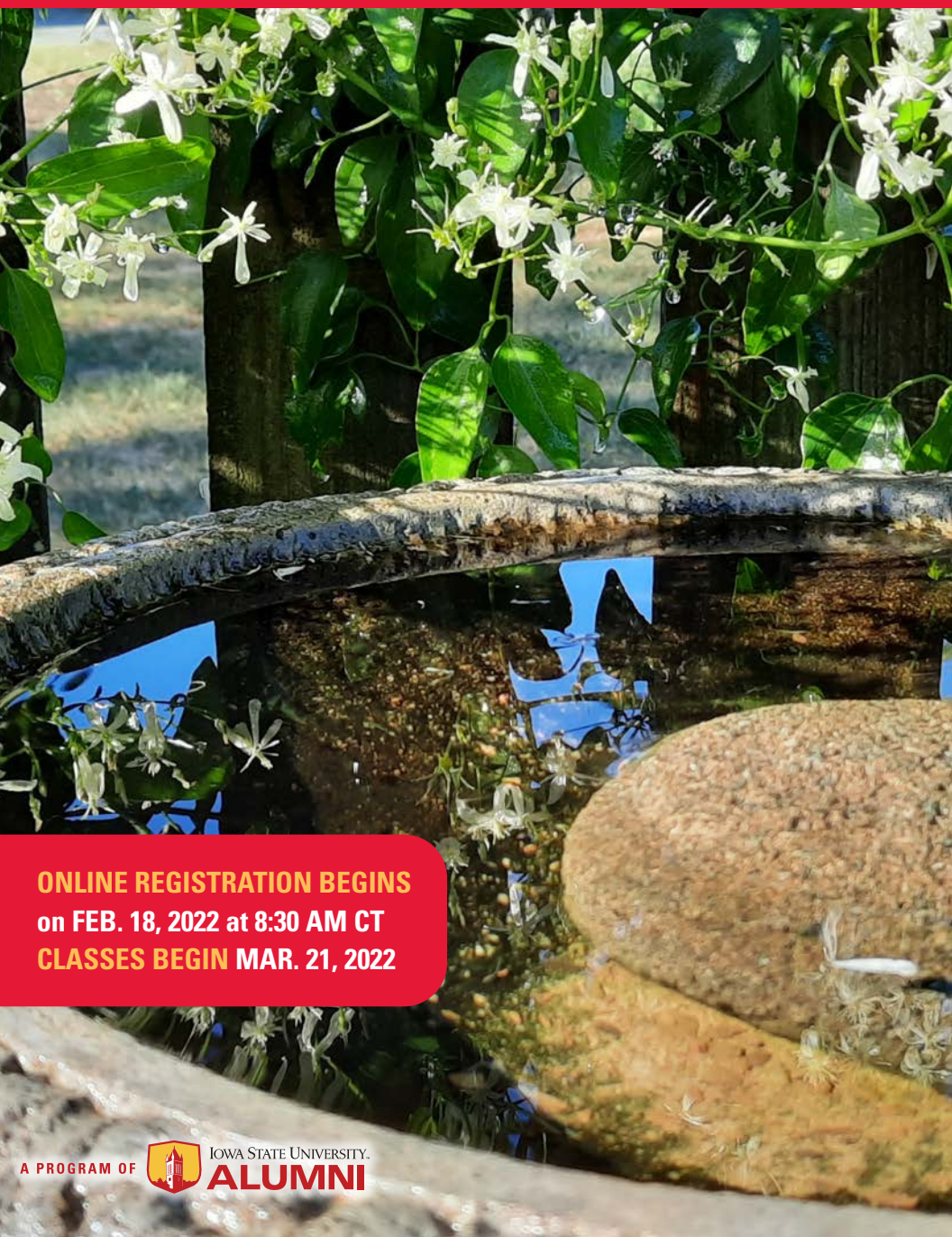




AT IOWA STATE UNIVERSITY™

SPRING 2022 COURSE CATALOG

Lifelong Learning for ages 50 and above!



ONLINE REGISTRATION BEGINS
on FEB. 18, 2022 at 8:30 AM CT
CLASSES BEGIN MAR. 21, 2022

A PROGRAM OF  IOWA STATE UNIVERSITY.
ALUMNI

"REFLECTIONS IN A BIRD BATH" BY MARTHA ROYER

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FROM THE DIRECTOR



Dear Colleagues,

As I'm writing this letter, COVID has not gone away and actually there are two additional variants, but the Curriculum Committee and I know that many of you are ready to have in-person classes. So, during the spring session we will be offering some in-person classes. However, should COVID guidelines change, we will move to offering only online classes. If we must make this change, we will inform you as soon as the decision is made. Otherwise, all in-person classes are scheduled for a Tuesday or Wednesday and some of them will also be offered as a hybrid.

What is hybrid learning?

Hybrid learning for the OLLI at ISU program means some of you will attend the class in-person with the instructor at the Alumni Center, while other members will join online from home at the same time.

Those attending online will be able to:

- Hear and see the instructor
- See any materials projected on the screen
- Ask questions by chat or verbally
- Hear comments and questions made by those taking the class in-person (very important for those participating in-person to use a microphone when speaking)
- Participate in small group discussions with breakout rooms

The technology committee has done trial runs and it should work without any problems, but as you all know, computers seem to have a mind of their own at times.

Please remember the following:

- Being in-person, a hybrid, or all online is determined by the instructors and their comfort levels. We appreciate our instructors and want them to feel comfortable.
- Any in-person classes are scheduled for a Tuesday or Wednesday and will be held in the Reiman Ballroom at the ISU Alumni Center. Not all classes scheduled on a Tuesday and Wednesday will be in-person or a hybrid.

Continued on next page

FROM THE DIRECTOR

- Some in-person classes will also be available as a hybrid and this will be noted.
- When registering for a class, look carefully at how it is going to be delivered; in-person, online, hybrid: in-person, or hybrid: online.
- You will pick the method of delivery and stay with it for each session of that class.
- At the time this is being written, vaccines/boosters and masks are not mandated, but we will follow the current policy of the university.

Looking forward to seeing you in-person and online. As we move forward with these new options to attend an OLLI at ISU class, remember to be PATIENT with staff, volunteers, instructors, class members, and yourself.

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 <http://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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ONLINE REGISTRATION BEGINS

Friday, Feb. 18, 2022, at
8:30 AM CT

DATES TO REMEMBER

Spring 2022

“Learn about Spring Classes”

ONLINE with Zoom

Feb. 17, 2022, 1:30 PM CT

First day of Spring 2022 classes

March 21, 2022

Fall 2022

“Learn about Fall Classes”

ONLINE with Zoom

Aug. 11, 2022

First day of Fall 2022 classes

Sep. 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

Mar. 20, 2023

OFFICE CONTACT INFORMATION

ISU Alumni Center
Monday – Friday, 8:00 AM – 5:00 PM 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 OLLI 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 classes as well as these additional benefits!

OLLI at ISU membership benefits for 2021-2022 include:

- A minimum of nine **Members-Only Lectures** throughout the year at no additional cost or registration
- A monthly newsletter delivered via email (or paper copy for those without email)
- Weekly Friday emails during class sessions with updates about what is happening the next week
- Central Iowa Symphony has provided two complimentary concert tickets per OLLI member
- Stephens Auditorium special offer on tickets to select shows on the ISU Campus
- Octagon Center for the Arts reusable 10% discount off a purchase of more than \$25 in the Octagon Gallery shop or on an Octagon class registration
- Continued distribution of Clarity notebooks and mugs to new members (while supplies last)
- **NEW** – Now you can become an annual member of the ISU Alumni Association at a discounted rate of \$47 which is good for one person or a couple

To become an OLLI at ISU member, visit our website at <http://olli.iastate.edu/> to complete the **online form**. Or you may print a membership form and mail it to the following address with your payment by credit card or check made payable to the ISU Alumni Association.

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

Give a Gift to OLLI at ISU

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

Your contributions help and are very much appreciated!

In recent years, your donations have purchased the following items: a cart to hold and transport equipment for in-person classes, hearing devices to take on day trips, five new laptops, a video camera, and a new ELMO visual presenter for the ballroom.

The laptops have proven to be essential as we offer classes online via Zoom. They are not only useful for staff as they “host” classes but have also been used to assist instructors who have limited resources for online offerings. The technology committee is looking into other items that will make OLLI classes more accessible to our members. Including items to facilitate hybrid classes (a class with attendees both in-person and online.)

Donations can be made at any time through the following website:

<http://olli.iastate.edu/>

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, the ISU Alumni Association director of development, at (515) 294-7441 or jstowe@foundation.iastate.edu.



LIFELONG LEARNING GIFT CERTIFICATES

Are your family and friends asking what you want as a gift? Do you need to give someone a gift, but think who really needs 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 <http://olli.iastate.edu/> to purchase a gift certificate for any occasion in any amount.



All new members of OLLI at ISU will receive an eco-inspired notebook compliments of Clarity Asset Management, Inc. that will be mailed to you with your OLLI membership packet. We also have a limited supply of mugs from FY20 to distribute to those who request one.

Clarity Asset Management, Inc.

