



OLLI

AT IOWA STATE UNIVERSITY™

FALL 2022 COURSE CATALOG

Lifelong Learning for ages 50 and above!



ONLINE REGISTRATION BEGINS
on Aug. 12, 2022 at 8:30 a.m. CT
CLASSES BEGIN Sept. 12, 2022

A PROGRAM OF



IOWA STATE UNIVERSITY
ALUMNI

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FROM THE DIRECTOR



Dear Colleagues,

It's back to school time not only for the young, but the young at heart who enjoy learning. What's new this fall? The curriculum committee has planned two different day trips, one to Jefferson, Iowa, and one to Forest City, Iowa. There are several great classes this fall ranging from one day (90-minute session) to eight weeks. It's nice being able to learn just for the fun of learning and not worry about homework, although we do have a few classes that will require some of your time outside the classroom: Getting Your Ducks in Line, Let's Write Together, More Yoga for Every Body, Photography Tips and Techniques, and Watercolor Techniques to name a few.

At the end of FY22, our members were in 23 additional states. In Iowa, members were from 71 different cities and 34 Iowa counties. During the Spring 2022 session, we began offering some in-person and hybrid (instructor in the room with some participants and others online with Zoom) classes along with those that were just online. For the Fall 2022 session, we will once again be offering a variety of delivery methods so pick the one that works the best for you. I'm positive you will find at least one or more class you are interested in taking that will fit into your busy schedules.

Don't forget to join us online (Zoom) on Thursday, Aug. 11, beginning at 1:30 p.m. to "Learn about Fall Classes." This is a great opportunity to hear from the instructors and ask questions. If you're not able to join us that day, a recording will be on our webpage by the next day. This event will be about 90 minutes in length.

The members of the curriculum committee have once again done "yeoman's work" and because I'm a lifelong learner, I decided to find out what this phrase actually means. According to Merriam-Webster, it means "very good, hard, and valuable work that someone does especially to support a cause, to help a team, etc." This not only describes the curriculum committee, but **ALL** the committees who will work together for a successful fall 2022 session.

I'll see you in class!

Jerilyn Logue

Director of OLLI at ISU

515-294-3192

jlogue@iastate.edu

Osher Lifelong Learning Institute at Iowa State University (OLLI at ISU) is a constituent program of the ISU Alumni Association (ISUAA) and is partially funded by earnings from the Bernard Osher Foundation Endowment as well as OLLI membership dues, annual gifts, and sponsorship by Green Hills Retirement Community and Clarity Asset Management, Inc. Visit the OLLI at ISU website www.OLLI.iastate.edu or call 515-294-3192 for more information or to make a gift.

For information on how you can financially support this and other ISUAA programs, contact Jamie Stowe, director of development for the ISUAA at 515-294-7441 or 1-877-ISU ALUM.

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**REGISTRATION
BEGINS**
on Friday, Aug. 12, 2022
at 8:30 a.m. CT

DATES TO REMEMBER

Fall 2022 “Learn about Fall Classes”

Online with Zoom
Aug. 11, 2022

First day of Fall 2022 classes

Sept. 12, 2022

Winter 2023

“Learn about Winter Classes”

Online with Zoom
Dec. 8, 2022

First day of Winter 2023 classes

Jan. 10, 2023

Spring 2023

“Learn about Spring Classes”

Online with Zoom
Feb. 16, 2023

First day of Spring 2023 classes

March 20, 2023

OFFICE CONTACT INFORMATION

ISU Alumni Center

Monday - Friday, 8 a.m. - 5 p.m. CT

OLLI@iastate.edu

Jerilyn Logue, Director

515-294-3192 or jlogue@iastate.edu

Heather Bristow, Program Assistant

515-294-5790 or hbristow@iastate.edu

ABOUT OLLI

OLLI at ISU is a membership organization that offers courses in a variety of subjects selected to appeal to many interests and backgrounds. Anyone age 50 or older with a current membership may take courses to broaden their interests or just for fun. An annual membership is \$25 per person beginning on July 1 and ending on June 30 of the following year. Individuals are welcome to join at any time during the year. Tuition for courses is priced separately.

MISSION

MISSION

OLLI at ISU provides intellectual, cultural, and social adventures through lifelong learning experiences for all persons age 50+ as they grow and thrive on their life's journey.

VISION

To be recognized as the premier, volunteer-based organization of lifelong learning experiences.

VALUES

Adaptability, curiosity, integrity, knowledge, and passion

GOALS

- To continue to offer quality classes and experiences led by excellent leaders
- To expand the base from which OLLI participants are drawn
- To strive for financial security and sustainable growth

MEMBERSHIP

Become an OLLI at ISU member today to take advantage of our lifelong learning courses as well as these additional benefits!

OLLI at ISU membership benefits for 2022-2023 include:

- A minimum of nine Members-Only Lectures during the year at no additional cost
- A monthly newsletter delivered via email (or paper copy for those without email)
- Weekly Friday emails during sessions with information about the following week
- Central Iowa Symphony has provided two complimentary concert tickets per OLLI member
- Stephens Auditorium special offers on tickets to select shows on the ISU Campus
- Octagon Center for the Arts reusable 10% discount off purchases of \$25 or more in the Octagon Gallery shop or on Octagon class registration
- ISU Alumni Association annual membership at the discounted rate of \$47, good for one person or a couple

To become an OLLI at ISU member, visit to our website at www.OLLI.iastate.edu, scroll to the OLLI Membership picture, click on it, on the next page click the red "Become an OLLI Member" button. Complete this online form with your credit card information for payment.

To mail your membership form, go to our website at www.OLLI.iastate.edu, scroll to the OLLI Membership picture, click on it, on the next page click the "download our membership form" link. Print the form and fill in your information. You may mail the form with your payment by credit card or check payable to the ISU Alumni Association, to the address below:

OLLI at ISU
ISU Alumni Center
429 Alumni Lane
Ames, IA 50011-1403

OLLI AT ISU LEADERSHIP

OLLI at ISU Board 2022 - 2023

The OLLI at ISU Board includes the chair, chair-elect, past chair, secretary, chairs of each of the standing committees, and the director. Feel free to talk with any of these individuals with course ideas and or concerns.

Tom Carlson, *Chair*

Beth Larabee, *Chair-elect*

Jim Patton, *Past Chair*

Diane Smith, *Secretary*

Committee Members 2022 - 2023

Standing committees include ambassador, curriculum, evaluation, finance, long-range planning, marketing, technology, and volunteer.

Ambassador

Jim Patton, *Chair*

Jim Carlson

Karen Selby

Gail Wiebke

Linda Wild

Curriculum

Peter Hallock, *Chair*

Betty Barton

Jon Christy

Mike Coveyou

Doug Finnemore

Jay Hinkhouse

Tim Hooper

Debra Johnson

Kathy Jones

Ethel Jordan

Marg Junkhan

Jan Lee

Ron McFarland

Mike Meetz

Mary Lou Nosco

Marilu Raman

Bonnie Reck

Richard Shepardson

Paula Toms

Sam Wormley

Evaluation

Nancy Franz, *Chair*

Robert Bergmann

Sharon Drake

Linda Hagedorn

Diana Shonrock

Finance

LeRoy Kester, *Chair*

Curt Hoff

Jerry Holtan

Jere Maddux

Long-Range Planning

Tom Glanville, *Chair*

Char Hulsebus

Kathy Jones

Larry Koehrsen

Sam Wormley

Brent Wynja

Marketing

Char Hulsebus, *Chair*

Mary Jo Glanville

Joyce Greving

Jane Punke

Brenda Thorbs-Weber

Technology

Jim Carlson, *Chair*

Peter Hallock

LeRoy Kester

Tom Logue

David Meek

Dean Phillips

Volunteer

John Wilson

GIVE A GIFT TO OLLI AT ISU

When you sign up for membership or register for courses, please consider adding a little extra to go toward the annual giving fund for the needs of today and the lifelong learners of the future. Your continued support and donations to the annual giving fund are important for us to continue providing quality programs. Funds will be used to not only purchase additional equipment for the courses, but to also keep membership and course fees as low as possible.

Your contributions help and are very much appreciated!

In past years, your donations have purchased a cart to hold and transport equipment for in-person courses, hearing assist devices, five new laptops, a video camera, and a new ELMO visual presenter.

The laptops continue to be essential as we offer courses in-person, as a hybrid, and online via Zoom. They are not only useful for staff as they host courses but can also be used to assist instructors. The technology committee has purchased items to assist with the sound for hybrid courses for all attendees both in-person and online.

Donations can be made at any time by visiting our website www.OLLI.iastate.edu. Scroll to the **Give To OLLI** section and click the red "Give Now" button.

If you are considering giving a major gift or designating OLLI at ISU in your will, we encourage you to discuss this with Jamie Stowe, ISU Alumni Association director of development, at **(515) 294-7441** or jstowe@foundation.iastate.edu.



LIFELONG LEARNING GIFT CERTIFICATES

Are you trying to find the perfect gift for someone who doesn't want more "stuff?" OLLI at ISU has a way for you to give a gift that keeps on giving.

Our gift certificates can be purchased for any amount and offer the priceless gifts of lifelong learning, meaningful conversations, and new

friendships with other OLLI members. Go to www.OLLI.iastate.edu to purchase a gift certificate for any occasion in any amount.

Journey to the past.

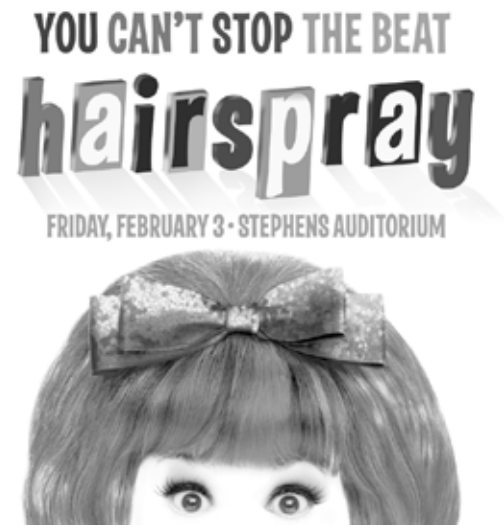


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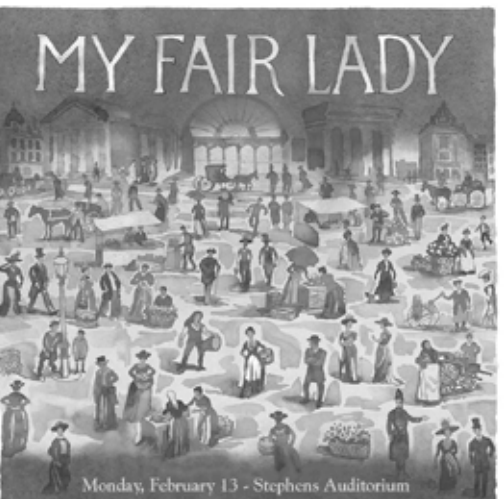
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REGISTRATION

Registration

The “Learn about Fall Classes” event will be held online on **Thursday, Aug. 11, starting at 1:30 p.m. CT**. The online “room” will open at 1:15 p.m. CT. This will be an opportunity to learn more about the courses from the instructors.

