A Health Club for Your Mind!

Osher Lifelong Learning Institute
For Seasoned Adults, Age 50+

Course Schedule
Spring 2021
A HEALTH CLUB FOR YOUR MIND!

OLLII at UAF

Osher Lifelong Learning Institute
at the University of Alaska Fairbanks

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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.

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

We are changing from a calendar-year annual membership structure to a July-June membership year. For spring 2021 only, we’ll have half-year membership, valid January through June.

We offer two types of memberships:
“Members” pay $16 plus $15 tuition per course
“Unlimited members” pay $91 with no per-course tuition

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

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!

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 (when safe again)
- Fall Kick-Off Ice Cream Social in September
- Lunch and Annual Meeting in April

Educational Travel
OLLI offers local day trips, usually in the summer, as a member benefit. Many members also join international excursions arranged by UAF Summer Sessions.

Location
For safety during the coronavirus pandemic, all spring 2021 courses will be offered in a real-time distance format for students to participate from their own homes.
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- **SOC-06-Z** Too Much of Nothing: Psychological Health in a Pandemic

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Art & Crafts

Watercolor on Yupo
ART-01-Z  Session I: Feb. 8, 15, 22, March 1
Mondays 12:15 - 1:30 pm
This workshop provides guided exploration of watercolors meeting Yupo paper. The combination gives a vibrancy stronger than acrylics, yet retains the luminosity of watercolors. This technique allows for easy mixing, spreading and settling of pigments. Also, lifting paint is an option to create a new method of sculpting with watercolors. Painting landscapes, animals and flowers work well with this method. Students will need access to their own watercolor supplies. Materials fee of $8 covers Yupo paper provided by the instructor. Pick up at the OLLI office and pay with cash or a check made out to Nikki Kinne. Enrollment limited to 10.


Let’s Make Comix II
ART-02-Z  Session I: Feb. 8, 15, 22, March 1
Mondays 5:30 - 6:45 pm
Learn how to make your own comix! Students who took the Fall 2020 version of this course are welcome, as are students who did not take the first course. In addition to learning how to do single panel gag cartoons, as covered in the Fall section, we will learn three other different types of comix: political cartoons, comic poetry, and graphic short stories. This is a fun and laid-back course, and no art experience is necessary to enjoy the course. A materials list will be emailed after registration. Enrollment limited to 20.

Instructor Sine Anahita is an MFA Art student at UAF who enjoys sharing the joy of creating art with others. She believes that everyone can make art.

Mystery Knit-Along!
ART-03-Z  Session I: Feb. 10, 17, 24, March 3
Wednesdays 10:30 - 11:45 am
Join us to knit a weekly clue! We will knit together during the class meetings and answer any questions that come up. At the end we should each have a beautiful knitted product. Students should already know how to cast on, knit, purl, and bind off. Enrollment limited to 12.

Instructor Gail Davidson has been teaching a wonderful, ever-changing troupe of knitters ever since retiring from a career as a geologist.

Birch Bark Picture Frames
ART-04-Z  Session I: Feb. 11, 18, 25, March 4, 11
Thursdays 9:00 - 11:30 am
* If you have taken this course at OLLI before, please let others have a chance to try it.

Learn the fundamentals of birch work: Compose your frame from a variety of colors of bark and willows, and from variously shaped patterns; trace patterns onto the bark; cut out all pieces of the frame; process spruce roots into usable laces and sew with them. The goal is to blend three plants—birch, spruce, & willows—into a single picture frame that is both functional and beautiful. Bring your own needle-nose pliers and good-quality scissors. Bark, willows, roots, a small pocketknife and an awl will be provided. Materials fee $30. Pick up at the OLLI office and pay with cash or a check made out to David Bowen.

Instructor David Bowen had the good fortune to observe, gather materials for, and learn from many of Alaska’s finest birch workers while living in Tanana and other villages for 30+ years. Retirement provided the time to hone his skills.

Drawing Made Easy!
ART-05-Z  Session II: March 17, 24, 31, April 7
Wednesdays 3:45 - 5:00 pm
Are you one of those people that thinks you can’t draw? I challenge you to take this course so I can prove you wrong. Drawing is learnable at any age, so give it a try. I can teach you to draw—I promise. Enrollment limited 24.

Instructor Margaret Donat is a retired art teacher currently working as a professional artist.
Birch Tree Art
ART-06-Z  Session II: March 19, 26, April 2, 9
Fridays 2:00 - 3:15 pm

Using watercolor paints, masking tape, and other inexpensive materials and simple techniques, participants will create an interior Alaska forest scene featuring birch. No artistic talent or experience is required to complete a really beautiful art piece. Students provide all of the needed materials. A materials list and instruction sheet will be sent to participants after registration. At the end of the course, we’ll have a virtual birch tree art show! Enrollment limited to 20.

Instructor Laurel Devaney is a retired education coordinator with the US Fish & Wildlife Service. One of her favorite retirement hobbies is exploring different art techniques.

Watercolor Magic
ART-07-Z  Session II Add-On: April 12
Monday 10:30 am - 12:30 pm

Join Vladimir Zhikhartsev as he demonstrates his watercolor painting techniques to achieve the illusion of depth and atmosphere, resulting in a unique sense of place. Observe the beauty in your surroundings, mix colors to suit different moods, and embark on the challenge of constructing a scenery you can feel, all from the comfort of your home. Contact Vladimir at vladimir@acsalaska.net if you have any questions or need suggestions with your future paintings. Enrollment limited to 20.

Instructor Vladimir Zhikhartsev (website: www.vladimirzhikhartsev.com) is Russian born and a professionally trained instructor. He teaches his exquisite watercolor painting techniques online and in person in Fairbanks, Alaska. His love for landscape painting developed early in childhood and has been growing over the course of his lifetime. He has been teaching in Alaska since 2001.

Adobe Lightroom for Photos
CP-04-Z  Session II: March 15, 22, 29, April 5
Mondays 10:30 - 11:45 am

Adobe Lightroom is the world’s leading application for cataloging, archiving, and processing your digital photos. This course will provide an overview of how Lightroom works as a visual database for your photos and as a robust processor for retouching and enhancing your best efforts. Attendees will learn to establish their own best practices for importing, organizing and retouching their valuable digital assets, and how to best share them with their intended audiences. Enrollees will need their own copy of Lightroom, available from Adobe as a stand-alone app, or through their preferred method of a Cloud-based delivery (a bargain at $10/month which includes your own copy of Photoshop). Enrollment limited to 30.

Instructor Todd Paris is a longtime Fairbanks commercial photographer who has been using Lightroom virtually every day since its beta release in 2006.

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.

Ins and Outs of Apple Mail & Gmail
CP-02-Z  Session I: Feb. 11, 18, 25, March 4
Thursdays 3:45 - 5:00 pm

Learn computer based Gmail & Apple Mail (not iPad/iPhone). Day: 1) Orientation 2) Apple Mail 3) Gmail 4) Using Gmail in Apple Mail. Orientation will focus on Zoom issues i.e. screen sharing and take individual startup questions. Orientation is required for subsequent attendance. Those only using one of the two programs can skip as appropriate. Lastly, personalized Zoom time will be scheduled as needed for individual questions that can’t be answered during the meeting. It will be assumed you already have Gmail and/or Apple Mail setup. PDFs to accompany the course. Enrollment limited to 8.

Instructor Bud Kuenzli is a Mac geek who will hold your virtual hand ’til it’s figured out.

Getting Around Your Mac
CP-03-Z  Session I: Feb. 12, 19, 26, March 5
Fridays 10:30 - 11:45 am

Make your Mac life easier, faster, and do more with less effort. We will explore the Finder, System Preferences and how to organize and navigate your Mac world. We will look at how to find, name, organize and simply use your Mac computer including using Command Keys, the Sidebar, Finder windows, the Dock, the Desktop and more. Time will be set aside to answer your specific questions. You will learn a super secret simple speed tip in the very first class! Enrollment limited to 12.

Instructor: Bud Kuenzli (see CP-02-Z)
“Photos” for Mac, iPhone, & iPad  
CP-05-Z  Session II: March 16, 23, 30, April 6  
Tuesdays 10:30 - 11:45 am

The pandemic has put travel plans on hold, so this is a perfect time to organize your photos from past trips, in the comfort and safety of your own home. You’ll 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. 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 update your Apple device before the first class meeting. Enrollment limited to 18.

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.

Data Privacy: What You Can Do  
CP-06-Z  Session II: March 17, 24, 31, April 7  
Wednesdays 10:30 - 11:45 am

This course is a continuation of CP-01-Z Data Privacy: What You Should Know, because your data doesn't have to be out there! We’ll take a closer look at specific technologies (smart home, personal technology, cell phones, computers, operating systems, home networks, and a variety of applications), and the changes that you can make to improve the security and privacy of your data. CP-01-Z is not a requirement for CP-06-Z but it does provide background and context for what will be discussed in this course. Enrollment limited to 20.

Instructor: Gary Bender (see CP-01-Z)

Library 101  
CP-07-Z  Session II: Mar 19, 26, April 2, 9  
Fridays 10:30 - 11:45 am

Libraries offer more than just books. Learn more about your local library, from things we’ve always done, to old things done in new ways, as well as all-new services to fit our changing world. This course will provide an overview of library services; demonstrations of our e-materials (such as ebooks and streaming media); a closer look at some of our hidden gems; and resources to help readers find their next great read. Note: to use several of the resources, you will need your library card and pin, available for free from the Library, and a valid email address.