Phone: (515) 233-3152

Email: info@investmentclarity.com



At the time this catalog was published, we anticipated offering classes in-person, online with Zoom, and as hybrid classes (for more information on hybrid classes see the Course Locations and Delivery Methods on page 12 of this catalog). However, should COVID guidelines change, we will move to offering only online classes. If we must make this change, we will inform you as soon as the decision is made.

The “Learn about Spring Classes” event will be held online on Thursday, Feb. 17 starting at 1:30 PM CT. The online “room” will open at 1:15 PM CT. This will be an opportunity to learn more about the classes.

The link to attend will be located on the event page on our website at <http://olli.iastate.edu>.

Your **first** opportunity to register for Spring 2022 classes will begin at **8:30 AM CT on Friday, Feb. 18, you are strongly encouraged to register online.**

Any mailed registrations received before the end of the day on Friday, Feb. 18, 2022 will be held and processed on Monday, Feb. 21, 2022 in the order they were received.

TWO WAYS TO REGISTER:

- 1. Online:** You may register online at <http://olli.iastate.edu>. In the **OLLI at ISU** menu select the **Register for Courses** option, click the OLLI at ISU spring 2022 online registration. **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 <http://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 made 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 happy to announce we will be offering some in-person classes again. On Tuesdays and Wednesdays, most of the classes will be offered in-person or as a hybrid class. However, there are a few exceptions due to scheduling issues which kept them online only. **Please be sure to check the delivery method for the classes you register for to determine where you need to be.**

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

To learn more about what a hybrid class is, see the Course Locations and Delivery Methods section of this catalog.

Some classes do have a participation limit and will be marked as follows:

You MUST register online

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

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

Confirmation of your registration will be emailed or mailed to you. **If you do not receive a confirmation by the Friday before your class begins, please contact the OLLI at ISU office.**

OLLI at ISU is a membership-based organization which strives to offer quality classes on a variety of subjects to appeal to many interests and backgrounds.

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.

COURSE LOCATIONS AND DELIVERY METHODS

WHAT YOU NEED TO KNOW TO TAKE AN OLLI CLASS THIS SPRING:

IN-PERSON

- Most of the classes offered on Tuesdays and Wednesdays will be offered in-person or as a hybrid class.
- At the time this is being written, vaccines/boosters and masks are not mandated, but we will follow the current policy of the university.
- At the time this is being written we plan to offer in-person classes. Should COVID guidelines change, we will move to online only classes.

HYBRID

- Classes offered as a hybrid will have two class numbers to choose from, hybrid: in-person and hybrid: online. Be sure to register for the class number that represents how you wish to attend. Whichever option you choose is how you will attend every session for the class.
- At the time this is being written we plan to offer hybrid classes. Should COVID guidelines change, we will move to online only classes.

WHAT IS HYBRID LEARNING?

Hybrid learning for the OLLI at ISU program means some of you will attend the class in-person with the instructor at the Alumni Center while other members will join online with Zoom from home at the same time. Those online will be able to:

- Hear and see the instructor
- See any materials projected on the screen
- Ask questions by chat or verbally
- Hear comments/questions made by those taking the class in-person (very important for those participating in-person to use a microphone when speaking)
- Participate in small group discussions with breakout rooms

The technology committee has done trial runs and it should work without any problems, but as you all know, computers seem to have a mind of their own at times. As we move forward with these new options we ask that you remember to be patient with OLLI staff, volunteers, instructors, class members, and yourself.

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 class will be sent via email (or a phone call for those joining by phone) to those who are registered. You will see and hear the instructor, any presentation documents, and other class members on your computer screen. If you have questions, you will be able to ask the instructor or submit them through a chat window.

We know that online presentations cannot replace the in-person experience, but they do provide us the opportunity to participate and continue learning while we can't be together physically.

PHONE:

You don't need a computer or iPad to participate in a class – 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.

CANCELLATIONS AND REFUNDS

OLLI membership dues are non-refundable.

If a registration is cancelled **before** 4:30 PM CT, **Monday, Mar. 14, 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 PM CT, **Monday, Mar. 14, 2022**.

Refunds will be processed after classes begin.

CANCELLATIONS DUE TO WEATHER

If classes must be cancelled or postponed due to snow or dangerous driving conditions, please refer to the following OLLI at ISU Cancellation Policy. This could potentially affect the in-person and hybrid classes being offered this spring.

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
- Posted on our website
- 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:

- Being in-person, a hybrid, or all online is determined by the instructors and their comfort levels. We appreciate our instructors and want them to feel comfortable.
- Any in-person classes are scheduled for a Tuesday or Wednesday and will be held in the Reiman Ballroom at the ISU Alumni Center.
- Not all classes on Tuesday and Wednesday will be in-person or a hybrid.
- Some in-person classes will also be available as a hybrid and this will be noted.
- When registering for a class, look carefully at how it is going to be delivered; in-person, online, hybrid: in-person, or hybrid: online.
- You will pick the method of delivery and stay with it for each session of that class.
- At the time this is being written, vaccines/boosters and masks are not mandated, but we will follow the current policy of the university.

CLASS DELIVERY NOTICE

At the time this catalog was published, we anticipated offering classes in-person, online with Zoom, and as hybrid classes (for more information on hybrid classes see the Course Locations and Delivery Methods section on page 12 of this catalog). However, should COVID guidelines change, we will move to offering only online classes. If we must make this change, we will inform you as soon as the decision is made.

CLASS BYTES

Hear what some OLLI at ISU class participants have to say about their recent experience during an OLLI class.

“I love OLLI courses. Great variety on so many topics and issues.” – David, Iowa

“OLLI classes enhance the cultural diversity and quality of life in our communities.”
– Sam, Iowa

“My experience with OLLI classes has been overwhelmingly positive, I have recommended them to numerous friends and relatives.” – Fred, Iowa

“We are fortunate to have access to instructors with so much knowledge and practical experience.” – anonymous

“I love taking OLLI classes. Offering them through Zoom makes it easier to attend for many people and especially those of us that are out of state.” – Les, Washington

“It expanded my thinking.” – Cheryl, Iowa

“I hope to continue to explore many courses through OLLI at ISU. It is an excellent program.” – Jane, Iowa

CLASSES BY DAY

	Times are CT	Sessions	#	Title	Pg.
MONDAY	9:00 - 10:30 AM	<i>Two weeks</i>	01	Investing for Impact	20
	9:00 - 10:30 AM	<i>One day</i>	02	Apple Watch – The Future Of Health is on Your Wrist	21
	9:00 - 10:30 AM	<i>Four weeks</i>	03	When I Was Small, What Did I See? Finding Your Voice in Writing and Illustrating	21
	11:00 AM – 12:30 PM	<i>Two weeks</i>	04	From I Get a Kick Out of You to American in Paris	22
	11:00 AM – 12:30 PM	<i>Four weeks</i>	05	Sharing Your Story: Writing Your Own Obituary	22
	1:00 - 2:30 PM	<i>Four weeks</i>	06	Biomes and Ecosystems, What Makes Our Home Planet Earth Tick?	23
	1:00 - 2:30 PM	<i>One day</i>	07	Time of Expansion: Life in Ames a Hundred Years Ago	23
	1:00 - 2:30 PM	<i>One day</i>	08	Notable Women in Ames History	24
	1:00 - 2:30 PM	<i>Two weeks</i>	09	The Fifties	24
	3:00 - 5:00 PM	<i>One day</i>	10	The Murder of Captain James A. King and the Origin of the Teddy Bear	25
	3:00 - 5:00 PM	<i>One day</i>	11	The Pitfalls and Pleasures of Publishing	26
	3:00 - 4:30 PM	<i>One day</i>	12	Museum Experience: Russian Art through the Exhibits at The Museum of Russian Art	27
	3:00 - 4:30 PM	<i>One day</i>	13	Woman’s World: Women Artists in Russia	27
	3:00 - 5:00 PM	<i>Four weeks</i>	14	Home Grown Business: Business Site Tours	28

	Times are CT	Sessions	#	Title	Pg.
TUESDAY	9:00 – 10:30 AM	<i>Four weeks</i>	15	What in the World!?! – Hybrid: in-person	29
	9:00 – 10:30 AM	<i>Four weeks</i>	16	What in the World!?! – Hybrid: online	29
	9:00 – 10:30 AM	<i>One day</i>	17	Frances Perkins – A Powerful Influence	30
	11:00 AM – 12:30 PM	<i>Three weeks</i>	18	The American Experience Reflected in Idioms	30
	11:00 AM – 12:30 PM	<i>One day</i>	19	Researching Ames History on Your Own: Sources and Techniques – Hybrid: in-person	31
	11:00 AM – 12:30 PM	<i>One day</i>	20	Researching Ames History on Your Own: Sources and Techniques – Hybrid: online	31
	11:00 AM – 12:30 PM	<i>One day</i>	21	Critical Race Theory: A Brief History	31
	11:00 AM – 12:30 PM	<i>One day</i>	22	Stay Involved in Climate Action Planning – Hybrid: in-person	32
	11:00 AM – 12:30 PM	<i>One day</i>	23	Stay Involved in Climate Action Planning – Hybrid: online	32
	1:00 - 2:30 PM	<i>Four weeks</i>	24	Science of Water Quality in Agricultural Systems	33
	3:00 - 4:30 PM	<i>Two weeks</i>	25	The History of Iowa Horticulture – Hybrid: in-person	34
	3:00 - 4:30 PM	<i>Two weeks</i>	26	The History of Iowa Horticulture – Hybrid: online	34
	3:00 – 5:00 PM	<i>One day</i>	27	Get Your Ducks in Line... And Reduce the Burden on Your Family – In-Person	35
	3:00 – 5:00 PM	<i>One day</i>	28	Get Your Ducks in Line... And Reduce the Burden on Your Family – Online	35
	5:30 - 7:00 PM	<i>One day</i>	29	Student-Athlete Development Programs – Hybrid: in-person	36
	5:30 - 7:00 PM	<i>One day</i>	30	Student-Athlete Development Programs – Hybrid: online	36
	5:30 - 7:00 PM	<i>Four weeks</i>	31	The History of the U.S. in 1619	37