The link to attend will be located on the event page on our website at www.OLLI.iastate.edu.

Your **first** opportunity to register for Fall 2022 classes will begin at **8:30 a.m. CT on Friday, Aug. 12**.

You are strongly encouraged to register online.

Any mailed registrations received before the end of the day on Friday, Aug. 12, will be held and processed on Monday, Aug. 15, in the order they were received.

TWO WAYS TO REGISTER:

- 1. Online:** We strongly encourage you to register online at www.OLLI.iastate.edu. In the OLLI at ISU menu select the **Register for Courses** option, click the **OLLI at ISU Fall 2022 online registration** link. **Please complete one registration per person.**
- 2. By mail:** If you are unable to register online, you may print a registration form from our website at www.OLLI.iastate.edu. In the **OLLI at ISU** menu select the Register for Courses option, click the **Download printable PDF registration form** link. **Please complete one form per person**, and mail it with payment by credit card or check payable to the ISU Alumni Association to the following address:

**OLLI at ISU
ISU Alumni Center
429 Alumni Lane
Ames, IA 50011-1403**

We are very happy to announce we will be offering some in-person courses again. On Tuesdays and Wednesdays, most of the courses will be offered in-person or as a hybrid course. **Please be sure to check the delivery method for the courses you register for to determine where you need to be.**

Courses offered as a hybrid will have two course numbers one listed as **hybrid: in-person** and the other as **hybrid: online**. Be sure to register for the course number assigned to the attendance option you are most comfortable with. Whichever option you choose is how you will attend every class for the course.

To learn more about what a hybrid course is, see the Course Locations and Delivery Methods section on page 12.

Some courses have a low participation limit and will be marked as follows:

Register online

If you need assistance completing the online registration, please contact either Jerilyn (515) 294-3192 or Heather (515) 294-5790.

Course assignments are made on a first-come, first-assigned basis according to the order in which you register online or the date your mailed registration is received.

Confirmation of Your Class Registration

- If you registered for a class through our website, you should receive a confirmation of your registration by email.
- If you registered for a class through the mail, we will send you a confirmation by email if you have one or it will be mailed to you.
- OLLI at ISU staff will also send you detailed instructions on how to attend the courses you register for. **If you do not receive the detailed instructions the Friday before your course begins, please contact the OLLI at ISU office.**

COURSE LOCATIONS AND DELIVERY METHODS

WHAT YOU NEED TO KNOW TO TAKE AN OLLI COURSE:

WHAT IS HYBRID LEARNING?

Hybrid learning for the OLLI at ISU program means some participants will attend in-person with the instructor at the ISU Alumni Center while others will join online from home at the same time. To learn what equipment is needed to attend classes online see the **ONLINE (OR BY PHONE) WITH ZOOM** section. Participants online will be able to:

- Hear and see the instructor
- See any materials projected on the screen
- Ask questions using the chat function in Zoom
- Hear comments and questions made by people in the building

Our previous experiences hosting hybrid classes have been successful, but as you all know, computers seem to have a mind of their own at times. So please be patient with the instructors, other participants, staff, and yourself.

HYBRID

- Courses offered as a hybrid will have two course numbers to choose from, **hybrid: in-person** and **hybrid: online**. Be sure to register for the course number that represents how you wish to attend. Whichever option you choose is how you will attend every class for that course.
- At the time this is being written, vaccines, boosters, and masks are not mandated, but we will follow the current policy of the university.
- Masks are optional and at the discretion and comfort of each individual, including the instructors.
- Hearing assist devices are available for in-person attendees should you need them, please ask staff for assistance.
- Microphones will be used in the building by all instructors and participants so the online participants can hear all comments and questions.

IN-PERSON

- Most of the courses offered on Tuesdays and Wednesdays will be offered in-person or as a hybrid course.
- At the time this is being written, vaccines, boosters, and masks are not mandated, but we will follow the current policy of the university.
- Masks are optional and at the discretion and comfort of each individual, including the instructors.
- Hearing assist devices are available should you need them, please ask staff for assistance.

ONLINE (OR BY PHONE) WITH ZOOM

OLLI at ISU will utilize the Zoom video conferencing application to deliver the online aspect of our courses. You do not need your own Zoom account to participate.

Instructions for joining the course will be sent via email (or a phone call for those joining by phone) to those who are registered. Those who attend online will be able to see and hear the instructor, any presentation documents, and other participants on your screen. If you have questions during online only courses, you will be able to unmute your microphone and ask them or use the Zoom chat function. For online participants of a hybrid class you will be able to submit questions through the Zoom chat function only.

PHONE:

- You don't need a computer or iPad to participate in a course - you can use your telephone to call in and participate as if on a conference call.
- A call number is provided by mail in time for your first class.

COMPUTER, SMART PHONE, IPHONE, OR IPAD:

- A reliable internet connection
- Speakers on your device

Camera and microphone on your computer are optional; it enhances your experience but is not mandatory.



All new members of OLLI at ISU may request one of the travel mugs from fiscal year 2020, compliments of Clarity Asset Management, Inc. You may email your request to Heather at hbristow@iastate.edu and she will mail it to you.



Clarity Asset Management, Inc.

Phone: (515) 233-3152

Email: info@investmentclarity.com

CANCELLATIONS AND REFUNDS

OLLI membership dues are non-refundable.

If a registration is cancelled **before** 4:30 p.m. CT, **Monday, Sept. 5, 2022**, a \$10 service fee will be retained. The \$25 nonrefundable membership fee will also be retained if it was paid with the course registration.

There will be no refunds for cancellations made **after** 4:30 p.m. CT, **Monday, Sept. 5, 2022**.

Refunds will be processed after the session begins.

Cancellations due to Weather

If classes must be cancelled or postponed due to weather, please refer to the following OLLI at ISU Cancellation Policy. This could potentially affect the in-person and hybrid courses being offered.

Cancellations due to weather will be determined by road conditions. When storms are in the forecast, if possible, OLLI staff will contact you by email or phone the day before, reminding you there is a possibility of classes being cancelled the next day.

Cancellations will be announced by:

- Email or by phone (if you don't have email)
- Posted on our Facebook page @olliatisu
- Posted on our website www.OLLI.iastate.edu
- Announced on KASI (1430 AM) radio station
- Message on the phones of the director (515-294-3192) and program assistant (515-294-5790)

When in doubt, please stay home and call the office. A message may be left, but please do not ask that your call be returned as there may be no one in the office that day. We will do our best to reschedule any cancelled classes.

Please remember the following:

- Courses being in-person, a hybrid, or all online is determined by the instructors.
- Any in-person or hybrid courses are scheduled for a Tuesday or Wednesday.
- Some in-person courses will also be available as a hybrid, and this will be noted.
- When registering for a course, look carefully at how it is going to be delivered; in-person, online, hybrid: in-person, or hybrid: online.
- Be sure to register for the course number that represents how you wish to attend hybrid courses. Whichever option you choose is how you will attend every class for the course.
- At the time this is being written, vaccines, boosters, and masks are not mandated, but we will follow the current policy of the university.
- Masks are optional and at the discretion and comfort of each individual, including the instructors.

COURSES BY DAY

	Times are CT	Sessions	#	Title	Pg.
MONDAY	9 - 10:30 a.m.	<i>Eight weeks</i>	01	Learning Mac Computers	19
	11 a.m. - 12:30 p.m.	<i>Four weeks</i>	02	Should the Supreme Court Follow the Election Returns?	19
	11 a.m. - 12:30 p.m.	<i>One day</i>	03	Critical Race Theory: A Brief History	19
	11 a.m. - 12:30 p.m.	<i>One day</i>	04	Can Our Power Grids Survive a Major Solar Outburst?	20
	11 a.m. - 12:30 p.m.	<i>One day</i>	05	Emerson Hough: Journalist, Author, and Conservationist	20
	1 - 2:30 p.m.	<i>One day</i>	06	The History and Future of the Ames History Museum	21
	1 - 2:30 p.m.	<i>One day</i>	07	Through Different Eyes: Non-Conformist Art in the Soviet Union	21
	1 - 2:30 p.m.	<i>Four weeks</i>	08	Living a Better, Lighter and Sustainable Life	22
	2 - 4:30 p.m.	<i>Six weeks</i>	09	Let's Write Together	22
	3 - 4:30 p.m.	<i>One day</i>	10	Ukrainian Vision: Artists and Their Cultural Vision	23
	5:30 - 7 p.m.	<i>One day</i>	11	Get a CLUE about Iowa's Local Food System!	23
TUESDAY	9 - 10:30 a.m.	<i>Three weeks</i>	12	What in the World!?! - hybrid: in-person	24
	9 - 10:30 a.m.	<i>Three weeks</i>	13	What in the World!?! - hybrid: online	24
	9 - 10:30 a.m.	<i>One day</i>	14	Critical Race Theory: A Brief History - (repeat of class #03)	24
	9 - 10:30 a.m.	<i>Three weeks</i>	15	Sustainable/Regenerative Strategies for Farmland - hybrid: in-person	25
	9 - 10:30 a.m.	<i>Three weeks</i>	16	Sustainable/Regenerative Strategies for Farmland - hybrid: online	25
	11 a.m. - 12:30 p.m.	<i>One day</i>	17	Apartheid and Nelson Mandela	26

Continued on next page

	Times are CT	Sessions	#	Title	Pg.
TUESDAY	11 a.m. - 12:30 p.m.	<i>One day</i>	18	Cora Mae: The Other Half of the Jack Trice Story	26
	11 a.m. - 12:30 p.m.	<i>Two weeks</i>	19	Iowa State, World War I, and World War II	27
	1 - 2:30 p.m.	<i>Four weeks</i>	20	World Music	27
	1 - 2:30 p.m.	<i>Four weeks</i>	21	Holding Civil Conversations on "Common Good" Issues for Democracy	28
	3 - 4:30 p.m.	<i>One day</i>	22	The Constitutional Convention	28
	3 - 5:00 p.m.	<i>Six weeks</i>	23	Watercolor Techniques	29
	3 - 4:30 p.m.	<i>One day</i>	24	Understanding Seasonal Affective Disorder	29
	9 - 10:30 a.m.	<i>Six weeks</i>	25	Anti-Semitism in America, Past and Present	30
	11 a.m. - 12:30 p.m.	<i>One day</i>	26	Bitcoins	30
	11 a.m. - 12:30 p.m.	<i>Six weeks</i>	27	Photography Tips and Techniques	31
	1 - 2:30 p.m.	<i>Three weeks</i>	28	The 1960s	31
	1 - 2:30 p.m.	<i>Four weeks</i>	29	Foot Foundations	32
3 - 4:30 p.m.	<i>Four weeks</i>	30	Emperors of Qing China and Tsars of Imperial Russia in the 18th Century	32	
WEDNESDAY	9 - 10:30 a.m.	<i>Seven weeks</i>	31	This is Our Story: Slavery	33
	11 a.m. - 12:30 p.m.	<i>Three weeks</i>	32	How Divided Are We Really? - hybrid: in-person	34
	11 a.m. - 12:30 p.m.	<i>Three weeks</i>	33	How Divided Are We Really? - hybrid: online	34
	1 - 2:30 p.m.	<i>One day</i>	34	Getting Your Ducks in Line - Section A	35
	1 - 2:30 p.m.	<i>One day</i>	35	Irving Berlin: The Dean of American Songwriters	35
	1 - 2:30 p.m.	<i>One day</i>	36	Getting Your Ducks in Line - Section B (repeat of class #34)	36