Instructor David Wright is the Community Services Manager for the Fairbanks North Star Borough Library System and is a recent transplant to Alaska from Florida.

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.

Exercise & Recreation

Intermediate Yoga  
EX-01-Z  Session I: Feb 8, 15, 22, March 1  
Mondays 10:30 - 11:45 am

Have your sticky mat, blocks and strap handy (if you have them), and something to put under your head during relaxation. Enrollment limited to 30.

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.

Let’s Start the Day with Simple Qigong Exercise!  
EX-02-Z  Session I: Feb. 9, 16, 23, March 2  
Tuesdays 9:00 - 10:15 am

Have you ever wanted to learn Qigong (chee-gong)? Now’s your chance! OLLI students will join in on a virtual Qigong course where the instructor will teach basic movements, posture, and breathing techniques. No experience necessary; can be done standing or sitting. This course is for relaxation through movement and breathing. Release anxiety during the pandemic and long winter; improve mobility and overall wellness. Simple and slow movements to make you feel good for the rest of the day. Enrollment limited to 15.

Instructor Hisako Ito has been a massage therapist and body worker for 20 years. She started teaching Qigong to OLLI students in 2004, dedicating and sharing her knowledge of Qigong and wellness with the community. She has traveled all over Alaska for Qigong workshops and is currently teaching online at tozaibodyworkwellness.com.

Learn and Play Board Games  
REC-01-Z  Session I: Feb. 9, 16, 23, March 2  
Tuesdays 2:00 - 3:15 pm

Do you miss playing board games with friends? Join us for Zoom Board Games and learn to play these online games on a website called yucata.de. You will learn how to use the website. Each gaming session will consist of a teach-and-watch Zoom session for one of the many available games. After the teaching session, Zoom isn’t required, just access to an Internet browser. No experience required, but you need to establish a FREE login on the website to actually play the games.

Instructor Laura Walsh enjoys teaching and learning new games online.
Cross-Country Ski Touring
REC-02 Session I Add-On: March 8, 10, 12, 15, and 17
Mondays, Wednesdays & Friday 1:00 - 3:00 pm
* Meets in person, all outdoors; social distance must be maintained
We will focus on exploring a variety of local trails, some groomed and others 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.

Fat-Biking
REC-03-Z Session I Add-On: March 9
Tuesday 10:30 - 11:45 am
Join us for a one-lecture introduction to Fat Biking. We’ll discuss the gear and clothing, along with tips on safety and winter riding for the OLLI crowd. We’ll let you know where rentals are available in town and where you can find appropriate trails if you decide to give this new sport a try. Enrollment limited to 25.
Instructor Bud Kuenzli is an active senior cyclist, LCI (League Cycling Instructor) of the League of American Bicyclists, and avid winter rider. He’s also teaching CP-02-Z and CP-03-Z.

Pickleball 101
REC-04-Z Session II: March 17, 24, 31, April 7
Wednesdays 8:45 - 10:00 am
Learn how to participate in the fastest-growing sport in the country: PICKLEBALL! Student players will learn the rules and procedures, conduct video analysis, and observe demonstrations. You’ll learn about dinks, drops, and drives and various shot selection/strategies. Fun is the alternate name of this paddle sport that combines elements of tennis, table-tennis, and badminton using paddles slightly larger than a table-tennis paddle and composed solely of wood or various composite materials to hit a perforated polymer ball, about the size and design of a wiffle ball, over a net. The court layout is similar to a tennis court but approximately one-third the size. Enrollment limited to 16.
Instructor Kimo Hansen has coached, mentored, and instructed for over 25 years in multiple sports ranging from soccer, baseball, racquetball, and bowling to pickleball.

Foods & Flowers
Making and Utilizing Biochar
FF-01-Z Session II: March 16, 23, 30, April 6
Tuesdays 3:45 - 5:00 pm
Biochar is a type of charcoal that is easy to make yourself. Creating an oxygen-free environment to combust local woods at hundreds of degrees may seem a blacksmith’s skill, yet it is fairly easy to create a good burning environment. We will investigate the different ways to make the charcoal and then how to apply it as a soil amendment to improve growing foods as well as how to utilize it for filtration purposes.
Instructor Art Nash provides outreach around housing and energy for the UAF Cooperative Extension Services.
Artisan-Style Bread and Sourdough II
FF-02-Z  Session II: March 16, 23, 30, April 6
Tuesdays 5:30 - 6:45 pm

This is a continuation of the Fall 2020 course, open to new and returning students! We’ll review and discuss sourdough again, and go over new artisan style bread recipes. We’ll also go over different types of flour, their properties and all the basics of bread baking.

Instructor Putt Clark grew up in Fairbanks, and started baking bread in the 8th grade. Later, she backpacked through Europe, sampling the hearty breads in different countries. Inspired by this, and over the years through experimentation, she developed a recipe that requires little time, little kneading, satisfies the European-style itch, while also pleasing the American palate.

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Extend the Growing Season with Efficient Energy
FF-03-Z  Session II: Mar 18, 25, April 1, 8
Thursdays 3:45 - 5:00 pm

There are ways to apply heat so that you can start growing sooner and so that you can extend your harvest season. There are fuels that are more helpful than others and you may have certain crops that accept heat best by particular applications. Learn different passive ways to accept heat as well as mechanical ways to deliver it so that you can cost-effectively add months onto your plants’ growth.

Instructor: Art Nash (see FF-03-Z)

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Five Days of Tea
FF-04-Z  Session II Add-On: April 12, 13, 14, 15, 16
MTuWThF 12:15 - 1:30 pm

Improve your health and knowledge about tea. Spend time recharging your body with personal tea time, improve your health, and learn about all the benefits tea has to offer. Whether you are a total newbie to tea or a connoisseur, we know you’ll love learning about the health benefits of tea. Learn about the truth about tea and caffeine, fun recipes and more!

Instructor Jenny Tse, the owner of Sipping Streams Tea Company, is a certified tea specialist. She has won 11 international awards, been featured in many publications and on NPR, and her book, The Essence of Tea, became a bestseller on Amazon.

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Healthy Living

Universal Design in Alaska for Home and Garden
HL-01-Z  Session I: Feb. 8, 15, 22, March 1
Mondays 3:45 - 5:00 pm

There are Universal Design principles in building dwellings or landscapes that assist residents of any age and any ability to live where they want. Applying those principals can help homeowners or renters make modifications and adaptations so they have the freedom to ambulate, use wheelchairs/walkers, and take care of their daily living needs in their home. These principles also assist in landscaping so that gardens and yards can still be used, no matter the physical limitations present.

Instructor: Art Nash (see FF-03-Z)

Making the Mosquito Magnet Easy
HL-02-Z  Session I: Feb. 10, 17, 24, March 3
Wednesdays 2:00 - 3:15 pm

Mosquito Magnets have proven to be very effective at controlling mosquito populations but they can be fussy and temperamental. The goal of this course is to show some techniques to keep the Magnets running and working on your behalf. The course will also go into what mosquitoes are and how they live their lives. You will see how the Magnets work, how to maintain them, learn about simple repairs and get tips on winter storage. Enrollment limited to 30.

Instructor James Cerney retired from 40+ years as a dentist and has run his own business, Mosquito Magnet Works, repairing mosquito magnets for the Fairbanks area since 2015.

Healthy Homes for Healthy Residents
HL-03-Z  Session I: Feb. 10, 17, 24, March 3
Wednesdays 3:45 - 5:00 pm

There are ways in which you can keep your home structure ‘healthy’ (keeping it dry, ventilating, preventing pests, moisture control, increasing energy efficiency, storing household hazardous wastes properly, clearing safe pathways, etc.) so that the residents are healthy. Learn what areas you can assess in your own home and what can be done to improve its condition.

Instructor: Art Nash (see FF-03-Z)

Mind & Mood: Supporting a Balanced Life
HL-04-Z  Session I: Feb. 12, 19, 26, March 5
Fridays 3:45 - 5:00 pm

Curious about natural therapies and techniques for a healthy lifestyle? This might be the course for you! This course will cover natural therapies and techniques, including lifestyle changes, body points, frequency, herbs, essential oils, meditation, and mindset to support a balanced physical, mental, and emotional life. Enrollment limited to 30.

Instructor Dr. Alana MacLaughlin practices naturopathic medicine by looking at optimizing health from a holistic perspective and addressing the root cause to find balance.
**Boosting Memory & Lowering Risk for Dementia**

HL-05-Z  Session I Add-On: March 8  
**Monday 12:15 - 1:30 pm**

Your memory is amazing, fascinating and mysterious. In many ways it is also your most precious possession. In this course, you will learn the latest solutions to preserving, protecting and boosting your memory especially in our current time. Enjoy learning new tips, tricks, and ideas to boost your memory and lower the risk of dementia.

Instructor **Dr. Marc Milstein**, is a scientific researcher who has presented on many topics regarding brain health, genetics, cancer biology, and neuroscience. His presentations provide a science-based solution to keep the brain healthy, boost productivity and maximize longevity.

