



Summer Semester 2025

April 28 – June 6

- Summer Semester registration for all programs opens on March 20 at 9:30am.
- Before registering, please read the Important Information section (pages 19-23) at the end of this catalog of course descriptions. This section includes the refund policy, adverse weather policy and more.
- You may phone in your registration at 919.515.5782 (option 1) or register online at www.ncsu.edu/olli.
- Use **ollitrips** as the search term in the catalog search bar to find only OLLI study trips and experiential learning within the Reporter database.
- Use **ollisu25** as the search term in the catalog search bar to find all OLLI offerings within the Reporter database.
- Be aware that some offerings overlap in time, so double-check your schedule before finalizing your registration (drop fees apply).
- Introduce a friend to an OLLI! The following lectures are being offered at a non-member rate of \$20 each:
 - Discussion with Author Ron Rash: Writing *Serena* (via **Zoom**) - pg. 10
 - A History of *The News and Observer* and the Daniels Family - pg.11
 - What Are the Limits of Presidential Power? – pg. 11
 - The Murderous Wilmington Coup of 1898 (via **Zoom**) - pg. 11
 - Strange Bedfellows: Religion and Politics in Japan - pg. 13
 - The Crook Lab at NC State: Engineering Bacteria to Eat Plastics – pg. 13
 - Thomas Day, Father of the NC Furniture Industry – pg. 14
 - The Resell Market-Money in Your Closet – pg. 14
 - This Old Dog: Aging on Four legs – pg. 15
 - Building Codes and the General Assembly: Safety, Costs and Challenges – pg. 16

Activity Levels

Activity Levels help OLLI members assess if an activity is appropriate for their lifestyle. Please contact the OLLI office if you have specific accessibility concerns prior to registering. Staff will work with the destination to foster the best possible experience for all. Some destinations are not recommended for those utilizing mobility aids.

Level 1: Enter/exit OLLI transportation with minimal assistance, stand or walk for up to an hour with minimal opportunity for sitting, able to navigate uneven surfaces and stairs successfully up to 14 steps.

Level 2: Climb flight(s) of stairs, stand or walk for over an hour with minimal opportunity for sitting, able to navigate uneven surfaces and inclines successfully.

Level 3: Be able to participate in three to five hours of daily physical movement, stand or walk for over two hours with minimal opportunity for sitting, able to navigate uneven surfaces and inclines successfully.

Level 4: Be in excellent physical health and lead an active lifestyle, plus Levels 1-3.

STUDY TRIPS

Tuesday

Study Trip – Bull City Baseball

Activity Level 2

Calling all lollygaggers! Spend a summer afternoon at the Durham Bulls Athletic Park cheering on your Durham Bulls. Enjoy the beauty of DBAP – built in 1995 by HOK Sport + Venue + Event, architects of Camden Yards, Jacobs Field, and Coors Field. Located in downtown Durham off the freeway, the ballpark reflects many characteristics of old-time ballparks and historic Durham architecture. Can you spot the Snorting Bull or the Blue Monster? Game starts at 11:05 a.m.

Note: DBAP is a cashless facility, only major credit and debit cards accepted. Bags or containers larger than 16" x 16" x 8" are prohibited.

Includes: Transportation by NC State bus, assigned seating, digital ticket to game

Depart: 9:45 a.m.

Return: Approximately 3:30 p.m.

Course #: MCE-LLI-4-041 **Instance #:** 000003 **One Session:** 9:45 a.m.-3:30 p.m. **Date:** May 6 **Limit:** 26

Location: Durham, NC **Fee:** \$50 **Registration Deadline:** April 29

Wednesday

Study Trip – WRAL Studio Tour

Activity Level 2

Take a guided tour of your local WRAL-TV studio for a behind-the-scenes look at how the news is brought to you. A staple for Raleighites, OLLI will explore the Weather Center, the control center and perhaps chat with a presenter! Notable former WRAL-TV on-air staff include Stuart Scott, Jim Axelrod and Bill Leslie. In 1937, Raleigh lawyer and businessman, A.J. Fletcher applied for a 250-watt AM radio station and formed Capitol Broadcasting Company. Thus, WRAL-AM went on the air in 1939, the second commercial radio station to broadcast from Raleigh. The first WRAL-TV broadcasts were aired in 1956. Come learn how technological advances have shaped news programming in the Triangle.

Note: Please wear closed toed shoes and layers. The tour will last approximately 90 minutes. Be prepared to stand and walk for the duration. We will need to sign waivers upon arrival.

Includes: Private tour of WRAL Studios. **Participants will travel on their own to WRAL.**

Meet at: WRAL TV Studios, 2619 Western Boulevard, Raleigh, NC 27606

We will meet outside the WRAL building at 9:45 a.m. OLLI Special Programs Coordinator, Lindsey Hale, will meet you on arrival and will accompany the group on the study trip. You will receive a reminder email three business days before the date with further instructions, including directions and parking instructions.

Tour Concludes: Approximately 11:30 a.m.

Course #: MCE-LLI-4-083 **Instance #:** 000002 **One Session:** 9:45 a.m.-11:30 a.m. **Date:** May 7 **Limit:** 24

Location: 2619 Western Boulevard, Raleigh, NC 27606 **Fee:** \$40 **Registration Deadline:** May 1

Friday

Study Trip -- Friday Favorites at the NC Symphony: Brass Transit

Activity Level 1

North America's number one Chicago tribute band, Brass Transit, has toured for over a decade—dazzling audiences with flawless performances of Chicago hits like “Saturday in the Park,” “25 or 6 to 4,” and “You're the Inspiration.” Now, they're joining your North Carolina Symphony for one day only! The band's show includes all the hits from Chicago's golden age. With world-class horn and rhythm sections, and vocals stacked sky high, Brass Transit transports its audience back to the freewheeling days of the seventies.

Note: Lunch is not included in the program so eat a hearty breakfast and take along a snack to eat on the bus.

No bags larger than 12" x 12" x 10" will be allowed. Seating is assigned by OLLI staff.

Includes: Transportation by NC State bus, ticket

Depart: McKimmon Center at 11:30 a.m.

Return: Approximately 1:15 p.m. to the McKimmon Center

Course #: MCE-LLI-4-105 **Instance #:** 000001 **One Session:** 11:30 a.m.-1:15 p.m. **Date:** May 2 **Limit:** 29

Location: Meymandi Concert Hall **Fee:** \$50 **Registration Deadline:** April 25

Study Trip – Water Treatment Plant Tour

Activity Level 3

Learn how the City of Raleigh gets its drinking water! In this ninety minute walking tour, discover the steps to water purification and how Raleigh Water manages to supply 52 million gallons of drinking water per day to its 630,000 customers. The City of Raleigh has repeatedly won awards for having the best-tasting water system in the state.

Note: Participants are required to wear closed toed shoes, socks, and long pants. A waiver must be completed prior to the tour.

Includes: Transportation by NC State bus, guided tour of facilities

Depart: 8:30 a.m.

Return: Approximately 11:30 a.m.

Course #: MCE-LLI-4-110 **Instance #:** 000001 **One Session:** 8:30 a.m.-11:30 a.m. **Date:** May 16 **Limit:** 19

Location: Benton Water Treatment Plant | 2301 Benson Rd, Garner, NC 27529 **Fee:** \$40 **Registration**

Deadline: May 9

EXPERIENTIAL LEARNING

Thursday

Handbuilding Pottery at Pullen Arts Center: Garden Gnomes

Activity Level 1

Facilitator: Ashley Bonner

In this quick one-day class we will be creating and glazing slab-built garden gnomes. You will learn how to roll out a slab of clay, work with templates, and learn basic attachment techniques for working with clay. This project-based class is a fun way to try something new and get a quick trial of working with clay.

Facilitator: Ashley Bonner; born and raised in Raleigh N.C.; BFA in sculpture and ceramics from UNC-Greensboro; Ashley returned to Raleigh and has been teaching at local arts centers in the Raleigh/Cary area since 2021, focusing mostly on ceramics skills classes; along with teaching Ashley is a studio coordinator for

Pullen Arts Center, as well as an Instructor and Ceramic Studio Assistant for the Cary Arts Center; when not working, Ashley can occasionally be found creating pottery in the quiet corners of each studio location.

