Each week, a different presenter will share their photos and experiences of travel.
Sept. 14: Carol Linksweiler, Argentina
Sept. 21: Karen Stomberg, Turkey and Nepal

Registration Procedure
On the day registration opens, you can enroll and/or waitlist in up to 3 courses in Session I and 3 courses in Session II. Starting the next day, you can select as many more courses as you wish.

Online registration opens 9:30 a.m. Wednesday, Aug. 23 (see p. 34)
What Does It Mean to Be White?
SOC-06  Session I & II: Sept. 21 - Nov. 9
Thursdays 2:00 – 4:00 pm (8 weeks)
* 8 weeks, double course fee.
* Attendance at Sept. 21 class is required.
What does it mean to be white in a society that proclaims race meaningless, yet is divided by race? How can that question be answered? Participants will be encouraged to examine these questions with respect to their personal values and cultural socialization. Each class meeting will introduce a new topic with time for group discussion and listening exercises. Attendance at the first class meeting is required to develop trust and group cohesion. Each new topic builds a foundation for the next, so we encourage you to attend all eight classes. Recommended textbook: What Does it Mean to Be White?: Developing White Racial Literacy by Robin DiAngelo. Enrollment limited to 20.
Instructors: Eric Muehling is a long-time Alaskan, photographer and educator. Sharron Hunter is a retired teacher.

The Psychology of Masks
SOC-07  Session I: Sept. 15, 22, 29, Oct. 6
Fridays 8:45 – 10:00 am
All cultures have developed the use of masks as part of their rituals. Why? What essential purposes do masks provide us as cultures and as individuals? This class will explore this topic, looking at the psychological value of masks and touching on avatars, anonymity, the safe channeling of power, and even the value of Halloween, masked balls, and similar group mask experiences. Put on your OLLI student persona and come prepared to look at the mask as well as behind it. Materials fee $5; payable to instructor and explained at the first class.
Instructor Larry Moen is a licensed professional counselor in his private practice Uncommon Therapy (www/utherapy.net) with over 25 years experience in his field. Previously he was acting coordinator of the counseling center in Barrow, manager of rehabilitative services at Fairbanks Community Behavioral Health Center, treatment director of Children’s Services on the North Slope, and Dean of Students at Ilisagvik College.

Understanding and Exploring Creativity
SOC-08  Session I: Sept. 15, 22, 29, Oct. 6
Fridays 10:30 – 11:45 am
* See optional companion course ART-06
What is creativity? How do I encourage it in others or in myself? Are there “tricks” to being creative? After years of doing child therapy I can assure you that everyone has the capacity to be creative, and that being creative is a vital part of feeling alive and valuable. I believe creativity is your birthright and hope this class will allow you to both get more understanding about creativity and feel more confident to express your creativity in your life.
Instructor: Larry Moen (see SOC-07)

Satterberg’s Law
SOC-09  Session I: Sept. 15, 22, 29, Oct. 6
Fridays 3:45 – 5:00 pm
This will be a free-form class on legal issues, practical law, and issues of interest.
Instructor Bill Satterberg has worked as an Assistant Attorney General for both the State of Alaska and the Trust Territory of the Pacific Islands. Bill began working in the private sector in 1982 and owns a litigation law firm in Fairbanks which functions extensively in both civil and criminal law trial practice.

Amateur Mediation
SOC-10  Session I (Add-On): Oct. 9, 10, 11, 12, 13
MTuWThF 9:30 – 11:30 am
This class will begin with communication skills, the foundation for being a successful mediator. You will learn a protocol for conducting a mediation. We will stage simulated mediations, where students can apply their skills and get a feel for what it’s like to be in the “hot seat” as a mediator. This class is highly participatory. Please note that there is no official certification, it’s “just for fun.” Enrollment limited to 16.
Instructor David Frey managed a successful peer mediation program at Tanana Middle School for 16 years. He also worked part time as a mediator, primarily in child custody cases.

Death, the Trip of a Lifetime
SOC-11  Session I (Add-On): Oct. 10
Tuesday 12:15 – 1:30 (Meets once)
This class is organized as an open discussion about death with a goal of helping ourselves to make the most of our finite lives. We have heard that death is a natural part of life just as
birth is. Each participant is welcome to share his or her views about death. **Enrollment limited to 15.**

**Instructors:** Ron Johnson is a retired engineering faculty member from UAF. Larry Roberts is a retired UAF faculty in Human Services.

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**Life on the Edge of the Arctic Ocean**
SOC-12  
**Session II:** Oct. 16, 23, 30, Nov. 6  
**Mondays 2:00 – 3:15 pm**

Join us as Mark Wartes reminisces about growing up in Utqiagvik and across the edge of the Arctic Ocean. Hear him speak about how as a young boy he learned to hunt year-round, and spend the summers fishing with Inupiaq elders. He will describe a year-round life of subsistence, mixed in with the influx of oil field activities, and all of the changes that came about.

**Instructors:** Mark Wartes grew up in Utqiagvik (Barrow) in the 1950s and then in the 1970s, lived on the edge of the Arctic Ocean. He helped build a homestead on the Colville River Delta, worked with oil companies, commercial fished on the Colville, and worked as a registered hunting and fishing guide in the Arctic. His wife, Denise, lived in the Arctic, raising two small children with no running water or electricity, receiving mail infrequently, and ordering groceries once a year.

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**The Alchemy of Aging**
SOC-13  
**Session II:** Oct. 18, 25, Nov. 1  
**Wednesdays 12:15 – 1:30 pm (3 weeks)**

This course will follow the work of Carl Jung to discuss the psychological aspects of aging, including utilizing dreams as a guide to the journey.

**Instructors:** Stephen Parker, Ph.D. is a clinical and medical psychologist, and Kornelia Grabinska, Ph.D. is a clinical psychologist and Jungian analyst in private practice. Both instructors have been teaching Jungian seminars in Fairbanks for more than thirty years.

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**Self-Medicating**
SOC-14  
**Session II:** Oct. 20, 27, Nov. 3, 10  
**Fridays 8:45 – 10:00 am**

The medical and pharmaceutical industries spend a lot of money trying to persuade us that self-medicating is dangerous and wrong, encouraging us to not trust ourselves. This class will show us how to improve our well-being without feeling guilt or shame that we aren’t following expert advice. Favorite foods, going for a drive, getting out in nature – all of these and more can be excellent self-medications. Let’s explore the good and bad about self-medication, and pit a little common sense against the medico-pharma industrial complex! Copy fee $3; pay OLLI at registration.

**Instructor:** Larry Moen (see SOC-07)

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**Good Enough vs. Excellence**
SOC-15  
**Session II:** Oct. 20, 27, Nov. 3, 10  
**Fridays 10:30 – 11:45 am**

Our society is hung up on a quest for excellence and a belief that we should continually seek to do things better and to have better things. But is better always better? At what point do we stop – when should we strive for better and when should we be happy with “good enough”? This class will look at the concept of when “good enough” is better than excellence, and the implication that has on our relationships, society, and world. Copy fee $3; pay OLLI at registration.

