A Health Club for Your Mind!

Osher Lifelong Learning Institute
For Seasoned Adults, Age 50+

Course Schedule
Spring 2020
A HEALTH CLUB FOR YOUR MIND!

OLLI at UAF

Osher Lifelong Learning Institute
at the
University of Alaska Fairbanks

Address: Osher Lifelong Learning Institute
         University of Alaska Fairbanks
         PO Box 758100
         Fairbanks, AK 99775-8100

Office: 159 University Park Bldg.
         1000 University Avenue
         Fairbanks, AK

Phone: (907) 474-6607
Email: UAF-OLLI@alaska.edu
Website: www.uaf.edu/olli/

Program Director: Sarah Garland
Admin Assistant: Amy Marsh

Photo Credits
Front cover, this page, pp. 6, 8, 12, 13: Paul McCarthy
p. 5: Peggy Swartz
pp. 10, 15, 16, 21: Krista Holbrook
p. 19: Richard Levine
p. 27: Leslie Ahuvah Fails
p. 28: Cheryl Keepers
All other photos: OLLI staff
What is OLLI and How Does It Operate?

The Osher Lifelong Learning Institute (OLLI) is a program of the University of Alaska Fairbanks, led and supported by its membership and determining its own curriculum, policies, procedures, and fees. There are 123 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 and 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 annual fee is $35. 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. All of our instructors are volunteers!

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 offers a 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.

Socials
• Fall Kick-Off Ice Cream Social in September
• Lunch and Annual Meeting in April

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
Unless noted otherwise in the course description, classes are held at the UAF University Park Building (old University Park School) at 1000 University Avenue.
Evenings and Weekends
CP-08 Excelling with Excel: Maximizing Your Computer Capabilities
REC-03 Railroad Modeling and Operations
HL-11 Healthy Teeth Through Healthy Breathing
HL-13 Get Your Ducks in a Row
HIS-15 History of Motoring in Alaska
MUS-04a Guitar From Scratch, section a
DAN-02 Historical Dancing for Fun, Exercise, and Sociability, I
DAN-03 Historical Dancing for Fun, Exercise, and Sociability, II
SCI-12 Geologic Conception of Southern Alaska’s Mountains
SOC-05 Introduction to Genealogy and Family History

Alaskan Topics
A snowflake (❄) denotes Alaskan topics

20th Anniversary of Lifelong Learning at UAF 4

Art & Crafts ............................. 5
ART-01 Introduction to Scratchboard Art
ART-02 Knitting: Simply Socks
❄ ART-03 Ten Alaskan Postcards
❄ ART-04 Ice Sculpting
ART-05 Introduction to Basket Weaving
ART-06 Small Landscapes for Greeting Cards, I
ART-07 Small Landscapes for Greeting Cards, II
ART-08 String Art Cards
ART-09 Making Better Art
ART-10 Art History
❄ ART-11 Folded Birch Bark Baskets

Computer Applications ....................... 7
❄ CP-01 Digital Access to Alaska and Polar Regions Collections and Archives
CP-02 What’s a Podcast? Let’s Make One!
CP-03 Learning to Use the iPhone/iPad Apps: Music, Books, Apple TV, iTunesU, & Podcasts
CP-04 Introduction to iPad
CP-05 Trip Planning with Google Maps and Google Earth
CP-06 Library 101: Becoming a Power User
CP-07 Everyday Technology Q&A
CP-08 Excelling with Excel: Maximizing Your Computer Capabilities
CP-09 “Photos” for Mac, iPhone, & iPad
CP-10 iMovie for Mac, iPhone, & iPad
CP-11 Introduction to iPhone

Exercise & Recreation ......................... 9
REC-01 Games to Play with Family and Friends
REC-02 Juggling
EX-01 Qigong for Longevity
❄ REC-03 Railroad Modeling and Operations
EX-02 Beginning Yoga
EX-03 Cross-Country Ski Touring
EX-04 Intermediate Cross-Country Skiing
EX-05 Strong Seniors
EX-06 Intermediate Yoga
REC-04 Strategy Games
REC-05 Outdoor Adventures
REC-06 Bike Maintenance: Learn to Love Your Bike
EX-07 Adaptive Yoga

Films & Photography .......................... 11
FLM-01 Great Comedy Films
FLM-02 Films with Backstories, I
FLM-03 Films with Backstories, II
FLM-04 The Lords of Looney Tunes
FLM-05 Brideshead Revisited
FLM-06 Clif’s Choice: Early Science Fiction Films
PHT-01 Digital Photography 101: Getting Off the “A” of Your Camera

Foods & Flowers .............................. 12
❄ FF-01 Extending the Growing Season with Heat
❄ FF-02 Accessible Growing
❄ FF-03 Cheese 101 with Murray’s Cheese
❄ FF-04 Distilleries of Fairbanks
FF-05 Easy as Pie: Savory
❄ FF-06 Straw Bale Gardening

Healthy Living .................................. 13
❄ HL-01 Healthy Homes, Healthy Residents
HL-02 Cannabis as Medicine, I
❄ HL-03 Cannabis as Medicine, II
HL-04 How’s Your Oral Hygiene?
❄ HL-05 Become a Fairbanks Recycling Hero
HL-06 Pet Grooming for Everyone
HL-07 Joy in Retirement: Methods and Examples
HL-08 Stand Taller to Live Longer
HL-09 Self-Hypnosis, I
HL-10 Self-Hypnosis, II
HL-11 Healthy Teeth Through Healthy Breathing
HL-12 Weight Loss At Any Age: A Guided 5-Week Program
HL-13 Get Your Ducks in a Row
HL-14 Activities for Deeper Communication ... and Fun!
HL-15 Smart Driving (AARP)
HL-16 All About Cats
<table>
<thead>
<tr>
<th>History &amp; Politics</th>
<th>16</th>
</tr>
</thead>
<tbody>
<tr>
<td>✭ HIS-01</td>
<td>Alaska Aviation History</td>
</tr>
<tr>
<td>HIS-02</td>
<td>Executive Power in the US: Presidents and Governors</td>
</tr>
<tr>
<td>✭ HIS-03</td>
<td>Bills, Budgets, and Hearings: Following the 2020 Alaska Legislative Process</td>
</tr>
<tr>
<td>HIS-04</td>
<td>The Bumpy Road to Women’s Suffrage</td>
</tr>
<tr>
<td>HIS-05</td>
<td>IRA Voices from the Grave and Loyalist Paramilitaries</td>
</tr>
<tr>
<td>HIS-06</td>
<td>Great Decisions 2020, I</td>
</tr>
<tr>
<td>HIS-07</td>
<td>Great Decisions 2020, II</td>
</tr>
<tr>
<td>✭ HIS-08</td>
<td>The Bering Sea Patrol 1888-1964</td>
</tr>
<tr>
<td>✭ HIS-09</td>
<td>Sternwheelers in Alaska</td>
</tr>
<tr>
<td>✭ HIS-10</td>
<td>History of WAMCATS</td>
</tr>
<tr>
<td>HIS-11</td>
<td>More Northern Scoundrels and Reprobates</td>
</tr>
<tr>
<td>HIS-12</td>
<td>Sturmgewehr: History of the Assault Rifle</td>
</tr>
<tr>
<td>✭ HIS-13</td>
<td>Identifying Alaskans in Historical Films</td>
</tr>
<tr>
<td>✭ HIS-14</td>
<td>An Overview of Ranked Choice Voting</td>
</tr>
<tr>
<td>✭ HIS-15</td>
<td>History of Motoring in Alaska</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Literature, Languages, &amp; Philosophy</th>
<th>19</th>
</tr>
</thead>
<tbody>
<tr>
<td>LNG-01</td>
<td>How Languages Change</td>
</tr>
<tr>
<td>LNG-02</td>
<td>Spoken Italian for Travelers</td>
</tr>
<tr>
<td>PHL-01</td>
<td>Justice: What’s the Right Thing to Do?, I</td>
</tr>
<tr>
<td>PHL-02</td>
<td>Justice: What’s the Right Thing to Do?, II</td>
</tr>
<tr>
<td>LIT-01</td>
<td>Contemporary Korean Literature</td>
</tr>
<tr>
<td>LIT-02</td>
<td>Foodie Lit</td>
</tr>
<tr>
<td>LIT-03</td>
<td>Rock and Roll Poetry of Bruce Springsteen</td>
</tr>
<tr>
<td>LIT-04</td>
<td>The Virginian: A Most American Novel</td>
</tr>
<tr>
<td>LIT-05</td>
<td>Remarkable Poems</td>
</tr>
<tr>
<td>LIT-06</td>
<td>Poetry, Song, and Drama from the North of Ireland</td>
</tr>
<tr>
<td>✭ LIT-07</td>
<td>Going to Shakespeare: Fairbanks Shakespeare Theatre 2020</td>
</tr>
<tr>
<td>LIT-08</td>
<td>Shakespeare’s “Game of Thrones”: Henry VI</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Music &amp; Dance</th>
<th>21</th>
</tr>
</thead>
<tbody>
<tr>
<td>MUS-01</td>
<td>Chord Construction for Guitar</td>
</tr>
<tr>
<td>MUS-02</td>
<td>Learn to Play Spoons</td>
</tr>
<tr>
<td>MUS-03</td>
<td>World Percussion Drum Circle: Your Brain on Drums</td>
</tr>
<tr>
<td>MUS-04</td>
<td>Guitar From Scratch</td>
</tr>
<tr>
<td>MUS-05</td>
<td>Sing and Play Music Jam</td>
</tr>
<tr>
<td>MUS-06</td>
<td>Movable Guitar Chords</td>
</tr>
<tr>
<td>DAN-01</td>
<td>Swing Dance</td>
</tr>
<tr>
<td>DAN-02</td>
<td>Historical Dancing for Fun, Exercise, and Sociability, I</td>
</tr>
<tr>
<td>DAN-03</td>
<td>Historical Dancing for Fun, Exercise, and Sociability, II</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Religion &amp; Beliefs</th>
<th>22</th>
</tr>
</thead>
<tbody>
<tr>
<td>RB-01</td>
<td>Astrology: The Absolute Beginning, I</td>
</tr>
<tr>
<td>RB-02</td>
<td>Astrology: The Absolute Beginning, II</td>
</tr>
<tr>
<td>RB-03</td>
<td>Gospels: Canonical and Non-Canonical</td>
</tr>
<tr>
<td>RB-04</td>
<td>Sanskrit Chanting: A Spiritual Overview</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Science &amp; Mathematics</th>
<th>23</th>
</tr>
</thead>
<tbody>
<tr>
<td>SCI-01</td>
<td>Epigenetics and the Aging Brain</td>
</tr>
<tr>
<td>✭ SCI-02</td>
<td>Pingos and Other Periglacial Geomorphology</td>
</tr>
<tr>
<td>SCI-03</td>
<td>Weird Mammals</td>
</tr>
<tr>
<td>SCI-04</td>
<td>Introduction to Genetic Engineering</td>
</tr>
<tr>
<td>✭ SCI-05</td>
<td>Alaska During the Late Cretaceous Greenhouse Dinosaur World</td>
</tr>
<tr>
<td>✭ SCI-06</td>
<td>Update on Alaska Climate</td>
</tr>
<tr>
<td>SCI-07</td>
<td>The Science and Art Behind the “Cruis’n the Fossil Coastline” Exhibit</td>
</tr>
<tr>
<td>SCI-08</td>
<td>What Can Be Done About Global Warming?</td>
</tr>
<tr>
<td>✭ SCI-09</td>
<td>Alaska’s Changing Environment</td>
</tr>
<tr>
<td>MTH-01</td>
<td>Statistics for Everyday Life</td>
</tr>
<tr>
<td>SCI-10</td>
<td>Artificial Intelligence and Machine Learning in Real Life</td>
</tr>
<tr>
<td>✭ SCI-11</td>
<td>Northern Animal Adaptations</td>
</tr>
<tr>
<td>✭ SCI-12</td>
<td>Geologic Conception of Southern Alaska's Mountains</td>
</tr>
<tr>
<td>SCI-13</td>
<td>Seeds</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Social Studies</th>
<th>25</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOC-01</td>
<td>Celebrating Earth Day’s 50th Anniversary</td>
</tr>
<tr>
<td>SOC-02</td>
<td>Charitable Giving: How to Save on Taxes and Steward Your Gifts</td>
</tr>
<tr>
<td>✭ SOC-03</td>
<td>Experiencing Yup’ik Culture</td>
</tr>
<tr>
<td>SOC-04</td>
<td>Volunteer! Enjoy Yourself and Help Others</td>
</tr>
<tr>
<td>SOC-05</td>
<td>Introduction to Genealogy and Family History</td>
</tr>
<tr>
<td>SOC-06</td>
<td>Travelogues</td>
</tr>
<tr>
<td>SOC-07</td>
<td>Becoming an OLLI Instructor</td>
</tr>
<tr>
<td>SOC-08</td>
<td>Experience Korea: Culture &amp; Language</td>
</tr>
<tr>
<td>SOC-09</td>
<td>Let’s Talk Chinese Culture</td>
</tr>
<tr>
<td>SOC-10</td>
<td>Abortion: Is the Divide Resolvable?</td>
</tr>
<tr>
<td>✭ SOC-11</td>
<td>Surviving Alaska’s Wildlife and Regulations</td>
</tr>
<tr>
<td>SOC-12</td>
<td>Genital Cutting: Enhancement or Mutilation?</td>
</tr>
<tr>
<td>SOC-13</td>
<td>The Psychology and Practice of Downsizing</td>
</tr>
<tr>
<td>SOC-14</td>
<td>On Becoming Decrepit</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OLLI Winter Lecture (February)</th>
<th>27</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Special Interest Groups (SIGs)</th>
<th>28</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Daily Schedule</th>
<th>29</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Registration Information</th>
<th>34</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Registration Worksheet</th>
<th>35</th>
</tr>
</thead>
</table>

| 2019 Donors | inside back cover |
Name
We began in 2001 as Adventures in Lifelong Learning, changed to Alaska Lifelong Learning in 2003, and became Osher Lifelong Learning Institute at UAF in 2006 after receiving our first grant from the Bernard Osher Foundation.

Endowment
After receiving annual grants from the Bernard Osher Foundation for three years and meeting the goal of 500 paid members, we were awarded a $1 million permanent endowment from the Bernard Osher Foundation in December of 2008. Earnings from that endowment currently pay about ¼ of our annual expenses.

Staffing
In 2001 we had one (unpaid) staff member—our founding Program Director, Barbara Lando. In 2020 we have two paid, benefitted staff (1.75 FTE).

Volunteers
A 13-member volunteer organizing committee got us started. Now we rely on about 250 volunteers each term, which includes all of our instructors.

Courses
In the spring of 2001 we offered 8 courses, all on Fridays. In the spring of 2020, we are offering 134 courses, spread out Monday through Friday, with 10 offered in early evening to be accessible to people who are still working day jobs.

Membership
In 2001 we had 192 members. We ended 2019 with 782 paid members.

Some things have remained constant
Engaging non-credit courses with no tests or grades
Face-to-face interactions with interesting people
Member involvement & financial support
**Art & Crafts**

**Introduction to Scratchboard Art**  
ART-01    Session I: Feb. 10, 17, 24, March 2  
Mondays 2:30 – 3:45 pm

Do you want to add a new technique to your art skills? Scratchboard art uses a drawing board coated with white clay and a surface layer of black ink that is scratched away to produce an effect similar to engraving. This course will introduce you to techniques of scratching and painting. Students will work on a small project to practice techniques learned. No previous art experience necessary. Materials fee $5; pay instructor at the first class. Enrollment limited to 15.

Instructor Peggy Swartz is a longtime Fairbanksan who has found making art a wonderful occupation for retirement. In addition to scratchboard, she enjoys painting with watercolor and pastel and drawing portraits of people and animals in charcoal.

**Knitting: Simply Socks**  
ART-02    Session I: Feb. 12, 19, 26 (no class March 4)  
Wednesdays 9:15 – 11:45 am (3 weeks)

We will knit socks from top to toe in the traditional manner using double pointed needles. Along the way we’ll talk about ribbing, heel flaps, heels, gussets, feet, and toes. Your socks can be thick or thin, plain or fancy. Students must know how to cast on, knit, and purl. **Caution:** In order to work on the sock segment in the next class, there will be homework! A basic supply list will be emailed after registration. Enrollment limited to 12.

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

**Ten Alaskan Postcards**  
ART-03    Session I: Feb. 12, 19, 26, March 4  
Wednesdays 2:00 – 4:00 pm

This course is good for beginners and more experienced artists. Each student will make 10 postcards that depict Alaska to share with friends and family. You will learn how to watercolor skies, northern lights, landscapes, oceans, and rivers, as well as how to “border” cards and transfer animal images onto the cards. Bring a basic watercolor set (Prang set of 12 colors will do); three different-sized watercolor brushes, especially a small one; a container for water; an ultra-fine-tipped permanent marker; and something to use as a palette. Materials fee $20 covers the postcards; pay instructor at the first class. Enrollment limited to 12.