CLASSES BY DAY continued

	Times are CT	Sessions	#	Title	Pg.
WEDNESDAY	9:00 - 10:30 AM	<i>Four weeks</i>	32	Introduction to Iowa's Native Ferns and Grasses – Hybrid: in-person	38
	9:00 - 10:30 AM	<i>Four weeks</i>	33	Introduction to Iowa's Native Ferns and Grasses – Hybrid: online	38
	11:00 AM – 12:30 PM	<i>Four weeks</i>	34	Structure and Functions of the Brain – Hybrid: in-person	39
	11:00 AM – 12:30 PM	<i>Four weeks</i>	35	Structure and Functions of the Brain – Hybrid: online	39
	1:00 - 2:30 PM	<i>One day</i>	36	Designing and Using Fidget Quilts for Patients with Alzheimer's or on the Autism Spectrum – Hybrid: in-person	40
	1:00 - 2:30 PM	<i>One day</i>	37	Designing and Using Fidget Quilts for Patients with Alzheimer's or on the Autism Spectrum – Hybrid: online	40
	1:00 - 2:30 PM	<i>One day</i>	38	Center for Sustainable Rural Livelihoods, Introduction to the ISU – Uganda Program	41
	1:00 - 2:30 PM	<i>Six weeks</i>	39	Photography Tips and Techniques	43
	3:00 - 4:30 PM	<i>Four weeks</i>	40	Inside the Iowa State Fair	43
	3:00 - 4:30 PM	<i>Three weeks</i>	41	National Alliance on Mental Illness	44
5:30 - 7:00 PM	<i>One day</i>	42	How Does the U.S. Rank Globally? A Top 10 Summary – 2022	44	

	Times are CT	Sessions	#	Title	Pg.
THURSDAY	9:00 – 10:30 AM	<i>Eight weeks</i>	43	Learning iPads and iPhones	45
	11:00 AM – 12:30 PM	Wednesday <i>Four weeks</i>	44	Classics: To Read or Not to Read	45
	11:00 AM – 12:30 PM	<i>Three weeks</i>	45	The Hidden Gems of Classical Music – Part 2	46
	11:00 AM – 12:30 PM	<i>One day</i>	46	Make Your Home Equity Part of Your Retirement Plan	46
	1:00 - 2:30 PM	<i>Eight weeks</i>	47	Great Decisions 2022	47
	3:00 - 4:30 PM	<i>Four weeks</i>	48	More Yoga for Every Body	47
	3:00 - 4:30 PM	<i>Two weeks</i>	49	Iowa Landowners and Farmers Working Together for Conservation	48

MEMBERS-ONLY LECTURE SCHEDULE

True and Valiant: Perspectives from the Front Lines of COVID-19

Presenter: Dan Fulton, MD

Tuesday, Apr. 19, 2022

3:00 - 4:30 PM CT

Online with Zoom

Supply Chains: Returning to the Status Quo or Forever Changed?

Presenter: Bobby Martens

Tuesday, Apr. 26, 2022

3:00 - 4:30 PM CT

Online with Zoom

Perennial Groundcover Approaches to Pressing Conservation Challenges

Presenter: D. Raj Raman

Tuesday, May 3, 2022

3:00 - 4:30 PM CT

Online with Zoom

Sustainable Pathways to Natural Chemicals

Presenter: George Kraus

Tuesday, May 10, 2022

3:00 - 4:30 PM CT

Online with Zoom

COURSE DESCRIPTIONS

At the time this catalog was published, we anticipated offering classes in-person, online with Zoom, and as hybrid classes (for more information on hybrid classes see the Course Locations and Delivery Methods section on page 12 of this catalog). Should COVID guidelines change, we will move to offering only online classes. If we must make this change, we will inform you as soon as the decision is made.

MONDAY

#01 – Investing for Impact

This class is sponsored by Clarity Asset Management, Inc.

Two weeks: Monday, Mar. 21, 2022 - Monday, Mar. 28, 2022

9:00 - 10:30 AM CT

Cost: \$32

Online with Zoom; Class limit 35

Much has been in the news, politics, and new legislation related to issues that affect climate change, social justice, and the way companies are run. When it comes to investing, these and related issues have been collected under the heading of “Environment, Social and Governance” or ESG Investing. In this class, we will explore some of the ideals of ESG investing, and how you can invest your accumulated wealth so as to have the greatest impact in promoting those ideals.

Steve Larson is currently the Chief Investment Officer of Clarity Asset Management in Ames. Larson graduated from Iowa State University in 1975 with a business degree in Industrial Administration. He is a Chartered Mutual Fund Counselor and has earned his Sustainable Investment Professional Certification from Concordia University. “The field of financial planning and asset management has been a lifelong pursuit for me, and I enjoy communicating the complexities of investing and investment analysis in terms that are easy to understand.” A resident of Ames since 1971, Steve and his wife, Shelly, have four children and numerous grandchildren.

#02 – Apple Watch – The Future of Health is on Your Wrist

One day: Monday, Apr. 4, 2022

9:00 - 10:30 AM CT

Cost: \$20

Online with Zoom, Class limit 35

The future of health is on your wrist. This OLLI course introduces you to Apple Watch and covers capabilities, setup, customization, and how the watch is an extension of capabilities on your iPhone.

Measure your blood oxygen level with a revolutionary new sensor and app. Take an ECG anytime, anywhere. See your fitness metrics at a glance with the enhanced Always-On Retina display. With Apple Watch on your wrist, a healthier, more active, more connected life is within reach.

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 on computer security, Apple computers, and Apple mobile devices.

#03 – When I Was Small, What Did I See? Finding Your Voice in Writing and Illustrating

Four weeks: Monday, Apr. 18, 2022 - Monday, May 9, 2022

9:00 - 10:30 AM CT

Cost: \$50.00 (workbook and shipping included)

Online with Zoom; Class limit 15

You MUST register online

Join Jo Myers-Walker and Mary Pepper, a couple of grandmothers wanting to connect with their grandchildren through storytelling and illustrations. Each participant will receive a simple workbook showing Jo and Mary's process, and will be expected to complete assignments between class sessions. Artists will have sharing and working time during class.

Jo Myers-Walker has been an artist and illustrator for over 50 years. Myers-Walker taught composition, watercolor, color and mixed media at ISU in the Design Center from 2000 to 2004 before purchasing The Left Bank Studio in Gilbert. It was there that she continued to teach, produce her art for galleries, and facilitated retreats. She moved to Iowa City in 2013 to continue her work, and when Covid came about she learned to teach weekly watercolor classes on Zoom with students across the United States. It was then that she discovered she had been a storybook illustrator all along. She has illustrated four books and continues to be a lifelong learner.

Mary Pepper was an elementary teacher (first and second grades) and knows the value of a good animal story when teaching reading. Pepper introduced her shy little mouse character, Rufus Rutabaga Flicktail, to Jo hoping she would want to illustrate the story that was written several years ago in an OLLI class. They had fun getting it into book form.

#04 – From “I Get a Kick Out of You” to “American in Paris”

Two weeks: Monday, Mar. 21, 2022 - Monday, Mar. 28, 2022

11:00 AM - 12:30 PM CT

Cost: \$32

Online with Zoom; Class limit 55+

The course will examine the music of Cole Porter and George Gershwin, two of the giant composers included in the “Great American Songbook” canon which has been described by Tony Bennett as “American classical music.” We’ll cover music you know and some compositions you may not. We’ll also learn about the composers themselves, how they worked and how they lived.

Jane Cox taught performing arts at Iowa State for decades; she grew up listening to Cole Porter and George Gershwin and memorized the melodies and lyrics before she finished high school. She still loves the music as much as ever!

#05 – Sharing Your Story: Writing Your Own Obituary

Four weeks: Monday, Apr. 4, 2022 - Monday, Apr. 25, 2022

11:00 AM - 12:30 PM CT

Cost: \$44

Online with Zoom; Class limit 12

You MUST register online

Most of us give little thought on how we would like to be remembered. This course will help clarify that as we look at the history and purpose of both newspaper and online obituaries, gather our own anecdotal and biographical data, write and share both a newspaper and online version of our own story. This course involves writing assignments as we complete this step-by-step process in a meaningful way to share our stories.