	Times are CT	Sessions	#	Title	Pg.
WEDNESDAY	5:30 - 7 p.m.	<i>One day</i>	37	Ames Laboratory: Past, Present, and Future - hybrid: in-person	36
	5:30 - 7 p.m.	<i>One day</i>	38	Ames Laboratory: Past, Present, and Future - hybrid: online	36
	9 - 10:30 a.m.	<i>One day</i>	39	Personal Transportation Without Gasoline	37
	9 - 10:30 a.m.	<i>One day</i>	40	Water, Water Everywhere (from Air)	37
	9 - 10:30 a.m.	<i>One day</i>	41	Heat Wave: Cause and Survival	38
	9 - 10:30 a.m.	<i>One day</i>	42	Solar Power: Reducing Your Carbon Footprint	38
	3 - 4:30 p.m.	<i>One day</i>	43	Beginner's Mind Zen	39
THURSDAY	9 - 10:30 a.m.	<i>One day</i>	44	Ames Climate Action Plan Update	39
	11 a.m. - 12:30 p.m.	<i>Six weeks</i>	45	Science in the News	40
	1 - 2:30 p.m.	<i>Four weeks</i>	46	Western Civilization: Its Impacts, Positive and Negative, on the World	41
	1 - 2:30 p.m.	<i>One day</i>	47	Have You Checked Your Personality Lately?	41
	1 - 2:30 p.m.	<i>One day</i>	48	Grassroots for Iowa: Practical Farmers of Iowa, Cover Crops, and Extended Rotation	42
	1 - 2:30 p.m.	<i>One day</i>	49	First in Flight: Tuskegee Airmen	42
	1 - 2:30 p.m.	<i>One day</i>	50	Behind the Beat	43
	3 - 4:30 p.m.	<i>One day</i>	51	Fifty Years of Football from Walk-on to the NFL	43
	3 - 4:30 p.m.	<i>Four weeks</i>	52	More Yoga for Every Body	44
	3 - 4:30 p.m.	<i>One day</i>	53	7 Steps to Living a Happy & Healthy Gluten Free Life	44

Continued on next page

	Times are CT	Sessions	#	Title	Pg.
THURSDAY	3 - 5 p.m.	<i>Three weeks</i>	54	Iowa State University Agricultural Visits – Tour 101	45
	3 - 5 p.m.	<i>Three weeks</i>	55	Iowa State University Agricultural Visits – Tour 102	45
FRIDAY	6:35 a.m. - 5:30 p.m.	<i>Day Trip</i>	56	Forest City, Where Nature is Close - Day Trip	46
	9 a.m. - 5 p.m.	<i>Day Trip</i>	57	Jefferson - Day Trip	46

DO YOU HAVE A DELIVERY PREFERENCE?

Turn to pages 50 and 51 for a list of courses in numerical order by the following groups:

- Hybrid: In-person
- Hybrid: Online
- In-person – ISU Alumni Center
- In-person – Green Hills
- Off-site (day trips and tours)
- Online with Zoom

**MARK
YOUR
CALENDAR!**

MEMBERS-ONLY LECTURES 3 – 4:30 P.M. CT

- The Causes and Consequences of the Russo-Ukrainian War
Wednesday, Oct. 12, 2022
- 2022 Russian-Ukrainian War: A History of Nations,
Grievances, and Institutions
Wednesday, Oct. 19, 2022
- 2022 Updates on the Status of Global Climate Change:
Impacts for Iowa
Wednesday, Oct. 26, 2022

COURSE DESCRIPTIONS

MONDAY

#01 - Learning Mac Computers

Eight weeks: Monday, Sept. 12, 2022 - Oct. 31, 2022

Cost: \$63.00

9 - 10:30 a.m. CT

Class limit 35

Online with Zoom

The goal of this class is for you to better learn your Mac computer and to enjoy safe, secure, and hassle-free computing. We cover all the hardware, software, and applications. There is emphasis on safe practices and syncing with your other Apple devices.

Sam Wormley has degrees in mathematics and electrical engineering and taught as an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches OLLI classes related to science and technology.

#02 - Should the Supreme Court Follow the Election Returns?

Four weeks: Monday, Sept. 12, 2022 - Oct. 3, 2022

Cost: \$44.00

11 a.m. - 12:30 p.m. CT

Class limit 35

Online with Zoom

American government currently is beset by three contentious issues: the Electoral College's distortion of popular election results; the extension of First Amendment rights to corporations; and the constraint, even reversal of *Roe v. Wade's* granting of a right of privacy, permitting a choice of abortion. This course will attempt to examine some fundamental questions about the role of the Supreme Court in these controversies.

Jorgen Rasmussen, distinguished professor emeritus, retired after a quarter century on the Iowa State University political science faculty, including a term as chair, teaching constitutional law and comparative politics.

#03 - Critical Race Theory: A Brief History

One day: Monday, Oct. 10, 2022

Cost: \$20.00

11 a.m. - 12:30 p.m. CT

Class limit 35

Online with Zoom

This presentation attempts to trace how a law school theory developed in the 1980's became a hot-button political issue forty years later.

Ron Palumbo is a retired teacher and social worker. In the past, he has offered OLLI classes on nativism in American history and the U.S. in World War I.

#04 - Can Our Power Grids Survive a Major Solar Outburst?

One day: Monday, Oct. 17, 2022
11 a.m. - 12:30 p.m. CT
Online with Zoom

Cost: \$20.00
Class limit 35

Anne Kimber and Sam Wormley team up to explore the survival of our power grids when impacted by a major solar outburst. They will discuss what causes solar outbursts and space weather, the basic structure of our power grids, why they are vulnerable, and ways to protect them.

Anne Kimber is the director of the Electric Power Research Center (EPRC) at Iowa State University. The EPRC builds collaboration on applied research between Iowa State and the power industry. Prior to joining Iowa State in 2014, Kimber was the director of energy services for the Iowa Association of Municipal Utilities for ten years. She has a P.E. in mechanical engineering, and doctorate in ecology and evolutionary biology from Iowa State.

Sam Wormley has degrees in mathematics and electrical engineering and taught as an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches OLLI classes related to science and technology.

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#05 – Emerson Hough: Journalist, Author, and Conservationist

One day: Monday, Oct. 24, 2022
11 a.m. - 12:30 p.m. CT
Online with Zoom

Cost: \$20.00
Class limit 15

REGISTER ONLINE

We will explore the life and career of Emerson Hough who was born in Newton, Iowa, in 1857. Hough graduated from the University of Iowa in 1881, and after foregoing a career as an attorney, he turned to writing. He wrote 33 books (mostly western novels), 13 of which were made into movies. After the destruction of the American wilderness, he became a passionate conservationist convincing Woodrow Wilson to sign the National Park Service into law. Hough was also largely responsible for the formation of the Izaak Walton League.

Tom Hoover is a lifelong Iowan with a doctorate in education combined with a 40-year career as a secondary social studies teacher and K-12 administrator. Hoover has written extensively about the history of Newton, Iowa.

#06 - The History and Future of the Ames History Museum

One day: Monday, Sept. 12, 2022

Cost: \$20.00

1 - 2:30 p.m. CT

Class limit 55+

Online with Zoom

Ames History Museum (AHM) has grown a lot since Farwell Brown founded the organization in 1980 to preserve and restore the Hoggatt one-room school. Learn what has been accomplished along the way and what is planned for the future as AHM carries out its mission to provide unique opportunities to learn about Ames history. Details will be shared about AHM's project to restore the Ames Pantorium building and expand the museum.

Casie Vance is the executive director at AHM. Vance grew up in southeast Iowa and has lived in Ames for about ten years. She has her bachelor's in history from the University of Northern Iowa and her master's in public administration from Drake University.

Alex Fejfar, AHM exhibits manager, moved from Remsen, Iowa, to Ames in 2007 to attend Iowa State University. Fejfar started working at the museum in 2012. His duties include researching; designing and building exhibits; answering research and photo requests; and digitizing the museum's resources.

#07 - Through Different Eyes: Non-Conformist Art in the Soviet Union

One day: Monday, Sept. 26, 2022

Cost: \$20.00

1 - 2:30 p.m. CT

Class limit 55+

Online with Zoom

During Stalin's era, alternatives to the prescriptions of art were sternly repressed. But when Khrushchev announced a new day, artists began to explore alternative ways of expression. Those alternatives became a stream of non-conformist art as well as several movements in official artist union circles. The resulting art works give another look at Soviet life.

Carol Veldman Rudie is the lead docent and outreach education coordinator at The Museum of Russian Art in Minneapolis, Minnesota. Rudie regularly presents for Rochester's LIFE program, the OLLI at University of Minnesota, and for multiple other community venues around Minnesota.

#08 - Living a Better, Lighter and Sustainable Life

Four weeks: Monday, Oct. 10, 2022 - Oct. 31, 2022
1 - 2:30 p.m. CT
Online with Zoom

Cost: \$44.00
Class limit 35

A sustainable lifestyle can be comfortable, productive, and rewarding. In this class we will explore how our chosen lifestyles affect the health of our planet. We will also delve into what you personally, as a family, and as a community can do to restore the earth’s health and our own. Living in harmony with the planet benefits all of us. Please expect to participate in the discussions and bring your insights to share with the group.

Beth Larabee earned her bachelor’s in agronomy and master’s in soil science from Iowa State University. Larabee has previous experience in research and teaching at Iowa State University, ISU Extension and Outreach, and the Leopold Center for Sustainable Agriculture, and has taught environmental science, sustainable agriculture and soil science at Des Moines Area Community College.

#09 - Let’s Write Together

Six weeks: Monday, Sept. 12, 2022 - Oct. 17, 2022
2 - 4:30 p.m. CT
Online with Zoom

Cost: \$56.00
Class limit 15
REGISTER ONLINE

In this six-week course, we will write stories inspired by writing prompts. After timed-writes, writers will be invited to read their stories to the group. In addition, we’ll discuss elements of writing. Topics may include dialog, scene, sensory details, and editing. These sessions are based on the Amherst Writers and Artists Method, a philosophy which believes that everyone is a writer.