Note: Meet at the Pullen Arts Center's ceramic studio, located on the lower level and handicapped accessible. Free parking is available onsite. Works will be fired by Pullen staff and you will be able to pick them up at the McKimmon Center two weeks after the class. You will receive an email from the OLLI office when your items are ready. Participants may sit or stand during the workshop. Please arrive without hand and wrist jewelry, and in clothing that can get dirty.

Course #: MCE-LLI-4-106 **Instance #:** 000001 **One Session:** 10:00 a.m.-12:00 p.m. **Date:** May 15 **Limit:** 12
Location: Pullen Arts Center | 105 Pullen Road, Raleigh **Fee:** \$45 **Registration Deadline:** May 10

Forest Bathing at the JC Raulston Arboretum

Activity Level 2

Facilitator: Shawn Ramsey

Take a break from the daily stresses of work and life! Forest Bathing (aka Forest Therapy or Shinrin-yoku) is a science-backed wellness practice that originated in Japan more than 40 years ago. Some of the proven benefits include reduced stress, improved mood, lower blood pressure, and a boosted immune system. Led by certified Forest Therapy Guide Shawn Ramsey, this two-hour guided, immersive Forest Bathing Experience encourages you to slow your pace, awaken your senses to the present moment, and experience a new way of being in nature.

Facilitator: Shawn Ramsey; certified Forest Therapy Guide committed to facilitating experiences that open the senses through a series of nature-connected invitations; her unique approach draws from her training in forest therapy, mindfulness, and Positive Psychology coaching; she believes that nature is the perfect catalyst for stress management, growth and exploration; and a powerful ally when it comes to supporting our physical and emotional well-being.

Course #: MCE-LLI-4-096 **Instance #:** 000002 **One Session:** 10:00 a.m.-12:00 p.m. **Date:** May 22 **Limit:** 20
Location: JC Raulston Arboretum | 4415 Beryl Rd, Raleigh 27606 **Fee:** \$50 **Registration Deadline:** May 17

Friday

Intro to Pasta Making - Southern Italian Pasta and Sauces

Activity Level 2

Facilitator: Carmella Alvaro

Take a trip through three different regions of Southern Italy with the owner of Melina's Fresh Pasta & Il Laboratorio Carmella Alvaro. Carmella's family is from Calabria - right on the toe of the Italian boot. In this class, Carmella will teach you the hand rolled pasta making traditions of Southern Italy. Made with flour and water and then shaped by hand, these chewy pastas pair well with any sauce. During the class you will make the dough and shapes from three Southern Italian regions. Carmella will demonstrate how to make quick traditional regional sauces for each pasta shape: Fusilli with Aglio, Olio e Peperoncino from Calabria, Cavatelli with pomodoro (tomato) sauce from Campania, and Anellini alla Pecorara (vegetable sauce) from Abruzzo. The class ends with the opportunity to enjoy eating what you've made – typically enough for a light to medium sized meal - and a mini cannoli for dessert. On completion of the class, the OLLI office will email you a pdf of the class recipe book.

Facilitator: Carmella Alvaro; owner and pasta maker of Melina's Fresh Pasta and Il Laboratorio; she grew up in a local close knit Italian American community watching her mom cook meals from scratch, using ingredients her dad grew in his backyard garden; after leaving home, Carmella missed the homemade Italian food she

grew up and took a trip to Italy to learn how to make fresh pasta; founded Melina's Fresh Pasta in 2010 and Il Laboratorio in 2024; Carmella envisions her pasta making classes as immersive experiences in which students can master the techniques of pasta making and gain a deep appreciation for the culinary traditions and flavors of Italy.

Note: Participants drive themselves to 3101 Guess Rd, Unit E, Durham, NC. Pasta making inherently exposes participants to these allergens: dairy, wheat, & eggs. This class cannot accommodate dietary restrictions related to dairy, wheat and/or eggs. Please list your food allergies when registering.

Course #: MCE-LLI-4-108 **Instance #:** 000001 **One Session:** 11:00 a.m.-1:00 p.m. **Date:** May 9 **Limit:** 14

Location: Il Laboratorio - The Cooking Lab, 3101 Guess Road, Unit E, Durham, NC 27705 **Fee:** \$90

Registration Deadline: May 1

Intro to Leatherwork: Making a Card Wallet

Activity Level 2

Facilitator: Kelly McKay

Join Kelly McKay for an introduction to leatherworking with this adorable card holder. Learn how to transfer a pattern to genuine leather, cut, punch, and stitch it using the traditional saddle stitch method, as well as finishing techniques for a professional touch. All steps of basic leatherworking will be touched upon, giving you a great foundation to move on to larger or more complicated projects if you are so inspired. All supplies will be provided, along with informational handouts and recommendations for further learning resources.

Facilitator: *Kelly McKay*, happiest making All The Things, All The Time; she currently uses the left side of her brain wrangling spreadsheets as a manager at Craft Habit, and keeps the right side of her brain busy with knitting, metalworking, lotion & lip-balm making, embroidery, cross-stitch, painting, drawing, and sewing garments; you'll find her clad in custom-made crafts from her hand knitted socks to her dill pickle lip balm.

Note: Participants drive themselves to Craft Habit.

Course #: MCE-LLI-4-109 **Instance #:** 000001 **One Session:** 11:00 a.m.-2:00 p.m. **Date:** May 16 **Limit:** 10

Location: Craft Habit, 3224 Lake Woodard Dr., Raleigh 27604 **Fee:** \$90 **Registration Deadline:** May 11

Intro to Lotion Making

Activity Level 1

Facilitator: Kelly McKay

Keep your skin happy and nourished by learning to make your own hand and body lotion! In this class, you'll see just how easy it is to build your own custom blend of oils, butters, and fragrance out of ingredients you can actually pronounce. We will discuss ingredient combinations while mixing up individual batches per student. You'll come away with ~8 ounces of lotion in two 4 ounce containers. All supplies will be provided, along with informational handouts and recommendations for further learning resources.

Facilitator: *Kelly McKay*, see bio above.

Note: Participants drive themselves to Craft Habit. Multiple fragrance oils will be used in this class. While adding scent is not a necessary ingredient in lotion, others will be using it in theirs. Bring an appropriate mask if heavy fragrance is bothersome to you.

Course #: MCE-LLI-4-107 **Instance #:** 000001 **One Session:** 11:00 a.m.-12:30 p.m. **Date:** May 23 **Limit:** 10

Location: Craft Habit, 3224 Lake Woodard Dr., Raleigh 27604 **Fee:** \$50 **Registration Deadline:** May 18

MULTI-WEEK COURSES

Tuesday

Women in the U.S. Military: 1917-2002

Instructors: Dave Milidonis, Sally Benson

Not until 1917 did our nation's leaders recognize our society could not afford to exclude the contributions that women could make to our military. Join us for a journey telling the stories of the expanding roles of women in our U.S. Armed Forces. From the nurses and "yeomanettes" of WWI, through the WAACS, WACS, WAVES, SPARS, and Marine Corps Women's Reserve of WWII, up to and including our most recent conflicts, women in U.S. military uniforms have been major contributors to our success in both war and peace. At the end of the 20th century and the beginning of the 21st, there were a lot of "firsts" for women in the military. This story has no ending. We will have the rare opportunity to meet and interview one of those pioneers, Navy Commander (ret.) Sally Benson

Instructor: *Dave Milidonis*; founder and managing director of the non-profit organization, the National Veterans History Archival Institute (NVHAI); 1974 graduate, U.S. Military Academy, West Point; 20 years U.S. Army infantry experience; veteran OLLI instructor and 2019 recipient of the William C. Friday Award for Distinguished Service in Retirement, given by NC State's Association of Retired Faculty.

Instructor: *Sally Ann Weeks Benson*; graduated UNCG Women's College in 1969; at age 34, Sally entered the U.S. Navy as an OCS candidate, in Newport, RI.; Cmdr Benson had entered the U.S. Navy at the time in which women were being integrated into the regular services; all of her ensuing assignments would become "Female Firsts."; she was one of the first female officers to be assigned as the repair officer at the Nuclear Repair Facility in Groton, CT.; served as the Flag Secretary and Admin Commander of the Combat Logistics Group at Alameda, CA.; as a naval officer, she attended and graduated from the U.S. Army Command and General Staff College at Leavenworth, KS.; served on the Admiral's Staff in Yokusuka, Japan; assigned to the J1 staff of the Personnel Manpower Division at the Pentagon, during General Hugh Shelton's tenure. Her last command assignment was at the Naval Technical Training Center, Meridian, MS.; Commander Benson retired from the U.S. Navy in 2002.