Mary Lou Nosco has a B.A. in history, an Ed. D. in educational leadership, and is a retired Army officer. While in the Army, Nosco wrote too many obituaries for soldiers. Additionally, she has written obituaries for four family members and would like to spare her own family that duty.

Tim Grandon is the owner and funeral director of Grandon Funeral in Ames. Grandon has been in the funeral industry for over 35 years and has helped many families write obituaries.

#06 – Biomes and Ecosystems, What Makes Our Home Planet Earth Tick?

Four weeks: Monday, Mar. 21, 2022 - Monday, Apr. 11, 2022

1:00 - 2:30 PM CT

Cost: \$44

Online with Zoom; Class limit 35

This course explores the wonderful way our planet provides for the needs of all the passengers of spaceship Earth. We will delve into the cycles of our life support systems including energy, nutrients, food webs, water, and weather in terms we all can understand.

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.

#07 – Time of Expansion: Life in Ames a Hundred Years Ago

One day: Monday, Apr. 18, 2022

1:00 - 2:30 PM CT

Cost: \$20

Online with Zoom; Class limit 55+

By 1916, Ames had experienced a decade of growth, economic development, and infrastructure improvements. Enrollment at Iowa State College had significantly increased, roads were being paved, a new sewer system was installed, and plans for the new power plant were approved. Ames got its first electric street car, hospital, and first-class hotel. This program shares the story of what it would have been like to experience all the changes as an Ames resident 100 years ago.

Alex Fejfar (Fay-fur) is the Ames History Museum Exhibits Manager. Fejfar moved from Remsen, Iowa to Ames in 2007 to attend Iowa State University. In 2011, he earned his Bachelor's degree and started volunteering at the museum. In 2012, he accepted a part time administrative assistant position which later became full time, studying Ames history along the way. His duties include researching, designing and building exhibits, answering research and photo requests, and digitizing the museum's resources.

#08 – Notable Women in Ames History

One day: Monday, Apr. 25, 2022

1:00 - 2:30 PM CT

Cost: \$20

Online with Zoom; Class limit 55+

This presentation allows the audience to “meet” ten capable and visionary women from different time periods of Ames history. These women shaped our community with their unique talents - often leading the way for other women to follow.

Alex Fejfar (Fay-fur) is the Ames History Museum Exhibits Manager. Fejfar moved from Remsen, Iowa to Ames in 2007 to attend Iowa State University. In 2011, he earned his Bachelor’s degree and started volunteering at the museum. In 2012, he accepted a part time administrative assistant position which later became full time, studying Ames history along the way. His duties include researching, designing and building exhibits, answering research and photo requests, and digitizing the museum’s resources.

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#09 – The Fifties

Two weeks: Monday, May 2, 2022 - Monday, May 9, 2022

1:00 - 2:30 PM CT

Cost: \$32

Online with Zoom; Class limit 55+

We will look at how TV changed how we learned about what was going on in the United States and the world such as political and cultural trends, the leadership of Presidents Truman and Eisenhower, the Korean War, the Cold War, the Civil Rights Movement and trends in music. We will end with a look at the first TV debate between Presidents Richard Nixon and John Kennedy.

Chuck Achter was a public-school educator for 50 years. Achter spent time as a teacher and then as a high school principal. He finished his career as an Iowa State University professor teaching in the School of Education.

#10 – The Murder of Captain James A. King and the Origin of the Teddy Bear

One day: Monday, Mar. 21, 2022

3:00 - 5:00 PM CT

Cost: \$20

Online with Zoom; Class limit 55+

This is the story of a Union Army officer from Jasper County, Iowa who had a deadly encounter in the cane breaks of the Mississippi Delta with a former Confederate soldier who happened to be an ex-slave and ends with a legendary tale of President Theodore Roosevelt.

Tom Hoover's professional career spanned 40 years as a 7-12 social studies teacher and K-12 school district administrator. Along the way, Hoover earned a master's and doctorate degree in education. Since retiring from the Newton Community School District, he is devoted to researching and writing about the history of the Maytag Company and other local stories of interest such as the tale of James King and Holt Collier.

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#11 – The Pitfalls and Pleasures of Publishing

One day: Monday, Mar. 28, 2022

3:00 - 5:00 PM CT

Cost: \$20

Online with Zoom; Class limit 40

Your laptop runneth over with poems and stories. Now what? Do you seek publication? How do you do that? In this two-hour panel discussion, a traditionally published novelist, a well-published poet, and a local Ames, Iowa publisher will share best-practices for preparing and submitting your work to avoid pitfalls on the road to publication.

Jennifer L. Knox is the author of five collections of poetry, most recently, *Crushing It*. Knox received her bachelor's from the University of Iowa, and her master's of fine arts in poetry writing from New York University. Her poems have appeared five times in the "Best American Poetry" series, and in publications such as the *New York Times*, *The New Yorker* and *American Poetry Review*.

Rachel Mans McKenny, is an author, podcaster, and humorist from the Midwest. McKenny's debut novel "The Butterfly Effect" was published in December 2020. Her work has been featured in *The New York Times*, *Washington Post*, *McSweeney's* *Internet Tendency*, *The Rumpus*, *Hobart*, and other publications.

Mikesch Muecke is an associate professor of architecture at Iowa State University, and founder of *Culicidae Press* located in Ames, Iowa.

Ana McCracken received her master's of fine arts in creative writing and environment from Iowa State University. McCracken is the founder of the Ames Writers Collective, an organization committed to building and uplifting communities through the art of writing and storytelling, while advancing the literary arts in Ames, Iowa.

#12 – Museum Experience: Russian Art through the Exhibits at The Museum of Russian Art

One day: Monday, Apr. 4, 2022

3:00 - 4:30 PM CT

Cost: \$20

Online with Zoom; Class limit 55+

For a long time, Russian artists were not known in the West. However, 21st century museum-goers are no longer in the dark about the richness of that tradition. Thanks to The Museum of Russian Art, Minnesotans have a special reason to learn about the visual cultural heritage denied to most of us during the Cold War era. This presentation will bring Russian art alive through a history of the museum's exhibits.

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.

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#13 – Woman's World: Women Artists in Russia

One day: Monday, Apr. 11, 2022

3:00 - 4:30 PM CT

Cost: \$20

Online with Zoom; Class limit 55+

Where in the world are the women artists? The answer: In Russia. This presentation traces the ways in which women artists were vital to the development of their culture's visual artistry. Textile artists, painters, folk artists, and non-conformist women contributed both to their own country and to the international scene.

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.

#14 – Home Grown Business: Business Site Tours

Four weeks: Monday, Apr. 18, 2022 - Monday, May 9, 2022

3:00 - 5:00 PM CT

Cost: \$44

Off site; Class limit 25

You MUST register online

Participants will meet at the Ames Chamber of Commerce and Economic Development Commission offices the first week of this class for an overview of the area's industry and business vitality. Participants will be responsible for their own transportation to each of the businesses they will visit each week.

Fareway Distribution/Warehouse Center is located in Boone where they serve 122 stores in five states. Family owned with 11,000 employees, Fareway is a top ten employer in Iowa. A special feature of the tour will include the "banana ripening" process.

PowerFilm Solar of Ames produces a portable thin-film solar power product. Their "PowerFilm" has been used in military missions, golf carts, and Antarctic explorations. It was originally developed in partnership with Iowa State University and 3-M.

Sigler, a company which originated in an Ames home, has become a national leader in printing and packaging. We will have a tour which will include viewing the origination of a product design, the printing, and the packaging and shipping.

TUESDAY

If the method of class delivery needs to be changed due to COVID guidelines at Iowa State University, or the instructor does not feel comfortable meeting in-person, class members will be notified.

The following class **What in the World!?!?** is a hybrid class which means we will have participants in the building with the instructor and others will join online with Zoom.

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

#15 – What in the World!?! - Hybrid: in-person

Four weeks: Tuesday, Mar. 22, 2022 - Tuesday, Apr. 12, 2022

9:00 - 10:30 AM CT

Cost: \$44

Reiman Ballroom - ISU Alumni Center; Class limit 40

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

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#16 – What in the World!?! - Hybrid: online

See Course and Instructor Information above

#17 – Frances Perkins – A Powerful Influence

One day: Tuesday, May 10, 2022

9:00 - 10:30 AM CT

Cost: \$20

Reiman Ballroom - ISU Alumni Center; Class limit 40

Learn about Frances Perkins' influence on Franklin D. Roosevelt's New Deal, her awareness of women's work conditions through the Triangle Shirtwaist Factory Fire, Jane Addam's social reformer influence, and the important work of Florence Kelley, founder of New York's National Consumers League. The events preceding Perkins rise to a level of influence for human causes in FDR's administration will be brought forth.

Actor, speaker, scholar, **Phyllis Schrag** toured professionally through the South Dakota Arts Council touring program and is a South Dakota Humanities Scholar giving talks all of that state. She is the owner/operator of a small business, Phabulous Productions, which provides public speaking, pulpit supply, and long-arm quilting services.