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**Breathe, Stretch, Relax**

HL-06-Z  Session II: March 17, 24, 31, April 7  
**Wednesdays 3:45 - 5:00 pm**

* Students will need to turn on their video occasionally for a visual check-in. Please do not enroll unless you have sufficient internet bandwidth to use video during Zoom.

* If you have taken this course at OLLI before, please let others have a chance to try it.

These are stressful times. This course will leave the body and mind feeling better! We'll do some simple stretching exercises that don't threaten older bodies, especially those with osteopenia or osteoporosis. We'll also do some simple breathing exercises with visualization that can stimulate the parasympathetic nervous system. **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.

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**Emergency Preparation for Interior Alaska**

HL-07-Z  Session II: March 18, 25, April 1, 8  
**Thursdays 12:15 - 1:30 pm**

Using the cooperative Extension manual, Alaska Emergency and Disaster Homeowner's handbook (MAB-79PDF), we will focus on the likely emergency situations which might befall our neighbors and ourselves in Interior Alaska. These include wildfires, floods, earthquakes, and impacts from climate change. Local experts will add to the depth of our presentations.

Instructors **Rich Seifert** and **Art Nash** are both professionally committed to making Emergency Preparedness available to all, alongside the awareness of the hazards that we live with common knowledge.

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**Haircut Tips**

HL-08-Z  Session I: March 19, 26  
**Fridays 10:30 - 11:45 am**

Have you tried cutting your own hair and found out that maybe it's harder than it looks? How about getting some useful tips from a retired professional barber to get those bangs out of your eyes? This course will demonstrate how to trim your own bangs and also how to cut a standard hair cut for men. **Enrollment limited to 6**.

Instructor **Krista Holbrook** practiced as a licensed master barber for many years in a previous life; she also offered free cuts at the senior center prior to the pandemic. Be brave, she says, it will grow back.

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**Intro to Osteopathic Manipulative Medicine & Healthy Movement**

HL-09-Z  Session II: March 19, 26, April 2, 9  
**Fridays 3:45 - 5:00 pm**

Introduction to Osteopathic Manipulative Medicine (OMM) with a focus on the importance of movement and the interconnectedness of the body. Common conditions that can be treated with OMM will be covered. We will also discuss and demonstrate simple, high-yield stretches and exercises that can help with an array of common complaints. **Enrollment limited to 20**.

Instructor **Dr. Mary Joy** is Board Certified in Osteopathic Manipulative Medicine and has been practicing at Tanana Valley Clinic for 4 years.

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**History & Politics**

**History of WAMCATS**

HIS-01-Z  Session I: Feb. 9, 16, 23, March 2  
**Tuesdays 8:45 - 10:00 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. General Billy Mitchell frequently gets the credit for WAMCATS, but there is a more interesting and accurate story. Come learn the WAMCATS history and why it was so important on the world stage, then and now.

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

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Did you know all OLLI instructors are volunteers?  
THANK YOU, instructors!
Survival of the Fairbanks Daily News-Miner  
HIS-02-Z  Session I: Feb. 9, 16, 23, March 2  
Tuesdays 10:30 - 11:45 am

The local newspaper, which has served the Fairbanks community for nearly 110 years, is struggling to stay financially solvent and maintain its important free press role in the local area. Problems are many, but help may be on the way. We'll ask local involved professionals to weigh in on how to keep the free press alive in Fairbanks. We'll include guest lecturers on journalistic topical subjects.

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.

The Art and History of the Ghent Altarpiece  
HIS-03-Z  Session I: Feb. 11, 18, 25, March 4  
Thursdays 2:00 - 3:15 pm

The Ghent Altarpiece is a monumental, multi-paneled work of art that was hailed as a masterpieces from the moment it was unveiled in 1432. Its innovations in oil paint technique paved the way for the art of the High Renaissance. Over the centuries, the altarpiece's panels were stolen, sawed in half and hidden in a salt mine! Miraculously, the altarpiece survived and is undergoing state-of-the-art conservation. We'll explore the significance and history of the Ghent Altarpiece, celebrating artist Jan van Eyck, and bumping into Philip the Good, King Philip II of Spain, Napoleon, Hitler, and the Monuments Men along the way.

Instructor Roberta Shayo fell in love with the Ghent Altarpiece at the age of seven and has been thrilled to offer presentations on this work for several years at academic and community settings in New York and Arizona.

Exploration of Southeast Alaska  
HIS-04-Z  Session I: Feb. 11, 18, 25, March 4  
Thursdays 3:45 - 5:00 pm

Explore the various factors influencing the historical development of Southeast Alaska.

Instructor Wes Potter has been doing historical research for over 30 years. His work and presentations have ranged from Japanese military actions to German POW camp operations during World War II. More recently, he has been focusing on various aspects of Alaskan history.

Two 20th Century Scoundrels Exiled to Alaska  
HIS-05-Z  Session I Add-On: March 8, 10  
Monday & Wednesday 10:30 - 11:45 am

Neither James Wickersham nor Ernest Gruening came to Alaska willingly. One then the other dominated Alaska's public affairs for the first 75 years of the 1900s. Learn more about these two (in)famous scoundrels and their impacts on Alaskan history.

Instructor Dave Norton is an adjunct research faculty member at UAF in environmental sciences, now specializing in Northern Scoundrel-ology for OLLI.

Why Do We Still Have the Electoral College?  
HIS-06-Z  Session II: March 15, 22, 29, April 5  
Mondays 2:00 - 4:30 pm

Since 1789, five men have become president despite losing the popular vote. In 2020, it nearly happened again. More bills have been filed to amend this constitutional provision than any other section. How did we get such an apparently undemocratic process, and why has it remained in place for so long? What are the arguments for retaining or replacing it? We will explore the intention of the Framers in 1787, the changes made in the process over the years, and review the arguments for and against retaining the Electoral College.

Instructor Susan Stitham discovered OLLI at UAF in 2003 upon her retirement from teaching English and history at Lathrop High School. After moving to Ashland, Oregon in 2010, where she found another OLLI, she has returned each spring (except 2020) to teach an OLLI course in Fairbanks.

Mining Pioneers in the North Country Metal Dredging Industry  
HIS-07-Z  Session II: March 16, 23, 30, April 6  
Tuesdays 12:15 - 1:30 pm

We'll focus on mining pioneers important to the success of the dredge industry, not only gold but also platinum and tin. We'll lay out a timeline for how the dredging industry evolved, technological innovations, economic and social factors, education, and the pioneers that made the industry the success it was for more than 100 years.

Instructor Tom Bundtzen received his BS in Mining Geology and his M.S. in Economic Geology from UAF. He was the senior economic geologist for the Department of Natural Resources, Division of Geological and Geophysical Surveys for 25 years and is a founding member of the Alaska Mining Hall of Fame.

Scrambles for Pacific Resources in the 1800s  
HIS-08-Z  Session II: March 16, 23, 30, April 6  
Tuesdays 2:00 - 3:15 pm

The Russian-America Company, Hudson's Bay Company, and early industrial U.S. interests all vied for dominance on the West Coast and the vast Pacific during the 19th century. Far from their Atlantic home ports and population centers, their antics were at times weird and entertaining.

Instructors: Marvin Falk is an historian and retired curator of rare maps and books. Dave Norton (see HIS-05-Z).

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.
“-Z” for Zoom
Enjoy real-time distance-delivered courses from the safety of your own home

**History of the Fortymile to 1941**
HIS-09-Z  Session II: March 17, 24, 31, April 7
**Wednesdays 2:00 – 3:15 pm**
* If you have taken this course at OLLI before, please let others have a chance to try it.

What is the Fortymile? And why is this important to Alaska history? This course will give an overview of what is known of the Alaska Natives; the influence of the Euro-American fur trade and exploration; its gold rush history prior to the Klondike (which is in Canada!); and some of the people, places and things up to WWII. **Enrollment limited to 25.**

**Instructor Steve Lanford** graduated from UAF in 1997 with a BS in Anthropology after a Navy career. He has done archaeology in the Fortymile region since 2001 and was recognized as a Bureau of Land Management Heritage Hero in 2018.

**Topics in Contemporary Politics in Alaska**
HIS-10-Z  Session II: March 17, 24, 31, April 7
**Wednesdays 5:30 - 6:45 pm**

Students will read and discuss detailed and recent political and historical content, focused on Alaska’s unique position as a relatively new and young US state government, economy, and sociopolitical structure. An open, polite, and diverse set of perspectives will be welcomed in class responses and discussions, based on clear, verifiable, scholarly facts and evidence. **Enrollment limited to 25.**

**Instructors Nate Bauer** and **Alex Hirsch** are active readers and researchers in recent and contemporary Alaska history and politics.

**Behind The Scenes at the Alaska Film Archives**
HIS-11-Z  Session II: March 19, 26, April 2, 9
**Fridays 12:15 - 1:15 pm**

Get a behind-the-scenes look at work taking place in the Alaska Film Archives at University of Alaska Fairbanks. See how collections are processed and stored, learn how films and videotapes are repaired and digitized, understand how historical motion pictures are made available for viewing and research. Each session will feature some instruction and discussion about archiving activities, followed by numerous examples of footage from collections old and new. Pop some popcorn, grab your favorite beverage, and prepare to learn, discuss and be entertained! **Enrollment limited to 25.**

**Instructor Angela Schmidt** has been with the UAF Alaska Film Archives for 20 years. The Alaska Film Archives is a unit of the Alaska and Polar Regions Collections & Archives Department in the Elmer E. Rasmuson Library at UAF.