Ana McCracken received her MFA in creative writing from Iowa State University and is the founder of the Ames Writers Collective, an organization committed to building and uplifting communities through the art of writing and storytelling. Her essays and poetry are published in several anthologies.

Visit: www.ameswriterscollective.org or www.anamccracken.com.

#10 - Ukrainian Vision: Artists and Their Cultural Vision

One day: Monday, Oct. 31, 2022

3 - 4:30 p.m. CT

Online with Zoom

Cost: \$20.00

Class limit 55+

From prehistoric artifacts through Byzantium's influence and connection to Russian influences, Ukrainian artists created their own visual culture as they designed objects for various uses. Their western-style art is flavored by these influences but remains deeply rooted in the Ukrainian landscape and cultural experiences. This presentation gives a quick sketch of this long visual history.

Carol Veldman Rudie is the lead docent and outreach education coordinator at The Museum of Russian Art in Minneapolis, Minnesota. Rudie regularly presents for Rochester's LIFE program, the OLLI at University of Minnesota, and for multiple other community venues around Minnesota.

#11 - Get a CLUE about Iowa's Local Food System!

One day: Monday, Oct. 10, 2022

5:30 - 7 p.m. CT

Online with Zoom

Cost: \$20.00

Class limit 15

REGISTER ONLINE

It's not the professor with the candlestick in the library. It's our food system and it's oh, so much more than your local farmers' market. Get ready for an interactive game of Iowa Food System Clue as you unpack the mysteries about Iowa's local food system. This branch of Iowa agriculture has tremendous potential to position the food we eat as a pivotal asset for the whole health for all Iowans.

Jan Libbey has focused on Iowa's local food system as a farmer and community organizer. Based in north central Iowa, Libbey operated One Step at a Time Gardens for 25 years, during which she also formed a nonprofit and a for profit food business. Today she serves as coordinator for the Iowa Food System Coalition.

TUESDAY

The following course is being offered as a hybrid course, which means we will have participants at the ISU Alumni Center with the instructor while others join online with Zoom.

Be sure to register for the appropriate course number assigned to the delivery method that works best for you for **all** classes of this course.

#12 - What in the World!?! - Hybrid: In-person

Three weeks: Tuesday, Sept. 20, 2022 - Oct. 4, 2022

Cost: \$38.00

9 - 10:30 a.m. CT

Class limit 24

Horton Multipurpose Conference Room - ISU Alumni Center

The course will examine world events as they happen. Jeff Schroeder will prepare lectures and moderate discussions on current global events. Emphasis will be on international topics of interest. Topics to be covered will be determined by unfolding events.

Jeff Schroeder has a bachelor's from Iowa State University, and a doctorate in comparative political economy. Schroeder had a logistics career with Fritz Co. (a division of UPS) establishing air and ocean freight operations in Korea, North China, and the Russian Far East. He teaches courses for Des Moines Area Community College from international business to international studies, while actively consulting on transportation security and global logistic projects.

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#13 - What in the World!?! - Hybrid: Online

See course and instructor information above

Class limit for online participation 55+

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#14 - Critical Race Theory: A Brief History - (repeat of class #03)

One day: Tuesday, Oct. 11, 2022

Cost: \$20.00

9 - 10:30 a.m. CT

Class limit 24

Horton Multipurpose Conference Room - ISU Alumni Center

This presentation attempts to trace how a law school theory developed in the 1980's became a hot-button political issue forty years later.

Ron Palumbo is a retired teacher and social worker. In the past, he has offered OLLI classes on nativism in American history and the U.S. in World War I.

The following course is being offered as a hybrid course, which means we will have participants at the ISU Alumni Center with the instructor while others join online with Zoom.

Be sure to register for the appropriate course number assigned to the delivery method that works best for you for **all** classes of this course.

#15 - Sustainable/Regenerative Strategies for Farmland - Hybrid: In-person

Three weeks: Tuesday, Oct. 18, 2022 - Nov. 1, 2022 Cost: \$38.00
9 - 10:30 a.m. CT Class limit 24
Horton Multipurpose Conference Room - ISU Alumni Center

This course will give you an introduction to the soils of Iowa, and the methods in regenerative/sustainable agriculture with a focus on natural resources.

Amber Anderson is passionate about soils and sustainable agriculture, and a product of a Northwest Iowa farm. Anderson currently teaches introductory soils and coaches the soil judging team in addition to other teaching in the agronomy department at Iowa State University.

Lee Burras is a Morrill Professor in the Department of Agronomy at Iowa State University. Burras is focused on increasing crop yields through better soil mapping, testing, and management. His research focuses on soil formation, human-induced soil transformations, and inherent soil productivity. He teaches field soil classification and management.

Beth Larabee earned her bachelor's in agronomy and master's in soil science from Iowa State University. Larabee has previous experience in research and teaching at Iowa State University, ISU Extension and Outreach, and the Leopold Center for Sustainable Agriculture, and has taught environmental science, sustainable agriculture and soil science at Des Moines Area Community College.

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#16 - Sustainable/Regenerative Strategies for Farmland - Hybrid: Online

See course and instructor information above
Class limit for online participation 55+

#17 - Apartheid and Nelson Mandela

One day: Tuesday, Sept. 27, 2022

Cost: \$20.00

11 a.m. - 12:30 p.m. CT

Class limit 24

Horton Multipurpose Conference Room - ISU Alumni Center

The presentation begins with a first-hand description of the 1995 rugby World Cup Finals, at Ellis Park between the New Zealand All Blacks and South African Springboks. This match was the centerpiece for the book and film “Invictus” by John Carlin, which is recommended reading along with Nelson Mandela’s autobiography “Long Walk to Freedom.”

Through the match dynamics, the course will bridge from the South African Apartheid period to the post-Apartheid era. It will also be possible to cover a recent service trip to South Africa.

Dan Becker is retired division president of Olin Corporation, and Global Brass and Copper. Becker held several international posts including director of operations; Europe, Africa, and the Middle East while located in Brussels, Belgium. From 1995-1999 he was board chairman of an Olin Joint Venture in Johannesburg, South Africa.

#18 - Cora Mae: The Other Half of the Jack Trice Story

One day: Tuesday, Oct. 4, 2022

Cost: \$20.00

11 a.m. - 12:30 p.m. CT

Class limit 24

Horton Multipurpose Conference Room - ISU Alumni Center

Former Iowa State student Cora Mae Starlard Trice was a teen when her husband, Jack Trice, tragically died in 1923 from football injuries. So shocked by Jack’s death, she could not cry. Cora Mae never returned to college. Yet the widow of the man for whom the Iowa State University football stadium is named believed in the power of education. After remarrying she raised three children and insisted they better themselves through education. Participants will learn about Jack Trice, Cora Mae’s influence on him, and the often-asked question, “What happened to Cora Mae?”

Steve Jones is a retired Iowa State University communications manager and author of two children’s books including “Football’s Fallen Hero - The Jack Trice Story” (2000 Perfection Learning Corp.).

#19 - Iowa State, World War I, and World War II

Two weeks: Tuesday, Oct. 11, 2022 - Oct. 18, 2022

Cost: \$32.00

11 a.m. - 12:30 p.m. CT

Class limit 24

Horton Multipurpose Conference Room - ISU Alumni Center

This course will cover Iowa State College's response to World War I and the ensuing flu epidemic, and World War II and the GI Bill. Iowa State was faced with great and largely unprecedented challenges on many fronts before, during, and after the world war years. As a result of the thousands of decisions made, Iowa State changed, grew, and learned how best to respond to the demands of a world at war.

Jane Cox is a professor emerita at Iowa State and is a proud alum. Cox has collected stories of Iowa World War II veterans and remains in awe of their quiet heroism.

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#20 - World Music

Four weeks: Tuesday, Sept. 13, 2022 - Oct. 4, 2022

Cost: \$44.00

1 - 2:30 p.m. CT

Class limit 45

Green Hills - Community Room (2205 Green Hills Dr; Ames, IA)

This course is sponsored by Green Hills

This four-week course will study music from around the world exploring differences and similarities. The use of varied instruments and vocal techniques, along with language, culture and history create endless sound possibilities. However, all music does have melody, harmony, rhythm, tempo, and dynamics in common. Selected music excerpts will be played from each country with discussion and evaluation following. Are you ready to enjoy the challenges of understanding and appreciating music in the class?

Homer Gartz was the director of the Ames High School Band and the Ames Municipal Band. Gartz completed undergraduate and graduate studies in education and performance at the University of Northern Iowa, Drake University, and the University of Iowa. He has music experience as an educator, conductor, performer, and adjudicator.

#21 - Holding Civil Conversations on “Common Good” Issues for Democracy

Four weeks: Tuesday, Oct. 11, 2022 - Nov. 1, 2022

Cost: \$44.00

1 - 2:30 p.m. CT

Class limit 35

Green Hills - Community Room (2205 Green Hills Dr; Ames, IA)

This course is sponsored by Green Hills

“Dissent is as American as apple pie.” This course offers a model for constructive dialogues. Why? Democracy is built upon debates about “common good” issues and norms of behavior by leaders. Autocracies, theocracies, and tyranny thrive when dissent is eliminated, the search for truth, constrained. The model is based on the “virtues” of humility (I can be wrong), respect (evoking, not provoking or invoking), and generosity (to become allies, not enemies).

Charles Kniker spent much of his career in Iowa, a professor of education at Iowa State (24 years), and as associate director of academic affairs and research for the Iowa Board of Regents (four years). As a United Church of Christ ordained minister, Kniker serves congregations in six states and a missionary year in Honduras. He authored six books, including “Spirituality That Makes a Difference” (2022), and has taught several OLLI courses.

V.V. Raman is emeritus professor at the Rochester Institute of Technology. Raman is past president of the Institute on Religion in an Age of Science and an elected member of the International Society for Science and Religion (Cambridge, UK).

#22 - The Constitutional Convention

One day: Tuesday, Sept. 13, 2022

Cost: \$20.00

3 - 4:30 p.m. CT

Class limit 55+

Green Hills - Community Room (2205 Green Hills Dr; Ames, IA)

This course is sponsored by Green Hills

This presentation will analyze the causes that led to the formation of the Constitutional Convention, the central debates of the Convention, and the ratification debate that followed. A recommended reading list and handout will be provided. There will be a question-and-answer session after the lecture.

Bennett Smith is an instructor in history and political science at North Iowa Area Community College. Smith is also an instructor for lifelong learning programs including the NIACC Lifelong Learning Institute; OLLI at ISU; and the LIFE program at Rochester Community and Technical College in Rochester, Minnesota. He holds a bachelor’s in speech communication and a master’s in history from Iowa State University. He has done graduate work at the University of Iowa in social foundations of education.

#23 - Watercolor Techniques

Six weeks: Tuesday, Sept. 20, 2022 - Oct. 25, 2022

Cost: \$96.00*

3 - 5 p.m. CT

Class limit 15

Horton Multipurpose Conference Room -

REGISTER ONLINE

ISU Alumni Center

** (includes cost of provided materials)*

This course is for the beginner and for those wishing for a refresher course. A full range of colors will be mixed from three primary colors. Students will complete a painting in the course.