#18 – The American Experience Reflected in Idioms

Three weeks: Tuesday, Mar. 22, 2022 - Tuesday, Apr. 5, 2022

11:00 AM - 12:30 PM CT

Cost: \$38

Reiman Ballroom - ISU Alumni Center; Class limit 40

This is an introduction to our national experience through the distinctively American catchphrases coined to describe them. In this course, we will explore American idioms in roughly chronological order, beginning with what is most likely the first American idiom, "pulling up stakes," moving through the now-forgotten origins of expressions such as "ballin' the jack" (think railroads), and concluding with such twentieth century oddities as "the bee's knees" and "disco nap" (think partying).

Ron Palumbo is a retired teacher and social worker. Palumbo has previously offered OLLI courses on nativism in American history and the U.S. in WWI.

The following class **Researching Ames History on Your Own: Sources and Techniques** is a hybrid class which means we will have participants in the building with the instructor and others will join online with Zoom.

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

#19 – Researching Ames History on Your Own: Sources and Techniques - Hybrid:
in-person

One day: Tuesday, Apr. 12, 2022

11:00 AM - 12:30 PM CT

Cost: \$20

Reiman Ballroom - ISU Alumni Center; Class limit 40

In recent years, access to historical information has become much easier as documents are digitized. Today it is possible to do a great deal of research without even leaving your home. Learn where to look and how.

Peter Hallock moved to Ames about 12 years ago because the Department of Transportation transferred his job. Hallock bought a house in the Old Town Historic District and started researching Ames history. After retiring, he ended up with more time to research. He is the kind of person who likes to walk or drive down a street and visualize what was going on there in a bygone era and share that with others. He is happy to share “tricks of the trade” with others.

#20 – Researching Ames History on Your Own: Sources and Techniques - Hybrid:
online

See Course and Instructor Information above

#21 – Critical Race Theory: A Brief History

One day: Tuesday, Apr. 19, 2022

11:00 AM - 12:30 PM CT

Cost: \$20

Reiman Ballroom - ISU Alumni Center; Class limit 40

This is an introduction to the set of ideas which make up what has become known as Critical Race Theory and to the political circumstances which made it a hot-button issue today. In this course, we will trace the development of Critical Race Theory as a topic of study in law school curricula in the 1980's to its recent emergence as a topic of controversy in America's ongoing culture wars.

Ron Palumbo is a retired teacher and social worker. Palumbo has previously offered OLLI courses on nativism in American history, the U.S. in WWI, and on U.S. propaganda in WWI.

If the method of class delivery needs to be changed due to COVID guidelines at ISU, or the instructor does not feel comfortable meeting in-person, class members will be notified.

The following class **Stay Involved in Climate Action Planning** is a hybrid class which means we will have participants in the building with the instructor and others will join online with Zoom.

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

#22 – Stay Involved in Climate Action Planning - Hybrid: in-person

One day: Tuesday, May 3, 2022

11:00 AM - 12:30 PM CT

Cost: \$20

Reiman Ballroom - ISU Alumni Center; Class limit 40

Developing a Climate Action Plan (CAP) is part of the Ames City Council goal of valuing environmental sustainability and has completed several preliminary steps toward developing a plan. The Greenhouse Gas Inventory, a community-wide baseline for carbon emissions, was completed in 2020. This data provides a foundation to build a CAP and community goals for reduction. Sustainability Solutions Group is the consultant hired to facilitate the process and the public is encouraged to be involved in the 18-month CAP planning process. This class will provide an update on the CAP and opportunities for public involvement and participation.

Deb Schildroth is an Assistant City Manager for the City of Ames and is the lead for the city's CAP project team.

Susan Gwiasda is the public relations officer for the City of Ames and serves on the city's CAP project team.

Merry Rankin is director of sustainability at Iowa State University, the sustainability coordinator for the City of Ames and serves on the CAP project team.

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#23 – Stay Involved in Climate Action Planning - Hybrid: online

See Course and Instructor Information above

#24 – Science of Water Quality in Agricultural Systems

Four weeks: Tuesday, Apr. 19, 2022 - Tuesday, May 10, 2022

1:00 - 2:30 PM CT

Cost: \$44

Reiman Ballroom - ISU Alumni Center; Class limit 40

The course will focus on water quality issues associated with nutrient loss from agricultural row crop acres and ways to reduce nutrient loss to Iowa waterways as outlined in the Iowa Nutrient Reduction Strategy. Guest presenters will share their expertise associated with specific nutrient reduction practices and research. The course will include a field trip to nutrient reduction practices near Ames, Iowa with videos available for those who are unable to travel.

Matt Helmers is director of the Iowa Nutrient Research Center, Dean's Professor in CALS and a professor in agricultural and bio-systems engineering at Iowa State University. Helmer's research areas include studies on the impact of nutrient management, cropping practices, drainage management, and prairie strips on nutrient export from agricultural landscapes.

Kay Stefanik is assistant director of the Iowa Nutrient Research Center. Stefanik's expertise is in wetland ecology and aquatic bio-geochemistry. Stefanik has studied gaseous carbon cycling and vegetation succession in created and restored wetlands, as well as nitrogen and phosphorus transport through watersheds in the Ohio River Basin.

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And don't forget about your spouse, siblings, or friends they may also like a gift certificate. We continue to offer some online classes, so don't let distance stop you!

You may purchase a gift certificate of any amount on our website:

<http://olli.iastate.edu>

The following class **The History of Iowa Horticulture** is a hybrid class which means we will have participants in the building with the instructor and others will join online with Zoom.

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

#25 – The History of Iowa Horticulture - Hybrid: in-person

Two weeks: Tuesday, Mar. 22, 2022 - Tuesday, Mar. 29, 2022

3:00 - 4:30 PM CT

Cost: \$32

Reiman Ballroom - ISU Alumni Center; Class limit 40

Whether it be the food crops grown in your garden, turf grass at the local golf course, or the trees and shrubs cooling and beautifying your home, all Iowans are touched and positively impacted by horticulture. For as long as humans have lived in this land between the two rivers, horticulture has been at the center of life. This two-part presentation will primarily focus on horticulture as it was performed and perfected by early settlers and then as it has been taught at Iowa State University (Iowa State College).

Jeff Iles is professor and chair of the Department of Horticulture at Iowa State. Iles earned his Ph.D. from Iowa State in 1993.

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#26 – The History of Iowa Horticulture - Hybrid: online

See Course and Instructor Information above

The following class **Get Your Ducks in Line...and Reduce the Burden on Your Family**, is being offered as an In-person **AND** an online class on different days. Please select the attendance option you are most comfortable with and be sure to make note of the different dates.

#27 – Get Your Ducks in Line...and Reduce the Burden on Your Family - In-Person

One day: Tuesday, Apr. 5, 2022

3:00 - 5:00 PM CT

Cost: \$20

Reiman Ballroom - ISU Alumni Center; Class limit 40

It is gratifying for everyone to have a comprehensive record of financial information, wishes and plans. Learn to prepare a record of personal information either in print or online and organizing it so that someone can take over responsibilities if the owner is incapacitated or worse. Basic information about legal documents, how to prepare them and the importance of keeping them up to date will be discussed along with a document for sharing the information with friends or family members so that everyone is in agreement with the decisions.

Avis Pohl is a certified financial planner and author. While employed by the Vanguard Group in Brooklyn, New York, Pohl conducted personal financial workshops for Fortune 500 employees nationwide. She moved to Ames upon her retirement in 2018.

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#28 – Get Your Ducks in Line...and Reduce the Burden on Your Family - Online

One day: Tuesday, Apr. 12, 2022

3:00 - 5:00 PM CT

Cost: \$20

Online with Zoom; Class limit 55+

It is gratifying for everyone to have a comprehensive record of financial information, wishes and plans. Learn to prepare a record of personal information either in print or online and organizing it so that someone can take over responsibilities if the owner is incapacitated or worse. Basic information about legal documents, how to prepare them and the importance of keeping them up to date will be discussed along with a document for sharing the information with friends or family members so that everyone is in agreement with the decisions.

Avis Pohl is a certified financial planner and author. While employed by the Vanguard Group in Brooklyn, New York, Pohl conducted personal financial workshops for Fortune 500 employees nationwide. She moved to Ames upon her retirement in 2018.

If the method of class delivery needs to be changed due to COVID guidelines at Iowa State University, or the instructor does not feel comfortable meeting in-person, class members will be notified.

The following class **Student-Athlete Development Programs** is a hybrid class which means we will have participants in the building with the instructor and others will join online with Zoom.

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

#29 – Student-Athlete Development Programs - Hybrid: in-person

One day: Tuesday, Apr. 12, 2022

5:30 - 7:00 PM CT

Cost: \$20

Reiman Ballroom - ISU Alumni Center; Class limit 40

The Cyclone Journey prepares each person with tools to learn what success means to them and a strategy to sustain a successful life. Through the program, student athletes are provided opportunities to grow through self-awareness, career exploration and life after college. A series of activities, hands-on experiences, workshops, career events, and more will guide them through personal and professional development and will help them develop habits to promote success in life. A key strategy for Iowa State University is creating continuity between the student-athlete experience and life after college by directly supporting and celebrating each person's Cyclone Journey.