Instructor C. 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.

**Ice Sculpting**  
ART-04    Session I (Add-on): March 9  
Monday 10:00 am – 3:00 pm

* Meets at the Tanana Valley Fairgrounds

Ice sculpture is a magical thing. This one-day course will focus on understanding how to better appreciate the artistry and techniques of ice sculpting and give you hands-on practice creating your own small ice sculptures. Instructor will provide all the tools, and we’ll do this in a way that minimizes exposure to the cold and strenuous activity. Ice is surprisingly easy to work with, so don’t be intimidated. Materials fee $20; pay instructor at the first class. Enrollment limited to 15.

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).
Introduction to Basket Weaving  
ART-05       Session I (Add-On): March 9, 10
Monday, Tuesday 2:30 – 5:00 pm

Weave a sturdy basket. Optional soft handle turns it into a great garden tote basket. All weavers welcome. Bring scissors and a pail for wetting reed. Materials fee $20 for basket kit; pay instructor at class. Enrollment limited to 12.

Instructor Krista Holbrook has enjoyed weaving baskets for twenty years.

Small Landscapes for Greeting Cards, I & II  
ART-06       Session I (Add-On): March 11
ART-07       Session II (Add-On): April 15
Wednesday 2:30 – 5:00 pm

* Part I is recommended, but not required, for Part II.

We'll learn how to select parts of larger pictures and then design our own little paintings. These paintings will be small enough to fit a 5×7 opening in an 8×10 frame with mat, or the painting can be mounted (glued) on card stock or printed for greeting cards. This is a fun, creative class that is appropriate for anyone who has painted before. The instructor will only provide paper. Please bring your own paint, brushes, and various usual supplies. You may also bring some reference materials, but the instructor will provide some as well. Materials fee $10.00 for both classes or $5.00 if only taking one; pay instructor at the first class. Enrollment limited to 20.

Instructor Tom Nixon is a Fairbanks painter of watercolors and oils, focusing on landscapes. He has been teaching painting for 20 years at his studio in Hamilton Acres and has shown paintings at local venues with his wife, Nelda Benson-Nixon, who will assist with this class. Both are active members of the Fairbanks Watercolor Society.

String Art Cards  
ART-08       Session II: Mar. 19, 26, Apr. 2, 9
Thursdays 2:30 – 4:30 pm

Learn to make cards for special occasions like weddings and birthdays. This technique doesn’t need a lot of materials, and a card can easily be made in a couple of evenings. First you’ll be introduced to basic stitches so you can get started on your first card. Next we’ll focus on prepping the patterns and completing the card. Bring scissors, rulers and scotch tape (with a dispenser if possible). Materials fee $5; pay instructor at first class. Enrollment limited to 7.

Instructor Sharron Albert is a longtime resident of Fairbanks who enjoys a variety of crafts including needlework, stamping cards, and things medieval.

Making Better Art  
ART-09       Session II: March 20, 27, April 3, 10
Fridays 12:15 – 1:30 pm

Learning to create art is exhilarating, but amateur artists often make similar mistakes that prevent their art from being as dynamic and expressive as they would like. We’ll look at ways you can get more out of your art, including learning how to improve composition, liberate yourself to work in a wider value range, trust yourself and go bold, and other different approaches to the art you do. This course will be primarily lecture-based with some hands-on exercises that will focus mostly on drawing and painting. Visual artists in any medium are welcome. Copy fee $3; pay OLLI at registration. Enrollment limited to 20.

Instructor: Larry Moen (see ART-04)

Art History  
ART-10     Session II: March 20, 27, April 3, 10
Fridays 3:45 – 5:00 pm

We’ll start with some humorous art and move into a “show and tell” of Alaskan art. As time allows, we’ll continue our journey with modern art, Post-Impressionists, Impressionists, and the art giants of the Middle Ages. We will even paint a small Picasso. The instructor will provide materials. Enrollment limited to 12.

Instructor Ellen Brown’s history teacher at St. John’s University sent students to art museums in Manhattan. She loved it and always incorporated art in her own teaching of history over the years.

Folded Birch Bark Baskets  
ART-11       Session II (Add-On): April 16
Thursday 2:30 – 5:00 pm

Learn to fold bark and stitch the rim to create a small water-tight birch bark basket. This is a fun craft you can easily repeat at home utilizing natural materials which you can harvest yourself. Materials fee $5; pay instructor at first class. Enrollment limited to 15.

Instructors Mark and Lori Richards enjoy teaching a wide variety of wilderness living skills. They will be assisted by basket weaver Krista Holbrook (see ART-05).
Computer Applications

Digital Access to Alaska and Polar Regions Collections and Archives
CP-01 Session I: Feb. 10, 17, 24, March 2
Mondays 8:45 – 10:00 am
Come and learn about the materials that are now available online from the Alaska and Polar Regions Collections and Archives (APRCA) in the Elmer E. Rasmuson Library at UAF. Each week a different faculty member or staff from APRCA will demonstrate how to access materials from their department and showcase some gems. Collections highlighted will be from the Alaska Film Archives, rare books and maps, archives, and historical audio.

Instructors: Angela Schmidt is a film archivist and director of the Alaska Film Archives at UAF. Katherine Arndt is the Rasmuson Library’s Alaska and Polar Regions Bibliographer as well as Curator of Rare Books and Maps. Rachel Cohen is the archivist in charge of UAF’s manuscript and photographic collections. Leslie McCartney is Associate Professor and Curator of Oral History at UAF.

What’s a Podcast? Let’s Make One!
CP-02 Session I: Feb. 10, 17, 24, March 2
Mondays 2:00 – 3:15 pm
* Bring your own laptop and headphones with a microphone
* You’ll need either Garageband (Apple) or Audacity (free program for Windows or Apple) installed on your laptop.
You may have heard of podcasts (audio blogs), which have been around since the 1980s but revitalized significantly in the early 2000s. We’ll review historical context and learn technology tools that can be used to create a podcast, and then each of us will create a podcast based on a topic we are passionate about. Enrollment limited to 14.

Instructor Gary Bender has over 40 years of experience in all levels of education and was a tech nerd/geek long before the term existed.

Learning to Use the iPhone/iPad Apps: Music, Books, Apple TV, iTunesU, & Podcasts
CP-03 Session I: Feb. 10, 17, 24, March 2
Mondays 3:45 – 5:00 pm
* Bring your own Apple iPad or iPhone and your Apple ID
If you use an Apple iPad or iPhone to listen to music or podcasts, watch videos or TV, read ebooks, or explore online courses, you’ve come across the Music, iTunesU, Podcasts, TV, and Books apps. Our goal is for you to gain a better understanding of what these apps are and how to make the most of them. Enrollment limited to 14.

Instructor: Gary Bender (see CP-02)

Introduction to iPad
CP-04 Session I: Feb. 13, 20, 27, March 5
Thursdays 10:30 – 11:45 am
* Bring your own iPad and Apple account login information.
This course 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’s been teaching for OLLI since 2015 and is excited to share what he has learned.

Trip Planning with Google Maps and Google Earth
CP-05 Session I: Feb. 20, 27, March 5, 12
(no class Feb. 13)
Thursdays 2:00 – 3:30 pm
* Bring a smartphone with Google Maps app and Google (Gmail) account login information
Google Maps and Google Earth present a world of information at your fingertips—and they allow you to carry that info in your pocket (in the form of a smartphone app) for easy access on the go. Learn how to use this technology for better trip planning. Explore Google Maps both on the computer and with the smartphone app and practice using this technology at every step, from initial location research to accessing your maps while traveling. Class meets in a computer lab, so you don’t need to bring your computer. Enrollment limited to 20.

Instructor Katie Kennedy is an avid traveler and Associate Director of UAF Summer Sessions & Lifelong Learning, where she occasionally leads foreign cultural tours. She is a former member of Google’s Geo Teacher Advisory Board and has extensive experience using Google’s geo tools.

Library 101: Becoming a Power User
CP-06 Session I: Feb. 14, 21, 28, March 6, 12
Fridays 10:30 – 11:45 am, except March 12 class is Thursday 10:30 – 11:45 am (5 weeks)
Nowadays libraries have more to offer than just books. Learn about your local public library, including the services and benefits available to you for free with your FNSB Library card. This course will provide an overview of library services; demonstrations of our eMaterials, such as eBooks and streaming media; a closer look at some of our hidden gems; and resources and tips to help readers find their next read. To use several of these resources, you will need your library card, Library PIN, and a valid email address. Enrollment limited to 25.

Instructors: Melissa Harter, Director of Libraries; Julia Troike, Adult & Web Services Librarian; Michelle Proper, Lead Reference Librarian; Kitty Berner, Reference Librarian.
Everyday Technology Q & A
CP-07      Session II: March 16, 23, 30, April 6, 13
Mondays 2:30 – 3:45 pm (5 weeks)
This course is an open-ended opportunity for beginners to ask questions like “What is that?” and “How do I do it?” Question topics may include, but are not limited to, text, email, video chat, apps, downloads, online shopping, digital coupons, digital library, music, and videos. Participants are encouraged to bring their personal mobile devices along with their questions. 
Enrollment limited to 6.
  Instructor Crystal Martin earned a B.A. in Communications from UAF.

Excelling With Excel: Maximizing Your Computer Capabilities
CP-08      Session II: March 16, 23, 30, April 6
Mondays 5:30 – 6:45 pm
This course will give an overview and demonstration of basic formulas, mail merge, sorts, and shortcut tips for Microsoft Excel. The course will be geared towards the beginner and daily user. Come prepared with questions and problems you’ve experienced while using Excel. Class topics will be flexible depending on student needs. Enrollment limited to 30.
  Instructor Bonné Woldstad is a business educator with real-world experience working in a number of administrative positions allowing for a wide spectrum of Microsoft Office product usage.

“Photos” for Mac, iPhone, & iPad
CP-09      Session II: March 18, 25, April 1, 8
Wednesdays 10:30 – 11:45 am
  * Bring an Apple/Mac computer, iPhone, and/or iPad
This is a chance to learn how to take your photos on an Apple device and present them in a format that you can share with your friends and family. We will learn how to load photos onto a computer and then learn how to organize, edit, and annotate them on all Apple devices. Finally we will put them together into a presentation. We will use the latest version of Photos so bring your Apple device to class with the latest updates (or the instructor can help you update). Enrollment limited to 12.
  Instructor John Morack, UAF Physics professor emeritus, spends his time fly fishing and working in his woodshop. The long cold winters provide an ideal time to work on photos and videos on the computer.

iMovie for Mac, iPhone, & iPad
CP-10      Session II: March 18, 25, April 1, 8
Wednesdays 12:15 – 1:30 pm
  * Bring an Apple/Mac computer, iPhone, and/or iPad
iMovie is an Apple application that is free on all Apple devices. Apple recently made a major upgrade of this application on the iPhone and iPad that allows you to combine photos and videos into a truly professional presentation. We will load photos and videos onto the device; learn how to organize, narrate, and annotate them; and add music to the final presentation. We will also discuss the many ways that you can share your presentation. You will need to download iMovie to your device before class. Enrollment limited to 12.
  Instructor: John Morack (see CP-09)

Introduction to iPhone
CP-11      Session II: March 19, 26, April 2, 9
Thursdays 10:30 – 11:45 am
  * Bring your own iPhone and Apple account login information.
This course 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-04)

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.
Games to Play with Family and Friends

REC-01        Session I: Feb. 10, 17, 24, March 2
Mondays 12:15 – 1:30 pm
Do you need a game to play with your friends, family, or dinner guests? Do you just need more fun in your life? We’ll learn to play a variety of games that are appropriate for different situations. Some are card games, some are board games, some are new, some are old. Some involve shrewd strategizing, some involve charades. All are fun and great ways to connect with the people in your life. Games may include Spoons, Canasta, Salad Bowl, Gin Rummy, Dixit, Apples to Apples, and more! Enrollment limited to 12.

Instructors: Mary Matthews is enjoying retired life by teaching and taking classes, and she welcomes opportunities to play games. Trish Wurtz has always loved playing games, and is really looking forward to meeting fellow game aficionados in this class.

Juggling

REC-02        Session I: Feb. 10, 17, 24, March 2
Mondays 12:15 – 1:30 pm
* If you have taken this course at OLLI before, please let others have a chance to try it.

Juggling offers many benefits including stress relief, improved coordination, sharpened mental focus, and physical fitness. This fun course provides a comfortable environment for everyone, regardless of prior experience. Participants will practice at their own level as we challenge ourselves with hand-eye coordination exercises and learn new skills. We will work with both balls and clubs; all gear is provided. Enrollment limited to 12.

Instructor Nadav Weiss has been juggling since he was nine years old and has taught many classes to both children and adults.

Qigong for Longevity

EX-01        Session I: Feb. 11, 18, 25, March 3
Tuesdays 8:45 – 10:00 am
Qigong (prounced “chee-gong”) is an ancient Chinese exercise to improve health and longevity. The exercise is mild and slow like Tai Chi or yoga and can be done in a standing or sitting position. Students will be required to move around. Bring comfortable shoes. No experience necessary, but please only register if you are able to attend at least 3 classes. Enrollment limited to 8.

Instructor Hisako Ito (tozaibodyworkwellness.com) integrated Qigong with her career as a Shiatsu/Massage practitioner and martial arts experience. She teaches Qigong at Heart Stream Yoga and the Senior Center and has lived in Alaska since 1988.

Railroad Modeling and Operations

REC-03        Session I: Feb. 11, 18, 25, March 3
Tuesdays 5:30 – 6:45 pm
* Meets at Alaska Railroad Fairbanks Depot, 1031 Alaska Railroad Depot Road
Do you like to model scenery, buildings, or trains but no longer have the space or time to create your own layout? Maybe you need a boost to resume a stalled project? Here’s your chance to learn more about railroad modeling, from history and scales to design, materials, construction, electronics, and even operations. No experience is necessary, and you don’t need a layout of your own—you can use ours! We’ll use a mix of presentations and mucking about to build an example diorama, and the final class will include a hands-on operating session of the HO scale Tanana Valley Model Railroad layout. Enrollment limited to 10.

Instructor Jim Durst and other members of the Tanana Valley Model Railroad Club will lead this course using the club’s work room and layout in the Alaska Railroad Fairbanks Depot.

Beginning Yoga

EX-02        Session I: Feb. 13, 20, 27, March 5, 12
Thursdays 12:15 – 1:30 pm (5 weeks)
* For beginners. If you have taken a yoga class before, please choose EX-06 Intermediate Yoga instead.

If you would like a slower, gentle, and mindful approach to yoga poses with some individual assistance, this course is for you. The poses of yoga are just one part of the whole of yoga, and we will explore breathing and meditation techniques too. Poses can be adapted for individual challenges, but be prepared to be gently challenged at times. 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 Marsha Munsell, owner of Heart Stream Yoga, has taught yoga for over 14 years and has studied many mind-body disciplines for over 20 years. Her experience brings a keen eye for safety and an open mind for acceptance.
Cross-Country Ski Touring
EX-03        Session I: Feb. 24, 26, 28, March 2, 4
MWFMW 1:00 – 3:00 pm
* Meets at a different local trail each day
* Bring classic-style skis, poles, and boots that fit you comfortably.

We will focus on exploring a variety of local trails, both groomed and ungroomed. You must be at least an advanced beginner skill-wise, but more important is the ability to ski at a comfortable, moderate pace for 1½ to 2 hours with occasional stops. Enrollment limited to 10.

Instructor Tim Buckley has been an avid cross-country skier for the past 40 years and has taught adult lessons for NSCF since 1995. He is certified by the Professional Ski Instructors of America.

Intermediate Cross-Country Skiing
EX-04         Session I: Feb. 25, 27, March 3, 5
Tuesdays, Thursdays 12:30 – 1:30 pm (2 weeks)
* Meets at the UAF Ski Hut
* Bring classic-style skis, poles, and boots that fit you comfortably.

This class is designed to assist more serious skiers in becoming competent and confident in their classical skiing skills. Points of emphasis will be establishing effective tempo, generating strong kick and glide, demonstrating efficient poling, and learning a variety of uphill and downhill techniques. This class is the next step in the progression from advanced beginners classes and is open to those who feel confident skiing at that level. A strong degree of fitness is a plus. Enrollment limited to 10.

Instructor: Tim Buckley (see EX-03)

Strong Seniors
EX-05          Session II: March 16 – April 22
Mondays, Wednesdays 2:15 – 3:30 pm (6 weeks)
* Ends the week after Add-On II.