*A \$40.00 charge for materials (paper and paint) is included in the course registration. The instructor will purchase and provide the materials for each class participant to make sure everyone has the correct materials. Those registering for this course will receive an email with other items that will be needed for the class.

Jane Baty is a watercolor painter who exhibits and sells her paintings. Baty has previously taught Drawing for People Who Think They Can't Draw, Watercolor Techniques, and Watercolor Workshop for OLLI at ISU.

#24 - Understanding Seasonal Affective Disorder

One day: Tuesday, Nov. 1, 2022

Cost: \$20.00

3 - 4:30 p.m. CT

Class limit 24

Horton Multipurpose Conference Room - ISU Alumni Center

This presentation outlines the symptoms, causes and treatments of Seasonal Affective Disorder (S.A.D.) and its milder (but more common) version, "the winter blues." If you are troubled by listlessness and lack of energy during winter months, this course may be of interest to you.

Ron Palumbo is a retired social worker. Palumbo has also presented the Psychological Studies That Offer Hope and Introvert or Extrovert - Which Are You? courses for OLLI at ISU.

#25 - Anti-Semitism in America, Past and Present

Six weeks: Tuesday, Sept. 13, 2022 - Oct. 25, 2022
(no class on Oct. 4)

Cost: \$56.00
Class limit 35

9 - 10:30 a.m. CT
Online with Zoom

Prejudice against Jews and Judaism has been part of western civilization for millennia. These attitudes first arrived in the New World with early colonists, waxing and waning throughout our history. They have been evident in immigration policy, restricted social institutions and professions, quotas in elite universities, public surveys, and acts of violence. Anti-Semitic incidents have been increasing, most notably in the 2018 attack on the Tree of Life Synagogue in Pittsburgh. White nationalism, a racist ideology, is one current manifestation of anti-Semitism.

Barbara Pleasants was a biology faculty member at Iowa State University for 40 years. Pleasants also taught a course through the College of Liberal Arts and Sciences on the Holocaust for 25 years. For OLLI at ISU, she has offered classes on the Holocaust, and eugenics. Last spring, she gave a presentation on eugenics and immigration for the ISU Retirees.

#26 - Bitcoins

One day: Tuesday, Sept. 20, 2022
11 a.m. - 12:30 p.m. CT
Online with Zoom

Cost: \$20.00
Class limit 35

Bitcoins, and other digital currencies, have proliferated into the world of finance and are widely accepted by merchants worldwide as a medium of payment. Since launching in 2008, the bitcoin has skyrocketed in trading value from \$1 in 2011 to over \$60,000 at its peak during 2021. This presentation will explore the origins of bitcoins, interesting highlights in its history, bitcoin investments and the blockchain which is the technology underlying bitcoins.

Shoba Premkumar has taught corporate finance courses at the Ivy College of Business, Iowa State University since 2003. Premkumar holds a bachelor's in accounting from the University of Madras, and a M.B.A. from Iowa State University. She is dedicated to teaching financial literacy among students and communities through courses that enable people to master basic concepts, encourage critical thinking and problem solving.

#27 - Photography Tips and Techniques

Six weeks: Tuesday, Sept. 27, 2022 - Nov. 1, 2022

Cost: \$56.00

11 a.m. - 12:30 p.m. CT

Class limit 15

Online with Zoom

REGISTER ONLINE

This course covers major principles of photography. In the simplest of terms, we work on capturing what you see and how you want to depict it. We will concentrate on the nuts and bolts of our cameras, composition, lighting, photojournalism, post-photo processing, sharing, backup, and storage. Each week we will share photos taken since the last class.

Sam Wormley is a well-known local photographer who regularly contributes photographic services to the Central Iowa Symphony, Ames Town & Gown Chamber Music Association, Co-Motion Dance Theater, and photojournalism students at Iowa State.

#28 - The 1960s

Three weeks: Tuesday, Sept. 13, 2022 - Sept. 27, 2022

Cost: \$38.00

1 - 2:30 p.m. CT

Class limit 55+

Online with Zoom

The 1960s remain one of the most dynamic periods in American history. They are most remembered by the political, cultural, and social movements that helped to bring change that transformed the United States. The legacy of the 1960s is still evident today from national politics and foreign policy to culture and fashion. Using the backdrop from several books, we will look at the events of the 1960s, and see if they are still as lively, passionate, and unresolved as they were when we were growing up.

Chuck Achter has been an educator for 50 years. Achter spent six years as a social studies teacher and coach, 32 years as a high school principal, and ten years as an Iowa State University professor. He has spent the last two years consulting.

#29 - Foot Foundations

Four weeks: Tuesday, Oct. 11, 2022 - Nov. 1, 2022

Cost: \$44.00

1 - 2:30 p.m. CT

Class limit 35

Online with Zoom

Take a deep dive into understanding foot function, the right shoes, at home foot care treatments and balance exercises for fall prevention with podiatrist Colleen Schwartz. Each week we will focus on one aspect of the lower extremity physical examination (musculoskeletal/biomechanics, dermatologic, vascular, and neurological) along with what you can do at home to maximize your foot health and walking wellness.

Colleen Schwartz is a retired podiatrist and health and wellness expert. Schwartz is a certified meditation instructor from Deepak Chopra's Wellness Center. Featured previously on NPR, her focus is on balance whether it be through meditation, Pilates, acupuncture, or fall prevention. She is passionate about establishing a firm foundation by wellness routines (especially meditation) and by wearing comfortable shoes.

#30 - Emperors of Qing China and Tsars of Imperial Russia in the 18th Century

Four weeks: Tuesday, Sept. 13, 2022 - Oct. 4, 2022

Cost: \$44.00

3 - 4:30 p.m. CT

Class limit 35

Online with Zoom

This course will compare the two neighboring Eurasian empires, the Manchu-ruled Qing China (1636 - 1911) and the Tsarist Romanov Russia (1613 - 1917) on several significant and interesting topics during the 18th century such as the formation of the territory; the population in terms of majority and minority; the imperial symbols; religions and languages; women and marriage; the treaty relationship between the two empires; etc. The historical knowledge will help the understanding of present-day China and Russia.

Ning Chia came from Beijing, China in 1983 and earned a doctorate at the Johns Hopkins University. Since the fall of 1991, Chia has been teaching history and international studies at Central College.

WEDNESDAY

#31 - This is Our Story: Slavery

Seven weeks: Wednesday, Sept. 14, 2022 - Nov. 2, 2022

(no class on Oct. 5)

Cost: \$60.00

Class limit 24

9 - 10:30 a.m. CT

Horton Multipurpose Conference Room - ISU Alumni Center

We will cover the origins and what we don't know. First among the cash-poor Europeans, the Portuguese ventured down the coast of Africa for gold. After centuries of intense competition what followed was an Atlantic world based on slave labor. The founding fathers hardly emerge as heroes. Describing the topography of U.S. slavery and the details of its oppression provide a clearer picture of this history which still haunts us. We end with the Civil War.

Katherine Fromm is a K-UCLA graduate of California public schools, born and raised in Southern California. Malcolm X spoke at Fromm's campus, stimulating her interest in African American affairs. She has been an Ames resident for 54 years. She earned her master's and doctorate in history from Iowa State University. She has taught at various institutions including Iowa State University.

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The following course is being offered as a hybrid course, which means we will have participants at the ISU Alumni Center with the instructor while others join online with Zoom.

Be sure to register for the appropriate course number assigned to the delivery method that works best for you for **all** classes of this course.

#32 - How Divided Are We Really? - Hybrid: In-person

Three weeks: Wednesday, Sept. 14, 2022 - Sept. 28, 2022

Cost: \$38.00

11 a.m. - 12:30 p.m. CT

Class limit 24

Horton Multipurpose Conference Room - ISU Alumni Center

“The Big Sort,” a book offered by journalist Bill Bishop, suggests the American public is systematically sorting itself geographically into two diametrically opposed political “tribes.” A view that has achieved the status of conventional wisdom from much of the mass media. Is this an accurate picture, a myth, or an incomplete view? This is a matter of lively scholarly debate. In this course, we’ll explore the degree to which we are divided and the consequences of those divisions.

Michael Coveyou retired as planning and research administrator of the Iowa Department of Public Safety after 33 years. Previously, Coveyou taught statistics and political science at Iowa State University. After retirement, he returned to Iowa State as a part-time lecturer in political science. He is now fully retired except for occasionally teaching OLLI courses.

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#33 - How Divided Are We Really? - Hybrid: Online

See course and instructor information above

Class limit for online participation 55+

#34 - Getting Your Ducks in Line - Section A

One day: Wednesday, Sept. 14, 2022

Cost: \$20.00

1 - 2:30 p.m. CT

Class limit 24

Horton Multipurpose Conference Room - ISU Alumni Center

Participants will develop a comprehensive record of their financial information that can be accessible if they become incapacitated or need someone to take over their responsibilities. Included will be descriptions of various legal documents including various powers of attorney and how they are used. A guide for having inter-generational discussions using a checklist is included in the workbook each participant will print and bring to the class.

Avis Pohl is a certified financial planner who conducted financial workshops nationwide for The Vanguard Group before she retired and moved to Ames in 2018.

#35 - Irving Berlin: The Dean of American Songwriters

One day: Wednesday, Sept. 21, 2022

Cost: \$20.00

1 - 2:30 p.m. CT

Class limit 24

Horton Multipurpose Conference Room - ISU Alumni Center

Irving Berlin wrote some of the most famous songs in the United States. Some say it would be difficult to celebrate a holiday without him. Born in Siberia, Berlin arrived in the United States when he was eight; at thirteen, his father died leaving his wife and their eight children to try to earn enough money to survive. Berlin's story is one of perseverance, talent, and determination. His music expresses emotions from tenderness to patriotism and has endured for nearly a hundred years.

Jane Cox is a professor emerita from Iowa State University. Her interest in music began when she was a small child as she listened to her mother sing as she worked around the house. Irving Berlin's "Always" was sung at her parents' wedding.

#36 - Getting Your Ducks in Line - Section B - (repeat of class #34)

One day: Wednesday, Sept. 28, 2022

Cost: \$20.00

1 - 2:30 p.m. CT

Class limit 24

Horton Multipurpose Conference Room - ISU Alumni Center

Participants will develop a comprehensive record of their financial information that can be accessible if they become incapacitated or need someone to take over their responsibilities. Included will be descriptions of various legal documents including various powers of attorney and how they are used. A guide for having inter-generational discussions using a checklist is included in the workbook each participant will print and bring to the class.

Avis Pohl is a certified financial planner who conducted financial workshops nationwide for The Vanguard Group before she retired and moved to Ames in 2018.

The following course is being offered as a hybrid course, which means we will have participants at the ISU Alumni Center with the instructor while others join online with Zoom.