Lindsey Long is the assistant athletics director for student-athlete and letter-winner engagement overseeing programming to support current student-athletes during their Cyclone Journey, and celebrating athletic alumni through annual reunions and the Iowa State Athletics Hall of Fame.

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#30 – Student-Athlete Development Programs - Hybrid: online

See Course and Instructor Information above

#31 – The History of the U.S. in 1619

This class is sponsored by Clarity Asset Management, Inc.

Four weeks: Tuesday, Apr. 19, 2022 - Tuesday, May 10, 2022

5:30 - 7:00 PM CT

Cost: \$44

Online with Zoom; Class limit 55+

Historical information leading up to 1619 will be presented. It will include the history and controversy, and you will decide what to believe.

Robert Knight is a businessman and pastor in Ames. Knight has previously taught courses for the OLLI at ISU members. He is a history researcher and would like you to join him on a search for the truth.

OLLI at ISU is a membership-based organization which strives to offer quality classes on a variety of subjects to appeal to many interests and backgrounds.

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.

WEDNESDAY

The following class **Introduction to Iowa’s Native Ferns and Grasses** is a hybrid class which means we will have participants in the building with the instructor and others will join online with Zoom.

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

#32 – Introduction to Iowa’s Native Ferns and Grasses - Hybrid: in-person

Four weeks: Wednesday, Apr. 20, 2022 - Wednesday, May 11, 2022

9:00 - 10:30 AM CT

Cost: \$44.00

Reiman Ballroom - ISU Alumni Center, Class limit 40

The ferns and grasses are each uniquely different from other native plants in Iowa. The ferns make use of multiple strategies in their life cycle and reproduction. The grasses have specialized structures that aid their reproduction and dispersal. We’ll explore the basics of these two groups and their strategies, then be introduced to some of Iowa’s more commonly encountered ferns and grasses, along with maps of their occurrence in the state.

Deborah Lewis has been the curator of the Ada Hayden Herbarium in the ecology, evolution and organismal biology department at Iowa State since 1984. Lewis’ work includes collections care, and making the collections available for study, she also researches and collaborates the studies of Iowa’s plants.

Donald Farrar retired from Iowa State University after 36 years of teaching courses on woody plants, plant morphology, paleobotany, and ferns. In retirement, Farrar has coauthored books on Iowa’s trees and shrubs and has continued his research on ferns, especially the moonworts (genus Botrychium).

Phillip Klahs recently completed his Ph.D. at Iowa State University. Klahs studied the morphology and evolution of grass spikelets in the context of wind pollination. He is currently teaching plant science courses and investigating other aspects of grass biology, like root and leaf anatomy as a postdoc at Iowa State University.

#33 – Introduction to Iowa’s Native Ferns and Grasses - Hybrid: online

See Course and Instructor Information above

The following class **Structure and Functions of the Brain** is a hybrid class which means we will have participants in the building with the instructor and others will join online with Zoom.

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

#34 – Structure and Functions of the Brain - Hybrid: in-person

Four weeks: Wednesday, Mar. 23, 2022 - Wednesday, Apr. 13, 2022

11:00 AM - 12:30 PM CT

Cost: \$44

Reiman Ballroom - ISU Alumni Center; Class limit 35

The brain can be thought of as a biological machine that is made of materials and performs functions. Much like an automobile is made of steel, plastics and lubricants and can be driven to the grocery store, our bodies are made of amino acids, proteins, DNA and neurons, and can see, hear, think, and run the hundred-yard dash. Our goal here is to discuss some elementary aspects of how the body works.

Doug Finnemore is a Distinguished Professor Emeritus in the Department of Physics and Astronomy with research interests in the physics of materials, especially superconductivity and magnetism. Finnemore has taught or facilitated several OLLI at ISU courses.

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#35 – Structure and Functions of the Brain - Hybrid: online

See Course and Instructor Information above

The following class **Designing and Using Fidget Quilts for Patients with Alzheimer's or on the Autism Spectrum** is a hybrid class which means we will have participants in the building with the instructor and others will join online with Zoom.

Be sure to register for the appropriate class number assigned to the delivery method that works best for you for all sessions of this class.

#36 – Designing and Using Fidget Quilts for Patients with Alzheimer's or on the Autism Spectrum - Hybrid: in-person

One day: Wednesday, Mar. 23, 2022

1:00 - 2:30 PM CT

Cost: \$20

Reiman Ballroom - ISU Alumni Center; Class limit 35

Fidget quilts are small activity mats that have a calming effect on those who need to fidget, including patients with dementia, people with special needs or on the autism spectrum, and those in Hospice. Learn how fidget quilts are constructed, who can use them, and safety considerations when creating a fidget quilt. This course will help you create your own fidget quilt using inexpensive materials (many of which you may already have on hand) and also show you how to create your own fidgets. Instructors Kathy Glatz and Char Hulsebus have made fidget quilts for Mary Greeley Medical Center for several years. Their experiences will help you understand what works and what is not acceptable for fidget quilts.

Jean Bremer retired from the telemetry unit at Mary Greeley Medical Center, which cares for Alzheimer's patients.

Char Hulsebus retired from Iowa State University and is a longtime sewist.

Kathy Glatz is a former teacher, and longtime sewist and quilter who works with a humanitarian project teaching underprivileged people in Mississippi to sew.

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#37 – Designing and Using Fidget Quilts for Patients with Alzheimer's or on the Autism Spectrum - Hybrid: online

See Course and Instructor Information above

If the method of class delivery needs to be changed due to COVID guidelines at ISU, or the instructor does not feel comfortable meeting in-person, class members will be notified.

#38 – Center for Sustainable Rural Livelihoods, Introduction to the ISU – Uganda Program

One day: Wednesday, Mar. 30, 2022

1:00 - 2:30 PM CT

Cost: \$20

Reiman Ballroom - ISU Alumni Center; Class limit 35

From infants to school children, and from young adults to seniors, the Center for Sustainable Rural Livelihoods (CSRL) puts people first to tackle the challenges of ending hunger. Our efforts have evolved to touch every stage of the life cycle. It takes many parts and pieces working in tandem to make our important work possible. Since 2003, CSRL has been working in Uganda with Ugandans. You are invited to meet the Iowa State University team, learn about the program and how you can be a part of the process.

David Acker is director, CSRL; associate dean, global engagement; professor, agricultural education; and Raymond and Mary Baker Chair in Global Agriculture. Acker began work with CSRL during the country selection process in 2004. He has over 30 years of experience in agriculture and education, serving as faculty for 25 of those years.

Tom Brumm is an associate director, CSRL; professor, Department of Agriculture and Biosystems Engineering; and Mary and Charles Sukup Global Professor in Food Security. Brumm is a faculty leader for Iowa State's service-learning student programs in Uganda. His research and outreach efforts focus on post-harvest technology, especially for developing countries.

Lee Burras is an associate director, CSRL, and Morrill Professor, Department of Agronomy. 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.

Tammi Martin serves as program coordinator and assistant director for community income generation innovations. Martin also serves as an advisor to the Uganda Alliance campus organization. She has been with Iowa State University since 2005, only taking a two-year hiatus to serve as a U.S. Peace Corps volunteer in Ghana, West Africa.

Continued on next page

Dorothy Masinde is associate director for nutrition education programs for CSRL; associate teaching professor, global resource systems major, Department of Horticulture; and co-leads service-learning courses to Uganda. Masinde manages the Iowa State University – Uganda Program nutrition programs to improve the nutritional status of women, infants, and children.

Gail Nonnecke is associate director for education programs for CSRL; University Professor, Morrill Professor, and Global Professor. Nonnecke has been involved in CSRL since its inception, focusing on initiating, developing, and delivering the service-learning school garden program in Uganda with bi-national teams of students and faculty from Iowa State University and Makerere University.

Curt Youngs is associate director of the livestock integration program for CSRL; professor, animal science; and M.E. Ensminger Endowed Chair, International Animal Agriculture. Youngs is engaged in research, teaching, and outreach programs in 15 countries. He seeks to empower farmers with the ability to increase production of safe animal-source foods to alleviate hunger and poverty.

#39 – Photography Tips and Techniques

Six weeks: Wednesday, Apr. 6, 2022 - Wednesday, May 11, 2022

1:00 - 2:30 PM CT

Cost: \$56

Online with Zoom; Class limit 15

You MUST register online

This class 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 session.

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

#40 – Inside the Iowa State Fair

Four weeks: Wednesday, Mar. 23, 2022 - Wednesday, Apr. 13, 2022

3:00 - 4:30 PM CT

Cost: \$44

Online with Zoom; Class limit 55+

For nearly 168 years, the Iowa State Fair has been bringing people together to celebrate the entertainment, culture, agriculture and more in Iowa. Through staff at the fair, learn more about how it all started, how to enter competitions, what agriculture education means today, and the Blue Ribbon Foundation. This series of courses will be rich on information and is sure to broaden your understanding of Iowa's longest running and largest event. Speakers for the course will be staff members who oversee the areas of discussion including competition, agriculture education, the Blue Ribbon Foundation and the history of the fair. Each of the staff members has a love and appreciation for the fair and the people who attend. You are guaranteed to learn something you didn't know before.