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, closed-toed 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.” Materials fee $15; pay instructor at first class. Enrollment limited to 18.

Instructor Leslie Shallcross is a faculty member for the Alaska Cooperative Extension and a registered dietitian with a master’s degree in human nutrition science. Her career focuses heavily on health promotion, disease prevention, food safety and nutrition through the lifecycle.

Intermediate Yoga
EX-06        Session II: March 18, 25, April 1, 8, 15
Wednesdays 8:45 – 10:00 am (5 weeks)
* For students with previous yoga experience. Beginners, please choose EX-02, Beginning 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 three years ago she earned yoga teacher credentials. She continues to teach and attend classes with various instructors to keep current on new practices.

Strategy Games
REC-04        Session II: March 18, 25, April 1, 8
Wednesdays 2:30 – 4:30 pm

We’ll cover several Euro-style board games, which often include more complex game rules and strategies. Among the games taught will be two relatively new ones: 1) Wingspan, in which you build your bird sanctuary and try to attract birds that help each other and 2) Broom Service, in which you vie to be the Brave Witch and defeat any Cowardly Witches who may sneak past you to victory. The games always start with a teaching session, to learn the rules and game play. No experience required. Please plan to stay for the entire game. Enrollment limited to 10.

Instructor Laura Walsh was introduced to Euro-style board gaming by a friend in Australia. She is a member of the MeetUp group Interior Alaska Gamers.
Outdoor Adventures
REC-05 Session II: March 12, 19, 26, April 2, 9
Thursdays 3:45 – 5:00 pm (5 weeks)
* First class is in Session I Add-On
Join us for some outdoor adventure—live vicariously or glean expertise for planning your own adventure.
March 12: Fast-packing past 50, with Mark Ross
March 19: Mountaineering in Alaska, with Stan Justice
March 26: Wilderness Living, with Mark and Lori Richards
April 2: Alaska to South America on motorcycles, with Richard Doering
April 9: Sport Fishing with Alaska's Fish and Game, with Erik Anderson

Bike Maintenance: Learn to Love Your Bike
REC-06 Session II: March 20, 27, April 3, 10, 17
Fridays 8:45 – 11:45 am (5 weeks)
* Bring a bike!
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.

Adaptive Yoga
EX-07 Session II: March 20, 27, April 3, 10, 17
Fridays 3:45 – 5:00 pm (5 weeks)
This course will explore movement and alignment in basic yoga poses that will focus on safe strengthening and balance enhancement using blocks, belts, blankets, chairs, and the wall. Using props can tailor a posture to the individual ability of the participant. We can reduce stress when we focus on our breath and increase our body awareness to reawaken our appreciation for our unique body and its well-earned character. This class is especially appropriate for those with moderate physical limitations. Enrollment limited to 15.
Instructor Jane Reilly is a certified yoga teacher whose practice emphasizes alignment and mindful engagement. Her graduate work in neuropsychology has encouraged her interest in the practical aspects of mindfulness and its application in mind-body integration.

Films & Photography

Great Comedy Films
FLM-01 Session I: Feb. 11, 18, 25, March 3
Tuesdays 9:30 – 11:45 am
Feb. 11: Young Frankenstein (1974) is a parody of the classic horror film starring Gene Wilder as a descendant of the infamous Dr. Victor Frankenstein and Peter Boyle as the monster.
Feb. 18: Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb (1964) is a political black comedy satirizing Cold War fears of a nuclear conflict between the Soviet Union and the United States.
Feb. 25: Monty Python and the Holy Grail (1975) is a British comedy concerning the Arthurian legend.
March 3: Annie Hall (1977) is an American romantic comedy directed and co-written by Woody Allen in which Allen also starred as Alvy Singer, who tries to figure out the reasons for the failure of his relationship with the film's female lead.
Instructor Rich Seifert, UAF Professor Emeritus, is a liberal arts physicist whose broad interests include social justice and the exploration of science, evolution, the universe, poetry, and movies.

Films with Backstories, I & II
FLM-02 Session I: Feb. 12, 19, 26, March 4
FLM-03 Session II: March 18, 25, April 1, 8, 15
(5 weeks)
Wednesdays 2:00 – 5:00 pm
* Part I is not required for Part II. You may enroll in either course separately, or in both.
Part II: Quartet (2012) is Dustin Hoffman's updated British version of Tosca's Kiss. In the documentary Speak the Music: Robert Mann and the Mysteries of Chamber Music (2013), the founder and first violinist of the Juilliard String Quartet relates stories of his life, teaching music, and playing chamber music. They Came to Play (2008) is a documentary about performers gathered for the International Van Cliburn piano competition. The Dresser (1983) gives a backstage look at how a deteriorating Shakespearean actor gets help hitting the boards each night. A Chorus Line (1985) pulls back the curtain to explore why dancers dance.
Instructor Ron Inouye, retired from UAF Rasmuson Library, says that his major qualification for facilitating film courses is having regularly and willingly paid admission to see movies, from childhood Saturday afternoon matinees to the current offerings at our local cinemas.

Did you know all OLLI instructors are volunteers?
THANK YOU, instructors!
The Lords of Looney Tunes
FLM-04    Session I: Feb. 13, 20, 27, March 5
Thursdays 2:00 – 3:15 pm
Explore the creative geniuses who made Looney Tunes a notch or two above the competition. Mostly we'll enjoy a bunch of prime cartoons from the genre's Golden Age. While doing so we'll delve into the pencils Chuck Jones preferred for drawing Bugs Bunny, open our consciousness to the musical musings of composer/arranger Carl Stallings, and reflect upon the achievements of the voice actress June Foray. Attendance is limited to those with readily accessible funny bones.

Instructor Greg Hill is the retired director of the FNSB libraries, founder of the Guys Read program, and a lifelong Looney Tuner.

Brideshead Revisited
FLM-05    Session I: Feb. 14, 21, 28, March 6
Fridays 11:00 am – 3:15 pm
Evelyn Waugh's book, published in 1945, was made into one of the most admirable achievements of British TV in 1981. The story follows the lives of two Oxford students, Charles Ryder (Jeremy Irons) and Sebastian Flyte (Anthony Andrews) in the changing English world between WWI and WWII. The wonderful story comes to life in this visually stunning drama and remains the most beautiful and lavish television production of the 20th century. After viewing episodes, we'll explore the film locations, story, symbols, and central themes.

Instructor Leslie McCartney is Associate Professor and Curator of Oral History at UAF. She loves a good story.

Clif’s Choice: Early Science Fiction Films
FLM-06    Session II: March 20, 27, April 3, 10, 17
Fridays 2:00 – 5:00 pm (5 weeks)
We'll view and discuss pre-1980 Sci-Fi films such as The Day the Earth Stood Still (1951) with Michael Rennie and Patricia Neal; Forbidden Planet (1956) with Walter Pidgeon, Leslie Nielsen, and Anne Francis; Invasion of the Body Snatchers (1956) with Kevin McCarthy and Dana Wynter; Invasion of the Body Snatchers (1978) with Donald Sutherland and Brooke Adams; and The Day the Earth Caught Fire (1961) with Janet Munro and Edward Judd. Note that the selection includes a remake (the 1978 version of Body Snatchers), which is included because it is sufficiently different from the 1956 classic and provides a possible rare example of a remake which is better than the original.

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

Digital Photography 101: Getting Off the “A” of Your Camera
PHT-01    Session II (Add-On): April 13, 15, 16, 17
MWThF 10:30 – 11:45 am
This is a basic introduction to your digital camera, designed to help you explore the many features and unleash your creative talents! We'll explore the unique features of digital, as well as basic photographic concepts. We'll cover features such as histograms, variable ISO, and instant image feedback to see how they can make you a better photographer. A field trip (TBA) is incorporated into the course so you can try out different camera capabilities and receive immediate instructor feedback. Enrollment limited to 25.

Instructor Paul McCarthy, Professor of Library Science Emeritus and retired director of the UAF Rasmuson Library, is an experienced sports photographer.

Extending the Growing Season with Heat
FF-01    Session I: Feb. 10, 17, 24, March 2
Mondays 8:45 – 10:00 am
Wouldn’t it be nice to get a couple extra months on either side of June and September for growing your food and flowers? This class looks at the fundamentals of thermal storage of heat, heat distribution, passive solar greenhouses, and the resulting effectiveness in extending the growing season from examples in Alaska and the Yukon. Enrollment limited to 25.

Instructor Art Nash is the statewide energy specialist for the UAF Cooperative Extension Service.

Accessible Growing
FF-02    Session I: Feb. 11, 18, 25, March 3
Tuesdays 8:45 – 10:00 am
Many people want to stay in their own homes as they age and continue with gardening and lawn activities. We will look at Universal Design theory, hands-on remodeling projects, and age-in-place retrofits toward accessible landscaping and gardening. Enrollment limited to 25.

Instructor: Art Nash (see FF-01)
Cheese 101 with Murray’s Cheese
FF-03          Session I: Feb. 12, 19, 26, March 4
Wednesdays 3:45 – 5:00 pm
* If you have taken this course at OLLI before, please let others
have a chance to try it.
Humans have been making and eating cheese since before
recorded history, and a multitude of different cheeses are made
and enjoyed around the world today. Learn about cheese from the
only Certified Cheese Professional in Alaska and sample
some different varieties. Materials fee $60; pay OLLI at regis-
tration. Enrollment limited to 20.
  Instructor Greg Trevino is a Murray’s Cheese Master at Fred
Meyer in Fairbanks.

Distilleries of Fairbanks
FF-04          Session I: Feb. 13, 20, 27, March 5
Thursdays 4:00 – 5:00 pm, except Feb. 27 tour is 3:00 – 4:00 pm
* Meets at a different distillery each week
Ever wonder how spirits are made? Or what is the difference in
the processing of whiskey, gin, vodka, or rum? Fairbanks has
four fine distilleries, and we will tour each one! Every week
we will visit a different distillery where you can learn about
the process and compare products. Each tour will last approxi-
mately an hour but could go longer.
  Feb. 13: Ursa Major Distilling
  Feb. 20: Hoarfrost Distilling
  Feb. 27: Fairbanks Distilling Company (start at 3:00 this week)
  March 5: Arctic Harvest Distillery
  Enrollment limited to 20.
  Instructor Mary Burtness is a one-time OLLI instructor who
has always been curious about the distilling process. She will be
facilitating this course to learn and have fun.

Easy as Pie: Savory
FF-05          Session II: March 20, 27, April 3, 10
Fridays 12:15 – 1:30 pm
A course for people who like to eat pie! Each week we will eat
and discuss a different type of homemade pie. This session we
will focus on meat and vegetable pies. Recipes will be shared, but
we won’t be cooking in class due to limited oven space. Materials
fee $10; pay instructor at the first class. Enrollment limited to 14.
  A long-time lover of pie, instructor Emma Centers is distressed
that good pies are so hard to find in Fairbanks. She hopes this
course will remind people how tasty homemade pies can be.

Straw Bale Gardening
FF-06          Session II (Add-On): April 16
Thursday 12:15 – 2:15 pm
Straw bale gardening requires no tilling, no weeding, and no
crawling in the dirt. Learn how to grow garden fruits and veg-
gies in straw, not hay. Plant earlier and grow on concrete, decks,
and driveways! Also learn about Hügelkultur and “Tater” towers.

Healthy Living

Healthy Homes, Healthy Residents
HL-01          Session I: Feb. 10, 17, 24, March 2
Mondays 10:30 – 11:45 am
The condition of a home can dictate the health of its residents.
Indoor air quality factors such as radon, carbon monoxide, aller-
gens, and mold can affect respiratory health. Arsenic, radon, and
lead can affect health via drinking water. Finally, the presence
of pests and household hazardous wastes can cause problems.
We’ll look at healthy practices that are good for the house struc-
ture and people living inside. Enrollment limited to 25.
  Instructor: Art Nash (see FF-01).

Cannabis as Medicine, I & II
HL-02          Session I: Feb. 11, 18, 25, March 3, 10
HL-03          Session II: March 17, 24, 31, April 7, 14
Tuesdays 10:30 – 11:45 am (5 weeks)
* Part I is recommended, but not required, for Part II.
Part I: In the first class, we’ll watch a documentary about the
war on drugs. The remaining classes will teach you the basics
of how cannabis works, methods of ingestion, dosing, acces-
sories needed, location of cannabis shops, and how to choose
what is best for you.
Part II: Meet members of our cannabis community. Guests will
include a grower, retail shop owner, manufacturing plant owner,
and long-time users of cannabis as medicine. Receive updates
on new cannabis laws and products available in our shops.
  Instructor Nancy C. Elliott has a BA in Psychology from UAF
and 20 years work experience in human services in Fairbanks. She
has been researching cannabis for two years, becoming an activist
and supporter of cannabis businesses in Fairbanks.

Instructor Corrie Garrison has taught OLLI crochet courses
in the past and is excited to share her interest in gardening.
How’s Your Oral Hygiene?
HL-04 Session I: Feb. 11, 18
Tuesdays 4:15 – 5:30 pm (2 weeks)
Oral health is closely related to overall health. We will discuss oral health topics and explore tips and tricks for maintaining healthy teeth and gums.

Instructor Barbara O’Donnell, BS, RDH, is a local dental hygienist with 25 years of clinical experience. She believes that oral health is an important component of overall health.

Become a Fairbanks Recycling Hero
HL-05 Session I: Feb. 12, 19, 26, March 4, 11
Wednesdays 8:45 – 10:00 am (5 weeks, March 11 will meet 8:45 – 11:15 am)
* February 19 class will meet at FNSB Central Recycling Facility, 1855 Marika Road
* February 26 class will meet at Green Star warehouse, 1101 Well Street
Join Green Star to learn about the challenges and opportunities for recycling in Fairbanks. Learn how to recycle as much as you can in Fairbanks, how to compost your food scraps at home, and what happens to your electronics when they are dropped off for recycling. Class includes tours of the FNSB Central Recycling Facility and Green Star’s electronics recycling warehouse. The fifth class will focus on creative reuse and repair with local artists. Enrollment limited to 30.

Instructor Tait Chandler is Executive Director of Green Star of Interior Alaska and has been working on creative waste management issues since 2013. He will be joined by guest lecturers for each class.

Pet Grooming for Everyone
HL-06 Session I: Feb. 12, 19, 26, March 4
Wednesdays 1:00 – 3:00 pm
* Meets at Golden Heart 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) pet to each class. All pets will be restrained/contained while at the kennel. Those interested in grooming animals other than dogs, such as cats or exotics, should notify the instructor before the first class. Risk waiver forms must be signed, and no one may work on another’s pet without signed permission of the owner. Materials fee $40; pay instructor at the first class. Enrollment limited to 5.

Instructor Lynn Orbison is an animal lover, retired dog musher, shelter volunteer, and professional groomer. She wants you to take the best possible care of your own pets and is willing to show you how.

Joy in Retirement: Methods and Examples
HL-07 Session I: Feb. 13, 20, 27, March 5
Thursdays 8:45 – 10:00 am
We will discuss transition into retirement in this interactive course. Class members will help each other discover different methods to maneuver into retirement, grow in knowledge and skills, evaluate our community needs and resources, and maintain joy in the process.

Instructor Jean Wilbur Tsigonis, MD, was born and raised in Fairbanks. She recently retired from the Tanana Valley Clinic, where she’d been employed 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 Master of Public Health through UAA.

Stand Taller to Live Longer
HL-08a Session I: Feb. 14, 21, 28, March 6, 9
Fridays 8:45 – 10:00 am
(5 weeks, except March 9 will meet Monday 8:45 – 10:45 am)
HL-08b Session II: March 16, 23, 30, April 6, 13
Mondays 8:45 – 10:00 am
(5 weeks, April 13 will meet 8:45 – 10:45 am)
* Two sections of the same course; register for one only
* If you have taken this course at OLLI before, please let others have a chance to try it.
Better posture adds years to our life AND years to our living! Increase your vitality, longevity, and energy levels and DECREASE chronic pains with Orthopaedic Manual Therapy. Posture is the baseline of all flexibility and movement. It is the interface of how we both move through and perceive the world around us. Our most common issues start with our most common positions. Learn how to mitigate and even alleviate those issues. The first four meetings will be in a classroom, and the final week will meet in the gym to try out exercises we have learned.

Instructor Cean Whitmarsh, LMT, MMP, is an orthopaedic manual therapist and nationally certified medical massage practitioner based in Fairbanks and associated with the Alaska Center for Natural Medicine. Cean uses his expertise in kinesiology and bodywork to help promote understanding of how we move through our daily lives as functioning people.

Self-Hypnosis, I & II
HL-09 Session I: Feb. 14, 21, 28, March 6
HL-10 Session II: March 20, 27, April 3, 10
Fridays 3:45 – 5:00 pm
* Part I is required before Part II unless student has previously taken the course.
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 home powerful tools you can use to change your life in positive ways. Improve creativity, intuition, health, reflexes, concentration, sense of humor, memory, and pain management. Chapters from Self-Hypnosis and Other Mind Expanding Techniques by Charles Tebbetts will be used as a guide.