Course #: MCE-LLI-1-274 **Instance #:** 000001 **Six Sessions:** 9-10:30 a.m. **Dates:** Apr. 29, May 6, 13, 20, 27, June 3 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$55 **Registration Deadline:** Apr. 27

Propagation Techniques for Growing More Plants

Instructor: Cindy Chappell

In this course, we will learn about propagation, starting with seeds, layering, air layering and division. We will work with leaf cuttings and stem cuttings and have some hands on activities. Explore ways to propagate at home without expensive equipment, with the goal to be able to add plants to your garden or give to friends.

Instructor: *Cindy Chappell*; ECU Art Teacher K-12; Certified Wake County Extension Master Gardener; school system 3 years, wholesale/retail auto parts 35 years, raised exotic birds for 30 years, retired, now teaching weaving and spinning from home; Golden Shovel Award NC State Cooperative Extension, RDCBS Board 5 years, RDCBS Bird Fair Chairman 25 years.

Course #: MCE-LLI-2-065 **Instance #:** 000002 **Three Sessions:** 11:00 a.m.-12:30 p.m. **Dates:** May 13, 20, 27 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$40 **Registration Deadline:** May 11

China Today

Instructors: Mike Flynn, Walter Schenberger

Modern China's rise as a major economic and military power is the result of a series of strategic policies, reforms, and historical events, especially in the last 50 years. This course will discuss some of these foundational factors, including China's demography, energy, government, and foreign and domestic investment. We will consider how current initiatives will impact future growth potential. There will also be an explanation of China's military buildup, examining its naval, air, ground, and strategic forces. We will explore the "Belt and Road" initiative as a means of power projection. Additionally, we will discuss China's claims over crucial shipping lanes in the South China Sea, the construction and militarization of artificial islands, and the effects of these actions on neighboring countries, including the Philippines, Brunei, Indonesia, Malaysia, and Vietnam.

Instructor: *Mike Flynn*; retired Army officer who served over 30 years on active duty; his assignments ranged from leading an airborne infantry platoon to service on the Department of the Army Staff where he processed all Joint Chiefs of Staff actions for the Army; he deployed overseas on multiple occasions including to conflict environments in Vietnam (twice), Grenada and Desert Storm; OLLI member and returning instructor.

Instructor: *Walter Schenberger*; retired USAF officer who spent 30 years serving in various roles at the tactical level flying airplanes, at the operational level in planning, preparing for and executing operations in Hawaii and Iraq, retiring as a military attache from the U.S. Embassy in Seoul, South Korea.

Course #: MCE-LLI-2-162 **Instance #:** 000002 **Two Sessions:** 1-2:30 p.m. **Dates:** Apr. 29, May 6 **Limit:** 55

Location: McKimmon Room 11/12 **Fee:** \$30 **Registration Deadline:** Apr. 27

Tips for Using Gmail Effectively

Instructor: Tina Certo

This course will help an existing Gmail user become more familiar with the effective use of this cloud email application. Basic email etiquette concepts will be covered, along with navigating through the "settings" menus of the tool. How Gmail integrates with Contacts and other Google tools will be introduced. It is highly recommended that registrants already have a Gmail account.

Instructor: *Tina Certo*; B.A. Communications, Fordham University; MLS UNC-Chapel Hill; retired Project Manager, Technical Business Analyst and Integrative Health Coach; OLLI member since 2014; coordinates OLLI's Psychology, Philosophy, Religion and Lifestyle, General, Health subcommittees; serves on the Program Development Committee and Advisory Council and Mah Jongg Special Interest Group; 2022 recipient of OLLI's Volunteer of the Year Award; originally from N.Y. she has enjoyed living in N.C. since 1974.

Course #: MCE-LLI-2-147 **Instance #:** 000002 **Three Sessions:** 1-2:30 p.m. **Dates:** May 13, 20, 27 **Limit:** 20

Location: McKimmon Room 11/12 **Fee:** \$40 **Registration Deadline:** May 18

Wednesday

Mexico: 3500 Years of History

Instructor: Peter Marin

The course will survey the history of Mexico, divided into pre-Hispanic, colonial and modern periods. We will use art as the means to explore the rich and vibrant cultural traditions and influence of the last 3500 years. Explore the wonder and beauty of our southern neighbor with Mexico City born artist and educator Peter Marin, owner of Peter Marin Artworks in downtown Raleigh.

Instructor: *Peter Marin*; artist, arts educator, curator and owner of Peter Marin Artworks, offering arts education, consultation and cultural tourism; his studio is in Raleigh, N.C.; Marin serves as Curator of

Exhibitions/Artistic Director for Diamante Arts and Cultural Center in Raleigh; he is the artist and curator behind Dia de Oakwood, a yearly Day of the Dead event held at Historic Oakwood Cemetery; Marin was also the artist behind the large ofrenda built for the Mexican Modernism exhibition at NCMA in 2019/20.

Course #: MCE-LLI-2-166 **Instance #:** 000001 **Three Sessions:** 9-10:30 a.m. **Dates:** May 7, 14, 21 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$40 **Registration Deadline:** May 5

Exploring Mystery Novels

Instructor: Sara Johnson; *Guest Presenters:* Phyllis Demko, Thomas Kies

Everyone loves a Whodunit and this class will crack the case! Participants will plunge into the history of the genre and the greats who introduced it to the masses. We will investigate the elements that propel plot, intrigue, and suspense. Learn how the perfect setting transports the reader and how authors create memorable characters, suspects, and villains. We will poke into tropes--good or bad?-- and unravel the subgenres of espionage, thrillers, historical, cozies, and horror. Guest presenters include veteran OLLI instructor Phyllis Demko, and Thomas Kies, author of the Geneva Chase Crime Reporter Mysteries.

Recommended Reading (Optional): Alexa Glock mysteries, Sara E. Johnson; Geneva Chase mysteries, Thomas Kies

Instructor: *Sara E. Johnson*; is a *New York Times* Readers' Pick author of the Alexa Glock Forensics Mysteries. The fifth in the series, *The Hungry Bones*, was published June, 2024; Sara, a former reading specialist, lives in Durham, North Carolina; she is a graduate of Durham Citizen Police Academy, is past president of Triangle Sisters in Crime, and belongs to the North Carolina Writers' Network; she has taught mystery classes for NC State and Duke OLLI.

Guest Presenter: *Phyllis Demko*; has been an active OLLI volunteer since 2013, including service on the Program Development Committee and as an OLLI instructor; her career was in higher education as a lawyer, human resources administrator and instructor in literature, writing and education.

Guest Presenter: *Thomas Kies*; Edgar-nominated author of five Geneva Chase mystery novels; he has a long history of working for newspapers and magazines in New York, New England, and North Carolina; in addition to journalism and writing mysteries, he is a college creative writing teacher, playwright, actor and environmentalist who lives with his wife, Cindy, on a barrier island on the coast of North Carolina; father of three grown children, four grandchildren, and the dog dad to a Shih-tzu named Annie.

Course #: MCE-LLI-1-273 **Instance #:** 000001 **Six Sessions:** 11:00 a.m.-12:30 p.m. **Dates:** Apr. 30, May 7, 14, 21, 28, June 4 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$55 **Registration Deadline:** Apr. 28

Thursday

How Materials Shaped Human History

Instructor: Alan Brown

Many courses describing the development of human civilization focus on key events, famous people, and environmental, economic and social trends. This class presents a different perspective—how key materials, compounds and molecules aligned with technology to influence the march of history. It will begin in the ancient world, then move through the age of discovery, and finally into the modern age. You will learn how materials such as copper, silver and gold, clay, concrete, paper, spices and chemical compounds were found, modified and used, influencing major political, economic, technological and social changes in our world.

Recommended Reading (Optional): *The Substance of Civilization*, Stephen L. Sass, and *Napoleon's Buttons - 17 Molecules that Changed the World*, Penny Le Couteur and Jay Burreson

Instructor: *Alan Brown*; grew up in Canada and received his Ph.D. in Solid State Physics from the University of Toronto; MBA from Clark University; throughout his career, he has facilitated the transfer of research from universities to start up companies, and has worked in semiconductors, electro-optics, and a wide range of nanomaterials; in addition he has been adjunct faculty, and has served on numerous boards; in retirement, he has volunteered as a tutor at Brunswick Community College, Ingram Planetarium and OLLI UNC Wilmington.