**Instructor:** Larry Moen (see SOC-07)

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**Perspectives on the North**
SOC-16  
**Session II:** Oct. 20, 27, Nov. 3, 10  
**Fridays 12:15 – 1:30 pm**

This course will address various conditions in and perceptions of the north, emphasizing the ways in which the physical environment shapes the human experience. We will examine the delights and challenges of living in the north, and the ways in which history has shaped current conditions. We will approach the circumpolar north as a region, but will focus on Alaska.

**Instructor:** Mary Ehrlander is Director of the Northern Studies Program and Professor of History at UAF. She teaches northern history classes and has done research in missionary history in the north, especially Alaska, and the history of alcohol cultures in the north, as well as current alcohol problems and policies.
December 1, 2017

Oceanography in the Northern Gulf of Alaska: the Seward Line

by Russ Hopcroft

Oceanography in Alaska covers three distinct regions: Arctic, Bering Sea and Gulf of Alaska. For 20 of the last 50 years, UAF’s Institute of Marine Science has focused efforts along a 150-mile transect aligned southward from Seward, to understand short- and long-term variability and trends in representative Gulf of Alaska ecosystems. The National Science Foundation has incorporated this Seward Line Program into its network of 28 Long-Term Ecological Research sites, in recognition of the value of UAF’s efforts.

Dr. Russ Hopcroft is a Professor at UAF’s Institute of Marine Science. He did his graduate work at the University of Guelph, Ontario, Canada, studying plankton ecology in tropical waters. From 1997 to 1999, Dr. Hopcroft was a Post-doctoral Fellow at the Monterey Bay Aquarium Research Institute (MBARI), where he was heavily involved in the use of ROVs, as well as traditional oceanographic surveys. He joined UAF in 2000 and has since focused on Alaskan ecosystems concentrating on the “lower” planktonic trophic levels that ultimately shape the structure of marine communities. With over 100 scientific publications, he is a leading expert on Arctic and subarctic zooplankton.
January 5, 2018

Naval Arctic Research Laboratory (NARL)
by Dave Norton and Hajo Eicken

NARL was founded in 1947 and its management contracted to the University of Alaska in 1954. Although the Office of Naval Research (ONR) withdrew from NARL in 1980, the laboratory has continued to support scientific activities under local administration by the village corporation (UIC). Synopses of significant discoveries arising from seven decades of research based at this field station illustrate broad contributions to understanding high-latitude environments.

Dave Norton studied tundra ecology from NARL, 1968-1972. Environmental challenges lured him back from New England in 1973 to help Alaska cope with accelerating petroleum developments. Those led to faculty research appointments to the University’s senior research institutes (GI, IAB, IMS) and the University Museum. The Norton family spent the 1990s in Barrow (Utqiaġvik) interacting with scientific research and Iñupiaq communities. Sincereturning to Fairbanks in 2000, Dave has cultivated loyalties to the University, the Arctic, Fairbanks and OLLI

Hajo Eicken is Director of the International Arctic Research Center and Professor of Geophysics at UAF. He studies sea ice and its dynamic importance as a social-environmental system. Over the past two decades, he has helped establish a sea-ice observatory to integrate geophysical and Indigenous knowledge of ice conditions and coastal hazards. His research has proven pivotal during the International Polar Year, and he continues to work on observing networks to help understand and respond to rapid Arctic change.

February 2, 2018

Overwintering in the Arctic: Animal strategies for surviving the long, cold, and dark winter
by Brian Barnes

Field research done in part at IAB’s Toolik Field Station in the northern foothills of the Brooks Range has explored the physiological and behavioral strategies available to animals for surviving and coping with arctic winters, including freeze tolerance in frogs, supercooling in insects, and hibernation in ground squirrels and bears. Using data logging and advanced telemetry, the locations, behavior, sleep, circadian rhythms, cardiovascular patterns, and thermoregulation of animals were recorded as they overwinter under natural conditions. Little is known about the genetic and molecular basis of hibernation, but discovering its mechanisms could lead to novel clinical therapies and dispersal strategies for the human species.

Brian M. Barnes is Director of the Institute of Arctic Biology and Professor of Zoophysiology at the University of Alaska Fairbanks and leads the development of biomedical and health research in Alaska as the Director of Alaska INBRE, a NIH funded program, and co-leads science development at the Toolik Field Station, while studying insects, frogs, squirrels, and bears.
What is a SIG?
SIGs provide learning or recreational opportunities outside of the scheduled OLLI classes. They are organized and led by OLLI members. As the SIG schedules become available, they will be posted on the OLLI website Special Interest Groups page: www.uaf.edu/olli/special-interest-groups.

How to Join a SIG
SIGs are open to current OLLI members. To be on the phone or email list for a SIG, contact the OLLI office at 474-6607 or UAF-OLLI@alaska.edu, or you can sign yourself up by logging in to your OLLI account, clicking on “My Account” and clicking in the box by each SIG you want to join.

How to Start a SIG
Contact the OLLI office and we’ll help notify members.

Alaska’s Fiscal Paradox
Meeting schedule TBA
Please join us if you are interested in learning more about Alaska’s unique fiscal situation and in taking action as concerned citizens. This will be a great group for discussion, support and research, as well as additional work on the fiscal models, advocacy and community education. For more information, contact Jean James at akfiscaljwj@gmail.com.

Geocaching
Join the SIG to get email updates regarding meeting times and places. Contact leaders Hal and Carol Meyer (liquearth) at liquearth2@gmail.com, if you have ideas of places you’d like to go.

Hiking Club
This group is active May–September. Planned hikes will be posted on the OLLI website and hike descriptions will be emailed to the OLLI Hiking Club members.

Let’s Travel
Meets monthly, usually on the second Tuesday of the month, 5:15 – 6:30 pm in Old UPark
OLLI has restructured our travel programs for 2017 and beyond. Instead of spending OLLI staff time arranging trips and collecting payments, members will use the travel SIG to communicate with each other and organize small groups to travel together. Join the SIG to receive emails about proposed trips or to suggest trips.

Lifelong Learning Book Club
Meets 8 times a year on third Tuesdays, 1:30–3:00 pm, at Noel Wien Library Conference Room
Discussion Leader: Georgine Olson
- Sept. 19: To the Bright Edge of the World by Eowyn Ivey (Alaskana fiction, 2016)
- Oct. 17: The Zookeeper’s Wife by Diane Ackerman (non-fiction, 2007)
- Nov. 21: Snowflower and the Secret Fan by Lisa See (fiction, 2005)
- Jan. 16, 2018: The Son by Philipp Meyer (fiction, 2013)
- Feb. 20: A Long Way Home by Saroo Brierley (non-fiction, 2014)
- Mar. 20: The Heart of Everything That Is: the Untold Story of Red Cloud, an American Legend by Bob Drury and Tom Clavin (non-fiction, 2013)
- Apr. 17: Loving Frank by Nancy Horan (fiction, 2007)
- May 15: Booktalk & title selection for September 2018 - April 2019

Mah-jong
Meeting times & locations TBA
Get together with OLLI friends to play Chinese Mah-jong! Beginners are welcome; we are all beginners. FairbanksMahJong@GoogleGroups.com to join the email list.