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

Healthy Teeth Through Healthy Breathing
HL-11 Session II: March 17, 24, 31, April 7
Tuesdays 5:30 – 6:45 pm

Learn about quality sleep and breathing and how these vital bodily functions relate to your oral and general health. See how advanced dentistry incorporates these holistic principles into treatment, management, and prevention of common oral diseases. You will be introduced to new thinking on how to manage chronic conditions associated with a compromised airway.

Instructor Jon Woller, DMD, is a second generation Fairbanksan in private practice at Spruce Roots Family Dentistry. He served as president of the Alaska Dental Society and currently sits on the Alaska Board of Dental Examiners. He personally suffered from an airway disorder and experienced a life changing result.

Get Your Ducks in a Row
HL-13 Session II: March 19, 26, April 2, 9, 16
Thursdays 5:30 – 6:45 pm (5 weeks)

During this series of talks, we’ll walk you through taking an inventory of the documents and information you need to have in place for the time when you can no longer manage your affairs. We will host experts to answer your questions about legal, financial, and healthcare concerns. We’ll also talk about choosing someone to follow through with your legal and healthcare instructions, how to initiate “the conversation” to discuss your plan, and discuss tips for making our lives safer, easier, and more fun.

Instructors: Pam Wagaman is a retired research scientist who enjoys music, painting with watercolors, volunteering with community organizations, and both teaching and learning with OLLI courses. Mary Ann Borchert retired from UAF after 25 years in research and administration. She now works with various nonprofits, especially those serving older adults.

Activities for Deeper Communication ... and Fun!
HL-14 Session II: March 20, 27, April 3, 10
Fridays 2:00 – 3:15 pm

This class will use activities to build deeper communication skills and help students to get to know each other. Activities will include deep listening, summarizing, asking open-ended questions, using silence, sharing emotional content, and responding when others do so. There will be some instruction, but most of this class will involve participation. Some of the communication activities will be just for fun. Please encourage your friends to sign up for this class—the more the merrier! Enrollment limited to 20.

Instructor Dave Frey retired in 2016 from a career in counseling, substance abuse prevention, and mediation, including 17 years at a middle school. Dave has previously taught OLLI classes in mediation, advocacy, school safety, and politics.
Smart Driving (AARP)
HL-15 Session II (Add-On): April 13, 15, 16, 17
MWTThF 12:15 – 1:30 pm
* No OLLI fee for this course. Pay AARP fee to instructor at the first class.
This updated course helps drivers age 50 and up refine existing skills and develop safe, defensive driving techniques. Topics include vision and hearing changes, effects of medication, reaction time changes, left turns and other right-of-way situations, new laws, and hazardous driving situations. Certificates are awarded to those who attend all sessions. This certificate may entitle you to insurance premium discounts; check with your insurance agent. Fee (make check payable to AARP) is $15 for AARP members, $20 for non-members.

Instructor Matthew Reckard learned to drive on LA freeways but has been an Alaska resident for the last 40 years, mostly in the Fairbanks area.

All About Cats
HL-16 Session II: March 17, 24, 31, April 7
Tuesdays 8:45 – 10:00 am
What is necessary to have a happy, healthy cat? The details of evidence-based medicine are overwhelming to ponder, and then there are all the fads and social media news to consider. It is helpful to be aware of the basis for health, and that’s what this course will offer. There will be handouts, some science, some not-so-science, and plenty of examples of what to do and what not to do. Dog people are welcome but the focus will be cats.

Instructor Jeanne Olson, DVM, has been a holistic veterinarian in North Pole for more than 30 years and combines many alternative modalities with conventional medicine applications. She is still learning.

Alaska Aviation History
HIS-01 Session I: Feb. 10, 17, 24, March 2
Mondays 12:15 – 1:30 pm
We’ll explore the history of aviation, leading into Alaska aviation history, personalities, adventures, and the impact of aviation in Alaska.

Instructor Wes Potter is a career aviator, with experience in military and civilian aviation operations. His personal interests in history have led him to presenting topics in aviation, family history, and exploration.

Executive Power in the US: Presidents and Governors
HIS-02 Session I: Feb. 11, 18, March 3, 10
Tuesdays 3:45 – 5:00 pm
The Framers of the United States Constitution were particularly reticent to grant significant powers to executives at the state and federal level. What was it in our American political development that caused this? Why has our current system become presidential-dominated rather than legislative? How do the governors of the states differ in their powers and reach? How might our current president and those to come reflect significant social changes in technology and ideas? We will address these questions and more as we explore the nature of executive power in the US federal system of government. Both historical development and current issues will be covered.

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

Bills, Budgets, and Hearings: Following the 2020 Alaska Legislative Process
HIS-03 Session I: Feb. 13, 20, 27, March 5
Thursdays 8:45 – 10:00 am
Former State Representative David Guttenberg will walk the class through the legislative process of the second regular session of the 31st Alaska Legislature. Learn about the way things are seen and done from an inside perspective. By the time class starts, the governor will have released his budget and the legislature will have been in session for three weeks; issues such as the PFD, the university, and educational funding will be in play.

Instructor David Guttenberg is a retired construction worker, past Alaska Democratic Party Chair, and Democratic National Committee member. He served 16 years in the Alaska House of Representatives, representing communities from Chena Hot Springs Road to Hooper Bay, all while living in the home he built in Goldstream 42 years ago.
**The Bumpy Road to Women’s Suffrage**

**HIS-04**  
Session I: Feb. 13, 20, 27, March 5  
**Thursdays 10:30 – 11:45 am**

Sponsored by the League of Women Voters of the Tanana Valley, this course will celebrate the 100th anniversary of the 19th Amendment by examining the history of its passage. We will explore the early issues of suffrage in the American colonies and social movements that paralleled the women’s suffrage movement in the new nation. What ignited the movement in the 1800s? Who were the leaders? How did the movement become a nationwide crusade in an era before television and the internet? What obstacles caused it to take 70 years of organized advocacy to achieve the suffragists’ goal? Who was the organized opposition? (Hint: It wasn’t just men!) Did the battle for universal suffrage conclude with ratification? Enrollment limited to 35.

**Instructors:** Sue Sheriff is co-president of the League of Women Voters of the Tanana Valley and is retired from the Alaska State Library, where she was head of Library Development. Recipient of a 2019 Governor’s Arts & Humanities Award. Maida Buckley is a retired FNSB high school social studies teacher and was coordinator of the “We the People” program.

**IRA Voices from the Grave and Loyalist Paramilitaries**

**HIS-05**  
Session I: Feb. 13, 20, 27, March 5  
**Thursdays 3:45 – 5:00 pm**

Using documentaries, we will look at IRA, UVF, and UDA illegal paramilitaries in Ireland. Republicans and Nationalists did not have a monopoly on paramilitary activity during the Troubles. Loyalists also formed paramilitary groups to defend Unionism, protect Protestant communities, and respond to Republican violence. Like Republicans, Ulster Unionists had a history of taking up arms for political causes.

**Instructor:** John Byrne was born and raised in Dublin, Ireland.

**Great Decisions 2020, I & II**

**HIS-06**  
Session I: Feb. 14, 21, 28, March 6  
**HIS-07**  
Session II: March 20, 27, April 3, 10  
**Fridays 10:15 – 11:45 am**

* Each 4-week session stands alone; you may take either one or both.

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 discuss it with others. This program was developed by the Foreign Policy Association. Read background information in the briefing book, then come to class for a video analysis of the topic by experts, followed by a group discussion. Class members take turns leading the discussions. Students must buy their own Great Decisions 2020 Briefing Book in advance from the Foreign Policy Association website (https://fpa.org) for $32. An ebook version costs $12.

**Topics for 2020 Session I:**
- Climate Change and the Global Order
- India and Pakistan
- Red Sea Security
- Modern Slavery and Human Trafficking

**Topics for 2020 Session II:**
- U.S. Relations with the Northern Triangle
- China’s Road into Latin America
- The Philippines and the U.S.
- Artificial Intelligence and Data

**The Bering Sea Patrol 1888-1964**

**HIS-08**  
Session I: Feb. 14, 21, 28, March 6  
**Fridays 3:45 – 5:00 pm**

The Coast Guard’s anthem proclaims, “From Barrow’s shores to Paraguay, Great Lakes or ocean’s wave, the Coast Guard fights through storms and winds, to punish or to save.” And—in the case of the Bering Sea Patrol’s exceptional assignment in the remote coastal communities and waters of the Bering Sea and Arctic Ocean—to enforce the law; bring medical aid; transport missionaries, filmmakers, diggers, traders, whole villages, and school teachers; chase ghost ships; count walrus; record volcanic activity; guard seal populations; and take oceanographic samples. We’ll explore some great ships, extraordinary personalities, and unusual activities of the patrol via logbooks, journals, memoirs, news clippings, and photographs.

**Instructor:** Elizabeth Alexander (elizabethkimalexander.com) recently earned her PhD in Political Geography. Her project was based on a Bering Sea Patrol ship, and she looks forward to sharing stories she uncovered during her research.

**Sternwheelers in Alaska**

**HIS-09**  
Session II: March 16, 23, 30, April 6  
**Mondays 10:30 – 11:45 am**

The phrase “Alaska sternwheelers” is most often associated with the Klondike and related gold rushes along the Yukon River and its tributaries. However, sternwheelers plied most major Alaskan river systems. In addition to the Yukon, Tanana, and Koyukuk Rivers, they operated on the Kuskokwim, Susitna, Copper, Stikine, other lesser-known rivers, and in coastal waters. We’ll talk about the sternwheelers that served Alaska’s communities and will cover the history and development of steamboating in Alaska, from the first Alaskan appearance of sternwheelers in 1869 to modern times.

**Instructor:** Ray Bonnell is an artist and historian who has produced the historical column “Sketches of Alaska” for the Fairbanks Daily News-Miner for the past ten years. His column won the Alaska Historical Society’s Contributions to Alaska History Award in 2011.
History of WAMCATS

HIS-10  
Session II: March 18, 25, April 1, 8  
Wednesdays 10:30 – 11:45 am

The telegraph was the Victorian Internet, which connected all the world except Alaska. A bit of overlooked history is the first Alaska telegraph, the Washington Alaska Military Cable and Telegraph System (WAMCATS), which started in 1900 before gold was discovered in Fairbanks. Frequently General Billy Mitchell gets the credit for WAMCATS, but there is more interesting and accurate story. Come learn the WAMCATS history and why it was so important on the world stage, then and now.

Instructor Daniel Osborne is a retired 38-year UAF Geophysical Institute engineer, auroral observer, rocket-launching man, and amateur historian.

More Northern Scoundrels and Reprobates

HIS-11  
Session II: March 19, 26, April 2, 9  
Thursdays 10:30 – 11:45 am

New information and interpretations keep surfacing on rascally behavior by heroes, pioneers, and reprobates of the North. Topics this session will range from 16th century English-speaking colonists of the North American Arctic to 20th century scamming from Alaska to Washington DC by the “Father of the H-bomb.” Both veterans and newcomers to scoundrel-ology are welcome.

Instructors: Dave Norton has been developing a “Guide to Northern Scoundrels” for UAF-OLLI since 2014 and is currently writing and soliciting others to write chapters for a book on this subject. Bill Stringer brings expertise in physical sciences.

Sturmgewehr: History of the Assault Rifle

HIS-12  
Session II: March 20, 27, April 3, 10  
Fridays 12:15 – 1:30 pm

An apolitical look at the development of the assault rifle, also known as Sturmgewehr. What was its historical evolution during the 20th century, and how did this development lead to it becoming a military necessity during the Cold War? Learn the technical constraints that have limited how the weapon is defined. Which national leader gave the assault rifle its name—but not before forbidding its production for his armed forces? This presentation will not comment on nor encourage discussion regarding Second Amendment issues. The purpose of the course is to provide a historical perspective on the weapon’s military development and application.

Instructor Stephen Heckman is a retired Alaska State Trooper, former adjunct with Tanana Community College, and retired history teacher and vice principal of Monroe Catholic High School. He served as an officer in the United States Army stateside from 1971 to 1973.

Identifying Alaskans in Historical Films

HIS-13  
Session II (Add-On): April 13, 14, 16, 17  
MTuThF 8:45 – 10:00 am

Watch a selection of historical film clips from Fairbanks and Interior Alaska, circa 1920s through the 1960s, and assist Film Archivist Angela Schmidt in identifying people, places, and activities that appear in the films. Or simply watch and enjoy the discussion! Each class will feature different film clips, although some clips may be repeated if interest warrants.

Enrollment limited to 20.

Instructor Angela Schmidt has been director of the Alaska Film Archives at the University of Alaska Fairbanks since 2013. The Alaska Film Archives is a unit of the Alaska and Polar Regions Collections and Archives Department in the Elmer E. Rasmuson Library.

An Overview of Ranked Choice Voting

HIS-14  
Session II (Add-On): April 13  
Monday 2:00 – 3:15 pm

Ranked choice voting (or instant runoff voting) is an electoral system in which voters are able to preference-rank candidates for a given office rather than vote for a single candidate. It is promoted by many as being well-suited to yield “fair” results. It is used for national elections in several countries and in the US for various municipal and local elections. In 2016 Maine became the first US state to adopt ranked choice voting, and in Alaska there is currently a movement to have its adoption become a ballot issue in 2020. We’ll discuss how the method works, look at a few examples, and note some strengths and weaknesses.

Instructor Pat Lambert has taught several UAF-OLLI courses on Irish literature and history, as well as on electoral issues and voting theory. He is Professor Emeritus of Mathematics at UAF.

History of Motoring in Alaska

HIS-15  
Session: TBA  
Day/Time TBA, class will meet twice, in the evening

Meet at Fountainhead Antique Auto Museum

Learn about some of the early pioneers in Alaska and the challenges they encountered, from the time of the first vehicles to WWII. The focus will be on the museum’s unique collection of vintage automobiles. Enrollment limited to 20.

Instructor Willy Vinton is Museum Director of the Fountainhead Antique Auto Museum. This program is sponsored by the Vernon L. Nash Antique Auto Club of Fairbanks, which in conjunction with the museum provides educational tours and classes for preschoolers to adults.
How Languages Change
LNG-01    Session I: Feb. 12, 19, 26, March 4
Wednesdays 12:15 – 1:30 pm
We all notice that the English language appears to be changing, with new words and expressions becoming common. You can also hear new grammatical usages and pronunciations. Where does this change come from and in what ways do languages change? We'll discuss these questions and talk about how linguists study language change and how language can reflect society, using examples from English and other languages.

Instructor Lawrence Kaplan is Professor Emeritus of Linguistics at UAF and former director of the Alaska Native Language Center.

Spoken Italian for Travelers
LNG-02      Session I: Feb. 12, 19, 26, March 4
Wednesdays 12:15 – 1:30 pm
Learn pronunciation and very basic vocabulary in four lezioni. L’italiano is phonetic. Easier if you know un po’ di French, Spanish or Latin (francese, spagnolo o latino). Ciao! Enrollment limited to 25.

Instructor Don Gray learned a bit of Italian in college in California and lots more studying, living and traveling with family and friends in Italia since 1965.

Justice: What’s the Right Thing to Do?, I & II
PHL-01    Session I: Feb. 14, 21, 28, March 6
PHL-02    Session II: March 20, 27, April 3, 10
Fridays 12:15 – 1:30 pm
* Part I is recommended, but not required, before Part II.

Michael Sandel is a Harvard political philosopher who has recorded a series of lectures on justice. We’ll listen to his lectures and class questions. We will then continue with our own discussion on each lecture. Starting with the question “What’s the right thing to do?” we will discuss answers from Utilitarianism, Libertarianism, Immanuel Kant, John Rawls, and others.

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

Contemporary Korean Literature
LIT-01 Session I: Feb. 14, 21, 28, March 6
Fridays 3:45 – 5:00 pm
Korean literature is emerging as one of the major Korean cultural waves, following K-pop, K-drama, food, and beauty. But can Korean literature counter the overly commercialized “Korean Wave” or merely chase after pop culture? Modern Korean literature achieved a critical mass during the colonial and post-war periods. Contemporary writers must come to terms with this legacy from which they create new voices in a new millennium. We will read poetry and fiction that portrays colonial and postcolonial Koreas (North and South). Readings will be emailed to students after registration.

Instructor Sooyoung Kang has been teaching Korean and English since she arrived in Fairbanks. When she doesn’t teach, she translates and writes.