Course #: MCE-LLI-2-167 **Instance #:** 000001 **Two Sessions:** 11:00 a.m.-12:30 p.m. **Dates:** May 29, June 5 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$30 **Registration Deadline:** May 27

Mao's Long March

Instructor: Tim Wu

In this course, we will examine the history of the Long March—one of the greatest military operations undertaken by the Chinese Workers' and Peasants' Red Army. While military history is a crucial part of this course, we will also study other aspects of this campaign. We will explore the complex relations between the CCP and Communist International, the aftermath of the Fifth Encirclement Campaign, Mao Zedong's evolving military and political leadership, the internal conflicts within the Red Army, and the reactions of local warlords.

Instructor: *Tim Wu*; first-year graduate student in the College of Humanities and Social Sciences at NC State; he received a bachelor's degree in History from Reed College; his field of study is late 19th and early 20th century Chinese history, with focus on urban history; he currently works on an urban history project with OLLI instructor Dr. Xiaolin Duan at NC State.

Course #: MCE-LLI-2-165 **Instance #:** 000001 **Two Sessions:** 1-2:30 p.m. **Dates:** May 8, 15 **Limit:** 49 **Location:** McKimmon Room 11/12 **Fee:** \$30 **Registration Deadline:** May 6

The Best U.S. Presidents

Instructor: Jim Parina

Throughout recent history, numerous organizations have published their rankings of U.S. Presidents. This course will review the U.S. Presidents rated the best in history, using consensus data from a variety of different organizations and surveys. We will discuss the criteria used to determine the top rankings. As all surveys do not agree, we will also review the presidents that made it into the top 10 in some sources, but failed to reach broader consensus. We will briefly consider the opinion of the class on those that should have made the cut but were excluded.

Instructor: *Jim Parina*; B.S., Physics, St. John Fisher University; MBA, The University of Pittsburgh; spent 40 years in sales and sales management of scientific instrumentation, most dealing with DNA Sequencing.

Course #: MCE-LLI-2-164 **Instance #:** 000001 **Two:** 1-2:30 p.m. **Dates:** May 29, June 5 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$30 **Registration Deadline:** May 27

History of U.S. Drone Warfare

Instructor: Garrett McKinnon

This course surveys the history of U.S. drone warfare from the technology's earliest iterations during World War I up to the recent past. Each week of class will focus on a key turning point in the history of U.S. drone warfare including the two World Wars, the Cold War, the Vietnam War, the growth of a world market for military drone technology in the late 20th century, and the place of drones in recent armed conflicts of the 21st century. We will focus on the key historical actors, institutions, events, and ideas that guided the "unmanning" of U.S. airpower over the past century.

Instructor: *Garrett McKinnon*; Ph.D., Duke University, M.A., B.A. Louisiana State University; historian of the United States focusing on histories of the military, militarism, foreign relations, technology, gender, and political

economy; fellowships and grants awarded by the Smithsonian Institution, the U.S. National Archives and Records Administration, the Dwight Eisenhower Foundation, the John F. Kennedy Library Foundation, the Lyndon B. Johnson Foundation, and several research libraries.

Course #: MCE-LLI-1-275 **Instance #:** 000001 **Six Sessions:** 3-4:30 p.m. **Dates:** May 1, 8, 15, 22, 29, June 5
Limit: 55 **Location:** McKimmon Room 11/12 **Fee:** \$55 **Registration Deadline:** Apr. 29

Friday

Via Zoom -- Moses: An Unlikely Character

Instructor: Craig Miller

Historical proof for Moses' existence has been elusive. This course presents the improbability that Moses was a historical figure. We will explore Moses as an amalgam of folkloric influences that created the centerpiece of Israelite identity. We will parse the narrative to show its historical, linguistic, and storyboard incongruities, and demonstrate that a figure internal to the narrative could not have authored it. The story will also be discussed as a feminist wisdom tale and a theological portrait, as well as in its diverse literary forms beyond the Torah (Pentateuch).

Required Reading: The biblical books of Exodus, Numbers, and Deuteronomy.

Instructor: *Craig Miller*; doctorate in theology specializing in biblical/classical languages; taught history, religion, classics, and languages in academia for over 40 years; adult education teacher for 25 years; he has been an elected member of scholarly programs and a curriculum designer for academia and government; his mantra is that any subject can be made accessible and enjoyable through student-centered teaching; he is a 30-year CIA and Intelligence Community careerist.

Course #: MCE-LLI-1Z-276 **Instance #:** 000002 **Six Sessions:** 10-11:30 a.m. **Dates:** May 2, 9, 16, 23, 30, June 6 **Limit:** 20 **Location:** Zoom **Fee:** \$55 **Registration Deadline:** Apr. 27

ONE-WEEK LECTURES

Monday

Via Zoom -- Examining Chinese Brush Painting with the National Museum of Asian Art

Docent: Carole Yee

In traditional Chinese literati culture, painting is esteemed as one of the "Three Perfections" alongside poetry and calligraphy. The Smithsonian National Museum of Asian Art houses one of the most important collections of Chinese painting outside of Asia, including masterworks and representative pieces from diverse genres and categories. In this online tour, participants will view stunning imagery and will examine refined brushwork in a selection of Chinese handscrolls, hanging scrolls, and more led by a highly experienced docent.

Docent: *Carole Yee*; Trained docent at the National Museum of Asian Art; Chinese brush painter.

Course #: MCE-LLI-3Z-345 **Instance #:** 000001 **One Session:** 11:00 a.m.-12:30 p.m. **Date:** Apr. 28 **Limit:** 20
Location: Zoom **Fee:** \$15 **Registration Deadline:** Apr. 24

Via Zoom -- Discussion with Author Ron Rash: Writing *Serena*

Instructor: Ron Rash

Ron Rash is an award winning poet, novelist and short story writer, inducted into the North Carolina Literary Hall of Fame in 2024. He has received critical acclaim for his perceptive portrayal of the people and culture of

the Appalachian region, reflective of his western North Carolina roots. Rash joins OLLI to discuss his research methods in writing *The New York Times* best seller *Serena* as well as the novel's connection to Elizabethan drama. His talk will be followed by questions from both the instructor and the audience.

Required Reading: *Serena*, Ron Rash

Recommended Reading (Optional): *In the Valley* (a novella in which *Serena* returns to North Carolina), Ron Rash

Instructor: *Ron Rash*; novelist, poet, short story writer; inducted into the North Carolina Literary Hall of Fame in 2024; he has published twenty books and his work has been published in eighteen languages; he teaches at Western Carolina University; Ron Rash's family has lived in the North Carolina mountains since the mid-1700's.

Course #: MCE-LLI-3Z-339 **Instance #:** 000001 **One Session:** 11:00 a.m.-12:30 p.m. **Date:** May 12 **Limit:** 100 **Location:** Zoom **Fee:** \$15 / **Non-Member Rate:** \$20 **Registration Deadline:** May 8

A History of *The News and Observer* and the Daniels Family

Instructor: Rob Christensen

The News and Observer is regarded as one of North Carolina's most influential newspapers, and once was the primary information source for residents and a leader in advancements in journalism. This lecture explores how *The News and Observer* helped shape modern North Carolina in complicated ways including race and politics. It also traces the influence that the Daniels family, owners of the paper for over 100 years, had on state and national politics.

Instructor: *Rob Christensen*; wrote about North Carolina politics for *The News and Observer* for 45 years; he is the author of two prize-winning histories: *The Paradox of Tar Heel Politics* and *The Rise and Fall of the Branchhead Boys*. His third book, *Southern News, Southern Politics*, was published by UNC Press in March.

Course #: MCE-LLI-3-336 **Instance #:** 000001 **Date:** May 19 **One Session:** 10-11:30 a.m. **Limit:** 100 **Location:** McKimmon Room, TBD **Fee:** \$15 / **Non-Member Rate:** \$20 **Registration Deadline:** May 17

What Are the Limits of Presidential Power?

Instructor: David McLennan

The second Trump administration has started with things moving at a dizzying pace with a historic number of executive orders and actions resulting in government layoffs and departments being functionally eliminated. This session will explore the actions that will and will not stand after the courts and Congress deal with this enhanced use of executive power.

Instructor: *David McLennan*; B.A., M.A., University of Virginia; Ph.D., University of Texas at Austin; Professor of Political Science, Meredith College.