Pinochle
Meets Fridays 10 am–noon, UPark 154
This group plays single- and double-deck pinochle. All levels of players from beginner to expert are welcome. For more information, contact Nori Bowman at iron_40_48@yahoo.com.

Rock Hounds
Meets the 2nd Friday of each month, 6:30 pm, in UPark 154
The group meets all year for a potluck dinner (bring a dish to share) and rock-related presentations. They plan to have a field trip once a month during the summer. For more information contact Maria Polly at akmpolly@hotmail.com.

When Poems Happen
Meets Fridays 3:30 - 5:30 pm at the Noel Wien Library (in one of the small meeting rooms)
Want to make poem-writing happen in your life? Join us as we gently encourage each other to write and share new poems every week! For details or to get email updates, contact Scott Sexton (sextonbradley@cgi.net) or John Bost (jhost8@gmail.com).
## Session I Daily Schedule  Sept. 11 - Oct. 6, 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Page no.</th>
</tr>
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<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45–10:00</td>
<td>LNG-01</td>
<td>Introduction to Chinese, I</td>
<td>20</td>
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<tr>
<td>8:45–10:00</td>
<td>SCI-01</td>
<td>DNA Exploration (5 weeks, at UAF Museum Classroom)</td>
<td>21</td>
</tr>
<tr>
<td>10:30–11:45</td>
<td>CP-01</td>
<td>Mac Survival</td>
<td>7</td>
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<tr>
<td>10:30–11:45</td>
<td>EX-01</td>
<td>Chair Yoga</td>
<td>9</td>
</tr>
<tr>
<td>11:00–12:00</td>
<td>EX-02</td>
<td>Basic Ice Skating Skills (MW 5 weeks, at Patty Center)</td>
<td>9</td>
</tr>
<tr>
<td>12:15–1:30</td>
<td>HIS-01</td>
<td>History of Ester</td>
<td>16</td>
</tr>
<tr>
<td>12:15–1:30</td>
<td>FF-01</td>
<td>Tea “101”</td>
<td>13</td>
</tr>
<tr>
<td>12:15–1:30</td>
<td>EX-03</td>
<td>Strength Training for Athletes with Needy Knees</td>
<td>10</td>
</tr>
<tr>
<td>1:00–4:00</td>
<td>ART-01</td>
<td>Glass Fusing Basics (2 weeks, at 1532 LaRue Lane)</td>
<td>5</td>
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<tr>
<td>2:00–4:00</td>
<td>ART-02</td>
<td>Calendar Art (5 weeks)</td>
<td>5</td>
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<tr>
<td>2:00–4:00</td>
<td>FF-02</td>
<td>Cooking with an “Instant Pot”</td>
<td>14</td>
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<tr>
<td>2:00–5:00</td>
<td>FLM-01</td>
<td>Movie Double and Triple Hitters (5 weeks)</td>
<td>12</td>
</tr>
<tr>
<td>4:00–5:15</td>
<td>HIS-04</td>
<td>History of Ocean Exploration IV (at O’Neill 201)</td>
<td>17</td>
</tr>
<tr>
<td>7:00–8:30</td>
<td>SOC-01</td>
<td>Professor’s Choice (at Schaible Auditorium, 9/18 – 10/9)</td>
<td>23</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>8:45–10:00</td>
<td>SCI-02</td>
<td>Evolution: A Primer</td>
<td>21</td>
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<tr>
<td>8:45–11:45</td>
<td>EX-04</td>
<td>Bike Maintenance: Learn to Love Your Bike (5 weeks)</td>
<td>10</td>
</tr>
<tr>
<td>9:30–11:30</td>
<td>HIS-02</td>
<td>Great Decisions 2017, I</td>
<td>16</td>
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<tr>
<td>10:30–11:45</td>
<td>LIT-01</td>
<td>The Irish Literary Revival</td>
<td>18</td>
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<tr>
<td>10:30–12:30</td>
<td>HL-01</td>
<td>Dog Grooming 101 (at Golden Heart Boarding and Grooming, North Pole)</td>
<td>14</td>
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<tr>
<td>12:00–1:30</td>
<td>CP-02</td>
<td>Introduction to iPad</td>
<td>8</td>
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<tr>
<td>12:15–1:30</td>
<td>SOC-02</td>
<td>Beginning Genealogy</td>
<td>23</td>
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<tr>
<td>12:15–1:30</td>
<td>EX-05</td>
<td>Strong Seniors (TuTh, 8 weeks, no class 9/12, 9/14, 10/17, 10/19)</td>
<td>10</td>
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<tr>
<td>2:00–3:15</td>
<td>EX-06</td>
<td>Beginning Kettlebells (TuTh 5 wks, at Fbks Kettlebells in Chena Pump Plaza)</td>
<td>10</td>
</tr>
<tr>
<td>2:00–4:00</td>
<td>ART-03</td>
<td>Beginning Watercolor (5 weeks)</td>
<td>5</td>
</tr>
<tr>
<td>2:00–4:00</td>
<td>RB-01</td>
<td>Neophyte's Guide to Numerology with Added Ages &amp; Stages (5 weeks)</td>
<td>21</td>
</tr>
<tr>
<td>2:00–5:00</td>
<td>HIS-05</td>
<td>A Centennial Overview of The Great War and Great Cinema about the War</td>
<td>17</td>
</tr>
<tr>
<td>5:30–7:30</td>
<td>FF-03</td>
<td>Wild Edible Berries of Autumn in the Interior (9/12 only)</td>
<td>14</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
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<tr>
<td>10:00–12:00</td>
<td>EX-07</td>
<td>Pinochle (5 weeks)</td>
<td>11</td>
</tr>
<tr>
<td>10:30–11:45</td>
<td>FF-04</td>
<td>Herbs</td>
<td>14</td>
</tr>
<tr>
<td>11:00–12:00</td>
<td>EX-02</td>
<td>Basic Ice Skating Skills (MW 5 weeks, at Patty Center)</td>
<td>9</td>
</tr>
<tr>
<td>12:15–1:30</td>
<td>LIT-02</td>
<td>George Eliot's <em>Middlemarch</em></td>
<td>18</td>
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<tr>
<td>12:15–1:30</td>
<td>HIS-06</td>
<td>De-mystifying Cannabis</td>
<td>17</td>
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<tr>
<td>2:00–3:15</td>
<td>HL-02</td>
<td>Human Nutrition and the Gut Microbiome</td>
<td>15</td>
</tr>
<tr>
<td>2:00–4:00</td>
<td>ART-04</td>
<td>Qiviut Knitting Design</td>
<td>5</td>
</tr>
<tr>
<td>2:00–4:00</td>
<td>CP-03</td>
<td>Google Maps (no class 9/27)</td>
<td>8</td>
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<tr>
<td>3:45–5:00</td>
<td>SOC-03</td>
<td>TED Talks</td>
<td>23</td>
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<tr>
<td>5:15–7:00</td>
<td>FLM-02</td>
<td>Great Silent Filmakers: Douglas Fairbanks (5 weeks, at O’Neill 201)</td>
<td>12</td>
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<tr>
<td><strong>THURSDAY</strong></td>
<td></td>
<td></td>
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<tr>
<td>10:30–11:45</td>
<td>SOC-04</td>
<td>The Power of Story</td>
<td>23</td>
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<tr>
<td>11:30–1:00</td>
<td>CP-04a</td>
<td>Introduction to iPhone, section a</td>
<td>8</td>
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<tr>
<td>12:15–1:30</td>
<td>SOC-05</td>
<td>Travelogues (5 weeks)</td>
<td>23</td>
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<tr>
<td>12:15–1:30</td>
<td>LIT-03</td>
<td>Modern American Poetry I (5 weeks)</td>
<td>19</td>
</tr>
<tr>
<td>12:15–1:30</td>
<td>EX-05</td>
<td>Strong Seniors (TuTh, 8 weeks, no class 9/12, 9/14, 10/17, 10/19)</td>
<td>10</td>
</tr>
<tr>
<td>2:00–3:15</td>
<td>HL-03</td>
<td>The New Face of Medicine</td>
<td>15</td>
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Online registration opens 9:30 a.m. Wednesday, Aug. 23 (see p. 34)
<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>2:00–3:15</td>
<td>DAN-01</td>
<td>Israeli Folk Dance, I (5 weeks)</td>
<td>21</td>
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<tr>
<td>2:00–3:15</td>
<td>EX-06</td>
<td>Beginning Kettlebells (TuTh 5 wks, at Fbks Kettlebells in Chena Pump Plaza)</td>
<td>10</td>
</tr>
<tr>
<td>2:00-4:00</td>
<td>SOC-06</td>
<td>What Does It Mean to Be White? (8 weeks, 9/21 - 11/9)</td>
<td>24</td>
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<tr>
<td>2:30-3:45</td>
<td>HIS-07</td>
<td>American Political Development: Federalism (at Murie Auditorium, no class 9/28)</td>
<td>17</td>
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<tr>
<td>2:30-5:00</td>
<td>ART-05</td>
<td>Create Your Own Fabric, I</td>
<td>5</td>
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<tr>
<td>3:45-5:00</td>
<td>HL-04</td>
<td>Burnout Intervention: Restore Joy in Life</td>
<td>15</td>
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<tr>
<td>3:45-5:00</td>
<td>CP-05</td>
<td>Library Technology Programs</td>
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**FRIDAY**