**American Nations: Are States Obsolete?**
HIS-12-Z  Session II Add-On: April 12, 14, 16
**Monday, Wednesday, & Friday 2:00 - 4:30 pm**

Colin Woodard’s **American Nations: A History of the Eleven Rival Regional Cultures of North America** has a heightened significance in 2021 as the Electoral College again nearly denied the presidency to the national popular vote winner. The Electoral College (and the Senate) are based on the principle that individual states possess distinct interests which should be recognized in our federal governmental structure; do our states, most of whose boundaries were arbitrarily defined, no longer represent valid or useful discrete entities? We’ll discuss the implications of the ideas in Woodard’s prize-winning book for our country going forward.

**Instructor: Susan Stitham** (see HIS-05-Z)

**Keystone Canyon, The Great Shootout**
HIS-13-Z  Session II Add-On: April 15
**Thursday 2:00 - 3:15 pm**

Join us for a historical presentation about the early day Keystone Canyon shootout that occurred near Valdez between competing railroad crews, and the challenges of implementing justice by our frontier court system. It also is about the monopolistic business practices of the Gilded Age that threatened to swallow Alaska’s resources. This show is full of images, court records, and newspaper articles which transport the viewers to another time when things weren’t so easy.

**Instructor Joan Skilbred** is a well known presenter of Alaska history, and is known for her captivating in-depth shows on unusual subjects that immerse the audience in the early days of Fairbanks and Alaska.
Connecting Alaska’s Villages
HIS-14-Z  Session II Add-On: April 16
Friday 10:30 - 11:45 am
In recent years, we’ve worked on connecting our villages to modern telecom services. In the 1970s and 1980s, most villages received radio, television and telephones, but many of them still don’t have good broadband. This session will describe what’s been done in the past 50 years, what still needs to be done, and what is technologically possible.

Instructor Dr. Alex Hills is Distinguished Service Professor of Engineering and Public Policy at Carnegie Mellon University. He has been involved in Alaska telecommunications for 50 years.

Literature, Languages, & Philosophy

Poetry of Bob Dylan
LIT-01-Z  Session I: Feb. 9, 16, 23, March 2
Tuesdays 12:15 - 1:30 pm
Come and listen to songs, read the lyrics, and discuss some of the works of Bob Dylan. This will be a discussion group. We will survey his extensive career by listening to his selected works while reading the lyrics. We will then have an open, friendly discussion for comments and critique.

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

Justice, I and II
PHIL-01-Z  Session I: Feb. 11, 18, 25, March 4
Thursdays 10:30 - 11:45 am
PHIL-02-Z  Session II: March 18, 25, April 1, 8
Thursdays 10:30 - 11:45 am
* Part I (PHIL-01-Z) is recommended, but not required, before Part II (PHIL-02-Z).

Interested in justice? What about morality? We’ll be listening to Harvard Political Science professor Michael Sandel’s lectures on “Justice, What’s the right thing to do?” and participate in open discussions about the lectures and similar topics.

Instructor: Scott Sexton (see LIT-01-Z)

“Upstart Crow”: The Shakespeare Sitcom
LIT-02-Z  Session I: Feb. 11, 18, 25, March 4
Thursdays 12:15 - 1:30 pm
How could an “oiksme country bumbleshanks” like William Shakespeare write better plays than Robert Greene? Did he get help from Kit Marlowe, who spent most of his time either spying for the Queen or chasing London “tartlingslaps?” And what really went on at the Earl of Southampton’s “saucy prancings?” This BBC comedy reveals it all. We will watch selections from "Upstart Crow" and read background materials correlated with the jokes, because the more you know about Shakespeare, the funnier this surprisingly scholarly series becomes. Note: while there is no real vulgar language in the programs, there are some evocative euphemisms.

Instructor Janis Lull, UAF Professor Emerita of English, has served as dramaturg for eight productions by the Fairbanks Shakespeare Theatre.

Poetry of John Prine
LIT-03-Z  Session II: March 15, 22, 29, April 5
Mondays 12:15 - 1:30 pm
Come and listen to songs, read lyrics, and discuss some of the works of John Prine. This will be a discussion group. We will survey his extensive career by listening to his works while reading the lyrics. Then we will open a friendly discussion for comment and critique.

Instructor: Scott Sexton (see LIT-01-Z)

Sam Pepys: A Lust for Life
LIT-04-Z  Session II: March 16, 23, 30, April 6
Tuesdays 10:30 - 11:45 am
Experience Restoration London through the observant eyes of Samuel Pepys, widely considered the preeminent English language diarist. His 1660-1669 diaries were written in code because in them he revealed his innermost thoughts, desires, fears, and passions. We’ll explore highlights of Pepys’s long life, and sample interesting episodes from his unexpurgated Diary (available online) about events such as the Great London Fire, the Plague of 1665, and his favorite mistresses.

Former public library director Greg Hill took up reading a year of Pepys’ Diary as a New Years Resolution and became hooked and read what happened to Pepys every night in bed. He enjoys reading autobiographies that he considers basically honest.
Remarkable Poems 2
LIT-05-Z  Session II: March 16, 23, 30, April 6
Tuesdays 2:00 - 4:00 pm
We'll discuss poems (approx. 15) by writers from the Renaissance to the present. A few works will be by poets perhaps unfamiliar to you; other “remarkable” poems are already considered standards or “classics.” This course will also examine the “experience of reading,” i.e., interplay between versification, semantics, and how different texts affect readers personally and aesthetically. You’ll enjoy this course whether or not you participated in the previous Remarkable Poems course at OLLI. Enrollment limited to 30.

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.

Music, Dance, & Theater

Introduction to Storytelling
THT-01-Z  Session II: March 16, 23, 30, April 6
Tuesdays 12:15 - 1:30 pm
Do you notice that people fall asleep or suddenly find excuses to leave the room when you start telling a story? Here you’ll learn the basics of great storytelling and how you can keep your family and friends on the edge of their seats instead of running for the door. Enrollment limited to 20.

Instructor Robert Prince teaches in the Communication & Journalism Department at UAF. He is also the creator/host of the live storytelling event, radio show, and podcast “Dark Winter Nights: True Stories from Alaska.”

Did you know all OLLI instructors are volunteers?
THANK YOU, instructors!

Singing for All
MUS-01-Z  Session II: March 18, 25, April 1, 8
Thursdays 2:00 - 3:15 pm
In this course we will cover all aspects of making a joyful noise. Come as you are; everyone can sing; it is your birthright! Correct diaphragmatic breathing, resonance, range, and exercises that will help you master the art of singing will all be addressed. Enrollment limited to 20.

Instructor Gianna Drogoe has a Master's Degree in Vocal Performance, has been singing her whole life and teaching singing for 40 years. She loves helping people find their voice!

Sh-boom: Reducing Anxiety and Depression through Music of the ’50s and ’60s
MUS-02-Z  Session II: March 18, 25, April 1, 8
Thursdays 5:30 - 6:45 pm
Psychological health isn’t just about serious talking and/or taking psychotropic medications. It’s also about fun, joy, and feeling connected. We’re going to listen to some of the great music of the 50s and 60s (and possibly 70s) and interact with it in whatever way best suits you. Think of this as a kind of group karaoke/dance where you can be as anonymous as you like. Join your fellow oldie-but-goodie OLLI students and let’s just have fun and feel better. Tie-dyed shirts welcome, but optional. Bop-bop-a-doowop, wop-woppa-bam!

Instructor Larry Moen is a licensed professional counselor in his private practice Uncommon Therapy (www.uthersay.net). Previously he was acting coordinator of the counseling center in Barrow, manager of adult services at Fairbanks Community Behavioral Health Center, treatment director of Children’s Services on the North Slope, and Dean of Students at Ilisagvik College.
Alter Attitude: Apprehension to Appreciation
RB-03-Z  Session I: Feb. 12, 19, 26, March 5
Fridays 2:00 - 3:15 pm
Society trains everyone to conform to countless standards, discounting our own emotional needs. We learn to put “oxygen masks” on everyone else before saving ourselves! We’re all, metaphorically, oxygen-starved and, realistically, detached from our hearts. We’ll explore turning our focus from fatalism to realism, from fearing to flourishing, from shock and awe to support and allow, from the alarms to the charms in life. We’ll turn from our fears of the worst-case scenario (if only momentarily) to find silver linings behind clouds, to see blessings in disguise—those opportunities for growth! We’ll grant ourselves permission to be happy.

Instructor Ginny McDowell has been stretching to shift from her head to her heart, for its inspiration and intuition. The heart is a happier place. Come join me there.

Polls, Surveys and Sampling
MTH-01-Z  Session I: Feb. 9, 16, 23, March 2
Tuesdays 3:45 - 5:00 pm
Another election, with plenty of polls and commentary on polls, has passed. How exactly do some pollsters design their studies to get accurate results? And how do other pollsters design studies to get biased results? In this course I’ll discuss how questionnaires are designed, how samples are chosen, and the types of errors and biases that can occur in surveys and polls. We’ll look at both political polls and opinion surveys on a wide variety of topics and learn how to evaluate whether a survey is well-designed and properly analyzed.