Be sure to register for the appropriate course number assigned to the delivery method that works best for you for **all** classes of this course.

#37 - Ames Laboratory: Past, Present, and Future - Hybrid: In-Person

One day: Wednesday, Sept. 21, 2022

Cost: \$20.00

5:30 - 7 p.m. CT

Class limit 24

Horton Multipurpose Conference Room - ISU Alumni Center

Have you ever wondered about the Ames Laboratory? This course will briefly describe the Ames Laboratory founding in 1947, notable past accomplishments, current research focus, and its strategy for the future.

Adam Schwartz was born and raised in western Pennsylvania. Schwartz earned his bachelor’s, master’s, and doctorate in materials science and engineering from the University of Pittsburgh. He served for 23 years at the Lawrence Livermore National Laboratory. In 2014, he moved to Ames, Iowa, to become the fifth director of Ames Laboratory and a professor of materials science and engineering at Iowa State University.

#38 - Ames Laboratory: Past, Present, and Future - Hybrid: Online

See course and instructor information above

Class limit for online participation 55+

#39 - Personal Transportation Without Gasoline

One day: Wednesday, Sept. 14, 2022

Cost: \$20.00

9 - 10:30 a.m. CT

Class limit 35

Online with Zoom

This course offers the resources to help you transition from using cars and trucks that use fossil fuel (such as gasoline) to electrical vehicles powered by your wind turbine or solar panels. Twenty-three percent of CO2 emissions come from vehicles. Everything we can do to minimize CO2 emissions helps the environment.

Sam Wormley is a retired associate scientist and principal investigator at Iowa State and was an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches science and technology classes for OLLI at Iowa State.

#40 - Water, Water Everywhere (from Air)

One day: Wednesday, Sept. 21, 2022

Cost: \$20.00

9 - 10:30 a.m. CT

Class limit 45

Online with Zoom

A warming climate increases the probability of flooding and drought. The need for fresh clean water is also increasing due to the changing climate. This class explores the science of extracting water from the atmosphere and offers instruction as to what we might pursue individually or in small groups.

Sam Wormley is a retired associate scientist and principal investigator at Iowa State and was an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches science and technology classes for OLLI at Iowa State.

#41 - Heat Wave: Cause and Survival

One day: Wednesday, Sept. 28, 2022
9 - 10:30 a.m. CT
Online with Zoom

Cost: \$20.00
Class limit 45

Sooner or later we will experience an extended heat wave due to our warming climate. This class explores the science, the meteorology, and most importantly, how you can stay cool in high heat and humidity, even when the power fails.

Sam Wormley is a retired associate scientist and principal investigator at Iowa State and was an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches science and technology classes for OLLI at Iowa State.

#42 - Solar Power: Reducing Your Carbon Footprint

One day: Wednesday, Oct. 12, 2022
9 - 10:30 a.m. CT
Online with Zoom

Cost: \$20.00
Class limit 45

We can reduce our carbon footprint by powering our electronics, vehicles and homes with renewable energy, namely solar energy. In this class we explore the availability of small portable solar batteries, solar chargers, solar panels (sources, costs, installation), and community solar and wind farms offered by municipalities and power companies.

Sam Wormley is a retired associate scientist and principal investigator at Iowa State and was an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches science and technology classes for OLLI at Iowa State.

#43 - Beginner's Mind Zen

One day: Wednesday, Nov. 2, 2022
3 - 4:30 p.m. CT
Online with Zoom

Cost: \$20.00
Class limit 35

"In the expert's mind there are few possibilities. In the beginner's there are many." In this course we'll learn how to practice meditation focusing on the three areas of body, breath, and mind. We'll take a brief look at the religious context out of which Zen meditation developed. Recommended reading for this course includes Shunryu Suzuki's "Zen Mind Beginner's Mind."

Daishin McCabe is a Soto Zen Buddhist priest and teacher at Zen Fields, a non-profit Buddhist organization in Ames. McCabe also teaches world religions at DMACC and is a facilitator of trauma sensitive yoga at both Mary Greeley and Broadlawns.

THURSDAY

#44 - Ames Climate Action Plan Update

One day: Thursday, Nov. 3, 2022
9 - 10:30 a.m. CT
Online with Zoom

Cost: \$20.00
Class limit 55+

Completion of a Climate Action Plan (CAP) is part of the Ames City Council goal of valuing environmental sustainability and is nearing phases of implementation. During the Spring 2022 OLLI session, we reported on the process of putting the CAP together in collaboration with consultant Sustainability Solutions Group and discussed opportunities for community involvement and participation. This class will give an update on the CAP progress toward completion and offer public education, engagement and empowerment opportunities as implementation begins.

Assistant City Manager, **Deb Schildroth**, worked for Story County for nearly three decades before joining the city in 2019. Schildroth's last position with the County was as the director of external operations and county services. She has a bachelor's degree from Iowa State University, and master's degree from the University of Iowa.

Public Relations Officer, **Susan Gwiasda**, has worked for the city for 17 years. Prior to that Gwiasda managed the Public Information Office for Dubuque, Iowa, and worked as a reporter for various newspapers. She has a bachelor's degree from the University of Missouri-Columbia, and master's degrees from Iowa State University and Drake.

Continued on next page

Director of Electric Services, **Don Kom**, has worked in the electric utility spectrum for nearly four decades, becoming the Ames electric utility director in 2006. Kom’s work in utilities has included transmission, distribution, generation, energy markets, reliability, and renewables. He has a bachelor’s degree from the University of Minnesota.

Sustainability Coordinator, **Merry Rankin**, has worked in a shared role since 2010 also serving as Iowa State University’s director of sustainability since 2009. Prior to coming to Iowa State, Rankin worked for the Iowa Department of Natural Resources in environmental services and statewide volunteer coordination. She has a bachelor’s and master’s degrees from Iowa State.

#45 - Science in the News

Six weeks: Thursday, Sept. 15, 2022 - Oct. 20, 2022 Cost: \$56.00
11 a.m. - 12:30 p.m. CT Class limit 35
Online with Zoom

Mike Meetz and Sam Wormley team up to provide a lively discussion with OLLI members about the current week’s science in the news. Links to relevant science articles will be sent out a day or two prior to each class. A deep understanding in the sciences is not required to share and discuss each week’s science topics.

Mike Meetz retired from the Veterinary Diagnostic Laboratory at the Iowa State University College of Veterinary Medicine after 35 years as a scientist. An amateur naturalist, Meetz volunteers for the National Park Service, Iowa DNR, and Story County Conservation Board. He and his wife have reconstructed a 38-acre prairie.

Sam Wormley is a retired associate scientist and principal investigator at Iowa State and taught as an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches science and technology classes for OLLI at Iowa State.

#46 - Western Civilization: Its Impacts, Positive and Negative, on the World

Four weeks: Thursday, Sept. 15, 2022 - Oct. 6, 2022

Cost: \$44.00

1 - 2:30 p.m. CT

Class limit 55

Online with Zoom

We live in a world where there are debates and discussions, condemnations (Woke, Critical Race Theory) and claims of superiority (White Supremacy) regarding Western Civilization. In this context it would be of some interest to recall and analyze the impact of the West on the rest of the world. This course will concentrate on the West's impact on the America's, Australia, the Middle East, Africa, and Asia.

V. V. Raman is emeritus professor at the Rochester Institute of Technology. Raman is past president of the Institute on Religion in an Age of Science and an elected member of the International Society for Science and Religion (Cambridge, UK).

#47 - Have You Checked Your Personality Lately?

One day: Thursday, Oct. 13, 2022

Cost: \$20.00

1 - 2:30 p.m. CT

Class limit 35

Online with Zoom

Are you who you think you are? Are you who others think you are? In this class we will do exercises like the Sherwin Williams Color Preference, the CANOE test, and others. Links to a version of the Myers-Briggs and Enneagram Personality Tests, will be sent to you to complete prior to class (at NO charge). We will explore these two in some depth. Who knows what you might learn? You are not expected to divulge any results and remember this is all in good fun.

Doug Stowell has been a Furman University OLLI instructor in Greenville, South Carolina, since 2015 and nationally with over 40 OLLIs since 2018. Stowell has experience in corporate market research and public opinion polling. He opened Market Resource Associates in 2008 and continues conducting consumer and political issue surveys.

#48 - Grassroots for Iowa: Practical Farmers of Iowa, Cover Crops, and Extended Rotation

One day: Thursday, Oct. 20, 2022
1 - 2:30 p.m. CT
Online with Zoom

Cost: \$20.00
Class limit 45

Cover crops and extended rotation address soil erosion and poor water quality while suppressing weeds, providing ruminant forage, and enabling reduced fertilizer rates. In this class we'll discuss the why and how of cover crops and extended rotation in Iowa, as well as PFI's work in getting more "roots in the ground, year-round." The course will provide insight to how these practices help to sustain production capability of your land for future generations.

Rebecca Clay is an agronomist and field crops viability coordinator at PFI. Clay works with farmers to determine how cover crops and extended rotation help meet their farm goals. She grew up in Le Mars, studied at Iowa State, then served with Peace Corps- Nepal before starting at PFI.

#49 - First in Flight: Tuskegee Airmen

One day: Thursday, Oct. 27, 2022
1 - 2:30 p.m. CT
Online with Zoom

Cost: \$20.00
Class limit 55+

The Tuskegee Airmen were the Black heroes of the skies during World War II, they included some of the most decorated fliers of the war and lost minimal bombers to enemy fire. Discover the stories of the Airmen, including 13 Iowans, and learn about how these brave soldiers fought for freedom abroad and equality at home.

Jenny Barnett is the museum educator at the African American Museum of Iowa in Cedar Rapids, Iowa. Barnett is responsible for developing public programs and events at the museum.

#50 - Behind the Beat

One day: Thursday, Nov. 3, 2022

Cost: \$20.00

1 - 2:30 p.m. CT

Class limit 55+

Online with Zoom

This presentation uses music to explore African American history, from the African beats to the jazz of the Harlem Renaissance to the popular music of the Civil Rights movement. To understand history, you just have to look Behind the Beat.

Jenny Barnett is the museum educator at the African American Museum of Iowa in Cedar Rapids, Iowa. Barnett is responsible for developing public programs and events at the museum.

#51 - Fifty Years of Football from Walk-on to the NFL

One day: Thursday, Sept. 15, 2022

Cost: \$20.00

3 - 4:30 p.m. CT

Class limit 55+

Online with Zoom

Recollections from 1969-2017 outlining a player's transition into coaching. Stories will offer a behind the scenes look at football at the high school, college, and professional levels. The instructor will offer lessons that can be applied to life regardless of one's field of endeavor.

Steve Loney's football career as a player and coach spanned 44 years. Loney served for four years as a high school head coach, 25 years as a college assistant coach and head coach, and 15 years as an assistant coach in the NFL.