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<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Page no.</th>
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<tbody>
<tr>
<td>8:45–10:00</td>
<td>SOC-07</td>
<td>The Psychology of Masks</td>
<td>24</td>
</tr>
<tr>
<td>9:30–11:30</td>
<td>LIT-05</td>
<td>Beat Poetry Roundtable, I (5 weeks)</td>
<td>19</td>
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<tr>
<td>10:30–11:45</td>
<td>SOC-08</td>
<td>Understanding and Exploring Creativity</td>
<td>24</td>
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<tr>
<td>10:30–11:45</td>
<td>LNG-03</td>
<td>Beginning Spanish</td>
<td>20</td>
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<tr>
<td>12:15–1:30</td>
<td>ART-06</td>
<td>Creativity Studio: Humor and Whimsy</td>
<td>6</td>
</tr>
<tr>
<td>12:15–1:30</td>
<td>PHT-01</td>
<td>Alaskan Wildlife Photography (3 weeks)</td>
<td>13</td>
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<tr>
<td>12:15–1:30</td>
<td>CP-06</td>
<td>Home Computer Security</td>
<td>8</td>
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<tr>
<td>2:00–3:15</td>
<td>HIS-08</td>
<td>Europe Recovers from 20th Century Horrors</td>
<td>17</td>
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<tr>
<td>2:00–5:00</td>
<td>ART-07</td>
<td>Suminagashi (Japanese Paper Marbling)</td>
<td>6</td>
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<tr>
<td>3:20–4:30</td>
<td>EX-09</td>
<td>Taoist Tai Chi, I (5 weeks)</td>
<td>11</td>
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<tr>
<td>3:45–5:00</td>
<td>SOC-09</td>
<td>Satterberg's Law</td>
<td>24</td>
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<tr>
<td>3:45–5:00</td>
<td>HL-05</td>
<td>Self-Hypnosis (10 weeks)</td>
<td>15</td>
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**SUNDAY**

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<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Page no.</th>
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<tbody>
<tr>
<td>8:00–9:00</td>
<td>EX-08</td>
<td>Beginning Swimming (at Patty Center Pool, 9/24 - 10/15)</td>
<td>11</td>
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</table>

**SESSION I, ADD-ON (October 9-13)**

**MONDAY**

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<tr>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>8:45–10:00</td>
<td>SCI-01</td>
<td>DNA Exploration (last class, at UAF Museum Classroom)</td>
<td>21</td>
</tr>
<tr>
<td>9:30–11:30</td>
<td>SOC-10</td>
<td>Amateur Mediation (MTuWThF)</td>
<td>24</td>
</tr>
<tr>
<td>11:00–12:00</td>
<td>EX-02</td>
<td>Basic Ice Skating Skills (MW 5 weeks, at Patty Center)</td>
<td>9</td>
</tr>
<tr>
<td>2:00–4:00</td>
<td>ART-02</td>
<td>Calendar Art (last class)</td>
<td>5</td>
</tr>
<tr>
<td>2:00–5:00</td>
<td>FLM-01</td>
<td>Movie Double and Triple Hitters (last class)</td>
<td>12</td>
</tr>
<tr>
<td>7:00–8:30</td>
<td>SOC-01</td>
<td>Professor's Choice (at Schaible Auditorium, last class)</td>
<td>23</td>
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**TUESDAY**