Course #: MCE-LLI-3-349 **Instance #:** 000001 **Date:** May 19 **One Session:** 3-4:30 p.m. **Limit:** 150 **Location:** McKimmon Room, TBD **Fee:** \$15 / **Non-Member Rate:** \$20 **Registration Deadline:** May 17

Tuesday

Via Zoom -- The Murderous Wilmington Coup of 1898

Instructor: David Zucchino

Pulitzer Prize winning journalist David Zucchino shares the untold story of the planning and execution of the only complete and lasting coup on American soil. Learn how in 1898, white supremacists in North Carolina plotted to deny black citizens the right to vote and hold public office through murder, intimidation and newspaper propaganda. Uncover the parallels to today's politics of racism and white nationalism.

Recommended Reading (Optional): *Wilmington's Lie: The Murderous Coup of 1898 and the Rise of White Supremacy*, Atlantic Monthly Press, 2020

Instructor: *David Zucchino*; Pulitzer-Prize winning journalist who has reported from across the United States and from three dozen countries, including Afghanistan, Iraq, Libya, Lebanon, South Africa, Kenya, Namibia, Bosnia and the Russian republic of Chechnya; awarded a Pulitzer Prize for his coverage of South Africa; four-time Pulitzer Prize finalist for his work in Iraq, Lebanon, Africa and the U.S.; currently a Contributing Writer, *The New York Times*, covering Afghanistan and Iraq; Zucchino's book *Wilmington's Lie: The Murderous Coup of 1898 and the Rise of White Supremacy* was awarded the 2021 Pulitzer Prize for Nonfiction.

Course #: MCE-LLI-3Z-344 **Instance #:** 000001 **One Session:** 11:00 a.m.-12:30 p.m. **Date:** Apr. 29 **Limit:** 100 **Location:** Zoom **Fee:** \$15 / **Non-Member Rate:** \$20 **Registration Deadline:** Apr. 24

How Hollywood Helped America Win World War I

Instructor: Katherine Meyer

Was World War I responsible for the birth of Hollywood? Did Charlie Chaplin and Mary Pickford help win the war? What was Woodrow Wilson's greatest dilemma? And when Hollywood and the government work together, who really comes out ahead? Journey back over 100 years and learn how the rise of Hollywood and America's participation in World War I were intricately connected. From Wilson's White House to the pioneering film studios in California, learn what was behind the patriotic zeal that swept America in 1917.

Instructor: *Katherine Meyer*; author, educator and historian; Meyer began working as a historical interpreter at a local historic site when she was nine years old, and she has been immersed in the world of history ever since; after graduating from college, she taught for ten years, launched a series of American history lectures, continued leading tours of historic sites, and has had two books published; today, she is a docent and historical interpreter at two 18th century historic sites, and she is the author of two historical fiction novels: *Grosvenor Square* and *Nine Miles North*.

Course #: MCE-LLI-3-338 **Instance #:** 000001 **One Session:** 11:00 a.m.-12:30 p.m. **Date:** May 6 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$15 **Registration Deadline:** May 4

How to Fix Your Digital Photos

Instructor: Lila Bednar

We all take pictures with our phones, but not all pictures are good. This lecture will teach you how to rescue those "almost great" pictures by using some low or no-cost tools for your phone or computer. You can take out that former friend or make the picture of the party amazing! You do not have to be a Photoshop wizard to improve your photos; there are many options that you can use.

Instructor: *Lila Bednar*; B.S., Computer Networking, Strayer University; M.S. Information Assurance Engineering, Capitol Technology University; multiple technical certifications including Certified Information Systems Security Professional (CISSP) and Certified Information Systems Manager (CISM); has a multi-decade career in information security (now called cybersecurity), compliance and privacy with experience in both governmental and commercial environments, including cloud computing.

Course #: MCE-LLI-3-309 **Instance #:** 000002 **One Session:** 11:00 a.m.-12:30 p.m. **Date:** June 3 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$15 **Registration Deadline:** June 1

Golden Years: The Past and Future of Aging in America

Instructor: James Chappel

In this lecture and discussion, Duke University Professor James Chappel will explore his recent book, *Golden Years: How Americans Invented and Reinvented Old Age*. He will discuss the advent of Social Security and

Medicare, and also the rise of more modern and "youthful" forms of aging since the 1970s. Dr. Chappel will assess the state of old-age policy and culture today, and give his thoughts as well on what the future might hold.

Recommended Reading (Optional): <https://www.nytimes.com/2024/03/06/opinion/biden-aging-america-population.html>

Instructor: *James Chappel*; Ph.D., History, Columbia University, 2012; he is currently the Gilhuly Family Associate Professor of History at Duke, and a senior fellow at the Duke Aging Center.

Course #: MCE-LLI-3-343 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** June 3 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$15 **Registration Deadline:** June 1

Strange Bedfellows: Religion and Politics in Japan

Instructor: Levi McLaughlin

This lecture will provide a glimpse into the fraught entanglements of religion and politics in Japan today. According to survey results, people in Japan are among the least likely to self-identify as religious. Nonetheless, religious organizations exert a significant impact on business, education, politics, and daily life in the country. By drawing on lively on-the-ground examples, this talk will consider reasons why religion is perceived in largely negative terms and what is at stake for religious activists who shape policymaking, vote-gathering, and other key aspects of Japanese political life.

Instructor: *Levi McLaughlin*; Professor at the Department of Philosophy and Religious Studies, NC State; he is co-author of *Kōmeitō: Politics and Religion in Japan* (IEAS Berkeley, 2014) and author of *Soka Gakkai's Human Revolution: The Rise of a Mimetic Nation in Modern Japan* (University of Hawai'i Press, 2019; in Japanese from Kodansha, 2024), as well as numerous book chapters and articles on disaster, religion, politics, and other topics.

Course #: MCE-LLI-3-340 **Instance #:** 000001 **One Session:** 3-4:30 p.m. **Date:** Apr. 29 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$15 / **Non-Member Rate:** \$20 **Registration Deadline:** Apr. 27

The Crook Lab at NC State: Engineering Bacteria to Eat Plastics

Instructor: Nathan Crook

Polyethylene terephthalate, also known as PET, is ubiquitous in manufactured products-this form of polyester is commonly used to make bottles, containers and plastic. Like other plastics, PET resists natural degradation and therefore accumulates in the environment. This accumulation contributes to the formation of microplastics that pose a serious threat to ecosystems and to human health. To address this issue, The Crook Lab at NC State has developed a bacterium capable of degrading PET in seawater environments. This talk will describe how we engineered this strain to break down PET and use the product for growth. We hope that this work provides a possible route to convert waste PET plastic into organic material that can benefit living organisms.

Instructor: *Nathan Crook*; assistant professor at NC State; B.S., Chemical Engineering, California Institute of Technology; Ph.D., Chemical Engineering, University of Texas at Austin, 2014; Dr. Crook's lab focuses on how to engineer microbes and microbial communities; he received an NSF CAREER award and NIH New Innovator Award in 2023, and mentors 10 amazing graduate students and 3 amazing postdocs.

Course #: MCE-LLI-3-337 **Instance #:** 000001 **One Session:** 3-4:30 p.m. **Date:** May 6 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$15 / **Non-Member Rate:** \$20 **Registration Deadline:** May 4

Wednesday

Thomas Day, Father of the NC Furniture Industry

Instructor: Earl Ijames

This lecture explores the extraordinary life of Thomas Day, a free man of color, master craftsman and entrepreneur in the antebellum South. Day rose to prominence as a cabinetmaker and owner of a flourishing furniture business in Milton, NC. We will discuss Day's genealogy, his family's migrations and their outcomes. The lecture will use film and exhibit to tell the story of the father of the NC furniture industry.

Note: this program will include information, language and terminology that is historically accurate and may be considered inappropriate in modern times; please be advised.

Instructor: *Earl L. Ijames*; B.A., History, minor in economics and African American Studies, NC State; Emmy Award winning farmer, historian, film maker; NC Military Society Lecturer (2006); consultant to Henry Louis Gates, Jr. in film "Looking for Lincoln" (2009); W.W. Law History Lecturer, Savannah, GA (2010); North Carolina Museum of History Inaugural Juneteenth Lecturer (2019); co-founder, Historian Capital City Juneteenth Celebration (2019-); Annie Casey Foundation Lecturer- Atlanta, GA (2022); Keynote- Rocky Mount Juneteenth Festival (2023); 7th Generation North Carolinian; Archivist (1990- 2008) State Archives of North Carolina; Atlanta (GA) History Center 2014 Sesquicentennial Presenter; Board Member, Preservation North Carolina; 2022 NC Symphony Juneteenth Narrator.