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

Space Technology: The Impact of Space Weather & Aurora
SCI-01-Z  Session I: Feb. 12, 19, 26, March 5
Fridays 12:15 - 1:30 pm
Did you know that the most abundant state of matter in our universe is its “fourth state,” plasma? This course will explore the physical and chemical behavior of plasma, from the Sun to the near-space environment of the Earth. You will learn that Space Weather is not an oxymoron (“how can there be weather in space vacuum?”) but a real danger to our technology such as GPS satellites and radio communication networks, and that one spectacular manifestation of Space Weather is the northern lights or the Aurora Borealis.

Instructors Victoriya Forsythe hold PhDs in space physics and are research scientists at ASTRA, LLC, a small aerospace company located in Louisville, Colorado. Victoriya studies the behavior of the ionosphere, the upper level of the atmosphere.

A Century of Fairbanks’s Top 10 Weather and Climate Extremes
SCI-02-Z  Session I Add-On: March 9, 11
Tuesday & Thursday 8:45 - 10:00 am
Weather and climate extremes sometimes have big impacts on our lives and our community; other times extremes are of interest primarily to professionals, and sometimes both. We’ll take a look at five of the most impactful events in Fairbanks’ history and five weather and climate extremes that you probably have never heard of before.

Instructor Rick Toman has worked as a weather and climate professional for more than 35 years, nearly all of that in Alaska. He’s finishing up his career as climate specialist for the Alaska Center for Climate Assessment and Policy at UAF.
Where does the mercury in my fish come from?
SCI-03-Z  Session II: March 17, 24, 31, April 7
Wednesdays 10:30 - 11:45 am

Mercury is a naturally occurring element that has a unique and fascinating biogeochemical cycle for a metal: liquid and volatile at room temperature, it can circle the globe and eventually end up in the fish we eat. As fish consumption provides many health benefits, balancing the health benefits with the risks is key. Enrollment limited to 15.

Instructor Ben Gaglioti is a Research Assistant Professor at UAF where he studies how Alaska's climate and ecosystems have changed over the past several thousand years.

Engineering Immortality
SCI-04-Z  Session II: March 17, 24, 31, April 7
Wednesdays 12:15 - 1:30 pm

There's a growing genetic revolution taking place in labs around the world where the central question being asked is: how can we extend human life... indefinitely? We will look into the state-of-the-art advancements in epigenetics, stem cells, telomeres, CRISPR and DNA fidelity which are the essential ingredients of this revolution. The course will also include virtual hands-on lab experiences. Our motto: “Live long and prosper.”

Instructor Joe Dart has been associated with UAF and CTC for many years teaching math and computing. His undergraduate emphasis was molecular biology and he spent a semester working in a genetics research lab at the Biochemistry Department at Harvard Medical School.

Northern Animal Adaptations
SCI-05-Z  Session II: March 18, 25, April 1, 8
Thursdays 2:00 - 3:15 pm

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 we can’t? These questions will all be addressed and you will be introduced to the morphological, physiological, and behavioral adaptations of animals to the subarctic and Arctic with an emphasis on winter.

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

Blue, Green, & Wild All Over: Climate Change in Alaska’s Glaciers and Forests
SCI-06-Z  Session II Add-On: April 13, 15
Tuesday & Thursday 10:30 - 11:45 am

Explore the Outer Coast of Glacier Bay National Park through field photographs and scientific data with us. This two-lecture course will describe how Southeast Alaska’s glaciers and forests have responded to climate change over the last millennium.

Charitable Giving: How to Save on Taxes and Steward Your Gifts
SOC-01-Z  Session I: Feb. 8, 15, 22, March 1
Mondays 10:30 - 11:45 am

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. We will discuss the major changes in IRA distributions coming from the SECURE act; and the Qualified Charitable Deduction (QCD) program. Conversation will be free-flowing—bring your questions!

Instructor Teresa Chepoda Usibelli is a major gift officer with UAF. Panel presenters will include representatives from the UA Foundation, agents from New York Life, an Estate Planning Attorney, and Dick Harsin, CPA, CFP® the owner of Harsin Wealth, Inc (An Advanced Tax Strategies Planning firm).

How Languages Change
SOC-02-Z  Session I: Feb. 8, 15, 22, March 1
Mondays 2:00 - 3:15 pm

The English language is gradually changing, with new words and expressions becoming common and old ones fading from use. We also hear new grammatical usages and new pronunciations. Where does this change come from, and in what ways do languages change? This course will discuss these questions and talk about how linguists study language change and how language can reflect society, using examples from English and other languages. Enrollment limited to 25.

Instructor Lawrence Kaplan is a Professor Emeritus of Linguistics at UAF.

How Can I Help? Baha’i-inspired Community Activism
SOC-03-Z  Session I: Feb. 9, 16, 23, March 2
Tuesdays 12:15 - 1:30 pm

Racism, a pandemic, and climate crisis: how does a person of heart and conscience move beyond states of fear, doubt, anxiety, and helplessness to focus on solutions through practical action? In this course, we will explore current issues and possible solutions in a safe, accepting space, embracing our common humanity. A community-building model developed by the worldwide Baha’i Faith community will be presented as a positive framework for action. Participants will be invited
to develop a personalized plan of action based on their own moral compass and areas of interest. *Enrollment limited to 12.*

Instructor Jan Conitz is a mother, grandmother, biologist, and long-time Alaskan who believes that each of us can contribute to building a better world through positive, spiritually-based action.

**Becoming an OLLI Instructor**

SOC-04-Z  |  Session I: Feb. 9, 16, 23, March 2, 9
Tuesdays 2:00 - 3:15 pm

* FREE; membership not required

Do you want to give back to OLLI? Do you have some talent, skills or knowledge to share but are not quite sure how to organize and run a course? Each class meeting will examine an aspect of putting together a great course and you will develop these ideas with your peers. We’ll include research on the unique needs of OLLI members, tips and tricks from other OLLI teachers and how to work with the OLLI staff to have things run smoothly. The optional fifth class meeting will be a work session to plan and complete your proposal.

Instructor Mary Burtness is a retired teacher who will be facilitating this course along with several experienced instructors and OLLI staff.

**Travelogues**

SOC-05-Z  |  Session I: Feb. 11, 18, 25, March 4
Thursdays 12:15 - 1:30 pm

Each week a different presenter will share their photos and experiences of travel.

Feb. 11 David Shaw: West Coast of South American; Patagonia to Panama
Feb. 18 Mary Burtness: Home Exchanges
Feb. 25 Judy Williams: Adventures of a Volunteer in Alaska
Mar. 4 Margaret Brophy: Thailand and Vietnam Sampler

**Too Much of Nothing: Psychological Health in a Pandemic**

SOC-06-Z  |  Session I: Feb. 11, 18, 25, March 4
Thursdays 5:30 - 6:45 pm

At this point, we’ve been in the grips of the pandemic for a year, possibly with still no real end in sight. How long can some needs stay on hold? When will we get back the activities that gave a sense of joy, connection, and helped us emotionally cope with life? Most importantly, what can we do now to make things better for ourselves and those we love? We’ll explore the psychological structures of prolonged uncertainty, identify practical things you or your loved ones can try that should help, and identify ways to reduce anxiety, depression, and anger/irritability.

Instructor: Larry Moen (see: MUS-02-Z)

**On Becoming Decrepit: A Continuing Look**

SOC-07-Z  |  Session I: Feb. 12, 19, 26, March 5
Fridays 10:30 - 11:45 am

For most of us, our bodies begin falling apart before our minds do. How do we adjust to that, and go on living a satisfying life true to who we are, especially when we reach that time where we need assistance for even basic activities? How do we minimize depression, anxiety and despair; or avoid lapsing into anger or apathy? Let’s look at that squarely, and see what we can do to not lose either our sense of self or our ability to find meaning and dignity in our life. This course will briefly review subjects from the Fall 2020 class, but will primarily be new material, so new and returning students are welcome.

Instructor: Larry Moen (see: MUS-02-Z)

**Introduction to Sand Tray Therapy**

SOC-08a-Z  |  Session I: Feb. 12, March 5
Fridays 12:15 - 1:30 pm

SOC-08b-Z  |  Session II: March 19, April 9
Fridays 2:00 - 3:15 pm

* Two sections of the same course; select only one

Sand tray therapy can be explained as “dreaming on command.” It allows your unconscious to “talk” to you through its own language of symbolic associations and spatial relationships, similar to the early word-association and Rorschach inkblot tests. The process is simple: from a choice of hundreds of small objects, selected objects are placed in a tray of sand. The result is usually surprisingly insightful. We’ll talk about how it works, then each participant will get a full hour sand-tray session in the sand tray room at the instructor’s office to experience it for yourself. Individual sessions will be at a time arranged with the instructor, in-person with masks and social distancing. *Enrollment limited to 8.*

Instructor: Larry Moen (see: MUS-02-Z)
Finding Resources for Independent Travelling
SOC-09-Z  Session I Add-On: March 9
Tuesday 12:15 - 1:30 pm
Planning independent international travel can be overwhelm-
ing but there are many resources to help you create your
itinerary. Traveling independently allows you to enjoy the
trip at your own pace and enjoy more of the local flavor. The
instructor’s 2019 European trip will be used to illustrate the
resources that can help you.