#52 - More Yoga for Every Body

Four weeks: Thursday, Sept. 29, 2022 - Oct. 20, 2022

Cost: \$44.00

3 - 4:30 p.m. CT

Class limit 35

Online with Zoom

Learn about the benefits of yoga and do a gentle yoga practice in the comfort of your own home. This practice can be done by anyone.

Lynn Maves R.D., L.D., C.D.E., C.Y.T., has a bachelor's in dietetics from Iowa State University, a master's of public health from the University of Minnesota, and yoga instructor certification from Yoga North International.

#53 - 7 Steps to Living a Happy & Healthy Gluten Free Life

One day: Thursday, Nov. 3, 2022

Cost: \$20.00

3 - 4:30 p.m. CT

Class limit 55+

Online with Zoom

This course is for anyone new to the gluten free lifestyle and anyone who has been living gluten free but is unsatisfied with how it's going. Lots of information here, so bring your pen and paper.

Jules Shepard is the CEO and Founder of gfJules, the #1 gluten free flour and baking mixes company in the U.S. Shepard is also a highly regarded member of the gluten-free and food allergy community, having written three award-winning books in the space and championed the gluten-free food labeling movement. She is a tireless advocate for the gluten free and food allergy community. Her educating and lobbying efforts helped her garner the first ever "Gluten Free Person of the Decade" award.

#54 – Iowa State University Agricultural Visits - Tour 101

Three weeks: Thursday, Sept. 15, 2022 - Sept. 29, 2022

Cost: \$38.00

3 - 5 p.m. CT

Class limit 25

Off-site

Annually approximately 3,000 students receive hands-on education experiences at teaching farms. This tour will include information about farm management courses in which undergraduates manage a crop and livestock farm; farms that highlight the Iowa animal industry; Curtiss Hall, the hub to one of the top agricultural schools in the United States; and a stop at the Iowa State University Creamery in the Food Science Building, where participants are welcome to purchase a treat.

Participants will be responsible for transportation the first two weeks; free transportation will be available via CyRide the last week. There will also be extensive walking and standing during the tours.

#55 – Iowa State University Agricultural Visits - Tour 102

Three weeks: Thursday, Oct. 6, 2022 - Oct. 20, 2022

Cost: \$38.00

3 - 5 p.m. CT

Class limit 25

Off-site

More than 130 Iowa State Faculty members use the College of Agriculture and Life Sciences' farms for teaching, research, and extension. A similar number of staff members are involved as project leaders and workers. About 20,000 people visit Iowa State's Research and Demonstration Farms annually. In this tour you will see some art by Christian Petersen and Rose Frantzen as part of the 2,500 public works of "Art on Campus;" the Farm House built in 1860, a National Historic Landmark; and a stop at the Iowa State University Creamery, where participants may purchase a treat.

Participants will be responsible for transportation the first two weeks; free transportation will be available via CyRide the last week. There will also be extensive walking and standing during the tours.

#56 - Forest City, Where Nature is Close - Day Trip

One day: Friday, Sept. 16, 2022

Cost: \$100.00

6:35 a.m. - 5:30 p.m. CT

Class limit

Off-Site

Maximum of 30

Journey with OLLI at ISU to Forest City, where we will tour Winnebago Industries' "Big Bertha" building, walking above the assembly line to view the transformation from bare trailer chassis to sumptuous RV's. We will be eating a buffet luncheon at Waldorf University and then spend the afternoon at Heritage Park of Northern Iowa where we can see steam and gas-powered tractors, a log home, 1890's church, schoolhouse, barn, fire station, three former Algona German prisoners of war barracks, and much more from the early 1800's to mid-1900's. There are over 40 buildings in the park filled with artifact displays. We will end our adventure with a drive through of Pilot Knob State Park narrated by the park ranger.

Both the Winnebago and Heritage Park tours involve walking, standing for extended periods of time, and climbing steps. Closed toed shoes are a **requirement** for the Winnebago tour.

#57 - Jefferson - Day Trip

One day: Friday, Sept. 23, 2022

Cost: \$100.00

9 a.m. - 5 p.m. CT

Class limit

Off-site

Minimum of 30 and a maximum of 50

Journey with OLLI at ISU to Jefferson, Iowa to tour RVP-1875, a historical furniture shop and museum where they produce furniture using only the tools, techniques and finishes used in 1875 Iowa. We will see a three person show of "Fiddler on the Roof," followed by a buffet lunch with two soups, sandwiches, dessert, and coffee or lemonade. We will take a short bus tour of Deal Apple Orchard, have some pie and coffee, along with testing their regular and hard ciders before returning to Ames.

Do you have a class topic you would like to see offered? Perhaps you have a topic you are passionate about that you want to share with others.

We would love to hear about it. Please contact any of our leadership team or the OLLI at ISU staff. Working together we can reach our goal of continuing to offer the quality classes you have come to know and love with OLLI at ISU.

MEMBERS-ONLY LECTURES

The only requirement to attend the OLLI at ISU Members-Only Lectures is to be a current member. If you are not a current member, you can join the lectures by paying the \$25 membership fee at www.ISUalum.org/OLLIMembership.

The first two Members-Only Lectures will be offered as a hybrid event with participants and the presenter in the South Ballroom at the ISU Alumni Center, while others join online through Zoom at the same time.

The final Members-Only Lecture will be offered online through Zoom.

A Zoom link for each of the lectures will be sent to all current OLLI at ISU members the Friday before each lecture.

If the presenter gives OLLI at ISU permission to record, a link to the recording will be available the day after the event for members who request it. To request the recording please contact either Jerilyn at jlogue@iastate.edu or Heather at hbristow@iastate.edu.

For more information about participating in hybrid offerings, go to page 12.

The Causes and Consequences of the Russo-Ukrainian War

Wednesday, Oct. 12, 2022, 3 - 4:30 p.m. CT

South Ballroom - ISU Alumni Center and Online with Zoom

The lecture will consist of examining the several causes and reasons for Russia's invasion of Ukraine. It will look at several factors that determined the outcome, and the postwar consequences for the United States, Ukraine, NATO, Russia, and the European Union.

Richard W. Mansbach, professor of political science at Iowa State University, has coauthored or edited over twenty books in international relations and American foreign policy. One of which received a Lynne Rienner/Quincy Wright book award. Mansbach was also involved in publishing numerous articles and book chapters. He earned his bachelor's with high honors and Phi Beta Kappa at Swarthmore College and was a Marshall Scholar at Oxford University where he received his doctorate. He has had three Fulbright awards.

2022 Russian-Ukrainian War: A History of Nations, Grievances, and Institutions

Wednesday, Oct. 19, 2022, 3 - 4:30 p.m. CT

South Ballroom - ISU Alumni Center and Online with Zoom

The 2022 Russian invasion of Ukraine shocked the world. For many, both Russia's aggression and the Ukrainian resistance seemed unprecedented. However, this was not Russia's first military venture into Ukraine nor was it the first ferocious battle between these two nations. To shed light onto both the aggression and resistance, Feinstein discusses the Soviet and post-Soviet grievances, institutions, and nations that preceded the Russian-Ukrainian war.

Scott Feinstein is an assistant professor of political science at Iowa State University. Feinstein received his doctorate from the University of Florida and master's from New York University. His research explores the politics of states and culture in Europe and Eurasia. He has recently published works on Russian foreign policy and his book manuscript "The Power of Nations: Secession and Stability following the Collapse of the Soviet Union" examines how politics shape secessionist war after state collapse. He was a Fulbright Scholar to Ukraine and the Republic of Moldova, and an International Research and Exchanges Board scholar to Russia. He has also studied at Moscow State University and UC Berkeley. Before beginning his political studies, he was a chemist, a political operative, and a U.S. Peace Corps volunteer to Saratenii (sarah-ten-ee) Vechi (Vek), Moldova (in that order but not at the same time).



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2022 Updates on the Status of Global Climate Change: Impacts for Iowa

Wednesday, Oct. 26, 2022, 3 - 4:30 p.m. CT

Online with Zoom only

In early 2022, the Intergovernmental Panel on Climate Change issued its Sixth Assessment Report, an update of its 2013 report on the scientific basis for climate change. This latest document, assembled by 234 authors from 64 countries, provides over 2,000 pages of updates on data and knowledge on global and regional climate change. A team of Iowa researchers, mostly from Iowa universities, is using this assessment along with published research on climate-related impacts on agriculture, human health, water resources and the natural environment to summarize climate impacts observed in Iowa and projected to occur by the mid to late 21st century. The resulting Iowa Climate Assessment will serve as a scientific basis for developing adaptation, mitigation, and sustainability plans for Iowa communities, as well as policy and decision-makers in the public and private sectors. This presentation will summarize current understanding of global climate change and its current and future impacts on Iowa.

Gene Takle is distinguished professor emeritus of agricultural meteorology in the Department of Agronomy at Iowa State University. Takle has been a co-author of the 3rd (2014) and 4th (2018) US National Climate Assessments and the 2007 report of the UN Intergovernmental Panel on Climate Change. He is a Fellow of the American Meteorological Society (AMS) and has been an AMS Certified Consulting Meteorologist since 1984. His research since retiring focuses on impacts of climate change on the Midwest, especially agriculture. His recent paper in *Physics Today* entitled "Iowa's Agriculture is Losing its Goldilocks Climate" describes how global climate change is providing new challenges to Iowa agriculture. He holds a bachelor's in physics and mathematics from Luther College and a doctorate in physics from Iowa State University.

Give a **Gift Certificate** of Lifelong Learning



When family and friends ask you what you would like for your birthday, do you feel like you don't need any more "stuff?" Request an OLLI gift certificate instead!

The information you learn and the conversations with your fellow OLLI at ISU members are priceless. By the same token, your spouse, siblings, or friends may also like a gift certificate.

Certificates can be purchased in the office or online at www.ISUalum.org/OLLIGiftCertificate for any amount.