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>8:45–11:45</td>
<td>EX-04</td>
<td>Bike Maintenence: Learn to Love Your Bike (last class)</td>
<td>10</td>
</tr>
<tr>
<td>9:30–11:30</td>
<td>SOC-10</td>
<td>Amateur Mediation (MTuWThF)</td>
<td>24</td>
</tr>
<tr>
<td>12:15–1:30</td>
<td>SOC-11</td>
<td>Death, The Trip of a Lifetime</td>
<td>24</td>
</tr>
<tr>
<td>12:15–1:30</td>
<td>EX-05</td>
<td>Strong Seniors (TuTh, 8 weeks, no class 10/17, 10/19)</td>
<td>10</td>
</tr>
<tr>
<td>2:00–3:15</td>
<td>EX-06</td>
<td>Beginning Kettlebells (TuTh 5 wks, at Fbks Kettlebells in Chena Pump Plaza)</td>
<td>10</td>
</tr>
<tr>
<td>2:00–4:00</td>
<td>ART-03</td>
<td>Beginning Watercolor (last class)</td>
<td>5</td>
</tr>
<tr>
<td>2:00–4:00</td>
<td>RB-01</td>
<td>Neophyte's Guide to Numerology with Added Ages &amp; Stages (last class)</td>
<td>21</td>
</tr>
<tr>
<td>2:00–5:00</td>
<td>LIT-07</td>
<td>The History and Future of Libraries (TuTh)</td>
<td>19</td>
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**WEDNESDAY**

<table>
<thead>
<tr>
<th>Time</th>
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<th>Course title</th>
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</thead>
<tbody>
<tr>
<td>9:15–10:15</td>
<td>ART-08a</td>
<td>Knitting Q &amp; A, section a</td>
<td>6</td>
</tr>
<tr>
<td>9:30–11:30</td>
<td>SOC-10</td>
<td>Amateur Mediation (MTuWThF)</td>
<td>24</td>
</tr>
<tr>
<td>10:00–12:00</td>
<td>EX-07</td>
<td>Pinochle (last class)</td>
<td>11</td>
</tr>
<tr>
<td>10:30–11:30</td>
<td>ART-08b</td>
<td>Knitting Q &amp; A, section b</td>
<td>6</td>
</tr>
<tr>
<td>11:00–12:00</td>
<td>EX-02</td>
<td>Basic Ice Skating Skills (last class, at Patty Center)</td>
<td>9</td>
</tr>
<tr>
<td>2:00–4:00</td>
<td>CP-03</td>
<td>Google Maps (last class)</td>
<td>8</td>
</tr>
<tr>
<td>5:15–7:00</td>
<td>FLM-02</td>
<td>Great Silent Filmmakers: Douglas Fairbanks (last class, at O'Neill 201)</td>
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**THURSDAY**

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<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
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</tr>
</thead>
<tbody>
<tr>
<td>8:45–11:45</td>
<td>HL-06</td>
<td>Vitamin D: Diet, Supplements and/or Sun?</td>
<td>15</td>
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</table>

www.uaf.edu/olli/ 907-474-6607 UAF-OLLI@alaska.edu
<table>
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<tr>
<td>9:30–11:30</td>
<td>SOC-10</td>
<td>Amateur Mediation (MTuWThF)</td>
<td>24</td>
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<tr>
<td>12:15–1:30</td>
<td>SOC-05</td>
<td>Travelogues (last class)</td>
<td>23</td>
</tr>
<tr>
<td>12:15–1:30</td>
<td>LIT-03</td>
<td>Modern American Poetry I (last class)</td>
<td>19</td>
</tr>
<tr>
<td>12:15–1:30</td>
<td>EX-05</td>
<td>Strong Seniors (TuTh, 8 weeks, no class 10/17, 10/19)</td>
<td>10</td>
</tr>
<tr>
<td>2:00–3:15</td>
<td>DAN-01</td>
<td>Israeli Folk Dance, I (last class)</td>
<td>21</td>
</tr>
<tr>
<td>2:00–3:15</td>
<td>EX-06</td>
<td>Beginning Kettlebells (last class, Fbks Kettlebells in Chena Pump Plaza)</td>
<td>10</td>
</tr>
<tr>
<td>2:00–4:00</td>
<td>SOC-06</td>
<td>What Does It Mean to Be White? (8 weeks, 9/21 – 11/9)</td>
<td>24</td>
</tr>
<tr>
<td>2:00–5:00</td>
<td>LIT-07</td>
<td>The History and Future of Libraries (TuTh)</td>
<td>19</td>
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<tr>
<td>2:30–3:45</td>
<td>HIS-07</td>
<td>American Political Development: Federalism (last class, at UPark)</td>
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**FRIDAY**

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>9:30–11:30</td>
<td>LIT-05</td>
<td>Beat Poetry Roundtable I (last class)</td>
<td>19</td>
</tr>
<tr>
<td>9:30–11:30</td>
<td>SOC-10</td>
<td>Amateur Mediation (MTuWThF)</td>
<td>24</td>
</tr>
<tr>
<td>2:00–5:00</td>
<td>LIT-08</td>
<td>When Poems Happen: The Writing Short Poems Workshop</td>
<td>19</td>
</tr>
<tr>
<td>3:20–4:30</td>
<td>EX-09</td>
<td>Taoist Tai Chi, I (last class)</td>
<td>11</td>
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<tr>
<td>3:45–5:00</td>
<td>HL-05</td>
<td>Self-Hypnosis (10 weeks)</td>
<td>15</td>
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**SUNDAY**

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>8:00–9:00</td>
<td>EX-08</td>
<td>Beginning Swimming (at Patty Center Pool, last class)</td>
<td>11</td>
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**Session II Daily Schedule** *(October 16 - November 10)*

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
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<tbody>
<tr>
<td>MONDAY</td>
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<tr>
<td>8:45–10:00</td>
<td>LNG-02</td>
<td>Introduction to Chinese, II</td>
<td>20</td>
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<tr>
<td>10:30–11:45</td>
<td>HIS-09</td>
<td>Doing the Right Thing</td>
<td>17</td>
</tr>
<tr>
<td>12:00–1:00</td>
<td>EX-12</td>
<td>Cross-Country Skiing for Advanced Beginners (MW 11/6-11/15, at UAF Ski Hut)</td>
<td>11</td>
</tr>
<tr>
<td>12:15–1:30</td>
<td>HIS-10</td>
<td>Frontier Justice: Law and Order in Alaska Before Statehood</td>
<td>18</td>
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<tr>
<td>12:15–1:30</td>
<td>LNG-04</td>
<td>Introduction to Esperanto</td>
<td>20</td>
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<tr>
<td>12:15–1:30</td>
<td>EX-11</td>
<td>Refresher for Athletes with Needy Knees</td>
<td>11</td>
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<tr>
<td>2:00–3:15</td>
<td>SOC-12</td>
<td>Life on the Edge of the Arctic Ocean</td>
<td>25</td>
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<tr>
<td>2:00–4:00</td>
<td>ART-09</td>
<td>Wagon Wheel Rug Weaving</td>
<td>6</td>
</tr>
<tr>
<td>3:45–5:00</td>
<td>SCI-03</td>
<td>Drones in Alaska: Science, Technology, and Policy</td>
<td>22</td>
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**TUESDAY**