Instructor Ken Russell is a life-long independent traveler who
arranged travel for scientists and now gets to do it for themselves.

Our Whole Gwich’in Way of Life Has Changed
SOC-10-Z  Session II: March 15, 22, 29, April 5
Mondays 10:30 - 11:45 am
We will review this new book, Gwich’in K’yuu Gwiidandai’
Tthak Ejuk Goonlih Stories from the People of the Land,
learn the history of the Gwich’in peoples in the Northwest
Territories in Canada, demonstrate the online Gwich’i Place
Names Atlas, review some of themes found in the 23 Elders
stories, and learn why it took over 20 years from the first oral
history interview conducted to the publication of this book.
Enrollment limited to 25.

Instructor Leslie McCartney is the Curator of Oral History
at UAF.

Exceptionality
SOC-11-Z  Session II: March 19, 26, April 2, 9
Fridays 12:15 - 1:30 pm
Being naturally exceptional at something sounds so much like a
great thing that we often think those gifted people should have
smooth sailing to success in life. But being exceptional has its
own significant challenges, and many exceptional people crash
and burn, or become stalled out and unable to achieve what
they seem capable of. We’ll look at the structure of exception-
ality, why being excellent at something can turn out badly, and
how you can reach your full potential with satisfaction and joy.
In the process we’ll explore how defining oneself as really good
at something can surprisingly become a direct cause of unhap-
piness, self-sabotage, and empty-feeling successes.

Instructor: Larry Moen (see: MUS-02-Z)

OLLII Winter Lectures

The first Fridays of December, January* and February
3:00 - 4:30 pm via Zoom (contact OLLII office for the link) or
livestreamed on our Facebook page at
https://www.facebook.com/OLLIIatUAF/

January 8*, 2021
*2nd Friday, because Jan. 1 is a holiday
50 Years of ANCSA
by Bill Schneider
The Alaska Native Claims Settlement Act (ANCSA) was signed
into law by President Richard Nixon on December 18, 1971.
This presentation will explore how subsistence was considered
in ANCSA and the implications this has for state and federal
management. Background is provided on how the legislation
developed, the expressed desires of the Native community
through AFN, and the deficiencies in what the final act deliv-
ered. Several avenues for resolution are proposed.

Bill Schneider is a retired professor at UAF. For
many years he served as Curator of Oral History
at the Rasmuson Library and taught some
anthropology classes. His research focuses on
Native history and more recently the impact of
Western law on Native subsistence.

February 5, 2021
Operating Drones Commercially in Alaska
by Wes Potter

“My flying a drone is no harder than riding a bicycle—it’s just
tougher to put cards in the spokes.” In this presentation, we
will hear from Wes Potter, a commercial drone operator, how
business is going in Alaska. Hear about his start in the busi-
ness, what types of missions he is flying, the benefits to drone
operations, and where the industry is going.

Wes Potter worked for the US Army Installation
Management Command from 1996 through 2016
in varying jobs ranging from Operations Officer,
Command Historian, Special Investigator and as
an Installation Manager. He retired from federal
civilian service in 2016. His prior work was as a US
Army Medical Service Corps Officer, and for most
of his military career, he flew medical evacuation
helicopters. He retired from military service in 1995. Wes’s current
interests involve historical research, aviation activities and
supporting the community through various volunteer activities.
Wes has spent most of his life living overseas, and has decided to
make Fairbanks his retirement home since 2013.

Online registration open 9:30 am Wednesday January 13 (see p. 22)
**What is a SIG?**
SIGs provide learning or recreational opportunities outside of the scheduled OLLI classes. They are organized and led by OLLI members. Join a SIG to get email notices about meetings of that SIG.

**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, or log in to your OLLI account, click on "My Account," and click the boxes by the SIGs you wish to join.

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

---

**Art Club (on hiatus due to pandemic)**
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).

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**OLLI Chat (“NEW”)**
Spontaneous conversations among OLLI members arose naturally between in-person pre-pandemic classes. If you're interested in a weekly Zoom meeting to simply connect and chat with fellow members, contact the office and we'll send you a Zoom link and schedule.

---

**Lifelong Learning Book Club**
*Meets 8 times a year on third Tuesdays, 1:30–3:00 pm, at Noel Wien Library Conference Room, or via Zoom if the library remains under coronavirus restrictions.*

Contact: Susan Gainey (susan.gainey@gmail.com)
FNSB Library discussion leaders: Kitty Berner (kitty.berner@fnsb.us), Michelle Proper (Michelle.Proper@fnsb.us)
- **Jan.19, 2021:** All the Light We Cannot See by Anthony Doerr (2014)
- **Feb.16:** The War on Normal People: The Truth about America’s Disappearing Jobs and Why Universal Basic Income Is Our Future by Andrew Yang (2018)
- **March 16:** Infidel: My Life by Ayaan Hirsi Ali (2006)
- **April 20:** Palaces for the People: How Social Infrastructure Can Help Fight Inequality, Polarization, and the Decline of Civic Life by Eric Klinenberg (2018)
- **May 18:** Selection of titles for 2021-2022

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**Pinochle (on hiatus due to pandemic)**
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).

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**When Poems Happen (distance meeting via “Slack”)**
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).

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**Hiking Club**
This group is normally active May - September, but we need a new Hiking SIG leader to coordinate the group.
# Session I Daily Schedule (February 8 - March 5)

All courses are distance-delivered by Zoom except REC-02 Ski Touring

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
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<tbody>
<tr>
<td><strong>MONDAY</strong></td>
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<tr>
<td>10:30 - 11:45</td>
<td>EX-01-Z</td>
<td>Intermediate Yoga</td>
<td>6</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>SOC-01-Z</td>
<td>Charitable Giving: How to Save on Taxes and Steward Your Gifts</td>
<td>15</td>
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<tr>
<td>10:30 - 11:45</td>
<td>RB-01-Z</td>
<td>Intermediate Astrology I</td>
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<tr>
<td>12:15 - 1:30</td>
<td>ART-01-Z</td>
<td>Watercolor on Yupo</td>
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<tr>
<td>2:00 - 3:15</td>
<td>SOC-02-Z</td>
<td>How Languages Change</td>
<td>15</td>
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<tr>
<td>3:45 - 5:00</td>
<td>HL-01-Z</td>
<td>Universal Design in Alaska for Home and Garden</td>
<td>8</td>
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<tr>
<td>5:30 - 6:45</td>
<td>ART-02-Z</td>
<td>Let’s Make Comix II</td>
<td>4</td>
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<tr>
<td><strong>TUESDAY</strong></td>
<td></td>
<td></td>
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<tr>
<td>8:45 - 10:00</td>
<td>HIS-01-Z</td>
<td>History of WAMCATS</td>
<td>9</td>
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<tr>
<td>9:00 - 10:15</td>
<td>EX-02-Z</td>
<td>Let’s Start the Day with Simple Qigong Exercise!</td>
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<tr>
<td>10:30 - 11:45</td>
<td>HIS-02-Z</td>
<td>Survival of the Fairbanks Daily News-Miner</td>
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<tr>
<td>12:15 - 1:30</td>
<td>LIT-01-Z</td>
<td>Poetry of Bob Dylan</td>
<td>12</td>
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<tr>
<td>12:15 - 1:30</td>
<td>SOC-03-Z</td>
<td>How Can I Help? Baha’i-inspired Community Activism</td>
<td>15</td>
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<tr>
<td>2:00 - 3:15</td>
<td>REC-01-Z</td>
<td>Learn and Play Board Games</td>
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<tr>
<td>2:00 - 3:15</td>
<td>SOC-04-Z</td>
<td>Becoming an OLLI Instructor (5 weeks)</td>
<td>16</td>
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<tr>
<td>3:45 - 5:00</td>
<td>MTH-01-Z</td>
<td>Polls, Surveys, and Sampling</td>
<td>14</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
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<tr>
<td>10:30 - 11:45</td>
<td>ART-03-Z</td>
<td>Mystery Knit-Along!</td>
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<tr>
<td>10:30 - 11:45</td>
<td>CP-01-Z</td>
<td>Data Privacy: What You Should Know</td>
<td>5</td>
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<tr>
<td>2:00 - 3:15</td>
<td>HL-02-Z</td>
<td>Making the Mosquito Magnet Easy</td>
<td>8</td>
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<tr>
<td>3:45 - 5:00</td>
<td>HL-03-Z</td>
<td>Healthy Homes for Healthy Residents</td>
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<tr>
<td><strong>THURSDAY</strong></td>
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<tr>
<td>9:00 - 11:30</td>
<td>ART-04-Z</td>
<td>Birch Bark Picture Frames</td>
<td>4</td>
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<tr>
<td>10:30 - 11:45</td>
<td>PHIL-01-Z</td>
<td>Justice I</td>
<td>12</td>
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<tr>
<td>12:15 - 1:30</td>
<td>LIT-02-Z</td>
<td>“Upstart Crow”: The Shakespeare Sitcom</td>
<td>12</td>
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<tr>
<td>12:15 - 1:30</td>
<td>SOC-05-Z</td>
<td>Travelogues</td>
<td>16</td>
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<tr>
<td>2:00 - 3:15</td>
<td>HIS-03-Z</td>
<td>The Art and History of the Ghent Altarpiece</td>
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<tr>
<td>3:45 - 5:00</td>
<td>CP-02-Z</td>
<td>Ins &amp; Outs of Apple Mail and Gmail</td>
<td>5</td>
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<tr>
<td>3:45 - 5:00</td>
<td>HIS-04-Z</td>
<td>Exploration of Southeast Alaska</td>
<td>10</td>
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<tr>
<td>5:30 - 6:45</td>
<td>SOC-06-Z</td>
<td>Too Much of Nothing: Psychological Health in a Pandemic</td>
<td>16</td>
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<td><strong>FRIDAY</strong></td>
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<tr>
<td>10:30 - 11:45</td>
<td>CP-03-Z</td>
<td>Getting Around Your Mac</td>
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<tr>
<td>10:30 - 11:45</td>
<td>SOC-07-Z</td>
<td>On Becoming Decrepid: A Continuing Look</td>
<td>16</td>
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<tr>
<td>12:15 - 1:30</td>
<td>SCI-01-Z</td>
<td>Space Technology: The Impact of Space Weather &amp; Aurora</td>
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<tr>
<td>12:15 - 1:30</td>
<td>SOC-08a-Z</td>
<td>Introduction to Sand Tray Therapy (2/12 and 3/5)</td>
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<tr>
<td>2:00 - 3:15</td>
<td>RB-03-Z</td>
<td>Alter Attitude: Apprecension to Appreciation</td>
<td>14</td>
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<tr>
<td>3:45 - 5:00</td>
<td>HL-04-Z</td>
<td>Mind &amp; Mood: Supporting a Balanced Life</td>
<td>8</td>
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### Session I Add-On (March 8 - 12)