Course #: MCE-LLI-3-330 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** Apr. 30 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$15 / **Non-Member Rate:** \$20 **Registration Deadline:** Apr. 28

Using Technology for Travel Planning

Instructors: Benjamin Brown, Beth Farner

This lecture explores the latest web-based travel tools designed to enhance and/or simplify the travel experience. Participants will learn to search for cheaper flights, book accommodations, personalize itineraries, gain exposure to the destination's history and culture, translate signage, and perform real-time navigation. By the end, participants will be equipped to streamline their travel planning process and leverage cutting-edge tools for seamless, enjoyable journeys.

Instructor: *Ben Brown*; West Virginia native and 30+ year resident of North Carolina; professional engineer with a B.S. in Mining Engineering from Virginia Tech and MBA from UNC-Wilmington; he is the owner of 7 Colinas Incorporated, a JD Edwards maintenance implementation consultation company; he and his wife Beth have been to 68 countries in their 14 years of marriage; their biggest adventure was an 11 month, mid-career sabbatical in 2017-18 that included stays in 32 countries.

Instructor: *Beth Farner*; a Virginia native and 16+ year resident of North Carolina; program management professional (PMP) with a B.S. from Virginia Tech; Beth is in her 3rd career with the first as a health educator, the second as a computer instructor for the Department of Justice, and now as a program manager in the technology sector; she and her husband Ben have been to 68 countries in their 14 years of marriage; their biggest adventure was an 11 month, mid-career sabbatical in 2017-18 that included stays in 32 countries.

Course #: MCE-LLI-3-335 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** May 7 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$15 **Registration Deadline:** May 5

The Resell Market-Money in Your Closet

Instructor: Amanda Giustiniani

Many consumers enjoy purchasing goods in the resell market, for its cost saving and sustainability benefits. In this lecture we will discuss the current resell market, how it has changed and why. We will also teach you how

to determine a basic value of the items in your home that you might want to sell or have sold. Through this enlightening discussion we will also show you how to find the best liquidator for you and in your area to help turn your used treasures into cash.

Instructor: *Amanda Giustiniani*; third-generation auctioneer who co-owns a full-time estate liquidation business with her husband John; GC5 Auctions, located in Raleigh, N.C., has served the Triangle for 14 years; Amanda also owns a national consulting firm, Liquidation Lifeguards, which produced the "My Final Gift" Binder System; it is an end-of-life planner that speaks for you when you can no longer speak for yourself.

Course #: MCE-LLI-3-341 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** May 14 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$15 / **Non-Member Rate:** \$20 **Registration Deadline:** May 12

Turning Point of World War II : The Battle Of Stalingrad

Instructor: Roy "Doc" Heidicker

From September 1942 to February 1943 the battle of Stalingrad was fought. Stalingrad can easily be considered the pivotal battle of World War II. In terms of troops, armor, artillery, air power and losses the German-Russian war was the most devastating war ever fought. At Stalingrad an entire German Army was not only defeated but annihilated. After Stalingrad German victory in World War II was increasingly unlikely. This lecture will analyze how the Russians overcame German strategic and tactical advantages and turned the tide of the war. Stalingrad is one of the important and fascinating battles in history.

Instructor: *Roy "Doc" Heidicker*; received his Ph.D. in history from the University of Southern California; his dissertation was on the Civil War; at USC he was the Operations Manager for the Film School and the Event Manager for the university; Doc served in the US Marine Corps and was a 4th Fighter Wing Historian for 15 years; he deployed to Iraq and Kyrgyzstan; he and his wife Judine own classic aviation and war art.

Course #: MCE-LLI-3-348 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** May 28 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$15 **Registration Deadline:** May 26

This Old Dog: Aging on Four legs

Instructor: *Natasha Olby*

This lecture will review what we know about aging in dogs – the effect of breed and body size and the common diseases encountered. It will then focus on mobility and cognition, two critical functional hallmarks of aging and will discuss how we go about measuring them in our canine companions, what they tell us about our own health and how to promote healthy aging.

Instructor: *Natasha Olby*; VetMB, Ph.D., Diplomate ACVIM (Neurology); Natasha completed her veterinary degree and Ph.D. at Cambridge University, UK; she moved to NC State to do her neurology/neurosurgery residency and has stayed there on the faculty; she splits her time between the neurology referral clinic, teaching and her research program; her research focuses on naturally occurring neurologic disease in dogs, with particular emphasis on aging and neurodegenerative disease as well as spinal cord injury.

Course #: MCE-LLI-3-342 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** June 4 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$15 / **Non-Member Rate:** \$20 **Registration Deadline:** June 2

Thursday

Getting to the Root of Garden Problems

Instructor: Barbara Shew

Gardeners start the season with dreams of luscious tomatoes, sweet watermelons, a thriving landscape, and beautiful bouquets. Then something goes wrong--your seedlings don't germinate, your plants are covered with

bugs or spots, or are wilting and starting to die. In this lecture, participants will learn to recognize common garden problems and how they can be avoided or treated. Perhaps most importantly, it will help gardeners find reliable sources of information and further help.

Recommended Reading (Optional): <https://content.ces.ncsu.edu/extension-gardener-handbook>

Instructor: *Barbara Shew*; native of Colorado; Ph.D., in Plant Pathology, NC State; retired from the Department of Entomology and Plant Pathology; her primary responsibility was conducting research on peanut diseases and communicating results to growers and other stakeholders; in this position, and as Director of the Plant Disease and Insect Clinic, she lectured, gave informal talks, taught short courses, and organized workshops to help participants learn to identify plant problems and manage them.

Course #: MCE-LLI-3-333 **Instance #:** 000001 **One Session:** 11:00 a.m.-12:30 p.m. **Date:** May 1 **Limit:** 55
Location: McKimmon Room 11/12 **Fee:** \$15 **Registration Deadline:** Apr. 29

Lafayette - His Farewell Tour and its Importance

Instructor: Hank Parfitt

Lafayette came to this country in 1777, fought as a Major General in the Continental Army, and was a key figure in the American Revolution. After his return to France, he was an outspoken critic of slavery and oppression in all its forms. In 1824, he began a 13-month tour of America as a champion of liberty, justice, and equality. Dr. Parfitt will discuss Lafayette's Farewell Tour of America in 1824-25, why it was important to our country's leaders and citizens then, and why our country is celebrating the 200th anniversary of that visit now.

Instructor: *Dr. Hank Parfitt*; is a native North Carolinian who completed his residency in surgery at the University of Utah in Salt Lake City in 1982 and practiced urology in Fayetteville; he is President Emeritus of the Lafayette Society and serves on the board of the American Friends of Lafayette; he received the Long Leaf Pine Award from Governor Pat McCrory in 2015.

Course #: MCE-LLI-3-331 **Instance #:** 000001 **One Session:** 11:00 a.m.-12:30 p.m. **Date:** May 8 **Limit:** 55
Location: McKimmon Room 11/12 **Fee:** \$15 **Registration Deadline:** May 6

Building Codes and the General Assembly: Safety, Costs and Challenges

Instructor: Kim Wooten

Do you ever stop to wonder if the buildings you occupy are safe and cost effective to live and work in? What is the process for ensuring that North Carolina buildings meet modern standards of construction? This lecture will discuss efforts to modernize the State's Building Codes, the interference by the NC General Assembly and special interest groups, especially in residential construction. We will explore the impact this has on our daily lives as we face increasingly severe weather events and construction cost increases.

Required Reading: News media reporting on the Building Code Council, the role of the legislature, and the NC Home Builders Association

Recommended Reading (Optional): House bill 488 and Senate bill 166 are optional

Instructor: *Kim Wooten*; graduate of The Johns Hopkins University with a degree in electrical engineering; served on the NC Building Code Council from 2008-2013 and again from 2019-2025; she is an expert in building electrical and energy codes, has received numerous awards and recognition, and is a consulting engineer with Facility Strategies Group, LLC, an engineering consulting firm.