<table>
<thead>
<tr>
<th>Time</th>
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<th>Course title</th>
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</tr>
</thead>
<tbody>
<tr>
<td>9:30–11:30</td>
<td>HIS-03</td>
<td>Great Decisions 2017, II</td>
<td>16</td>
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<tr>
<td>10:30–11:45</td>
<td>LIT-09</td>
<td>The Stories of Anton Chekhov</td>
<td>19</td>
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<tr>
<td>10:30–11:45</td>
<td>MTH-01</td>
<td>Land Survey: Measuring Land</td>
<td>22</td>
</tr>
<tr>
<td>12:00–1:00</td>
<td>EX-13</td>
<td>Cross-Country Skiing for Beginners (TuTh 11/7-11/16, at UAF Ski Hut)</td>
<td>11</td>
</tr>
<tr>
<td>12:00–1:30</td>
<td>CP-04b</td>
<td>Introduction to Iphone, section b</td>
<td>8</td>
</tr>
<tr>
<td>12:15–1:30</td>
<td>HL-08</td>
<td>The Heart of the Matter: Cardiology Meds</td>
<td>15</td>
</tr>
<tr>
<td>12:15–1:30</td>
<td>EX-05</td>
<td>Strong Seniors (TuTh, 8 weeks, no class 10/17, 10/19)</td>
<td>10</td>
</tr>
<tr>
<td>2:00–3:15</td>
<td>SCI-04</td>
<td>Understanding Medical Experiments</td>
<td>22</td>
</tr>
<tr>
<td>2:00–4:00</td>
<td>ART-10</td>
<td>More Block Printing for the Amateur (5 weeks)</td>
<td>6</td>
</tr>
<tr>
<td>3:45–5:00</td>
<td>HL-09</td>
<td>Complementary, Alternative and Integrative Medicine</td>
<td>16</td>
</tr>
<tr>
<td>3:45–5:00</td>
<td>FF-05</td>
<td>Coffee “101”</td>
<td>14</td>
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**WEDNESDAY**

<table>
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<tbody>
<tr>
<td>8:45–10:00</td>
<td>LNG-05</td>
<td>Fundamentals of Public Speaking</td>
<td>20</td>
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<tr>
<td>9:00–11:30</td>
<td>CP-07</td>
<td>Gmail &amp; Google Drive</td>
<td>8</td>
</tr>
<tr>
<td>9:30–12:00</td>
<td>ART-11</td>
<td>Knitting Sock Heels</td>
<td>6</td>
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<tr>
<td>10:30–11:45</td>
<td>HIS-11</td>
<td>History of Medicine</td>
<td>18</td>
</tr>
<tr>
<td>11:00–1:00</td>
<td>FF-06</td>
<td>Dining with Diabetes (no class 10/18)</td>
<td>14</td>
</tr>
<tr>
<td>12:00–1:00</td>
<td>EX-12</td>
<td>Cross-Country Skiing for Advanced Beginners (MW 11/6-11/15, at UAF Ski Hut)</td>
<td>11</td>
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Online registration opens 9:30 a.m. Wednesday, Aug. 23 (see p. 34)
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>12:15-1:30</td>
<td>SOC-13</td>
<td>The Alchemy of Aging (3 weeks, ends 11/1)</td>
<td>25</td>
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<tr>
<td>2:00-3:15</td>
<td>SCI-05</td>
<td>Understanding Climate Variability and Climate Change</td>
<td>22</td>
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<tr>
<td>2:00-3:15</td>
<td>CP-08</td>
<td>Managing Your Digital Photos</td>
<td>9</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>ART-12</td>
<td>Meet the Artists</td>
<td>7</td>
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<tr>
<td>3:45 - 5:00</td>
<td>LIT-10</td>
<td>Writing Your Life Story</td>
<td>19</td>
</tr>
<tr>
<td>4:15 - 5:30</td>
<td>DAN-03</td>
<td>Contradance (no class 10/25)</td>
<td>21</td>
</tr>
<tr>
<td>5:15 - 7:00</td>
<td>FLM-03</td>
<td>Great Silent Filmmakers: Yasujiro Ozu (5 weeks, at O’Neill 201)</td>
<td>13</td>
</tr>
<tr>
<td>6:30 - 7:45</td>
<td>HIS-12</td>
<td>Fairbanks Sports Histories (at Fairbanks Community Museum)</td>
<td>18</td>
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**THURSDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Page no.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 - 11:30</td>
<td>HIS-13</td>
<td>Documentaries on Irish History (5 weeks)</td>
<td>18</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>CP-09</td>
<td>“Photos” for Mac, iPhone &amp; iPad</td>
<td>9</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>MTH-02</td>
<td>Fun With Math: MathCounts® for Seniors</td>
<td>23</td>
</tr>
<tr>
<td>12:00 - 1:00</td>
<td>EX-13</td>
<td>Cross-Country Skiing for Beginners (TuTh 11/7-11/16, at UAF Ski Hut)</td>
<td>11</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>MUS-01</td>
<td>The Pipe Organ and Its Music</td>
<td>20</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>LIT-04</td>
<td>Modern American Poetry, II (5 weeks)</td>
<td>19</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>EX-05</td>
<td>Strong Seniors (TuTh, 8 weeks, no class 10/17, 10/19)</td>
<td>10</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>SCI-06</td>
<td>Weather Satellites and Alaska Weather</td>
<td>22</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>DAN-02</td>
<td>Israeli Folk Dance, II (5 weeks)</td>
<td>21</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>SOC-06</td>
<td>What Does It Mean to Be White? (8 weeks, 9/21 - 11/9)</td>
<td>24</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>ART-13</td>
<td>Create Your Own Fabric, II</td>
<td>7</td>
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<tr>
<td>3:45 - 5:00</td>
<td>SCI-07</td>
<td>Sea Ice and Its Role in the Climate System</td>
<td>22</td>
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**FRIDAY**

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<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>SOC-14</td>
<td>Self-Medicating</td>
<td>25</td>
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<tr>
<td>8:45 - 10:00</td>
<td>EX-14</td>
<td>Intermediate Yoga (no class 11/3)</td>
<td>12</td>
</tr>
<tr>
<td>9:30 - 11:30</td>
<td>LIT-06</td>
<td>Beat Poetry Roundtable, II (5 weeks)</td>
<td>19</td>
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<tr>
<td>10:30 - 11:45</td>
<td>SOC-15</td>
<td>Good Enough vs Excellence</td>
<td>25</td>
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<tr>
<td>10:30 - 11:45</td>
<td>EX-15</td>
<td>Awareness Through Movement®</td>
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<tr>
<td>12:15 - 1:30</td>
<td>SOC-16</td>
<td>Perspectives on the North</td>
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<td>12:15 - 1:30</td>
<td>ART-14</td>
<td>Drawing Studio</td>
<td>7</td>
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<tr>
<td>2:00 - 3:15</td>
<td>MUS-02</td>
<td>Let's Sing Together</td>
<td>20</td>
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<tr>
<td>2:00 - 5:00</td>
<td>FLM-04</td>
<td>Films of Reese Witherspoon</td>
<td>13</td>
</tr>
<tr>
<td>3:20 - 4:30</td>
<td>EX-10</td>
<td>Taoist Tai Chi, II (5 weeks)</td>
<td>11</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-05</td>
<td>Self-Hypnosis (10 weeks)</td>
<td>15</td>
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**SUNDAY**