COURSES BY LOCATION

In-person Courses - ISU Alumni Center:

- #14 - Critical Race Theory: A Brief History (repeat of class #03)
- #17 - Apartheid and Nelson Mandela
- #18 - Cora Mae: The Other Half of the Jack Trice Story
- #19 - Iowa State, World War I, and World War II
- #23 - Watercolor Techniques
- #24 - Understanding Seasonal Affective Disorder
- #31 - This is Our Story: Slavery
- #34 - Getting Your Ducks in Line - Section A
- #35 - Irving Berlin: The Dean of American Songwriters
- #36 - Getting Your Ducks in Line - Section B (repeat of class #34)

In-person Courses - Green Hills:

- #20 - World Music
- #21 - Holding Civil Conversations on “Common Good” Issues for Democracy
- #22 - The Constitutional Convention

Online with Zoom Courses:

- #01 - Learning Mac Computers
- #02 - Should the Supreme Court Follow the Election Returns?
- #03 - Critical Race Theory: A Brief History
- #04 - Can Our Power Grids Survive a Major Solar Outburst?
- #05 - Emerson Hough: Journalist, Author, and Conservationist
- #06 - The History and Future of the Ames History Museum
- #07 - Through Different Eyes: Non-Conformist Art in the Soviet Union
- #08 - Living a Better, Lighter and Sustainable Life
- #09 - Let's Write Together
- #10 - Ukrainian Vision: Artists and Their Cultural Vision
- #11 - Get a CLUE about Iowa's Local Food System!
- #25 - Anti-Semitism in America, Past and Present
- #26 - Bitcoins
- #27 - Photography Tips and Techniques
- #28 - The 1960s
- #29 - Foot Foundations
- #30 - Emperors of Qing China and Tsars of Imperial Russia in the 18th Century
- #39 - Personal Transportation Without Gasoline
- #40 - Water, Water Everywhere (from Air)
- #41 - Heat Wave: Cause and Survival
- #42 - Solar Power: Reducing Your Carbon Footprint
- #43 - Beginner's Mind Zen

- #44 - Ames Climate Action Plan Update
- #45 - Science in the News
- #46 - Western Civilization: Its Impacts, Positive and Negative, on the World
- #47 - Have You Checked Your Personality Lately?
- #48 - Grassroots for Iowa: Practical Farmers of Iowa, Cover Crops, and Extended Rotation
- #49 - First in Flight: Tuskegee Airmen
- #50 - Behind the Beat
- #51 - Fifty Years of Football from Walk-on to the NFL
- #52 - More Yoga for Every Body
- #53 - 7 Steps to Living a Happy & Healthy Gluten Free Life

Hybrid: In-person Courses:

- #12 - What in the World!?!
- #15 - Sustainable/Regenerative Strategies for Farmland
- #32 - How Divided Are We Really?
- #37 - Ames Laboratory: Past, Present, and Future

Hybrid: Online Courses:

- #13 - What in the World!?!
- #16 - Sustainable/Regenerative Strategies for Farmland
- #33 - How Divided Are We Really?
- #38 - Ames Laboratory: Past, Present, and Future

Off-site Tours/Trips:

- #54 - Iowa State University Agricultural Visits - Tour 101
- #55 - Iowa State University Agricultural Visits - Tour 102
- #56 - Forest City, Where Nature is Close - Day Trip
- #57 - Jefferson - Day Trip

COURSE FEES

- #01 - **Learning Mac Computers** - *Online* Cost: \$63.00
- #02 - **Should the Supreme Court Follow the Election Returns?** - *Online* Cost: \$44.00
- #03 - **Critical Race Theory: A Brief History** - *Online* Cost: \$20.00
- #04 - **Can Our Power Grids Survive a Major Solar Outburst?** - *Online* Cost: \$20.00
- #05 - **Emerson Hough: Journalist, Author, and Conservationist** - *Online* Cost: \$20.00
- #06 - **The History and Future of the Ames History Museum** - *Online* Cost: \$20.00
- #07 - **Through Different Eyes: Non-Conformist Art in the Soviet Union** - *Online*
Cost: \$20.00
- #08 - **Living a Better, Lighter and Sustainable Life** - *Online* Cost: \$44.00
- #09 - **Let's Write Together** - *Online* Cost: \$56.00
- #10 - **Ukrainian Vision: Artists and Their Cultural Vision** - *Online* Cost: \$20.00
- #11 - **Get a CLUE about Iowa's Local Food System!** - *Online* Cost: \$20.00
- #12 - **What in the World!?!** - *Hybrid: In-person* Cost: \$38.00
- #13 - **What in the World!?!** - *Hybrid: Online* Cost: \$38.00
- #14 - **Critical Race Theory: A Brief History** - *In-person (repeat of class #03)*
Cost: \$20.00
- #15 - **Sustainable/Regenerative Strategies for Farmland** - *Hybrid: In-person*
Cost: \$38.00
- #16 - **Sustainable/Regenerative Strategies for Farmland** - *Hybrid: Online* Cost: \$38.00
- #17 - **Apartheid and Nelson Mandela** - *In-person* Cost: \$20.00
- #18 - **Cora Mae: The Other Half of the Jack Trice Story** - *In-person* Cost: \$20.00
- #19 - **Iowa State, World War I, and World War II** - *In-person* Cost: \$32.00
- #20 - **World Music** - *In-person at Green Hills* Cost: \$44.00
- #21 - **Holding Civil Conversations on "Common Good" Issues for Democracy**
- *In-person at Green Hills* Cost: \$44.00
- #22 - **The Constitutional Convention** - *In-person at Green Hills* Cost: \$20.00
- #23 - **Watercolor Techniques** - *In-person* Cost: \$96.00 (provided materials included)
- #24 - **Understanding Seasonal Affective Disorder** - *In-person* Cost: \$20.00
- #25 - **Anti-Semitism in America, Past and Present** - *Online* Cost: \$56.00
- #26 - **Bitcoins** - *Online* Cost: \$20.00
- #27 - **Photography Tips and Techniques** - *Online* Cost: \$56.00
- #28 - **The 1960s** - *Online* Cost: \$38.00

- #29 - Foot Foundations - Online Cost: \$44.00**
- #30 - Emperors of Qing China and Tsars of Imperial Russia in the 18th Century - Online Cost: \$44.00**
- #31 - This is Our Story: Slavery - In-person Cost: \$60.00**
- #32 - How Divided Are We Really? - Hybrid: In-person Cost: \$38.00**
- #33 - How Divided Are We Really? - Hybrid: Online Cost: \$38.00**
- #34 - Getting Your Ducks in Line - Section A - In-person Cost: \$20.00**
- #35 - Irving Berlin: The Dean of American Songwriters - In-person Cost: \$20.00**
- #36 - Getting Your Ducks in Line - Section B - In-person (repeat of class #34) Cost: \$20.00**
- #37 - Ames Laboratory: Past, Present, and Future - Hybrid: In-person Cost: \$20.00**
- #38 - Ames Laboratory: Past, Present, and Future - Hybrid: Online Cost: \$20.00**
- #39 - Personal Transportation Without Gasoline - Online Cost: \$20.00**
- #40 - Water, Water Everywhere (from Air) - Online Cost: \$20.00**
- #41 - Heat Wave: Cause and Survival - Online Cost: \$20.00**
- #42 - Solar Power: Reducing Your Carbon Footprint - Online Cost: \$20.00**
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- #55 - Iowa State University Agricultural Visits - Tour 102 - Off-site Cost: \$38.00**
- #56 - Forest City, Where Nature is Close - Day Trip - Off-site Cost: \$100.00**
- #57 - Jefferson - Day Trip - Off-site Cost: \$100.00**



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The Central Iowa Symphony is a community orchestra, united by a love of music and dedication to the art of orchestral performance, whose collective goal is to foster quality performances, offer satisfying musical experiences, and nurture educational and cultural growth in central Iowa.

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OLLI REGISTRATION • FALL 2022 (front and back)

One person age 50+ may register per form. Please print.
Mail with payment to OLLI at ISU:
ISU Alumni Center; 429 Alumni Lane; Ames, IA 50011.

Name _____

Address _____

City/State/Zip _____ County _____

Phone _____ Email _____

New contact information is listed above, please update the OLLI Mailing List

Course #	Course Title	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

SUBTOTAL _____

OLLI Membership Status Current Member Non-member (add \$25) _____

YES, I want to be an ISU Alumni Association Member (add \$47) _____

I would like to give a tax-deductible gift to OLLI at ISU _____

TOTAL AMOUNT OF PAYMENT _____

CANCELLATIONS AND REFUNDS

OLLI membership dues are non-refundable. If a registration is cancelled before 4:30 p.m. CT, Monday, Sept. 5, 2022, a \$10 service fee will be retained. There will be no refunds for cancellations made **after 4:30 p.m. CT, Monday, Sept. 5, 2022**. Refunds will be processed after classes begin.

PAYMENT INFORMATION

Cash Check (payable to ISU Alumni Association)

Gift certificate/coupon (attach to this form)

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Card# _____ Exp.(mm/yyyy) _____ CVV _____

Name on Card _____

Signature _____

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How long have you been a member?

- First time 1 year 2-5 years 6-10 years 11+ years

If this is your first year, how did you learn about us?

- Family/Friend Retirees Newsletter
 Advertisement, where? _____ Other _____

VOLUNTEER OPPORTUNITIES

Please contact me for the following volunteer opportunities at OLLI at ISU:

- Class assistant (greeter, microphones, technology) Be an ambassador for OLLI
 Assist with the newsletter
 Serve on a committee

Please consider these topics for future OLLI courses:

DEMOGRAPHIC INFORMATION (optional)

The following section is intended to help us learn more about our membership to focus our program to your needs or interests. It will also assist in compiling information for the annual report to the Osher Lifelong Learning Institute. Your participation in answering these questions is completely optional.

- Age Range** 50-60 years 61-70 years 71-80 years 81-90 years
 90+ years Prefer not to answer

- Ethnicity** African American Asian Caucasian Latino/Hispanic
 Native American Prefer not to answer Other _____

- How do you Identify** Man Woman Prefer not to answer Other _____

- Marital Status** Married Partnered Widowed Prefer not to answer

- Retired** Yes No, work part-time No, work full-time Prefer not to answer

Please mail this completed form to:

OLLI at ISU
ISU Alumni Center
429 Alumni Lane
Ames, IA 50011-1403

OLLI REGISTRATION • FALL 2022 (front and back)

One person age 50+ may register per form. Please print.
Mail with payment to OLLI at ISU:
ISU Alumni Center; 429 Alumni Lane; Ames, IA 50011.

Name _____

Address _____

City/State/Zip _____ County _____

Phone _____ Email _____

New contact information is listed above, please update the OLLI Mailing List

Course #	Course Title	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

SUBTOTAL _____

OLLI Membership Status Current Member Non-member (add \$25) _____

YES, I want to be an ISU Alumni Association Member (add \$47) _____

I would like to give a tax-deductible gift to OLLI at ISU _____

TOTAL AMOUNT OF PAYMENT _____

CANCELLATIONS AND REFUNDS

OLLI membership dues are non-refundable. If a registration is cancelled before 4:30 p.m. CT, Monday, Sept. 5, 2022, a \$10 service fee will be retained. There will be no refunds for cancellations made **after 4:30 p.m. CT, Monday, Sept. 5, 2022**. Refunds will be processed after classes begin.

PAYMENT INFORMATION

Cash Check (payable to ISU Alumni Association)

Gift certificate/coupon (attach to this form)

Credit Card American Express Discover Mastercard Visa

Card# _____ Exp.(mm/yyyy) _____ CVV _____

Name on Card _____

Signature _____

(Please complete second page)

How long have you been a member?

- First time 1 year 2-5 years 6-10 years 11+ years

If this is your first year, how did you learn about us?

- Family/Friend Retirees Newsletter
 Advertisement, where? _____ Other _____

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COVER PHOTO RUNNER-UPS



Fall Field, Andrea Dorn



Waterfall, Judy Levings



Shell & Stones, Sue Benson



ISU Alumni Center, 429 Alumni Lane, Ames, IA 50011-1403