Course #: MCE-LLI-3-332 **Instance #:** 000001 **One Session:** 11:00 a.m.-12:30 p.m. **Date:** May 15 **Limit:** 49
Location: McKimmon Room 11/12 **Fee:** \$15 / **Non-Member Rate:** \$20 **Registration Deadline:** May 13

Divers of D-Day: Underwater Technology and Intelligence in WWII

Instructor: Rachel Lance

Two summers before D-Day, over 7,000 Allied troops were annihilated during a failed beach landing in Normandy, France. The Allies realized they needed underwater technology and intelligence before they could launch a successful one, and they turned to an ingenious team of ragtag scientists working on the problem out of homemade labs throughout the London Blitz. These scientists pioneered thrilling advances in underwater reconnaissance through painful experiments, done on themselves, and their discoveries led to miniature submarines and breathing apparatuses that ultimately let the Allies take the D-Day beaches. Blast-injury specialist Dr. Rachel Lance unpacks this harrowing, previously classified science.

Recommended Reading (Optional): *Chamber Divers: The Untold Story of the D-Day Scientists Who Changed Special Operations Forever*, Rachel Lance

Instructor: *Rachel Lance*; Ph.D., Biomedical Engineering; Lance is an injury biomechanist, which means she uses principles of engineering to study the physiology of when the human body breaks; she specializes in extreme environments such as explosions and underwater, and spent the first nine years of her career building custom underwater equipment for the U.S. Navy; she then worked as research faculty at Duke University, and now splits her time between scientific consulting and writing books.

Course #: MCE-LLI-3-328 **Instance #:** 000001 **One Session:** 11:00 a.m.-12:30 p.m. **Date:** May 22 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$15 **Registration Deadline:** May 20

Explore Mindful Eating

Instructor: Sherry Lehman

This lecture will explore the importance of food and the role it plays in life. We will investigate the concepts of mindfulness, breathing and mindful eating. This will be an experiential class where we will practice mindfulness and mindful eating. The goal is to leave the class with a baseline appreciation of food and the process of eating.

Recommended Reading (Optional): *Anything*, Jon Kabat-Zinn or *Mindful Eating, A Guide to Rediscovery a Healthy and Joyful Relationship with Food*, Jan Chozen Bays, MD

Instructor: *Sherry Lehman*; B.S., exercise physiology; manager of the Wellness Program at Northern Telecom and the Director of Rex Wellness Center in Cary; pursued a master's degree in mental health counseling while working at the National HIV/AIDS Hotline; she attained her LPC (Licensed Professional Counselors) credential in 1995; the final years of her career were spent in part time private practice, and consulting with the State Department of Public Instruction and the State Department of Health and Human Services on HIV/STI prevention, teen pregnancy prevention and suicide prevention.

Course #: MCE-LLI-3-329 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** May 1 **Limit:** 55 **Location:** McKimmon Room 11/12 **Fee:** \$15 **Registration Deadline:** Apr. 29

Friday

Via Zoom -- Exploring Crystal Bridges: An American Art Museum in Nature

Instructors: Samantha Best, Sara Segerlin

The mission of Crystal Bridges Museum of American Art is to welcome all to celebrate the American spirit in a setting that unites the power of art with the beauty of nature. Founded by philanthropist and arts patron [Alice Walton](#), Crystal Bridges takes its name from a nearby natural spring and the bridge construction incorporated in the building, designed by world-renowned architect [Moshe Safdie](#). Connecting to downtown Bentonville, five miles of [walking trails](#) showcase over 30 sculptures, all set within gardens and Ozark Forest. Join us to learn

more about the origins of the museum, its inspired architecture and the creative use of indoor and outdoor spaces to showcase the finest examples of American art.

Instructor: *Samantha Best*, Senior Manager of Outdoor Experience, Art and Wellness Enterprises; through design and interpretation Samantha guides outdoor experiences at Crystal Bridges, the Alice Walton School of Medicine, and the Heartland Whole Health Institute; she is a board member of Friends of Hobbs, a city planning commissioner for Rogers, AR, an Arkansas Master Naturalist, and a member of the Arkansas Environmental Education Association.

Instructor: *Sara Segerlin*; Executive Director of Gregg Museum of Art & Design; former Director of Community Engagement and Partnerships, Crystal Bridges Museum of American Art; a creative artist with strong leadership and programming experience, Sara's work is focused on the power of art, people, and social impact.

Course #: MCE-LLI-3Z-346 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** May 16 **Limit:** 100

Location: Zoom **Fee:** \$15 **Registration Deadline:** May 11

Via Zoom -- A Closer Look at Buddhist Art with the National Museum of Asian Art

Docent: Ruth McDiarmid

Encounter the beauty and diversity of Buddhist religious art across Asia on this docent-led online tour. From Buddhism's origins in India and Nepal to its eventual arrival in Japan and Indonesia, participants can follow the journey of Buddhist art throughout the continent. Featuring works from the permanent collections, participants will receive an introduction to sites of contemplation and sacred power in Buddhist art and practice.

Docent: *Ruth McDiarmid*; Trained docent at the National Museum of Asian Art

Course #: MCE-LLI-3Z-347 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** May 23 **Limit:** 20 **Location:**

Zoom **Fee:** \$15 **Registration Deadline:** May 18

EVENTS

Event -- OLLI's Spring Picnic

Join us in the beautiful, outdoor setting of Harold D. Ritter Park for OLLI's Spring Picnic! This is a wonderful opportunity to eat, meet and visit with other members, and, if you are lucky, maybe win a prize. Boxed lunch choices will be available at the time of registration.

Note: Wear comfortable walking shoes and casual attire. Parking will be available close to the event for those with limited mobility. ***Please mention any special dietary restrictions when registering.***

Includes: Registration for the event, boxed lunch

Course #: MCE-LLI-4-013 **Instance #:** 000008 **One Session:** noon-2:00 p.m. **Date:** April 25 **Limit:** 120

Location: Harold D. Ritter Park | 301 West Lochmere Drive, Cary, NC 27518 **Fee:** \$15 **Registration**

Deadline: April 18

Event -- End of Year Celebration

Join us to say hello to your favorite instructors and goodbye to another amazing OLLI academic year! This event honors our volunteer instructors. Enjoy heavy hors d'oeuvres and an assortment of wine, beer and non-alcoholic beverages in the company of your fellow members and raise a glass to the instructors that teach the courses that you love. Don't miss this last social event of the year before summer!

Course #: MCE-LLI-4-026 **Instance #:** 000004 **One Session:** 5-6:30 p.m. **Date:** May 13 **Limit:** 80 **Location:** McKimmon Room 2C **Fee:** \$10 **Registration Deadline:** April 28

How to register:

OLLI at NC State membership is required for participation in all programs.

Purchase your membership online or call our office at 919-515-5782. All memberships expire June 30. The membership fee is prorated as the year progresses:

- Fall, Spring and Summer Semester Membership (July 1 – June 30) - \$50
- Spring and Summer Membership (November 1 – June 30) - \$40
- Summer Membership (May 1 – June 30) - \$20

Registration for OLLI membership and enrollment in any of its programs is open throughout the program year. Feel free to add courses or events after your initial registration.

Registrations are accepted first come, first served. Registering online is the quickest way to enroll and receive registration confirmation. You may also register by telephone, by mail, or in person.

- If registering online for the first time, you will need to set up an account. Your user ID will be your email address. Find our Registration Quick Guide at: go.ncsu.edu/olliregistration.
- Classes, lectures, and study trips overlap in time, double check your schedule before registering!
- There may be required reading and other details associated with some of these courses and study trips. Be sure to read the full course description online before registering.
- Please review our Refund Policy on page 21 before registering.

Financial Aid

Members with limited discretionary income should contact us if financial assistance is needed in order to enroll in a 6-week course. Generous donations by our members support financial aid. Contact the OLLI office to complete the brief financial aid application, find the application on our [website](http://go.ncsu.edu/olliwebsite), or use the go.ncsu.edu/finaidapp link. Financial aid applications must be renewed annually. All information is kept confidential.

Online Registration:

Visit reporter.ncsu.edu and sign in using “Brickyard Login.”

- If you have previously set up an account, your email address is your username. Passwords expire every 365 days. You will be prompted to change your password if it has expired.
- You will know that you have successfully logged in when you see your name in the upper right-hand corner of your screen.
- Find our Registration Quick Guide at: go.ncsu.edu/olliregistration.
- Trouble registering online? Visit go.ncsu.edu/olli-help for our Troubleshooting Guide.

To search the alphabetical listing of Study Trips and Experiential Learning in Reporter for Spring Semester type “**ollitrips**” in the search field at the top of the page.

To search the alphabetical listing of all OLLI offerings in Reporter for Summer Semester type “**ollisu25**” in the search field at the top of the page.