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<tbody>
<tr>
<td>8:00-9:00</td>
<td>EX-16</td>
<td>Improve Your Strokes (at Patty Center Pool)</td>
<td>12</td>
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<tr>
<td>2:30-4:30</td>
<td>EX-17</td>
<td>Kayaking (2 weeks, 10/22 &amp; 10/29, at Patty Center Pool)</td>
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**SESSION II, ADD-ON (November 13–17)**

**MONDAY**

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<tbody>
<tr>
<td>12:00 - 1:00</td>
<td>EX-12</td>
<td>Cross-Country Skiing for Advanced Beginners (MW 11/6-11/15, at UAF Ski Hut)</td>
<td>11</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HL-10</td>
<td>First Aid, CPR, AED (MTuWThF)</td>
<td>16</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>ART-15</td>
<td>Birch Bark Baskets (MTuWTh)</td>
<td>7</td>
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**TUESDAY**

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<td>CP-10</td>
<td>Mac Computer Basics (TuTh)</td>
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<tr>
<td>12:00 - 1:00</td>
<td>EX-13</td>
<td>Cross-Country Skiing for Beginners (TuTh 11/7-11/16, at UAF Ski Hut)</td>
<td>11</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HL-10</td>
<td>First Aid, CPR, AED (MTuWThF)</td>
<td>16</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>EX-05</td>
<td>Strong Seniors (TuTh, 8 weeks, no class 10/17, 10/19)</td>
<td>10</td>
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<tr>
<td>2:00 - 4:00</td>
<td>ART-10</td>
<td>More Block Printing for the Amateur (last class)</td>
<td>6</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>ART-15</td>
<td>Birch Bark Baskets (MTuWTh)</td>
<td>7</td>
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<tr>
<td>Time</td>
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<td>Course title</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
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<tr>
<td>11:00 - 1:00</td>
<td>FF-06</td>
<td>Dining with Diabetes (last class)</td>
<td>14</td>
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<tr>
<td>12:00 - 1:00</td>
<td>EX-12</td>
<td>Cross-Country Skiing for Advanced Beginners (last class, at UAF Ski Hut)</td>
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</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HL-10</td>
<td>First Aid, CPR, AED (MTuWThF)</td>
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</tr>
<tr>
<td>2:00 - 5:00</td>
<td>ART-15</td>
<td>Birch Bark Baskets (MTuWTh)</td>
<td>7</td>
</tr>
<tr>
<td>4:15 - 5:30</td>
<td>DAN-03</td>
<td>Contradance (last class)</td>
<td>21</td>
</tr>
<tr>
<td>5:15 - 7:00</td>
<td>FLM-03</td>
<td>Great Silent Filmakers: Yasujiro Ozu (last class, at O’Neill 201)</td>
<td>13</td>
</tr>
<tr>
<td><strong>THURSDAY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30 - 11:30</td>
<td>HIS-13</td>
<td>Documentaries on Irish History (last class)</td>
<td>18</td>
</tr>
<tr>
<td>10:30 - 12:30</td>
<td>CP-10</td>
<td>Mac Computer Basics (TuTh)</td>
<td>9</td>
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<tr>
<td>12:00 - 1:00</td>
<td>EX-13</td>
<td>Cross-Country Skiing for Beginners (last class, at UAF Ski Hut)</td>
<td>11</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HL-10</td>
<td>First Aid, CPR, AED (MTuWThF)</td>
<td>16</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>LIT-04</td>
<td>Modern American Poetry II (last class)</td>
<td>19</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>EX-05</td>
<td>Strong Seniors (last class)</td>
<td>10</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>DAN-02</td>
<td>Israeli Folk Dance, II (last class)</td>
<td>21</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>ART-15</td>
<td>Birch Bark Baskets (MTuWTh)</td>
<td>7</td>
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<tr>
<td><strong>FRIDAY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>EX-14</td>
<td>Intermediate Yoga (last class)</td>
<td>12</td>
</tr>
<tr>
<td>9:30 - 11:30</td>
<td>LIT-06</td>
<td>Beat Poetry Roundtable, II (last class)</td>
<td>19</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HL-10</td>
<td>First Aid, CPR, AED (MTuWThF)</td>
<td>16</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>HIS-14</td>
<td>Shipwreck Treasure: The Nuestra Senora de Atocha</td>
<td>18</td>
</tr>
<tr>
<td>3:20 - 4:30</td>
<td>EX-10</td>
<td>Taoist Tai Chi, II (last class)</td>
<td>11</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-05</td>
<td>Self-Hypnosis (last class)</td>
<td>15</td>
</tr>
</tbody>
</table>

Online registration opens 9:30 a.m. Wednesday, Aug. 23 (see p. 34)
Membership and Fees

Annual Membership
For just $35, individuals 50 and over can become regular OLLI members for one calendar year. Membership includes lecture series, newsletters, lunch social, ice cream social and eligibility to register for courses and special programs. Unlimited membership is $185 per year and covers tuition for all your courses.

Tuition Fees
• $15 per course for regular members, or
• Free for unlimited members.

Scholarships
Reduced membership fees are available for those who are unable to pay the regular fees. Call 474-6607. Scholarships cover membership fees only; class registration fees are not covered.

Guest Passes
Non-members may enjoy a day of classes or activities for $10, or a single class meeting for $5. Call ahead to register and to check on space availability.

Parking at University Park
• Requires a UAF decal or a purchased permit from 8 am to 5 pm on weekdays. Failure to display a valid parking permit carries a $65 fine, enforced by UAF Parking Services.
• With decal or permit, you may park in any “UAF Decal Required” parking space around the Old UPark building.

Parking Options
• OLLI Parking Permit: $12 for July - December, valid at UPark any time; valid in the UA Museum of the North lot during times OLLI classes are held in the UA Museum of the North, O’Neill, Murie, or the Ski Hut. You must pick up your decal at the OLLI office. Bring your car make, model, year, color, and license plate number.
• Hour/Day Permits: $0.75/hour or $5.00/day, valid at all UAF decal lots. Purchase at the parking kiosk in the UPark lot.
• Student Decals: $41/semester, valid at all UAF decal lots, for UAF students registered for 8 credits or less. (OLLI classes do not count.)

Registering for Classes

Registration Procedure
On the day registration opens, you can enroll and/or waitlist in up to 3 courses in Session I and 3 courses in Session II. Starting the next day, you can select as many more courses as you wish.