Foodie Lit
LIT-02 Session II: March 16, 23, 30, April 6
Mondays 2:00 – 3:15 pm
It’s not “just” cookbooks that readers enjoy perusing these days. Nifty recipes and foodie adventures show up in many different books. This course will delve a bit into a few kinds: single novels, book series, literary cookbooks, and (non chef) foodie memoirs. Of course, titles selected will lean heavily toward those that include taste-tempting recipes too! There are no assigned readings; students will contribute based on what they have read.

Instructor Georgine Olson is a retired public librarian. Her favored niche in librarianship was “reader services,” helping people find what they enjoyed reading. Foodie book lists were always popular with library patrons—especially during the cold, short days of winter (no matter what one’s New Year’s resolutions may have been).
Rock and Roll Poetry of Bruce Springsteen
LIT-03 Session II: March 16, 23, 30, April 6
Mondays 3:45 – 5:00 pm
Come and listen to songs, read lyrics, and discuss some of the works of Bruce (“The Boss”) Springsteen. This will be a discussion group. We will try to cover “The Boss’s” extensive career by listening to his works while reading the lyrics. We will then open a friendly discussion for comment and critique.
Instructor: Scott Sexton (see PHL-01)

The Virginian: A Most American Novel
LIT-04 Session II: March 17, 24, 31, April 7
Tuesdays 10:30 – 11:45 am
There's much more to the novel The Virginian: A Horseman of the Plains (1902) by Owen Wister than the movie starring Gary Cooper might suggest. Nestled into this novel are short essays on the nature of our American prospect around the turn of the twentieth century. It’s a novel steeped in the idea of Manifest Destiny and offers prescriptions for how those who settle the West would live in that land. And there are still all the Western novel and movie motifs, such as card games, gun fights, and cattle rustling. There are many versions of this novel, including e-books; students should bring a version to class, but no particular version is required.
Instructor Frank Soos, UAF Professor Emeritus of English, is the 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 two-year term as Alaska State Writer Laureate.

Remarkable Poems
LIT-05 Session II: March 17, 24, 31, April 7
Tuesdays 2:30 – 4:30 pm
We’ll discuss poems by renowned writers (e.g., Shakespeare, Dickinson), popular contemporary poets (e.g., Oliver, Collins), and other superb writers whose artistry has also earned a lasting place in the literary canon. Furthermore, this course highlights the “experience of reading” as well as versifying techniques which make these poems “re-markable.” Assigned texts are online, or instructor will provide photocopies.
Instructor Joe Dupras, Professor Emeritus of English (UAF 1979 – 2010), has taught OLLI courses in 19th- and 20th-century literature, including Dickens, Dickinson, G. Eliot, and Frost.

Poetry, Song, and Drama from the North of Ireland
LIT-06 Session II: March 19, 26, April 2, 9
Thursdays 12:15 – 1:30 pm
Ireland’s northern counties—the ancient province of Ulster—are associated with an extraordinary wealth of literature and music that is enriched by exposure to two different and at times warring traditions. We’ll read acclaimed Ulster poets (e.g., Patrick Kavanagh, Paul Muldoon, Derek Mahon, John Montague, Moya Cannon, Michael Longley, Seamus Heaney) and listen to a selection of traditional and modern songs. To get a vivid sense of some of the source of the region’s sectarian troubles, we’ll read from Brian Friel’s touching and funny play Translations, and for another perspective we will sample from the Frank McGuinness play Observe the Sons of Ulster Marching towards the Somme.
Instructor: Pat Lambert (see HIS-15)

Going To Shakespeare: Fairbanks Shakespeare Theatre 2020
LIT-07 Session II: March 19, 26, April 2, 9
Thursdays 12:15 – 1:30 pm
For more than 25 summers, the Fairbanks Shakespeare Theatre (FST) has staged an outdoor production of a Shakespeare play. To get you ready for this summer, we will study the work to be performed in 2020. The course will emphasize a close reading of the play and an examination of its historical context. Once the 2020 play is announced, the instructor will let students know which play to read and how to prepare for the first class. To get the most out of the course, students should attend the FST production on the UAF campus in July 2020.
Instructor Janis Lull, UAF Professor Emerita of English, is the author of numerous articles about Shakespeare and has edited Shakespeare’s King Richard III for the Cambridge University Press. She has served as dramaturg for eight productions by the Fairbanks Shakespeare Theatre.

Shakespeare’s “Game of Thrones”: Henry VI
LIT-08 Session II (add-on): April 13, 14, 15, 16, 17
MTuWThF 9:15 – 11:45 am
Shakespeare’s English history cycle of plays begins with Richard II and concludes with Richard III. This year’s Oregon Shakespeare Festival season includes the penultimate play, Henry VI, chronicling the end of the Plantagenets and the rise of the Tudors. These most political plays resonate for our times. As in the TV series Game of Thrones, which drew on these plays for inspiration, family is politics and politics is family. In a combination of lecture and discussion, we will examine the historical background of the complicated relationships in Henry VI as well as Shakespeare’s themes and language. We’ll view excerpts from the 2015 BBC production The Hollow Crown: the War of the Roses.
After teaching English and history at Ryan and Lathrop for thirty plus years, instructor Susan Stitham graduated to OLLI courses in 2004. She moved to Ashland, Oregon in 2010, but returns each spring to Fairbanks to meet old and new friends in a UAF-OLLI class.
**Chord Construction for Guitar**

**MUS-01   Session I: Feb. 11, 18, 25, March 3**  
**Tuesdays 12:15 – 1:30 pm**

Students should already know how to play all seven basic major chords. However, there are many more chords a guitar can play, too many to remember where to place the fingers to play them all. By learning how chords are constructed, one can figure out how to form unfamiliar chords. In this course, students will disassemble chords to discover how notes are selected to form chords. With this knowledge they will learn to make changes in those notes to form many different chords. For example, they will be able to play an F sharp minor seventh (F#m7), a G flat diminished seventh (Gbdim7), and other scary-looking chords. *Enrollment limited to 8.*

Instructor **Jeep Reid** took up guitar playing years ago because learning music helps seniors retain memory function. Even if that is only partly true, he says it’s fun and he meets many nice people.

---

**Learn to Play Spoons**

**MUS-02   Session I: Feb. 11, 18, 25, March 10**  
(no class March 3)  
**Tuesdays 2:00 – 3:15 pm**

Have you ever wanted to play a musical instrument but didn’t want to invest the money or time? Well, here’s the answer: have a blast playing spoons with tools you probably have in your kitchen. We will learn how to select the best spoons, how to hold them, how to create rhythms, and how to liven up any gathering with the ultimate party trick! Bring a selection of metal or wooden spoons (not mixing spoons) to our first lesson and see which ones work the best. *Enrollment limited to 15.*

Instructor **Janice Densham** plays bodhran, various percussion instruments, and penny whistle, but basically just likes hitting things to see what they sound like.

---

**World Percussion Drum Circle: Your Brain on Drums**

**MUS-03   Session I: Feb. 13, 20, 27, March 5**  
**Thursdays 2:00 – 3:15 pm**

* Meets at 302 Cushman (same building as Fairbanks Children’s Museum)*

Synchronize the left and right hemispheres of the brain through communication with drums. In a tranquil circle setting, learn rhythms and add your personal beat as you participate in making powerful primal music with others. The goal is to bring people together to relax in a healing environment. No musical experience necessary. Instructor will provide instruments from his collection of drums and percussion instruments from around the world, although students may bring their own if preferred. *Enrollment limited to 20.*

---

**Guitar From Scratch**

**MUS-04a   Session I: Feb. 13, 20, 27, March 5**  
**Thursdays 5:30 – 6:45 pm**

**MUS-04b   Session II: March 17, 24, 31, April 7**  
**Tuesdays 8:45 – 10:00 am**

* Two sections of the same course; register for one only*

Have you always wished you could play guitar? This course will introduce you to the basics of guitar playing. No prior experience with guitar or any other music is required. You’ll learn how to tune the guitar, strum, and form a few basic chords that will allow you to accompany lots of simple songs. Bring an acoustic (NOT electric!) guitar to class and a tuner (if you have one). Music Mart rents guitars when stock is available. It is important that students attend all classes, as each class will build on what was learned the week before. *Enrollment limited to 5.*

***Section a: Instructor Keri Petersen*** has been playing guitar on and off for forty years and loves to share her joy of playing music with others.

***Section b: Instructor Emma Centers*** (see FF-05) previously took both of OLLI’s guitar courses with Jeep and found the experience so enriching that now she is helping to teach the guitar courses.

---

**Sing and Play Music Jam**

**MUS-05   Session I: Feb. 14, 21, 28, March 6**  
**Fridays 12:15 – 1:30 pm**

* Open to musicians of all levels, beginner to advanced*

Bring your acoustic instrument and/or singing voice. This is not a music lesson. It is an opportunity to play in a group situation, be exposed to different musical ideas and styles, and meet new friends who want to sing and play together. Learn some basic etiquette for playing in a group. Everyone will get
a chance to introduce a song they would like to do. Beginners will get the experience of keeping the rhythm going. More advanced players will have the opportunity to perform solo breaks. It will be fun, and we will make some great music together! Enrollment limited to 10.

Instructor Arlene Slocum likes to spend time crooning at the Golden Eagle Saloon, howling in the Howling Dog saloon, raving at Ravens Landing, picking with Pioneer Pickers, and jamming with anyone who will put up with her.

**Movable Guitar Chords**

**MUS-06**  
Session II: March 16, 23, 30, April 6  
**Mondays 12:15 – 1:30 pm**

Students should know how to play all seven basic major chords. Three movable chord shapes will be taught. These three shapes can be placed along the neck to conveniently play common chord progressions in different voicing to add melodic flavor to ordinary chord progressions. The use of a capo will also be learned. Enrollment limited to 8.

Instructor: *Jeep Reid* (see MUS-01)

**Swing Dance**

**DAN-01**  
Session II: March 18, 25, April 1, 8  
**Wednesdays 2:00 – 3:15 pm**

Rehearse and build your East Coast skills and explore other popular and exhilarating swing dances. Both beginners and intermediates will benefit from practice and learning new moves. Turn, cuddle, develop style, and add combinations while getting great exercise. Summer is coming and Fairbanks rocks with dance venues. Be ready to join the fun! No partner required. Enrollment limited to 30.

Instructors Janverné Hnilicka, Stan Justice and Barb Lorz are members of the Ballroom Dance Club of Fairbanks. Janverné is also the World Music and Dance coordinator for Fairbanks Summer Arts Festival. Both organizations have many dance workshops and events to attend and “like” on Facebook.

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

**DAN-02**  
Session I: Feb. 13, 20, 27, March 5, 12  
**Thursdays 7:00 – 8:30 pm (5 weeks)**

**DAN-03**  
Session II: March 19, 26, April 2, 9, 10  
**Thursdays 7:00 – 8:30 pm + Friday April 10 Ball**

* Participants need to be able to hear and see clearly, and move easily at a steady pace.
* Part I is recommended, but not required, for Part II.
* Meets at Pioneer Park Dance Hall

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 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. The second session ends with the English Country Dance Ball on Friday April 10. Wear comfortable, non-marking shoes. Fee $5 helps pay dance hall rental; pay instructor at the first class.

Instructor Dennis Rogers joined forces with Ken McFarland 23 years ago and traveled the world pursuing Contra, English and Scottish dance adventures. Dennis was instrumental (pun intended) in putting together an ensemble for playing for the English Country Dance (ECD) group here in Fairbanks. With Ken’s passing, he has a passion to see ECD continue, seeing how it has enriched so many lives.

**Astrology: the Absolute Beginning, I & II**

**RB-01**  
Session I: Feb. 10, 17, 24, March 2  
**Mondays 10:30 – 11:45 am**

* Part I is required before Part II unless student has some prior experience with astrology.

Want to learn astrology? This course will begin with the basics of astrological language and continue with more in-depth application of that language. Even if you know some astrological symbols and concepts, these courses will help you build a strong foundation in the symbolic language of astrology.

Instructor Jean Richey was a professional astrologer for 20 years in Sacramento, California. She moved to Fairbanks in 1993 and was a professor of communication at UAS and UAF before retiring in 2015. She continues to teach as an adjunct professor of business at UAF.

**Gospels: Canonical and Non-Canonical**

**RB-03**  
Session II: March 16, 23, 30, April 6  
**Mondays 12:15 – 1:30 pm**

We’ll explore the selection process of New Testament writings as to when and how they were identified and selected, then compare them with a larger collection of religious writings that did not survive this process. Due to the large number of non-canonical writings, we will center our attention on the life of Jesus as found in non-canonical writings.

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.
Sanskrit Chanting: A Spiritual Overview
RB-04  Session II: March 20, 27, April 3, 10
Fridays 2:00 – 3:15 pm
Join us to learn some spiritual concepts and the effect of Sanskrit mantra chanting on overall life. We will discuss the life force energy; seven spiritual chakras in your energy body; and the effects of karma, chanting, and meditation on the human body, mind, and soul. The discussions will evolve with some simple examples of chanting.

Instructor Nilima Hullavarad, PhD., has practiced spiritual chanting since her childhood and has participated in multiple chanting and devotional gatherings.

Science & Mathematics

Epigenetics and the Aging Brain
SCI-01  Session I: Feb. 10, 17, 24, March 2
Mondays 8:45 – 10:00 am
“I have bad genes.” Really? The conundrum of “nature versus nurture” continues to plague just about every aspect of human health; however, new research seriously questions this perspective. We are the masters of our own genes—for better or worse! Nutrition may play a vital role, especially when it comes to staying sharp into old age. We will explore the aging brain, learn about epigenetics as the gateway for nutrition, and discuss foods that keep our brains and other organ systems fit.

Instructor Tom Kuhn is on a quest to let everyone know how to keep your grey matter red hot. Dr. Kuhn is a neuroscientist and biochemist and has been a UAF faculty member since 1998.

Pingos and Other Periglacial Geomorphology
SCI-02  Session I: Feb. 11, 18, 25, March 3
Tuesdays 2:30 – 3:45 pm
Water is one of the most amazing and abundant molecules in the universe. It can be present in all phases: solid, liquid, and gas. Learn about water-ice interactions and the landscapes and patterns those interactions produce. We will focus on periglacial landscapes and their origins in Alaska, polar regions, and other planets.

Instructor Kenji Yoshikawa is a professor at UAF’s Water and Environmental Research Center (WERC). He is actively engaged in geophysical, geothermal, hydrologic, and permafrost research throughout Alaska, other Arctic areas, Antarctica, and tropical high mountains.

Weird Mammals
SCI-03  Session I: Feb. 12, 19, 26, March 4
Wednesdays 10:30 – 11:45 am
Someone has to love these weird, wacky, wild mammals. Their mothers do, and now you can too. We will discuss the habitat, biology, and behaviors of some strange mammals that live in our world.

Instructor Janice Ott, UAF adjunct and retired high school biology teacher, has a passion for unusual things. She holds a M.S. in biology with an emphasis on wildlife disease.

Introduction to Genetic Engineering
SCI-04  Session I: Feb. 13, 20, 27, March 5
Thursdays 12:15 – 1:30 pm
AND Session I (Add-On): March 9 – 12
MTuWTh 12:15 – 1:30 pm
We will extract our DNA from cheek cells, amplify it, and then sequence it. While we are waiting for our samples to run (there's always downtime in lab work!), we will explore the differences between genotype (the sequence of the DNA) and phenotype (expressed DNA) along with why some genes are expressed, and others aren't. In the add-on week, we will perform a hands-on CRISPR DNA recombination experiment using modern genetic engineering to intentionally alter the expression of a gene. Session I will be taught by Kyndall Hildebrandt and the experiment during add-on week will be facilitated by Joe Dart. Materials fee $35; pay OLLI at registration. Enrollment limited to 20.

Instructors: Kyndall Hildebrandt is the collection manager for the UA Museum's Genomic Resource Department. Joe Dart taught math and computing for UAF and CTC; his undergraduate emphasis was molecular biology.

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.
Alaska During the Late Cretaceous Greenhouse Dinosaur World
SCI-05  Session I: Feb. 13, 20, 27, March 5
Thursday 3:45 – 5:00 pm

We hear a lot about Alaska during the Ice Age, but it was a very different place during the Late Cretaceous Greenhouse (60 – 100 million years ago), when the Earth was much warmer than today. This course will examine the tectonic setting, paleo-geography, depositional environments, paleoclimate, plants, and animals that existed in Alaska at a time when dinosaurs roamed across the state and the climate on the North Slope was similar to that of modern-day Portland, Oregon.

Instructors: Paul McCarthy is a sedimentary geologist in the UAF Department of Geosciences. Anthony Fiorillo is a dinosaur paleontologist and Chief Curator at the Perot Museum of Nature and Science in Dallas, Texas. Dori Contreras is Curator of Paleobotany, also at the Perot Museum of Nature and Science.