#41 – National Alliance on Mental Illness

Three weeks: Wednesday, Apr. 20, 2022 - Wednesday, May 4, 2022

Wednesday, May 11, 2022 optional off-site tour of NAMI Ames office

3:00 - 4:30 PM CT

Cost: \$38

Reiman Ballroom - ISU Alumni Center; Class limit 40

Your local NAMI CI (National Alliance on Mental Illness Central Iowa) is often misunderstood and underutilized. Hear the instructor's personal journey of finding NAMI Central Iowa. Evidence and/or research-based NAMI signature presentations, In Our Own Voice, Ending the Silence, and the course, NAMI SMARTS for ADVOCACY will be conducted. Attendees will become educated about local resources, speak with individuals about their mental illness journey, and learn how to advocate for someone impacted by this disease.

Class members are also invited to meet at the Ames NAMI office on Wednesday, May 11 for an optional tour.

Angela Tharp is the Executive Director of NAMI Central Iowa. Tharp empowers a small team of staff, volunteers, and peers to share free mental health education, support, and advocacy across 14 counties in central Iowa. These include Boone, Dallas, Franklin, Greene, Hamilton, Hardin, Hancock, Jasper, Madison, Marshall, Poweshiek, Story, Warren, Webster, and Wright.

#42 – How Does the U.S. Rank Globally? A Top 10 Summary – 2022

One day: Wednesday, Apr. 6, 2022

5:30 - 7:00 PM CT

Cost: \$20

Online with Zoom; Class limit 55+

This course covers U.S. rankings in over 25 key, global categories for 2022. We look at economic factors like GDP, incomes, deductions, the national debt and taxes; global warming, the environment and pollution; energy sources; healthcare costs and outcomes; marriage, divorce and birth rates; education levels and achievement; life expectancy and paid vacations; population trends; an index on religiosity and atheism; a national prosperity index; murder and crime rates; a change readiness index; happiest and most competitive countries; "best" countries ranked; "where" to be born – 2022; et al. This is year four for the compilation of rankings and is the most comprehensive yet!

Doug Stowell has been a Furman University OLLI instructor in Greenville, South Carolina since 2015 and in OLLI's across the U.S. since 2019. Stowell is a veteran market research and public opinion pollster working for both U.S. and E.U. firms. He opened his own firm in 2008 working with technology, healthcare and education clients. His focus is assisting companies in understanding future trends.

THURSDAY

#43 – Learning iPads and iPhones

Eight weeks: Thursday, Mar. 24, 2022 - Thursday, May 12, 2022

9:00 - 10:30 AM CT

Cost: \$63

Online with Zoom; Class limit 55+

The goal of this class is for you to better learn your iPad and iPhone and to enjoy safe, secure, and hassle-free usage. We cover all the hardware, iOS, and apps. There is emphasis on safe practices and syncing with your other Apple devices. Although not required, please bring your iPad/iPhone/iPod-Touch to class for a hands-on experience.

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 on computer security, Apple computers, and Apple mobile devices.

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#44 – Classics: To Read or Not to Read

Four weeks: **Wednesday, April 20, 2022 - Wednesday, May 11, 2022**

11:00 AM - 12:30 PM CT

Cost: \$44

Online with Zoom; Class limit 55+

Children and young adult classics like the series “Little House on the Prairie” are being challenged as racist and inappropriate for our children to read. There is not a question that there are parts of the stories that this is true. How should we treat books such as these dear family favorites? Should we continue to share them as our favorites to our grandchildren? What are the alternatives? In this four-part series, you will discover the concerns, discover about yourself and your own book likes, and discover new favorites suggested by the Ames Public Library youth librarians.

Jerri Heid is a retired Ames Public Library youth services manager.

Brianne Anderson is the current Ames Public Library youth services manager.

Danielle Ziegler is the Ames Public Library youth services librarian.

Ethan Atwell is the Ames Public Library youth/teen services librarian.

#45 – The Hidden Gems of Classical Music – Part 2

Three weeks: Thursday, Apr. 21, 2022 - Thursday, May 5, 2022

11:00 AM - 12:30 PM CT

Cost: \$38

Online with Zoom; Class limit 55+

There are some pieces of classical music that are rarely performed. This class is a continuation of the class offered in the Fall of 2021, but participants need not have taken the first class. Some themes will be similar, e.g., composers who are not well known in this country. New themes will include little known works by well-known composers and classical music by composers who are better known for other types of music or as performers.

Jean Meek grew up in a musical family and became interested in classical music at an early age. Meek has taught several previous music classes for OLLI at ISU and made presentations for local musical organizations. She studied voice for several years and has sung in local choirs.

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#46 – Make Your Home Equity Part of Your Retirement Plan

One day: Thursday, May 12, 2022

11:00 AM - 12:30 PM CT

Cost: \$20

Online with Zoom; Class limit 55+

FHA has developed the Home Equity Conversion Mortgage for seniors over 62. By wisely using your home equity you can increase cash flow and can make decisions on issues like when to start social security, helping your retirement funds last longer and even consider long term health care.

Rick Cuthbert is a senior helping seniors. Cuthbert entered the mortgage industry in 1986 when rates dropped to 10%. His education includes a bachelor’s in psychology from BIOLA University and a MBA from Pepperdine University. Since retiring in 2008 he has worked with seniors exclusively. He sees the HECM as a tool for seniors to use to improve their retirement years.

#47 – Great Decisions 2022

Eight weeks: Thursday, Mar. 24, 2022 - Thursday, May 12, 2022

1:00 - 2:30 PM CT

Cost: \$63

Online with Zoom; Class limit 35

Great Decisions studies one topic each week. The Foreign Policy Association prepares reading material and a short video for each topic as a factual base for the discussion. Study guides can be purchased through the link listed below for \$35. Purchasing the study guide is encouraged, but not required. If you prefer to download it, check with Amazon, Apple, Barnes & Noble or Google Play for availability and pricing.

http://www.fpa.org/great_decisions/?act=gd_materials

Topics for 2022: changing demographics; outer space; climate change; Russia; Myanmar and ASEAN; The Quad Alliance; industrial policy; drug policy in Latin America; bonus topic: Biden's agenda.

Richard Shepardson has a math degree and had a career as a software engineer and manager. Shepardson became very interested in U.S. foreign policy while living in Europe for thirteen years. Upon retirement, he became an Enrolled Agent (EA) doing international taxes for Americans overseas and foreigners in the U.S.

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#48 – More Yoga for Every Body

Four weeks: Thursday, Mar. 31, 2022 - Thursday, Apr. 21, 2022

3:00 - 4:30 PM CT

Cost: \$44

Online with Zoom; Class limit 35

Learn a little about yoga benefits 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.

#49 – Iowa Landowners and Farmers Working Together for Conservation

Two weeks: Thursday, May 5, 2022 - Thursday, May 12, 2022

3:00 - 4:30 PM CT

Cost: \$32

Online with Zoom on May 5, off-site tour of farm on May 12

Class limit 35

This course will help both landowners and farmers to understand how they can work together to install conservation practices on their land. We will discuss the benefits and costs of both in-field and edge-of-field conservation practices in class and then tour a farm near Ames where these practices are in place.

Lee S. Tesdell is the owner of Tesdell Century Farm. Tesdell is emeritus professor of English, Minnesota State Mankato, and lives on his farm outside of Slater where he raises sheep and chickens, and generates most of his electricity

MEMBERS-ONLY LECTURES

The only requirement is to be a current OLLI at ISU member. If you are not a current member, you can join the lectures by paying the \$25 membership fee at

<https://www.isualum.org/ollimembership>.

Members-Only Lectures will be available as a hybrid event with participants and the presenter in-person at the Alumni Center, while others join online through Zoom at the same time.

We will be limiting the number of in-person participants through an online registration platform, however there will be no fee to attend any of these lectures. Detailed instructions will be sent as we get closer to the first lecture. For those attending online, a link to the “room” will be sent by email the Friday before the lecture.

For more information about what a hybrid class is, and what is needed to participate in these lectures, go to the Course Locations and Delivery Methods page 12.

If the presenter has given their permission to record the lecture, a link to the recording will be sent the day after the lecture to OLLI members who request it.

True and Valiant: Perspectives from the Front Lines of COVID-19

This lecture is sponsored by Clarity Asset Management, Inc.

Tuesday, Apr. 19, 2022, 3:00 - 4:30 PM CT

The COVID-19 pandemic has transformed life throughout the world. People everywhere have collectively responded in the face of great uncertainty. In this rapidly evolving information landscape, everyone from high level policy makers to everyday folks have had to make difficult, and sometimes impossible decisions, nowhere more than in the realm of healthcare. I hope to describe the arc of the broader COVID-19 pandemic effort through the lens of our local experience here in Ames, with a particular focus on the human experience of disease and the inspiring resilience of medical workers.

Dan Fulton, MD is an infectious disease physician at McFarland Clinic and Mary Greeley Medical Center. After growing up in northern Minnesota, Fulton attended Iowa State University, graduating in 2004 (biology) and then went on to University of Minnesota Medical School, graduating in 2008. After a year of volunteer medical work in rural Guatemala with the San Lucas Mission, he completed an internal medicine residency followed by a year as chief resident at Hennepin County Medical Center in downtown Minneapolis. He returned to Iowa, completing an infectious disease fellowship at the University of Iowa and a Quality Scholars fellowship with the VA. He and Lois and their five daughters returned to Ames in 2015.