Register online: Go to www.uaf.edu/olli/
• Click on “How to Register” in the menu on the left for detailed instructions with screen shots.
• Registration begins Aug. 23 at 9:30 am Alaska time and will be available from any computer that has internet access. Classes will be filled on a first-come, first-served basis.
• You must be a current (2017) OLLI member in order to register for classes. You will be able to purchase membership online with a credit card, but the purchase must be completed before you can enroll in classes. We recommend that you purchase your membership before Aug. 23.
• Traveling on Aug 23, no computer access, or just not confident you can register yourself? We will accept mail-in and drop-off registrations to be entered by OLLI staff and volunteers, though your chances of getting into high-demand classes are best if you can register yourself promptly at 9:30 am on Aug 23.

NEW This Fall
We will NOT have in-person walk-in registration help on computers. Instead, we'll ask you to fill out your registration requests on the paper Registration Worksheet (see next page) and leave it with us. Volunteers and staff will enter all mail-in and drop-off registration forms in the order received, starting at 9:30 am on Aug 23.

• Mail payments to:
  Osher Lifelong Learning Institute, UAF
  Box 758100
  Fairbanks, AK 99775-8100
• Make checks payable to:
  OLLI or Osher Lifelong Learning Institute
• Submit credit card information online, by phone, or in person. (Do not use email.)
• Visit us at:
  Old University Park Building, room #159
  1000 University Ave.
  Fairbanks, Alaska
## Online Registration Worksheet • Fall 2017

### Osher Lifelong Learning Institute

474-6607 • UAF-OLLI@alaska.edu • www.uaf.edu/olli/

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### Registration

Registration opens Aug 23 at 9:30 am

You can access the online registration page from www.uaf.edu/olli/

Click on “How to Register” in the menu at the left of the page.

### STEP 1:

**Purchase your 2017 OLLI membership** if you haven’t already done so. You can pay online, come in to the office, call in with a credit card, or mail a check: $35 for regular membership or $185 for unlimited membership. You cannot register for courses online until you are a member for 2017. Not sure if you’re a 2017 member? Call us!

### STEP 2:

**Write your username and password here** to help you remember them when you register online:

<table>
<thead>
<tr>
<th>Username:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Password:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

The OLLI office cannot look this up for you, but we can help you use the “Forgot password?” online link.

### STEP 3:

**Choose courses and write them in the form below.** Make sure there are no time conflicts. RANK in order of your preference.

### STEP 4:

**Register online OR mail your form to the OLLI office.** Be sure to fill out the “Name” section at the bottom of the page.

**Please note—**

On Aug. 23, you may register for no more than 3 courses in each session / “semester.” From Aug. 24 on, you can add as many more courses as you wish.

### SESSION

| “Semester” |
| “Topic” |
| Title |
| Rank |
| Day & Time |

#### My most-wanted courses (register for these on Aug. 23):

| I | 1 |
| I | 2 |
| I | 3 |
| II | 1 |
| II | 2 |
| II | 3 |

#### Other courses (register for these on Aug. 24 or later):

|  |  |  |  |

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### SAVE THIS FORM as a one-page record of your classes. Registration confirmation will arrive by email.

### Membership data for mail-in registrations:

If you cannot register online yourself, you may mail this form to:

Osher Lifelong Learning Institute
University of Alaska Fairbanks
PO Box 758100
Fairbanks, AK 99775

See other side for Fee & Payment information
Payment for membership & classes

- Check (payable to OLLI)
- Cash (in person only; do not mail cash)
- To pay with a credit card, please call (474-6607) or come by the office. You can also log in to your OLLI account and pay online.

Donation (Processed separately; UA Foundation will send you a receipt for your tax files.)

- OLLI Annual Fund (current expenses) $__________

In honor of ____________________________________________ or
In memory of __________________________________________

- Check is enclosed (payable to UA Foundation)
- Cash (in person only; do not mail cash)
- To give with a credit card, please call (474-6607), come by the office, or visit our online giving page at http://www.uaf.edu/giving/gift/giving-form/schools/OLLI/
Join OLLI Donors!

The Osher Lifelong Learning Institute needs your financial support

- to keep membership and tuition costs low
- to ensure its long-term viability

OLLI enriches all of our lives. Please consider making a gift today!
Donations to OLLI are tax-deductible.

Participate in the 7th annual OLLI Board Match Challenge this fall!
Look for details in the August & September newsletters or at the Ice Cream Social on Sept. 6.

Consider becoming a:

- **Benefactor** (Donation of $1000 and up)
- **Patron** ($500 - $999)
- **Donor** ($250 - $499)
- **Supporter** ($100 - $249)
- **Friend** ($25 - $99)

A donation to OLLI is a wonderful way to memorialize someone who has passed away, or to honor someone who is still living.

Registration Tips

- Registration opens online Aug. 23, 9:30 am. Classes are filled on a first-come, first-served basis. You can register or waitlist for up to 3 courses in Session I and 3 more in Session II on the day registration opens, and unlimited additional courses starting the next day.
- If a class has “Enrollment limited” in its description, it will probably fill and some people who want the class won’t get in. Please select only a small number of these classes on the day registration opens, to give others a chance to get into some of these classes. If spaces are still open a week later, go ahead and register for more.
- You must be a member for 2017 in order to enroll in classes. Not sure if your membership is current? Contact the OLLI office and we’ll look it up for you.
- Familiarize yourself with the registration site ahead of time. Log in and look around.
- Fill out the Registration Worksheet ahead of time. Session (I or II), Course Number, and Course Title are all essential.
- List your classes in order of importance to you, and register for them in that order.
- Write your username and password on your registration worksheet. DON’T create a new account if you forgot your username or password — click on “forgot password?” instead.
- When registration first opens, you may get a message that “there is no available session” with a 2-minute countdown clock. WAIT and try again at the end of the 2 minutes. **If you keep clicking, it will keep moving you to the end of the line.**
- The system holds courses in your “pending registrations” for 30 minutes and then releases them if you haven’t completed registration in that time.
- If you aren’t confident you can register by computer on your own, fill out the paper Registration Worksheet and mail or bring it to the OLLI office. We will start entering registrations from paper forms at 9:30 am on Aug. 23.
Mark Your Calendars

First-come, first-served

ONLINE REGISTRATION
begins 9:30 a.m. Wed. Aug. 23

Need help?
Fill out the Registration Worksheet on p. 35
and mail or bring to the OLLI office.
Old University Park Building, room 159
1000 University Ave.

Fall Kick-Off

Ice Cream Social
Wednesday, Sept. 6, 2017 • 1:00-3:00 pm
University Presbyterian Church
3510 College Rd.

Pick up your parking permit
Visit with OLLI friends
Bring a potential new member!

FALL CLASSES BEGIN Sept. 11

A HEALTH CLUB FOR YOUR MIND!