Add the classes (and membership if applicable) you want to register for to your cart, then check the box at the bottom of the screen indicating you have read and agree to registration policies, then “Proceed to Order Summary.”

Provide your credit card information as instructed. Please note that the payment processor screen only accepts 2 digits for your credit card expiration date year. For example, if you attempt to type in “2024,” the system will recognize the expiration year as “20” and will show your card as expired.

You will receive an email confirming your registration once completed.

If you have any trouble registering online, please reference “How to Register Online” detailed instructions at <https://mckimmoncenter.ncsu.edu/olli/online-2/> or call our office at 919.515.5782.

Phone Registration:

You may phone in your registration at 919.515.5782, option 1.

- Summer Registration for all offerings begins Thursday, March 20 at 9:30am.

In Person Registration:

If you prefer to register in person, our offices are open Monday – Friday 8:30AM – 4:00PM. We are located in Room 225 at McKimmon Center, 1101 Gorman Street, Raleigh. If registering in person, we accept credit cards and checks only (no cash). **Please note that the March 20 Summer registration begins at 9:30 A.M. in room 232 at McKimmon Center.**

Refund Policy

General Policies

- The annual membership fee will not be refunded.
- A \$10 processing fee will be deducted from any refund.
- If you cannot attend, we cannot allow substitutions.
- If OLLI cancels a course or event, you will be notified and given a full refund (or you can transfer to another course or event in the semester). Please allow three weeks for processing refunds.
- Lectures, courses, lunch and learns, experiential learning and study trips overlap in time. Drop fees apply if you double-book yourself.

Courses & Experiential Learning (\$26 or more)

Members may drop a course or experiential learning of \$26 or more and request a refund online or by contacting the OLLI office at least 14 days prior to the start of the course. A \$10 drop fee per member per transaction will be charged. Members may transfer to another course, study trip, experiential learning, or lecture for no fee; this can be done by contacting the OLLI office. The OLLI office can assist you with making a payment for the balance due and receiving a partial refund for the difference in fees as applicable.

Lectures, Events and Experiential Learning (\$25 or less)

No refunds will be given for lectures/events/experiential learning with fees of \$25 or less. Members may transfer to another course or lecture for no fee; this can be done by contacting the OLLI office. You may transfer to a course of equal or greater value; the OLLI office can assist you with making a payment for the balance due if applicable.

Study Trips and Lunch & Learns

- 14 Days or more in advance:
Refunds for study trips and lunch & learns requested 14 days or more in advance will be granted at 100% minus a \$10 drop fee. Transfers to other courses, lectures, study trips, and lunch & learns can be granted for no fee if space is available. The OLLI office can assist you with making a payment for the balance due and receiving a partial refund for the difference in fees as applicable.
- 8 - 13 Days in advance:
Refund requests received 8 - 13 days in advance will be subject to a \$10 drop fee, then will receive 50% of the remaining study trip fee. No transfers will be granted.
- Refund requests received 7 days or fewer in advance will not be granted. No transfers will be granted.

Multi-day Domestic and International Travel

The refund policy of our travel partner (for example: Odysseys Unlimited, Road Scholar, etc.) applies.

OLLI at NC State University Code of Conduct

OLLI at NC State University seeks to promote a culture that fosters both learning and positive social interactions for everyone involved. While some of our programs may contain controversial or highly emotional content related to cultural, religious, or political issues, please respect both members and instructors through active listening and thoughtful discussion, especially if you are not in agreement with their opinions. Monopolizing discussions, undermining the instructor's credibility, or being disrespectful to anyone in words or actions will not be tolerated. Civility is a hallmark; hostility in any form, by instructors or members, has no place in the OLLI community.

Instructors are responsible for leading and moderating classroom discussion and have the prerogative of inviting or allowing questions throughout the class or asking members to hold their questions until the end of class or at another designated time.

If an issue arises in which these expectations are not being followed, the OLLI administration has the authority to remove a student or instructor from the class and/or the program without issuing a refund.

OLLI at NC State University's Code of Conduct is aligned with the [Code of Conduct for students at NC State University](#) in promoting behavior that creates an environment in which the rights, dignity, worth, and freedom of each member of the community are respected.

By joining Osher Lifelong Learning Institute at NC State University, members agree to uphold the shared values of mutual respect, personal integrity, and civil discourse.

Adverse Weather Policy

OLLI programs, including offsite classes and study trips, are cancelled when Wake County Public Schools close to students because of adverse weather. Wake County Public Schools delays in opening do not affect OLLI's schedule; OLLI programs run as scheduled if there is a WCPSS delayed opening. When WCPSS closes early due to impending weather, we typically do not cancel classes, but please watch for an email from our office under those circumstances. Zoom courses/lectures may be able to continue despite adverse weather, and decisions on Zoom courses/lectures will be made on a case-by-case basis; look for an email from the OLLI office on the day of the lecture/class.

Photo Waiver

By registering for an OLLI program either online, over the phone or in person, participants give permission to NC State University to take and publish photographs, video, audio or other impressions of their image or voice (collectively "photographs"). Participants will not be compensated for any photographs or other likeness that may be used in this capacity. To opt out of accepting the photo waiver, email OLLI_info@ncsu.edu.

Additional NC State Policies

By registering for a course, lecture, study trip or event, participants agree to hold NC State University and its employees harmless in the event of personal injuries, accidents, property damage, delays, and losses of any kind.

OLLI is a unit of NC State Continuing and Lifelong Education. The information shared and/or opinions expressed in courses and lectures are those of the individual presenters. The ultimate responsibility for any decision made or actions taken based on the information provided rests with the member.

NC State University does not practice or condone discrimination in any form and is committed to securing equal opportunity in education regardless of race, color, national origin, religion, creed, sex, age, disability, veteran's status, genetic information, or sexual orientation.

OLLI Member Benefits

Wolfpack One ID Card

While the Wolfpack One ID card is not required, members may want to obtain a free Wolfpack One card in order to take full advantage of several university affiliate benefits.

Member benefits requiring the Wolfpack One card:

- Use of NC State Libraries
- The following NC State sports are free and open to the public: *Men's and Women's Soccer, Men's and Women's Cross Country, Men's and Women's Golf, Men's and Women's Swimming & Diving, Men's and Women's Tennis, Men's and Women's Track & Field*. Check each team's schedule for events and locations. **Note:** Post Season events may be ticketed depending on the sport.

No Wolfpack One card is required for the benefits below, but you will need to show a photo ID and let them know you are a current OLLI member:

- Discounts on tickets for select cultural events at Stewart and Thompson Theaters for adults ages 60+.
- Use of Carmichael Gym (for additional fees). Contact the Gym.
- No ID is required for access to the African American Cultural Center
- Transportation on the Wolfline bus system is free.

You may obtain your card at the Wolfpack One Card office after you have purchased your membership.

Allow one week for the OLLI office to send membership updates to the Wolfpack One office before you go. The office is located in the Talley Student Union, which is between Cates and Dunn Avenues. It is on the first floor of the building (off the main lobby to the left if you enter via the Cates Avenue entrance). Parking is available in the pay lot in the Coliseum Parking Deck at the intersection of Cates and Jensen with a short walk to the Talley Student Union.

The office is open Monday – Friday, 8am – 5pm. The phone number is 919-515-3090. The card is free, but the replacement cost for a lost card is \$20. The card must be renewed annually.

NC State Libraries Benefits

OLLI members are entitled to limited privileges at the NC State Libraries, which include the D.H. Hill Jr. Library, the J.B. Hunt Library (the main libraries), and three branch libraries: Natural Resources, Design, and Veterinary Medical. The libraries are open only to faculty and students enrolled in credit courses during final exam periods. With a Wolfpack One Card, members can borrow books and access some online resources off-campus by logging in as a Libraries Patron using their Borrower ID and PIN. Remote access to many electronic resources is restricted due to licensing agreements. Laptop and device checkouts are not permitted for OLLI patrons.

OLLI at NC State reflects its members' interests and desires. It is a collaborative effort among staff and volunteers, both members and instructors. Members make a difference in **YOUR** OLLI by serving as class hosts who welcome our volunteer instructors, by joining and organizing special interest groups, by planning and welcoming members at OLLI's social events, by spreading the word about OLLI, by serving on subject area program subcommittees and converting ideas into courses, and more! Do you have time and talents to share? Get involved!

Special thanks to our OLLI Advisory Council Members and Standing Committee Members listed below:

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