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
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<tr>
<td><strong>MONDAY</strong></td>
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<tr>
<td>10:30 - 11:45</td>
<td>HIS-05-Z</td>
<td>Two 20th Century Scoundrels Exiled to Alaska (MW)</td>
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<tr>
<td>12:15 - 1:30</td>
<td>HL-05-Z</td>
<td>Boosting Memory &amp; Lowering Risk for Dementia</td>
<td>9</td>
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<tr>
<td>1:00 - 3:00</td>
<td>REC-02</td>
<td>Cross-Country Ski Touring (MWF, 3/8 - 3/17)</td>
<td>7</td>
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<tr>
<td><strong>TUESDAY</strong></td>
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<tr>
<td>8:45 - 10:00</td>
<td>SCI-02-Z</td>
<td>A Century of Fairbanks’s Top 10 Weather and Climate Extremes (TuTh)</td>
<td>14</td>
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<tr>
<td>10:30 - 11:45</td>
<td>REC-03-Z</td>
<td>Fat-Biking</td>
<td>7</td>
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<tr>
<td>12:15 - 1:30</td>
<td>SOC-09-Z</td>
<td>Finding Resources for Independent Travelling</td>
<td>17</td>
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<tr>
<td>2:00 - 3:15</td>
<td>SOC-04-Z</td>
<td>Becoming an OLLI Instructor (last class)</td>
<td>16</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
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<tr>
<td>10:30 - 11:45</td>
<td>HIS-05-Z</td>
<td>Two 20th Century Scoundrels Exiled to Alaska (MW)</td>
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<tr>
<td>1:00 - 3:00</td>
<td>REC-02</td>
<td>Cross-Country Ski Touring (MWF, 3/8 - 3/17)</td>
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<td><strong>THURSDAY</strong></td>
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<tr>
<td>8:45 - 10:00</td>
<td>SCI-02-Z</td>
<td>A Century of Fairbanks’s Top 10 Weather and Climate Extremes (TuTh)</td>
<td>14</td>
</tr>
<tr>
<td>9:00 - 11:30</td>
<td>ART-04-Z</td>
<td>Birch Bark Picture Frames (last class)</td>
<td>4</td>
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<td><strong>FRIDAY</strong></td>
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<tr>
<td>1:00 - 3:00</td>
<td>REC-02</td>
<td>Cross-Country Ski Touring (MWF, 3/8 - 3/17)</td>
<td>7</td>
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</table>

### Session II Daily Schedule (March 15 - April 9)

<table>
<thead>
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<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
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<tbody>
<tr>
<td><strong>MONDAY</strong></td>
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<tr>
<td>10:30 - 11:45</td>
<td>RB-02-Z</td>
<td>Intermediate Astrology II</td>
<td>14</td>
</tr>
<tr>
<td>10:30 - 11:45 am</td>
<td>CP-04-Z</td>
<td>Adobe Lightroom for Photos</td>
<td>5</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>SOC-10-Z</td>
<td>Our Whole Gwich’in Way of Life Has Changed</td>
<td>17</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>LIT-03-Z</td>
<td>Poetry of John Prine</td>
<td>12</td>
</tr>
<tr>
<td>1:00 - 3:00</td>
<td>REC-02</td>
<td>Cross-Country Ski Touring (MWF, 3/8 - 3/17)</td>
<td>7</td>
</tr>
<tr>
<td>2:00 - 4:30</td>
<td>HIS-06-Z</td>
<td>Why Do We Still Have the Electoral College?</td>
<td>10</td>
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<tr>
<td><strong>TUESDAY</strong></td>
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<tr>
<td>10:30 - 11:45</td>
<td>CP-05-Z</td>
<td>“Photos” for Mac, iPhone, and iPad</td>
<td>6</td>
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<tr>
<td>10:30 - 11:45</td>
<td>LIT-04-Z</td>
<td>Sam Pepys: A Lust for Life</td>
<td>12</td>
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<tr>
<td>12:15 - 1:30</td>
<td>HIS-07-Z</td>
<td>Mining Pioneers in the North Country Metal Dredging Industry</td>
<td>10</td>
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<tr>
<td>12:15 - 1:30</td>
<td>THT-01-Z</td>
<td>Introduction to Storytelling</td>
<td>13</td>
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<tr>
<td>2:00 - 3:15</td>
<td>HIS-08-Z</td>
<td>Scrambles for Pacific Resources in the 1800s</td>
<td>10</td>
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<tr>
<td>2:00 - 4:00</td>
<td>LIT-05-Z</td>
<td>Remarkable Poems 2</td>
<td>13</td>
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<tr>
<td>3:45 - 5:00</td>
<td>FF-01-Z</td>
<td>Making and Utilizing Biochar</td>
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<tr>
<td>5:30 - 6:45</td>
<td>FF-02-Z</td>
<td>Artisan-Style Bread and Sourdough II</td>
<td>8</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
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<tr>
<td>8:45 - 10:00</td>
<td>REC-04-Z</td>
<td>Pickleball 101</td>
<td>7</td>
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<tr>
<td>10:30 - 11:45</td>
<td>CP-06-Z</td>
<td>Data Privacy: What You Can Do</td>
<td>6</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>SCI-03-Z</td>
<td>Where does the mercury in my fish come from?</td>
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<tr>
<td>12:15 - 1:30</td>
<td>LIT-06-Z</td>
<td>Poetry, Song, and Drama from Dublin</td>
<td>13</td>
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<td>12:15 - 1:30</td>
<td>SCI-04-Z</td>
<td>Engineering Immortality</td>
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<td>1:00 - 3:00</td>
<td>REC-02</td>
<td>Cross-Country Ski Touring (MWF, 3/8 - 3/17)</td>
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<td>2:00 - 3:15</td>
<td>HIS-09-Z</td>
<td>History of the Fortymile to 1941</td>
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<tr>
<td>3:45 - 5:00</td>
<td>ART-05-Z</td>
<td>Drawing Made Easy</td>
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<td>3:45 - 5:00</td>
<td>HL-06-Z</td>
<td>Breathe, Stretch, Relax</td>
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<tr>
<td>5:30 - 6:45</td>
<td>HIS-10-Z</td>
<td>Topics in Contemporary Politics in Alaska</td>
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<tr>
<td>Time</td>
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<td>THURSDAY</td>
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<tr>
<td>10:30 - 11:45</td>
<td>PHIL-02-Z</td>
<td>Justice II</td>
<td>12</td>
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<tr>
<td>12:15 - 1:30</td>
<td>HL-07-Z</td>
<td>Emergency Preparation for Interior Alaska</td>
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<tr>
<td>12:15 - 1:30</td>
<td>LIIT-07-Z</td>
<td>The Stories of William Trevor</td>
<td>13</td>
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<tr>
<td>2:00 - 3:15</td>
<td>MUS-01-Z</td>
<td>Singing for All</td>
<td>13</td>
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<tr>
<td>2:00 - 3:15</td>
<td>SCI-05-Z</td>
<td>Northern Animal Adaptations</td>
<td>15</td>
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<td>3:45 - 5:00</td>
<td>FF-03-Z</td>
<td>Extend the Growing Season with Efficient Energy</td>
<td>8</td>
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<tr>
<td>5:30 - 6:45</td>
<td>MUS-02-Z</td>
<td>Sh-boom: Reducing Anxiety and Depression through Music of the 1950s and 1960s</td>
<td>13</td>
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<tr>
<td>FRIDAY</td>
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<tr>
<td>10:30 - 11:45</td>
<td>CP-07-Z</td>
<td>Library 101</td>
<td>6</td>
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<tr>
<td>10:30 - 11:45</td>
<td>HL-08-Z</td>
<td>Haircut Tips (3/19 and 3/26)</td>
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<td>12:15 - 1:15</td>
<td>HIS-11-Z</td>
<td>Behind The Scenes at the Alaska Film Archives</td>
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<tr>
<td>12:15 - 1:30</td>
<td>SOC-11-Z</td>
<td>Exceptionality</td>
<td>17</td>
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<tr>
<td>2:00 - 3:15</td>
<td>SOC-08b-Z</td>
<td>Introduction to Sand Tray Therapy (3/19 and 4/9)</td>
<td>16</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>ART-06-Z</td>
<td>Birch Tree Art</td>
<td>5</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-09-Z</td>
<td>Intro to Osteopathic Manipulative Medicine &amp; Healthy Movement</td>
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<tr>
<td>Session II Add-On (April 12 - 16)</td>
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<tr>
<td>MONDAY</td>
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<td>10:30 - 12:30</td>
<td>ART-07-Z</td>
<td>Watercolor Magic</td>
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<td>12:15 - 1:30</td>
<td>FF-04-Z</td>
<td>Five Days of Tea (MTuWThF)</td>
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<tr>
<td>2:00 - 4:30</td>
<td>HIS-12-Z</td>
<td>American Nations: Are States Obsolete? (MWF)</td>
<td>11</td>
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<tr>
<td>TUESDAY</td>
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<tr>
<td>10:30 - 11:45</td>
<td>SCI-06-Z</td>
<td>Blue, Green, &amp; Wild All Over: Climate Change in Alaska’s Glaciers and Forests (TuTh)</td>
<td>15</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>FF-04-Z</td>
<td>Five Days of Tea (MTuWThF)</td>
<td>8</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>FF-04-Z</td>
<td>Five Days of Tea (MTuWThF)</td>
<td>8</td>
</tr>
<tr>
<td>2:00 - 4:30</td>
<td>HIS-12-Z</td>
<td>American Nations: Are States Obsolete? (MWF)</td>
<td>11</td>
</tr>
<tr>
<td>THURSDAY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>SCI-06-Z</td>
<td>Blue, Green, &amp; Wild All Over: Climate Change in Alaska’s Glaciers and Forests (TuTh)</td>
<td>15</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>FF-04-Z</td>
<td>Five Days of Tea (MTuWThF)</td>
<td>8</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>HIS-13-Z</td>
<td>Keystone Canyon, The Great Shootout</td>
<td>11</td>
</tr>
<tr>
<td>FRIDAY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HIS-14-Z</td>
<td>Connecting Alaska’s Villages</td>
<td>12</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>FF-04-Z</td>
<td>Five Days of Tea (MTuWThF)</td>
<td>8</td>
</tr>
<tr>
<td>2:00 - 4:30</td>
<td>HIS-12-Z</td>
<td>American Nations: Are States Obsolete? (MWF)</td>
<td>11</td>
</tr>
</tbody>
</table>