Update on Alaska Climate
SCI-06  Session I: Feb. 14, 21, 28, March 6
Fridays 8:45 – 10:00 am

What's the latest concerning Alaska’s climate? Topics will include trends, variability of sea ice, temperatures, and precipitation. The course will highlight recent research papers concerning Alaska and will feature work done at UAF. We will discuss seasonal forecasts of fire weather and sea ice, as well as a final topic mutually chosen by instructor and students.

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 in the UAF Department of Atmospheric Sciences and the Geophysical Institute.

The Science and Art Behind the “Cruis’n the Fossil Coastline” Exhibit
SCI-07  Session I: Feb. 14, 21
Fridays 1:00 – 3:00 pm (2 weeks)
* Meets at UA Museum of the North.

Get a behind-the-scenes look at the science and art underlying the traveling exhibition “Cruis’n the Fossil Coastline,” on display at the UA Museum of the North. The exhibit highlights the paleontology and geology of Alaska and the West Coast and is based on a book by the same name by Alaskan artist Ray Troll and US National Museum of Natural History Director Kirk Johnson. Patrick Druckenmiller will discuss current research on Alaskan paleontology. Artist Ray Troll will join us for the second class and provide insight into his iconic art. Enrollment limited to 25.

Instructors: Patrick Druckenmiller is a vertebrate paleontologist and Director of the UA Museum of the North. He advised and collaborated on the traveling exhibit “Cruis’n the Fossil Coastline.” Artist Ray Troll is well known for his fish- and paleo-themed art and lives in Ketchikan, Alaska.

What Can Be Done About Global Warming?
SCI-08  Session I (Add-On): March 9, 11
Monday & Wednesday 2:00 – 3:15 pm

What actions can we take now to address the problem of global warming? We’ll explore how the use and generation of electrical energy might be a partial solution. How might wider use of electric energy displace our use of fossil fuels? How can we generate electric energy in sufficient quantity and with sufficient reliability to fulfill the needs of a modern society? We’ll review current energy use patterns to identify targets for displacing energy derived from fossil fuels and consider the role a carbon tax might play.

Instructor Daniel Swift is Emeritus Professor of Physics at UAF. For much of his career, he researched space physics related to the aurora at the Geophysical Institute.

Alaska’s Changing Environment
SCI-09  Session I (Add-On): March 10, 12
Tuesday, Thursday 12:15 – 1:30 pm

Alaska’s environment is changing. Shorter winters, less deep cold, and longer summers are contributing to thawing permafrost, degrading infrastructure, and changing ways of life. In the first class we’ll deep dive into what’s changing (and what’s not, so far) and in the second class we’ll look at what the future may bring. Recommended read-ahead: Alaska’s Changing Environment (IARC 2019, free online at uaf-iarc.org).

Instructor Rick Thoman works as a Climate Specialist with the Alaska Center for Climate Assessment and Policy at UAF. He has worked with Alaska weather and climate for more than 35 years and is passionate about providing reliable and useful climate information to Alaskans.

Statistics for Everyday Life
MTH-01  Session II: March 16, 23, 30, April 6
Mondays 2:00 – 3:15 pm

Author H.G. Wells claimed, “Statistical thinking will one day be as necessary for efficient citizenship as the ability to read and write.” Certainly statistics permeate the news, including income and wage data, climate change forecasts, political polls and approval ratings, and accusations of “junk” science. We’ll review the basic statistical concepts you need to be an informed citizen and look at real world examples.

Instructor Ron Barry, UAF Professor of Statistics, is interested in virtually everything.

Artificial Intelligence and Machine Learning in Real Life
SCI-10  Session II: March 16, 23, 30, April 6
Mondays 3:45 – 5:00 pm

From spam filters and Facebook friends to climate change predictions, Artificial Intelligence (AI) and Machine Learning (ML) play an increasing role in modern life. But what really is AI and ML, and how does it drive decision-making? We’ll begin with
the underlying concepts and history of AI and ML, including ups and downs following their emergence post-World War II. We'll explore how AI and ML are applied in commercial, social, and environmental fields and learn how these tools help us make predictions and forecasts from highly complex data sets. We'll look at applications from around the world and here in Alaska.

Instructor Falk Huettmann, UAF Professor of Wildlife Ecology, is a digital naturalist who has worked on "Big Data" with Machine Learning applications and predictions worldwide for over 30 years.

### Northern Animal Adaptations

<table>
<thead>
<tr>
<th>SCI-11</th>
<th>Session II: March 17, 24, 31, April 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesdays 12:15 – 1:30 pm</strong></td>
<td></td>
</tr>
</tbody>
</table>

How do animals survive our cold winters? What happens to mosquitoes, frogs, fish, and other “cold-blooded” animals once the temperature drops? Why can a bear hibernate but I can’t? These questions will all be addressed. You will be introduced to the morphological, physiological, and behavioral adaptations of animals to the subarctic and Arctic with an emphasis on winter. The course will have multiple hands-on activities and in-class discussions.

Instructor Don Larson is a faculty member in the Department of Biology and Wildlife. He studies how animals and their parasites survive cold Alaskan winters.

### Geologic Conception of Southern Alaska’s Mountains

<table>
<thead>
<tr>
<th>SCI-12</th>
<th>Session II: March 18, 25, April 1, 8</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wednesdays 5:30 – 6:45 pm</strong></td>
<td></td>
</tr>
</tbody>
</table>

Like many residents of this state, much of southern Alaska is not from around here. We’ll learn where Southern Alaska (south of Healy) came from and the geologic history of the Denali Fault, the Alaska Range (why is Denali so big?), the Talkeetna Mountains, and the Wrangell Volcanoes. We’ll discuss some principles of geochronology and how we date rocks to get them to tell their stories. The class format will involve a mix of passing around rocks, slideshows, storytelling, and science.

Instructor Jeff Apple Benowitz has spent the last 30 years climbing across Alaska and has written for publications such as Alpinist, Alaska Magazine, Climbing, and Rock and Ice. He is a professor at the University of Alaska Geophysical Institute with a research focus in geochronology.

### Seeds

<table>
<thead>
<tr>
<th>SCI-13</th>
<th>Session II: March 19, 26, April 2, 9</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thursdays 8:45 – 10:00 am</strong></td>
<td></td>
</tr>
</tbody>
</table>

Plants use seeds to hedge their bets, control their neighbors, and dupe other species into spreading and nurturing them across the planet. We will examine the kinds of seeds and how they develop, disperse, and germinate. Then as time permits, and with special reference to plants that grow in Interior Alaska, we will explore how seeds influence landscapes, ecosystem structures, human nutrition, plant evolution, and animal brains. Enrollment limited to 30.

Instructor Cindy Williams is a retired plant ecologist. Her background includes ecological and remote sensing research through UAF and USDA Forest Service and a wide range of teaching.

### Social Studies

#### Celebrating Earth Day’s 50th Anniversary

<table>
<thead>
<tr>
<th>SOC-01</th>
<th>Session I: Feb. 10, 17, 24, March 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mondays 10:30 – 11:45 am</strong></td>
<td></td>
</tr>
</tbody>
</table>

Many OLLI members remember both the buildup to and enduring legacies of the original Earth Day (April 22, 1970). This course combines retrospectives and outlooks on Earth Day celebrations here and at other North American university campuses, from the first event through upcoming celebrations in April 2020. We’ll explore the national and international significance and contexts behind events connected with the first Earth Day. We’ll also discuss Alaska’s prominence in the growing environmental concerns at the time of the first Earth Day. We invite participants to share tales from past observances and to explore plans for events connected to the 50th Anniversary.

Instructors: Rich Seifert was a university senior and leader of his alma mater’s Earth Day in 1970. Dave Norton was a UA student organizer of the 1970 Fairbanks Environmental Teach-In.

#### Charitable Giving: How to Save on Taxes and Steward Your Gifts

<table>
<thead>
<tr>
<th>SOC-02</th>
<th>Session I: Feb. 10, 17, 24, March 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mondays 2:00 – 3:15 pm</strong></td>
<td></td>
</tr>
</tbody>
</table>

Learn how to leave gifts to your family and favorite charities while saving on your taxes. We’ll explore how to cultivate joy by stewarding your gifts into the future. A panel of experts in charitable giving will discuss giving through sources such as your will and estate, securities, charitable remainder trusts, life insurance, real estate, IRAs, and 401Ks. You will also learn the importance of having in place a durable power of attorney, health care directives, and plans for long term care and your funeral. Conversation will be free-flowing—bring your questions!

Facilitator and presenter Teresa Chepoda Usibelli is a major gift officer with UAF. Panel presenters will include representatives from the UA Foundation and Blanchard Family Funeral home, agents from New York Life, attorneys from CSG, the owner of Harsin Wealth, Inc., and local tax experts.

#### Experiencing Yup’ik Culture

<table>
<thead>
<tr>
<th>SOC-03</th>
<th>Session I: Feb. 11, 18, 25, March 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesdays 12:15 – 1:30 pm</strong></td>
<td></td>
</tr>
</tbody>
</table>

Learn about the traditions and languages of the Yup’ik region of Southwest Alaska. Sessions will include traditional introductions; explanations of subsistence gathering for clothing, food, and materials; storytelling; dancing; and feasting. Materials fee $5; pay instructor at first class.
Volunteer! Enjoy Yourself and Help Others
SOC-04  Session I: Feb. 11, 18, 25, March 3, 10
Tuesdays 2:00 – 3:15 pm (5 weeks)
Alaska has over 7,000 nonprofits, and they need help to accomplish their goals. Why not be part of the action? Whether you volunteer now or have never thought about volunteering, you have useful knowledge and skills. We’ll explore volunteering opportunities in Fairbanks. Representatives from different types of organizations will talk about their work and why volunteers are so important. Whether you’re interested in the arts, education, the environment, health care, social services, politics, or your church, you’ll learn how you can benefit yourself and our community by volunteering!

Instructor Mary Ann Borchert has volunteered for many organizations in Fairbanks. It’s fun, rewarding, and definitely worthwhile.

Introduction to Genealogy and Family History
SOC-05  Session I: Feb. 11, 18, 25, March 3
Tuesdays 5:30 – 6:45 pm
This course will cover family tree and family group sheet organization and documentation, as well as research options, online resources, reference documentation, and DNA research. Using practical examples, you’ll gain a basic working knowledge of how to organize and develop a family tree.

Instructor: Wes Potter (see HIS-01)

Travelogues
SOC-06  Session I: Feb. 13, 20, 27, March 5
Thursdays 12:15 – 1:30 pm
Each week a different presenter will share their photos and experiences of travel.
Feb. 13: Korea, with Melissa Harter
Feb. 20: Through the Northeast Passage: Nome to Tromso, with Ron Inouye, Pam Flory, and Glenn Potts
Feb. 27: El Salvador, with Amy Marsh
March 5: TBA

Let’s Talk Chinese Culture
SOC-09  Session II: March 16, 23, 30, April 6
Mondays 8:45 – 10:00 am
Chinese culture is one of the world’s oldest cultures, originating thousands of years ago. A good starting point for this all-encompassing topic is a brief overview of Chinese geography and history. We will then chat about people’s lives in areas of food, education, and music, as well as how Confucius’ teachings have shaped and influenced Chinese society. As time allows, we will dabble in Chinese language, painting, and opera. Short video clips will be included each class.

Instructor Rosalind Kan retired from the Alaska Department of Transportation after 30 years service as a highway design engineer. She currently teaches Chinese at UAF.

Abortion: Is the Divide Resolvable?
SOC-10  Session II: March 17, 24, 31, April 7
Tuesdays 8:45 – 10:00 am
The issue of abortion has deeply polarized our society and its politics. This course will attempt to objectively examine the arguments on both sides of the question and look for ways that the gulf between them might be narrowed. Participants must be willing to listen to all points of view and discuss them in a respectful manner.

Instructor Gerald Springer is a retired physician interested in public policy. He previously taught the OLLI courses “Doing the Right Thing” and “Economic and Social Policy.”
Surviving Alaska’s Wildlife and Regulations
SOC-11 Session II: March 18, 25, April 1, 8
Wednesdays 12:15 – 1:30 pm

Have you ever felt intimidated by a hunting regulation book or wondered what to do if you encounter a moose or bear on the trail? Here’s your chance for Q&A with a retired fish and wildlife trooper. Topics will include current Alaska Fish and Game statutes and regulations, navigating regulation booklets, researching statutes and regulations online, safe wildlife encounters, hunting and trapping ethics and conflicts, how to draft a regulatory proposal to the Fish and Game Boards, preparing for a safe hunting or fishing adventure, lessons learned from search and rescue experiences, and other related topics that may come up or are requested.

Instructor Ken Woldstad is a retired second generation Alaskan fish and wildlife protection trooper who has hunted, trapped, and fished throughout Alaska for over 55 years. He holds a master’s degree in Northern Studies from UAF.

Genital Cutting: Enhancement or Mutilation?
SOC-12 Session II: March 19, 26, April 2, 9
Thursdays 2:00 – 3:15 pm

This course explores the various practices of genital cutting around the world, from female infibulation in Africa to male infant circumcision here in the US. We will discuss normal genital anatomy and function and then examine the various forms of genital cutting around the world from historical, cultural, religious, medical, and anthropological perspectives. The ethical issues surrounding various practices will also be considered. Anatomy as well as sexual and reproductive function will be discussed in detail (including images). It will be assumed that participants are open to viewing material of a sexual and, at times, disturbing nature. Discussion will be encouraged! Enrollment limited to 20.

Instructor Leif Thompson, MD, was born and raised in Fairbanks and has practiced family medicine in Alaska since 2000. Throughout his training and practice, he has maintained an interest in the unique place male infant circumcision holds within American medical culture.

The Psychology and Practice of Downsizing
SOC-13 Session II: March 20, 27, April 3, 10
Fridays 8:45 – 10:00 am

Once again, a chance to understand why it’s so hard to get rid of things, a look at how best to go about doing that, and a practical set of opportunities to actually make real progress in doing so. Always a popular OLLI course, this is open to both repeat and new students.

Instructor: Larry Moen (see ART-04)

On Becoming Decrepit
SOC-14 Session II: March 20, 27, April 3, 10
Fridays 10:30 – 10:45 am

Despite all we may do to successfully delay it, growing old is about our bodies becoming successively unable to work well for us. They deteriorate, and we all have to decide how to deal with this fact. This course will explore the psychology of this part of aging—how can the mind help us cope with a body that will become frail and eventually die? We'll look at what we can do to delay that process, but the primary focus will be on how to cope as, for most of us, our body gives out before our mind does.

Instructor: Larry Moen (see ART-04)

OLLI Winter Lectures

The first Fridays of December, January and February
3:00 – 4:30 pm in the Morris Thompson Cultural and Visitors Center Theatre

FREE and open to the public—registration is not required. Invite a potential new member!

February 7, 2020
An Interdependent People: Community, Conflict, and Change in Alaska
by Rev. Leslie Ahuvah Fails

Alaskans are a people with an independent streak like none other. Hundreds of thousands of Americans tune into reality programs showcasing our ability to “do it ourselves,” off the grid, in spite of extreme cold and isolation. Yet—as anyone who has ever stood in front of an eerily vacant dairy case at the store after a delayed grocery shipment can testify—to live in Alaska means to be uniquely dependent upon the functioning of infrastructure and the well-being of one’s community. What does it mean to be an interdependent people? What wisdom do we have to offer ourselves that will strengthen our minds and hearts in the years ahead?

Rev. Leslie Ahuvah Fails is the minister of the Unitarian Universalist Fellowship of Fairbanks. She earned her Masters of Divinity (M. Div) from the Starr King School for the Ministry in Berkeley, California, and served as a trauma response chaplain at the University of Virginia Medical Center in Charlottesville, Virginia. The focus of her ministry is fostering resilience in the face of trauma, crisis, and uncertainty. She lives in Fairbanks with her husband and daughter.

Online registration opens 9:30 am Wednesday January 22 (see p. 34)
OLLI Special Interest Groups (SIGs)

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 email list for a SIG, contact the OLLI office at 474-6607 or UAF-OLLI@alaska.edu.

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

Art Club
Meets 1st & 3rd Thursdays, September through May, 1:00–4:30 pm, UPark 154
Visit with OLLI friends as you paint or do other artwork. Bring the art project you are working on. For more information, contact Patricia Mata-Celis (matacelis@gmail.com) or Janice Whitton (jwflowers@gmail.com).

Let’s Travel
Meets monthly, usually on the second Tuesday of the month, September through May, in UPark
OLLI members use this group 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. Monthly meetings feature a short presentation of interest to travelers.