Online registration open 9:30 am Wednesday January 13 (see p. 22)
Membership and Fees

Membership
In spring 2021, we are transitioning from a calendar-year membership year to UAF’s fiscal year, so just for this term we are offering reduced-rate 6-month memberships.

For just $16, individuals 50 and over can become OLLI members for the six-month period of January through June, 2021. Membership includes lecture series, newsletters, special interest groups (meeting online) and eligibility to register for courses. Unlimited membership is $91 for spring 2021 and covers tuition for all your courses.

Parking
All spring 2021 courses are distance-delivered, so you won’t need to drive or park.

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 Courses

Register online: Go to https://reg130.imperisoft.com/UAF/Search/Registration.aspx
- Registration begins Jan. 13 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 (2021) 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. 13.
- Traveling on Jan. 13, no computer access, or just not confident you can register yourself? We accept mail-in and emailed registrations. Our office is not open for visitors, but you can slide your registration form under our door. Your chances of getting into high-demand courses are best if you can register yourself promptly at 9:30 am on Jan. 13.

No Computer?
Fill out the form.

Fill out the Online Registration Worksheet (see next page) and mail to the OLLI office. We will enter all paper registration forms in the order received, starting at 9:30 am on January 13.

- 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.)
- When the building reopens to the public, visit us at:
  Old University Park Building, room #159
  1000 University Ave.
  Fairbanks, Alaska
**Online Registration Worksheet • Spring 2021**

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

Registration opens Jan. 13 at 9:30 am, online at  
https://reg130.imperisoft.com/UAF/Search/Registration.aspx  
All Spring 2021 OLLI courses are distance-delivered via Zoom except for REC-02 Cross-Country Ski Touring, which is held outdoors.

<table>
<thead>
<tr>
<th>SESSION “Semester”</th>
<th>COURSE NO. “Topic”</th>
<th>TITLE e.g. Dawn of Civilization, section a</th>
<th>RANK 1, 2, 3,...</th>
<th>DAY &amp; TIME e.g. M 12:15-1:30</th>
</tr>
</thead>
<tbody>
<tr>
<td>My most-wanted courses (register for these on Jan. 13):</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I</td>
<td></td>
<td></td>
<td>1</td>
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<td>I</td>
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<td>2</td>
<td></td>
</tr>
<tr>
<td>II</td>
<td></td>
<td></td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

Other courses (register for these on Jan. 14 or later):

**STEP 1:** Purchase your 2021 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:  
$16 for regular membership or $91 for  
membership + unlimited classes. You  
cannot register for courses online until  
you are a member for 2021.

**STEP 2:** If you will be enrolling yourself  
online, make sure you know your  
username and password. Test it by  
logging in before Jan. 13.  
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. 13  
OR send your completed form to the OLLI office  
before Jan. 13.

**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-June, 2021)</td>
<td>$16</td>
</tr>
<tr>
<td>OR Unlimited membership.</td>
<td>$91</td>
</tr>
<tr>
<td>Tuition (for Regular members only) ____ courses × $15</td>
<td>$ _____</td>
</tr>
<tr>
<td>Sponsor an instructor’s membership (optional)</td>
<td>$16</td>
</tr>
<tr>
<td>Some courses have additional materials fees payable directly to the instructor; see course descriptions.</td>
<td></td>
</tr>
<tr>
<td>TOTAL FEES</td>
<td>$ _____</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.
THANK YOU!
to all who donated to the Osher Lifelong Learning Institute at UAF in 2020.

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!

Benefactor
(Donation of $1000 and up)
- Anonymous
- Roger & Sylvia Burns
- Joe & Rhea DuPras
- Susan Gainey
  In memory of Bill and Isabelle Mudd
  Janet Hoople
- Monte Landis
- Dave & Carol Norton
- Rich & Patty Seifert
- Alice Stickney

Patron
($500 - $999)
- Marianne Boko
  In honor of Jean Tignois
- Sarah Garland
  In memory of Dietrich Strohmaier
- Barbara Horner-Miller
- Sarah Keller
  In memory of Penny Wakefield
- Judy Kleinfeld
- Linda Pearson
- Jane Zimmerman

Donor
($250 - $499)
- Gary Bender
- June Champlin
- Sandra Daunhauer
- Ron & Carol Johnson
- Ritchie & Mike Musick
- Sandra O’Connor
  In memory of Francis O’Connor
- Judy Rae Smith
- Cindy Williams

Supporter
($100 - $249)
- Anonymous
- Karen Baker
- Sharon Berrian
  Susan & George Burgess
- Myrna Burtness
- Charlotte Cannon
  Pat Fox
- Victoria Franch
- Dave Frey & Laurie Walton
- Myra Helmer
- Max Hoberg & Molly Manaugh
- Monte Jordan
- Shirley Liss
- Mary Matthews
- Ed McLaughlin
- John & Judi Morack
- Mary Moriarty
  Gail Murakami
- Mary Ann Nickles
  Marilyn Richardson
- Joan Soutar & Lewy Overton
- Melody & Jerry Springer
- Susan Sugai

In honor of Alice Stickney’s birthday

Friend
($25 - $99)
- Kristina Ahlnäs
  In honor of Rachel Thomas

- Cheryl Berrong
- Mary Ann Borchert
- Linda Fiess
  Jean James
  In memory of William (Bill) James, MD
- Cheryl Keepers
- Rosalie L’Ecuyer
- Peggy Mantei
  Patricia Mata-Celis
- Grace Moore
  In memory of Bill Mendenhall
- Robert Quillin
- Scott Sexton
- Margaret Soden
- Dorothy Stella
- Carl Weed

Names not listed
An additional $2,174 was donated in amounts smaller than $25. Most of these gifts were donations of $15 tuition fee refunds from canceled spring 2020 courses. 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

Registration Tips
- Registration is first-come, first-served. Many courses have limited enrollment and may fill quickly.
- Purchase your membership before Jan. 13.
- Test your username and password before Jan. 13.
- On Jan. 13, register for up to 3 courses in Session I and 3 in Session II. On Jan. 14 or later, add as many more as you wish.
- Not confident registering yourself? Send your form to OLLI and we’ll register you on Jan. 13.
Mark Your Calendars

First-come, first-served
ONLINE REGISTRATION
begins 9:30 a.m. Wed. Jan. 13
Can't register yourself? Fill out the worksheet on p. 23 and mail to the OLLI office.

“-Z” for Zoom:
lots of real-time distance-delivered courses to enjoy in the safety of your own home

A HEALTH CLUB FOR YOUR MIND!