Lifelong Learning Book Club
Meets 8 times a year on third Tuesdays, 1:30–3:00 pm, at Noel Wien Library Conference Room
Contact: Susan Gainey (susan.gainey@gmail.com)
FNSB Library discussion leaders: Kitty Berner (kitty.berner@fnsb.us), Michelle Proper (Michelle.Proper@fnsb.us)
• Jan. 21, 2020: Smilla’s Sense of Snow by Peter Hoeg (fiction, 1993)
• Feb. 18: Brief Answers to the Big Questions by Stephen Hawking (nonfiction, 2018)
• March 17: My Name is Red by Orhan Pamuk (fiction, 2001)
• April 21: Walden by Henry David Thoreau (nonfiction, 1854)
• May 19: Booktalk & title selection for next year

Pinochle
Meets Mondays, Wednesdays & Fridays 10 am–noon, at West Fred Meyer
This group plays single- and double-deck pinochle. All levels of players from beginner to expert are welcome. For more information, contact Nori Bowman (iron_40_48@yahoo.com).

When Poems Happen
Meets Wednesdays 2:30 – 4:30 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@gci.net) or John Bost (jbost8@gmail.com).

Hiking Club
This group is active May–September. Hike descriptions will be emailed to the OLLI Hiking Club members. Contact the OLLI office to volunteer to lead a hike on your favorite trail!
<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>SCI-01</td>
<td>Epigenetics and the Aging Brain</td>
<td>151</td>
<td>23</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>CP-01</td>
<td>Digital Access to Alaska and Polar Regions Collections and Archives</td>
<td>158</td>
<td>7</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>FF-01</td>
<td>Extending the Growing Season with Heat</td>
<td>108</td>
<td>12</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>SOC-01</td>
<td>Celebrating Earth Day's 50th Anniversary</td>
<td>151</td>
<td>25</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>RB-01</td>
<td>Astrology: The Absolute Beginning, I</td>
<td>158</td>
<td>22</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HL-01</td>
<td>Healthy Homes, Healthy Residents</td>
<td>108</td>
<td>13</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HIS-01</td>
<td>Alaska Aviation History</td>
<td>151</td>
<td>16</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>REC-01</td>
<td>Games to Play with Family and Friends</td>
<td>158</td>
<td>9</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>REC-02</td>
<td>Juggling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 - 3:00</td>
<td>EX-03</td>
<td>Cross-Country Ski Touring (MWF, 2/24-3/4)</td>
<td>Offsite</td>
<td>10</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>SOC-02</td>
<td>Charitable Giving: How to Save on Taxes and Steward Your Gifts</td>
<td>151</td>
<td>25</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>CP-02</td>
<td>What's a Podcast? Let's Make One!</td>
<td>158</td>
<td>7</td>
</tr>
<tr>
<td>2:30 - 3:45</td>
<td>ART-01</td>
<td>Introduction to Scratchboard Art</td>
<td>156</td>
<td>5</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>CP-03</td>
<td>Learning to Use the iPhone/iPad Apps: Music, Books, Apple TV, iTunesU, &amp; Podcasts</td>
<td>158</td>
<td>7</td>
</tr>
<tr>
<td>TUESDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>FF-02</td>
<td>Accessible Growing</td>
<td>158</td>
<td>12</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>EX-01</td>
<td>Qigong for Longevity</td>
<td>154</td>
<td>9</td>
</tr>
<tr>
<td>9:30 - 11:45</td>
<td>FLM-01</td>
<td>Great Comedy Films</td>
<td>151</td>
<td>11</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HL-02</td>
<td>Cannabis as Medicine, I (5 weeks)</td>
<td>158</td>
<td>13</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SOC-03</td>
<td>Experiencing Yup'ik Culture</td>
<td>151</td>
<td>25</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>MUS-01</td>
<td>Chord Construction for Guitar</td>
<td>158</td>
<td>21</td>
</tr>
<tr>
<td>12:30 - 1:30</td>
<td>EX-04</td>
<td>Intermediate Cross-Country Skiing (TuTh, 2/25-3/5)</td>
<td>UAF Ski Hut</td>
<td>10</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>SOC-04</td>
<td>Volunteer! Enjoy Yourself and Help Others (5 weeks)</td>
<td>151</td>
<td>26</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>MUS-02</td>
<td>Learn to Play Spoons (no class 3/3)</td>
<td>154</td>
<td>21</td>
</tr>
<tr>
<td>2:30 - 3:45</td>
<td>SCI-02</td>
<td>Pingos and other Periglacial Geomorphology</td>
<td>156</td>
<td>23</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HIS-02</td>
<td>Executive Power in the US: Presidents and Governors (no class 2/25)</td>
<td>151</td>
<td>16</td>
</tr>
<tr>
<td>4:15 - 5:30</td>
<td>HL-04</td>
<td>How's Your Oral Hygiene? (2/11 &amp; 2/18)</td>
<td>156</td>
<td>14</td>
</tr>
<tr>
<td>5:30 - 6:45</td>
<td>SOC-05</td>
<td>Introduction to Genealogy and Family History</td>
<td>151</td>
<td>26</td>
</tr>
<tr>
<td>5:30 - 6:45</td>
<td>REC-03</td>
<td>Railroad Modeling and Operations</td>
<td>AK Railroad Depot</td>
<td>9</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>HL-05</td>
<td>Become a Fairbanks Recycling Hero (5 weeks)</td>
<td>151</td>
<td>14</td>
</tr>
<tr>
<td>9:15 - 11:45</td>
<td>ART-02</td>
<td>Knitting: Simply Socks (no class 3/4)</td>
<td>158</td>
<td>5</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>SCI-03</td>
<td>Weird Mammals</td>
<td>151</td>
<td>23</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>LNG-01</td>
<td>How Languages Change</td>
<td>151</td>
<td>19</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>LNG-02</td>
<td>Spoken Italian for Travelers</td>
<td>158</td>
<td>19</td>
</tr>
<tr>
<td>1:00 - 3:00</td>
<td>HL-06</td>
<td>Pet Grooming for Everyone</td>
<td>Golden Heart Grooming</td>
<td>14</td>
</tr>
<tr>
<td>1:00 - 3:00</td>
<td>EX-03</td>
<td>Cross-Country Ski Touring (MWF, 2/24-3/4)</td>
<td>Offsite</td>
<td>10</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>FLM-02</td>
<td>Films with Backstories, I</td>
<td>151</td>
<td>11</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>ART-03</td>
<td>Ten Alaskan Postcards</td>
<td>154</td>
<td>5</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>FF-03</td>
<td>Cheese 101 with Murray's Cheese</td>
<td>156</td>
<td>13</td>
</tr>
<tr>
<td>THURSDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>HIS-03</td>
<td>Bills, Budgets, and Hearings: Following the 2020 Alaska Legislative Process</td>
<td>151</td>
<td>16</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>HL-07</td>
<td>Joy in Retirement: Methods and Examples</td>
<td>158</td>
<td>14</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HIS-04</td>
<td>The Bumpy Road to Women's Suffrage</td>
<td>151</td>
<td>17</td>
</tr>
</tbody>
</table>

Online registration opens 9:30 am Wednesday January 22 (see p. 34)
<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 - 11:45</td>
<td>CP-04</td>
<td>Introduction to iPad</td>
<td>158</td>
<td>7</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SOC-06</td>
<td>Travelogues</td>
<td>151</td>
<td>26</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SCI-04</td>
<td>Introduction to Genetic Engineering (Sess I + MTuWTh in Add-on)</td>
<td>158</td>
<td>23</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>EX-02</td>
<td>Beginning Yoga (5 weeks)</td>
<td>gym</td>
<td>9</td>
</tr>
<tr>
<td>12:30 - 1:30</td>
<td>EX-04</td>
<td>Intermediate Cross-Country Skiing (TuTh, 2/25-3/5)</td>
<td>UAF Ski Hut</td>
<td>10</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>FLM-04</td>
<td>The Lords of Looney Tunes</td>
<td>151</td>
<td>12</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>MUS-03</td>
<td>World Percussion Drum Circle: Your Brain on Drums</td>
<td>302 Cushman</td>
<td>21</td>
</tr>
<tr>
<td>2:00 - 3:30</td>
<td>CP-05</td>
<td>Trip Planning with Google Maps and Google Earth (no class 2/13)</td>
<td>164</td>
<td>7</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>SCI-05</td>
<td>Alaska During the Late Cretaceous Greenhouse Dinosaur World</td>
<td>151</td>
<td>24</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HIS-05</td>
<td>IRA Voices from the Grave and Loyalist Paramilitaries</td>
<td>156</td>
<td>17</td>
</tr>
<tr>
<td>4:00 - 5:00</td>
<td>FF-04</td>
<td>Distilleries of Fairbanks (2/27 class different time: 3:00-4:00)</td>
<td>off-site</td>
<td>13</td>
</tr>
<tr>
<td>5:30 - 6:45</td>
<td>MUS-04a</td>
<td>Guitar From Scratch, section a</td>
<td>151</td>
<td>21</td>
</tr>
<tr>
<td>7:00 - 8:30</td>
<td>DAN-02</td>
<td>Historical Dancing for Fun, Exercise, and Sociability, I (5 weeks)</td>
<td>Pioneer Park</td>
<td>22</td>
</tr>
</tbody>
</table>

**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>SCI-06</td>
<td>Update on Alaska Climate</td>
<td>151</td>
<td>24</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>HL-08a</td>
<td>Stand Taller to Live Longer, section a (5 weeks)</td>
<td>158</td>
<td>14</td>
</tr>
<tr>
<td>10:15 - 11:45</td>
<td>HIS-06</td>
<td>Great Decisions 2020, I</td>
<td>156</td>
<td>17</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>CP-06</td>
<td>Library 101: Becoming a Power User (5 weeks)</td>
<td>158</td>
<td>7</td>
</tr>
<tr>
<td>11:00 - 3:15</td>
<td>FLM-05</td>
<td>Brideshead Revisited</td>
<td>151</td>
<td>12</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>MUS-05</td>
<td>Sing and Play Music Jam</td>
<td>156</td>
<td>21</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>PHL-01</td>
<td>Justice: What’s the Right Thing to Do?, I</td>
<td>158</td>
<td>19</td>
</tr>
<tr>
<td>1:00 - 3:00</td>
<td>SCI-07</td>
<td>The Science and Art Behind the “Cruis’n the Fossil Coastline” Exhibit</td>
<td>UAF Museum</td>
<td>24</td>
</tr>
<tr>
<td>1:00 - 3:00</td>
<td>EX-03</td>
<td>Cross-Country Ski Touring (MWF, 2/24-3/4)</td>
<td>Offsite</td>
<td>10</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>SOC-07</td>
<td>Becoming an OLLI Instructor</td>
<td>156</td>
<td>26</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>SOC-08</td>
<td>Experience Korea: Culture &amp; Language</td>
<td>158</td>
<td>26</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HIS-08</td>
<td>The Bering Sea Patrol 1888-1964</td>
<td>151</td>
<td>17</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-09</td>
<td>Self-Hypnosis I</td>
<td>156</td>
<td>14</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>LIT-01</td>
<td>Contemporary Korean Literature</td>
<td>158</td>
<td>19</td>
</tr>
</tbody>
</table>

**Session I Add-On (March 9 - 12)**

**MONDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:45</td>
<td>HL-08a</td>
<td>Stand Taller to Live Longer, section a (last class, different day)</td>
<td>gym</td>
<td>14</td>
</tr>
<tr>
<td>10:00 - 3:00</td>
<td>ART-04</td>
<td>Ice Sculpting</td>
<td>Fairgrounds</td>
<td>5</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SCI-04</td>
<td>Introduction to Genetic Engineering (Sess I + MTuWTh in Add-on)</td>
<td>158</td>
<td>23</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>SCI-08</td>
<td>What Can Be Done About Global Warming? (MW)</td>
<td>151</td>
<td>24</td>
</tr>
<tr>
<td>2:30 - 5:00</td>
<td>ART-05</td>
<td>Introduction to Basket Weaving (MTu)</td>
<td>156</td>
<td>6</td>
</tr>
</tbody>
</table>

**TUESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 - 11:15</td>
<td>HL-02</td>
<td>Cannabis as Medicine, I (last class)</td>
<td>158</td>
<td>13</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SCI-09</td>
<td>Alaska's Changing Environment (TuTh)</td>
<td>151</td>
<td>24</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SCI-04</td>
<td>Introduction to Genetic Engineering (Session I + MTuWTh in Add-on)</td>
<td>158</td>
<td>23</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>SOC-04</td>
<td>Volunteer! Enjoy Yourself and Help Others (last class)</td>
<td>151</td>
<td>26</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>MUS-02</td>
<td>Learn to Play Spoons (last class)</td>
<td>154</td>
<td>21</td>
</tr>
<tr>
<td>2:30 - 5:00</td>
<td>ART-05</td>
<td>Introduction to Basket Weaving (MTu)</td>
<td>156</td>
<td>6</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HIS-02</td>
<td>Executive Power in the US: Presidents and Governors (last class)</td>
<td>151</td>
<td>16</td>
</tr>
</tbody>
</table>

**WEDNESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 11:15</td>
<td>HL-05</td>
<td>Become a Fairbanks Recycling Hero (last class)</td>
<td>151</td>
<td>14</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SCI-04</td>
<td>Introduction to Genetic Engineering (Session I + MTuWTh in Add-on)</td>
<td>158</td>
<td>23</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>SCI-08</td>
<td>What Can Be Done About Global Warming? (MW)</td>
<td>151</td>
<td>24</td>
</tr>
<tr>
<td>2:30 - 5:00</td>
<td>ART-06</td>
<td>Small Landscapes for Greeting Cards, I</td>
<td>156</td>
<td>6</td>
</tr>
<tr>
<td>Time</td>
<td>Course #</td>
<td>Course Title</td>
<td>Room</td>
<td>Page</td>
</tr>
<tr>
<td>--------------</td>
<td>----------</td>
<td>-------------------------------------------------------------------------------</td>
<td>------</td>
<td>------</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>CP-06</td>
<td>Library 101: Becoming a Power User (last class)</td>
<td>164</td>
<td>7</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SCI-09</td>
<td>Alaska's Changing Environment (Tu/Th)</td>
<td>151</td>
<td>24</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SCI-04</td>
<td>Introduction to Genetic Engineering (Session I + MTuWTh in Add-on)</td>
<td>158</td>
<td>23</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>EX-02</td>
<td>Beginning Yoga (last class)</td>
<td>gym</td>
<td></td>
</tr>
<tr>
<td>2:00 - 3:30</td>
<td>CP-05</td>
<td>Trip Planning with Google Maps and Google Earth (last class)</td>
<td>164</td>
<td>7</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>REC-05</td>
<td>Outdoor Adventures (first class)</td>
<td>151</td>
<td>11</td>
</tr>
<tr>
<td>7:00 - 8:30</td>
<td>DAN-02</td>
<td>Historical Dancing for Fun, Exercise, and Sociability, I (last class)</td>
<td>Pioneer Park</td>
<td>22</td>
</tr>
</tbody>
</table>

**THURSDAY**

**FRIDAY**

NO CLASSES (UAF Holiday)

---

Session II Daily Schedule (March 16 - April 10)

**MONDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>HL-08b</td>
<td>Stand Taller to Live Longer, section b (5 weeks)</td>
<td>151</td>
<td>14</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>SOC-09</td>
<td>Let's Talk Chinese Culture</td>
<td>158</td>
<td>26</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HIS-09</td>
<td>Sternwheelers in Alaska</td>
<td>151</td>
<td>17</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>RB-02</td>
<td>Astrology: The Absolute Beginning, II</td>
<td>158</td>
<td>22</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>RB-03</td>
<td>Gospels: Canonical and Non-Canonical</td>
<td>151</td>
<td>22</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>MUS-06</td>
<td>Movable Guitar Chords</td>
<td>158</td>
<td>22</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>MTH-01</td>
<td>Statistics for Everyday Life</td>
<td>151</td>
<td>24</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>LIT-02</td>
<td>Foodie Lit</td>
<td>158</td>
<td>19</td>
</tr>
<tr>
<td>2:15 - 3:30</td>
<td>EX-05</td>
<td>Strong Seniors (MW, 6 weeks, ends 4/22)</td>
<td>108</td>
<td>10</td>
</tr>
<tr>
<td>2:30 - 3:45</td>
<td>CP-07</td>
<td>Everyday Technology Q&amp;A (5 weeks)</td>
<td>156</td>
<td>8</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>SCI-10</td>
<td>Artificial Intelligence and Machine Learning in Real Life</td>
<td>151</td>
<td>24</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>LIT-03</td>
<td>Rock and Roll Poetry of Bruce Springsteen</td>
<td>158</td>
<td>20</td>
</tr>
<tr>
<td>5:30 - 6:45</td>
<td>CP-08</td>
<td>Excelling with Excel: Maximizing Your Computer Capabilities</td>
<td>151</td>
<td>8</td>
</tr>
</tbody>
</table>

**TUESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>HL-16</td>
<td>All About Cats</td>
<td>151</td>
<td>16</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>SOC-10</td>
<td>Abortion: Is the Divide Resolvable?</td>
<td>158</td>
<td>26</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>MUS-04b</td>
<td>Guitar From Scratch, section b</td>
<td>154</td>
<td>21</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>LIT-04</td>
<td>The Virginian: A Most American Novel</td>
<td>151</td>
<td>20</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HL-03</td>
<td>Cannabis as Medicine, II (5 weeks)</td>
<td>158</td>
<td>13</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SCI-11</td>
<td>Northern Animal Adaptations</td>
<td>151</td>
<td>25</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>LIT-05</td>
<td>Curriculum Committee meetings - All are welcome!</td>
<td>151</td>
<td>20</td>
</tr>
<tr>
<td>2:30 - 4:30</td>
<td>LIT-05</td>
<td>Remarkable Poems</td>
<td>156</td>
<td>20</td>
</tr>
<tr>
<td>5:30 - 6:45</td>
<td>HL-11</td>
<td>Healthy Teeth Through Healthy Breathing</td>
<td>151</td>
<td>15</td>
</tr>
</tbody>
</table>

**WEDNESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>HL-12</td>
<td>Weight Loss At Any Age: A Guided 5-Week Program (5 weeks)</td>
<td>158</td>
<td>15</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>EX-06</td>
<td>Intermediate Yoga (5 weeks)</td>
<td>gym</td>
<td></td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HIS-10</td>
<td>History of WAMCATS</td>
<td>151</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>158</td>
<td>8</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SOC-11</td>
<td>Surviving Alaska's Wildlife and Regulations</td>
<td>151</td>
<td>27</td>
</tr>
<tr>
<td>12:15-1:30</td>
<td>CP-10</td>
<td>iMovie for Mac, iPhone, &amp; iPad</td>
<td>158</td>
<td>8</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>FLM-03</td>
<td>Films with Backstories, II (5 weeks)</td>
<td>151</td>
<td>11</td>
</tr>
<tr>
<td>2:00-3:15</td>
<td>DAN-01</td>
<td>Swing Dance</td>
<td>gym</td>
<td>22</td>
</tr>
<tr>
<td>2:15 - 3:30</td>
<td>EX-05</td>
<td>Strong Seniors (MW, 6 weeks, ends 4/22)</td>
<td>108</td>
<td>10</td>
</tr>
<tr>
<td>2:30 - 4:30</td>
<td>REC-04</td>
<td>Strategy Games</td>
<td>156</td>
<td>10</td>
</tr>
<tr>
<td>5:30 - 6:45</td>
<td>SCI-12</td>
<td>Geologic Conception of Southern Alaska’s Mountains</td>
<td>151</td>
<td>25</td>
</tr>
</tbody>
</table>

Online registration opens 9:30 am Wednesday January 22 (see p. 34)
<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>THURSDAY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>SCI-13</td>
<td>Seeds</td>
<td>151</td>
<td>25</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HIS-11</td>
<td>More Northern Scoundrels and Reprobates</td>
<td>151</td>
<td>18</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>CP-11</td>
<td>Introduction to iPhone</td>
<td>158</td>
<td>8</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>LIT-06</td>
<td>Poetry, Song, and Drama from the North of Ireland</td>
<td>151</td>
<td>20</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>LIT-07</td>
<td>Going to Shakespeare: Fairbanks Shakespeare Theatre 2020</td>
<td>158</td>
<td>20</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>SOC-12</td>
<td>Genital Cutting: Enhancement or Mutilation?</td>
<td>151</td>
<td>27</td>
</tr>
<tr>
<td>2:30 - 4:30</td>
<td>ART-08</td>
<td>String Art Cards</td>
<td>156</td>
<td>6</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>REC-05</td>
<td>Outdoor Adventures (starts 3/12)</td>
<td>151</td>
<td>11</td>
</tr>
<tr>
<td>5:30 - 6:45</td>
<td>HL-13</td>
<td>Get Your Ducks in a Row (5 weeks)</td>
<td>151</td>
<td>15</td>
</tr>
<tr>
<td>7:00 - 8:30</td>
<td>DAN-03</td>
<td>Historical Dancing for Fun, Exercise, and Sociability, II</td>
<td>Pioneer Park</td>
<td>22</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>SOC-13</td>
<td>The Psychology and Practice of Downsizing</td>
<td>151</td>
<td>27</td>
</tr>
<tr>
<td>8:45 - 11:45</td>
<td>REC-06</td>
<td>Bike Maintenance: Learn to Love Your Bike (5 weeks)</td>
<td>156</td>
<td>11</td>
</tr>
<tr>
<td>10:15 - 11:45</td>
<td>HIS-07</td>
<td>Great Decisions 2020, II</td>
<td>158</td>
<td>17</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>SOC-14</td>
<td>On Becoming Decrepit</td>
<td>151</td>
<td>27</td>
</tr>
<tr>
<td>12:15-1:30</td>
<td>HIS-12</td>
<td>Sturmgewehr: History of the Assault Rifle</td>
<td>151</td>
<td>18</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>ART-09</td>
<td>Making Better Art</td>
<td>156</td>
<td>6</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>PHL-02</td>
<td>Justice: What's the Right Thing to Do?, II</td>
<td>158</td>
<td>19</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>FF-05</td>
<td>Easy as Pie: Savory</td>
<td>154</td>
<td>13</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>FLM-06</td>
<td>Clif's Choice: Early Science Fiction Films (5 weeks)</td>
<td>151</td>
<td>12</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>HL-14</td>
<td>Activities for Deeper Communication ... and Fun!</td>
<td>156</td>
<td>15</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>RB-04</td>
<td>Sanskrit Chanting: A Spiritual Overview</td>
<td>158</td>
<td>23</td>
</tr>
<tr>
<td>3:45-5:00</td>
<td>ART-10</td>
<td>Art History</td>
<td>156</td>
<td>6</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-10</td>
<td>Self-Hypnosis II</td>
<td>158</td>
<td>14</td>
</tr>
<tr>
<td>3:45-5:00</td>
<td>EX-07</td>
<td>Adaptive Yoga (5 weeks)</td>
<td>gym</td>
<td>11</td>
</tr>
<tr>
<td>7:00 - 8:30</td>
<td>DAN-03</td>
<td>Historical Dancing Ball (April 9 only; last class, different day)</td>
<td>Pioneer Park</td>
<td>22</td>
</tr>
</tbody>
</table>

**Session II Add-On (April 13 - 17)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 - 10:45</td>
<td>HL-08a</td>
<td>Stand Taller to Live Longer, section b (last class)</td>
<td>gym</td>
<td>14</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>HIS-13</td>
<td>Identifying Alaskans in Historical Films (MTuThF)</td>
<td>158</td>
<td>18</td>
</tr>
<tr>
<td>9:15 - 11:45</td>
<td>LIT-08</td>
<td>Shakespeare’s “Game of Thrones”: Henry VI (MTuWTThF)</td>
<td>151</td>
<td>20</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>PHT-01</td>
<td>Digital Photography 101: Getting Off the “A” of Your Camera (MWThF)</td>
<td>158</td>
<td>12</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HL-15</td>
<td>Smart Driving (AARP) (MWThF)</td>
<td>158</td>
<td>16</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>HIS-14</td>
<td>An Overview of Ranked Choice Voting</td>
<td>151</td>
<td>18</td>
</tr>
<tr>
<td>2:15 - 3:30</td>
<td>EX-05</td>
<td>Strong Seniors (MW, 6 weeks, ends 4/22)</td>
<td>108</td>
<td>10</td>
</tr>
<tr>
<td>2:30 - 3:45</td>
<td>CP-07</td>
<td>Everyday Technology Q&amp;A (last class)</td>
<td>156</td>
<td>8</td>
</tr>
</tbody>
</table>

**TUESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>HIS-13</td>
<td>Identifying Alaskans in Historical Films (MTuThF)</td>
<td>158</td>
<td>18</td>
</tr>
<tr>
<td>9:15 - 11:45</td>
<td>LIT-08</td>
<td>Shakespeare’s “Game of Thrones”: Henry VI (MTuWTThF)</td>
<td>151</td>
<td>20</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HL-03</td>
<td>Cannabis as Medicine, II (last class)</td>
<td>158</td>
<td>13</td>
</tr>
<tr>
<td>12:00 - 2:00</td>
<td></td>
<td>Annual Meeting &amp; Lunch Celebration of OLLI’s 20th Year</td>
<td>University Presbyterian</td>
<td></td>
</tr>
</tbody>
</table>

**WEDNESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>HL-12</td>
<td>Weight Loss At Any Age: A Guided 5-Week Program (last class)</td>
<td>158</td>
<td>15</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>EX-06</td>
<td>Intermediate Yoga (last class)</td>
<td>gym</td>
<td>10</td>
</tr>
<tr>
<td>9:15 - 11:45</td>
<td>LIT-08</td>
<td>Shakespeare’s “Game of Thrones”: Henry VI (MTuWTThF)</td>
<td>151</td>
<td>20</td>
</tr>
</tbody>
</table>
Under “Room,” a number or “gym” indicates the UAF University Park Building.

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 - 11:45</td>
<td>PHT-01</td>
<td>Digital Photography 101: Getting Off the “A” of Your Camera</td>
<td>158</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(MWThF)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HL-15</td>
<td>Smart Driving (AARP) (MWThF)</td>
<td>158</td>
<td>16</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>FLM-03</td>
<td>Films with Backstories, II (last class)</td>
<td>151</td>
<td>11</td>
</tr>
<tr>
<td>2:15 - 3:30</td>
<td>EX-05</td>
<td>Strong Seniors (MW, 6 weeks, ends 4/22)</td>
<td>108</td>
<td>10</td>
</tr>
<tr>
<td>2:30 - 5:00</td>
<td>ART-07</td>
<td>Small Landscapes for Greeting Cards, II</td>
<td>156</td>
<td>6</td>
</tr>
</tbody>
</table>

**THURSDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>HIS-13</td>
<td>Identifying Alaskans in Historical Films (MTuThF)</td>
<td>158</td>
<td>18</td>
</tr>
<tr>
<td>9:15 - 11:45</td>
<td>LIT-08</td>
<td>Shakespeare’s “Game of Thrones”: Henry VI (MTuWThF)</td>
<td>151</td>
<td>20</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>PHT-01</td>
<td>Digital Photography 101: Getting Off the “A” of Your Camera</td>
<td>158</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(MWThF)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:15 - 2:15</td>
<td>FF-06</td>
<td>Straw Bale Gardening</td>
<td>151</td>
<td>13</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HL-15</td>
<td>Smart Driving (AARP) (MWThF)</td>
<td>158</td>
<td>16</td>
</tr>
<tr>
<td>2:30 - 5:00</td>
<td>ART-11</td>
<td>Folded Birch Bark Baskets</td>
<td>156</td>
<td>6</td>
</tr>
<tr>
<td>5:30 - 6:45</td>
<td>HL-14</td>
<td>Get Your Ducks in a Row (last class)</td>
<td>151</td>
<td>15</td>
</tr>
</tbody>
</table>

**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 11:45</td>
<td>REC-06</td>
<td>Bike Maintenance: Learn to Love Your Bike (last class)</td>
<td>156</td>
<td>11</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>HIS-13</td>
<td>Identifying Alaskans in Historical Films (MTuThF)</td>
<td>158</td>
<td>18</td>
</tr>
<tr>
<td>9:15 - 11:45</td>
<td>LIT-08</td>
<td>Shakespeare’s “Game of Thrones”: Henry VI (MTuWThF)</td>
<td>151</td>
<td>20</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>PHT-01</td>
<td>Digital Photography 101: Getting Off the “A” of Your Camera</td>
<td>158</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(MWThF)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HL-15</td>
<td>Smart Driving (AARP) (MWThF)</td>
<td>158</td>
<td>16</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>FLM-06</td>
<td>Cliff’s Choice: Early Science Fiction Films (last class)</td>
<td>151</td>
<td>12</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>EX-07</td>
<td>Adaptive Yoga (last class)</td>
<td>gym</td>
<td>11</td>
</tr>
</tbody>
</table>

Online registration opens 9:30 am Wednesday January 22 (see p. 34)
Membership and Fees

Annual Membership
For just $35, individuals 50 and over can become OLLI members for one full 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.

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 Jan. 1 - June 30, 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.)

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

Scholarships
Reduced membership fees are available for those experiencing financial hardship. Call 474-6607 for more information.

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.

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” for detailed instructions.
• Registration begins Jan. 22 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 (2020) 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 Jan. 22.
• Traveling on Jan. 22, no computer access, or just not confident you can register yourself? We accept mail-in and drop-off registrations to be entered by OLLI staff and volunteers, though your chances of getting into high-demand courses are best if you can register yourself promptly at 9:30 am on Jan. 22.

No Computer? Fill out the form.
Fill out the Online Registration Worksheet (see next page) and mail or bring it to the OLLI office. Volunteers will enter all paper registration forms in the order received, starting at 9:30 am on January 22.

• 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 • Spring 2020**

**Osher Lifelong Learning Institute**
474-6607 • UAF-OLLI@alaska.edu • www.uaf.edu/olli/

**Registration opens Jan. 22 at 9:30 am**
You can access the online registration page from www.uaf.edu/olli/
Click on “How to Register”

**STEP 1:**
Purchase your 2020 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 membership + unlimited classes. You cannot register for courses online until you are a member for 2020.

**STEP 2:**
If you will be enrolling yourself online, make sure you know your username and password. Test it by logging in before Jan. 22.

Contact the OLLI office if you need help recovering your login credentials.

**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 on Jan. 22 OR send your completed form to the OLLI office before Jan. 22.

---

**SESSION**

<table>
<thead>
<tr>
<th>“Semester”</th>
<th>COURSE NO.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I or II</td>
<td>e.g. SOC-02a</td>
</tr>
</tbody>
</table>

**COURSE NO.**

<table>
<thead>
<tr>
<th>“Topic”</th>
</tr>
</thead>
<tbody>
<tr>
<td>e.g.</td>
</tr>
</tbody>
</table>

**TITLE**

| e.g. Dawn of Civilization, section a |

**RANK**

| 1, 2, 3,… |

**DAY & TIME**

| e.g. M 12:15-1:30 |

---

**My most-wanted courses (register for these on Jan. 22):**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>RANK</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>I</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>I</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>II</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>II</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>II</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Other courses (register for these on Jan. 23 or later):**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

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

**Member information 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**
### Fees

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular membership (Jan–Dec, 2020)</td>
<td>$35</td>
</tr>
<tr>
<td>OR Unlimited membership</td>
<td>$185</td>
</tr>
<tr>
<td>Tuition (for Regular members only)</td>
<td>$15</td>
</tr>
<tr>
<td>Sponsor an instructor’s membership</td>
<td>$35</td>
</tr>
<tr>
<td>Additional Class Fees payable to OLLI (Some courses have additional materials fees payable directly to the instructor; see course descriptions.)</td>
<td></td>
</tr>
<tr>
<td>Fee for FF-03 (Cheese)</td>
<td>$60</td>
</tr>
<tr>
<td>Lab fee for SCI-04 (FrankenCrispr)</td>
<td>$35</td>
</tr>
<tr>
<td>Copy fee for ART-09</td>
<td>$3</td>
</tr>
<tr>
<td>Parking Permit (valid January - June)</td>
<td>$12</td>
</tr>
<tr>
<td>TOTAL FEES</td>
<td>$</td>
</tr>
</tbody>
</table>

### 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 https://engage.alaska.edu/uaf/olli

- CHECK HERE if you’d like information about including a gift to OLLI in your estate planning.
to all who donated to the Osher Lifelong Learning Institute at UAF in 2019.

Contributions to our OLLI Annual Fund account are available for use in the current year. Your donations play a crucial role in keeping membership and tuition costs low.

Contributions to our “Endowment” account add to the endowment established for us by the Bernard Osher Foundation. Your donations to this account help ensure UAF-OLLI’s long-term viability.

OLLI enriches all of our lives. Please consider making a gift today!

THANK YOU!

OLLI Stars
Extra thanks to these donors for their long-term, ongoing support of UAF-OLLI. They are all “stars”!
* Has given to OLLI 3 or more of the last 5 years
** Has given to OLLI every year for the last 5 or more years
Mark Your Calendars

First-come, first-served

ONLINE REGISTRATION
begins 9:30 a.m. Wed. Jan. 22

Can’t register yourself?
Fill out the worksheet on p. 35
and mail or drop off at the OLLI office.
UAF University Park Bldg, room 159
1000 University Ave.

Annual Meeting & Member Lunch
+ 20th Anniversary Celebration

Tuesday, April 14, noon - 2:00 pm
University Community
Presbyterian Church
3510 College Road

A HEALTH CLUB FOR YOUR MIND!