Supply Chains: Returning to the Status Quo or Forever Changed?

Tuesday, Apr. 26, 2022, 3:00 - 4:30 PM CT

During the Covid-19 pandemic, supply chain management (SCM) went from being a business function to headline news and household conversations. This Osher Lecture will explore the discipline of SCM and its importance in today's world. Global supply chains, often designed to be efficient and low cost, are struggling with demand spikes, changing consumer preferences and supply uncertainty. Will these challenges be resolved for a return to the status quo, or will supply chain managers need to reimagine business integration to be resilient and agile while maintaining efficiency?

Bobby Martens is the Iowa Institute of Cooperatives Endowed Professor of Economics and associate professor of economics. Prior to joining the economics department, Martens spent 15 years as an associate professor of supply chain management in the Ivy College of Business, also at Iowa State University. He earned his Ph.D. from Purdue University and master's and bachelor's degrees in agricultural economics from North Dakota State University. His current position is 55 percent extension, focusing on cooperatives and the supply chain in which they operate (agriculture and food supply chains).

Perennial Groundcover Approaches to Pressing Conservation Challenges

Tuesday, May 3, 2022, 3:00 - 4:30 PM CT

Reducing the unintended consequences of agricultural production – particularly in relation to soil and water conservation – is a longstanding challenge. While solutions exist, their implementation has been slower than desired. In this talk, we'll discuss some of the barriers to implementing these solutions, and dive into one emerging approach to reducing soil loss and nutrient export from the predominant agricultural systems in the upper Midwest. We'll detail the promise of perennial groundcover systems, describe some specific challenges to realizing the vision, and the talk about the organization of a large, multi-disciplinary effort to address these challenges, led by faculty at Iowa State University.

D. Raj Raman is Morrill Professor of Agricultural and Biosystems Engineering at Iowa State University. Raman holds a bachelor's in Electrical Engineering (from RIT) and doctorate in agricultural and biological engineering (from Cornell). He has taught and administered educational programs for 28 years and been recognized with multiple university and national teaching awards. Since 2017, he has partnered with Ken Moore (Distinguished Professor of Agronomy) on the perennial groundcover initiative at Iowa State University, seeing it as a scalable approach to addressing longstanding challenges in soil conservation and water quality.

Sustainable Pathways to Natural Chemicals

Tuesday, May 10, 2022, 3:00 - 4:30 PM CT

Identifying scalable, sustainable pathways to chemicals is a key goal. The Center for Biorenewable Chemicals is focused on the interplay between biocatalysis and chemical catalysis. One of the key research thrusts is the production of pyrones (oxygen containing six-membered rings) from glucose and the conversion of these pyrones into both existing chemicals (drop-in chemicals) and new chemicals with improved functionality. Two pyrones have been extensively studied in this center, both from their production from glucose and from their emergence as platform chemicals for the production of new compounds. One of the natural pyrones, pogostone, has antifungal and insecticidal activity. Significantly, certain analogs of pogostone have much better biological activity. Coumalic acid, a naturally occurring organic acid, has been converted into a variety of aromatic acids, some of which function as preservatives, plasticizers or antimicrobials.

George Kraus received a bachelor's degree in chemistry from the University of Rochester in 1972 and a Ph.D. in chemistry from Columbia University in 1976. Kraus went to Iowa State University where he is now a University Professor of Chemistry. He has authored over 350 publications. He became an American Association for the Advancement of Science fellow in 2009 and was elected as a fellow of the Royal Society of Chemistry in 2013. His research interests include the development of green chemistry methods and the chemistry of biobased products. He is active in the Center for Biorenewable Chemicals.

2021
2022
SEASON

CENTRAL IOWA
Symphony

Young Artists Concert

Sunday, Mar 6, 2022, 3:00pm

Rossini – Semiramide Overture

Bizet – Symphony in C

Rare Gems

Saturday, May 7, 2022, 7:30pm

Price – Andante moderato for
string orchestra

Mayuzumi – Concertino for
Xylophone and Orchestra

Franck – Symphony in D Minor



**Featuring Daniel J. Krumm,
xylophone**

For the most current information
on the Symphony's 2021-2022 season,
please visit www.cisymphony.org.

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COURSE FEES • SPRING 2022

- #01 – **Investing for Impact** *Online* Cost: \$32.00
- #02 – **Apple Watch – The Future of Health is on Your Wrist** *Online* Cost: \$20.00
- #03 – **When I Was Small, What Did I See? Finding Your Voice in Writing and Illustrating** *Online* Cost: \$50.00 (workbook and shipping included)
- #04 – **From I Get a Kick Out of You to American in Paris** *Online* Cost: \$32.00
- #05 – **Sharing Your Story: Writing Your Own Obituary** *Online* Cost: \$44.00
- #06 – **Biomes and Ecosystems, What Makes Our Home Planet Earth Tick?**
Online Cost: \$44.00
- #07 – **Time of Expansion: Life in Ames a Hundred Years Ago** *Online* Cost: \$20.00
- #08 – **Notable Women in Ames History** *Online* Cost: \$20.00
- #09 – **The Fifties** *Online* Cost: \$32.00
- #10 – **The Murder of Captain James A. King and the Origin of the Teddy Bear**
Online Cost: \$20.00
- #11 – **The Pitfalls and Pleasures of Publishing** *Online* Cost: \$20.00
- #12 – **Museum Experience: Russian Art through the Exhibits at The Museum of Russian Art** *Online* Cost: \$20.00
- #13 – **Woman’s World: Women Artists in Russia** *Online* Cost: \$20.00
- #14 – **Home Grown Business: Business Site Tours** *In-person site visits* Cost: \$44.00
- #15 – **What in the World!?! Hybrid: in-person** Cost: \$44.00
- #16 – **What in the World!?! Hybrid: online** Cost: \$44.00
- #17 – **Frances Perkins – A Powerful Influence** *In-person* Cost: \$20.00
- #18 – **The American Experience Reflected in Idioms** *In-person* Cost: \$38.00
- #19 – **Researching Ames History on Your Own: Sources and Techniques**
Hybrid: in-person Cost: \$20.00
- #20 – **Researching Ames History on Your Own: Sources and Techniques**
Hybrid: online Cost: \$20.00
- #21 – **Critical Race Theory: A Brief History** *In-person* Cost: \$20.00
- #22 – **Stay Involved in Climate Action Planning** *Hybrid: in-person* Cost: \$20.00
- #23 – **Stay Involved in Climate Action Planning** *Hybrid: online* Cost: \$20.00
- #24 – **Science of Water Quality in Agricultural Systems** *In-person* Cost: \$44.00
- #25 – **The History of Iowa Horticulture** *Hybrid: in-person* Cost: \$32.00

- #26 – The History of Iowa Horticulture** *Hybrid: online* Cost: \$32.00
- #27 – Get Your Ducks in Line . . . and Reduce the Burden on Your Family**
In-person Cost: \$20.00
- #28 – Get Your Ducks in Line . . . and Reduce the Burden on Your Family**
Online Cost: \$20.00
- #29 – Student-Athlete Development Programs** *Hybrid: in-person* Cost: \$20.00
- #30 – Student-Athlete Development Programs** *Hybrid: online* Cost: \$20.00
- #31 – The History of the U.S. in 1619** *Online* Cost: \$44.00
- #32 – Introduction to Iowa’s Native Ferns and Grasses** *Hybrid: in-person*
Cost: \$44.00
- #33 – Introduction to Iowa’s Native Ferns and Grasses** *Hybrid: online*
Cost: \$44.00
- #34 – Structure and Functions of the Brain** *Hybrid: in-person* Cost: \$44.00
- #35 – Structure and Functions of the Brain** *Hybrid: online* Cost: \$44.00
- #36 – Designing and Using Fidget Quilts for Patients with Alzheimer’s or on the Autism Spectrum** *Hybrid: in-person* Cost: \$20.00
- #37 – Designing and Using Fidget Quilts for Patients with Alzheimer’s or on the Autism Spectrum** *Hybrid: online* Cost: \$20.00
- #38 – Center for Sustainable Rural Livelihoods, Introduction to the ISU – Uganda Program** *In-person* Cost: \$20.00
- #39 – Photography Tips and Techniques** *Online* Cost: \$56.00
- #40 – Inside the Iowa State Fair** *Online* Cost: \$44.00
- #41 – National Alliance on Mental Illness** *In-person* Cost: \$38.00
- #42 – How Does the U.S. Rank Globally? A Top 10 Summary – 2022** *Online*
Cost: \$20.00
- #43 – Learning iPads and iPhones** *Online* Cost: \$63.00
- #44 – Classics: To Read or Not to Read** *Online* Cost: \$44.00
- #45 – The Hidden Gems of Classical Music – Part 2** *Online* Cost: \$38.00
- #46 – Make Your Home Equity Part of Your Retirement Plan** *Online* Cost: \$20.00
- #47 – Great Decisions 2022** *Online* Cost: \$63.00
- #48 – More Yoga for Every Body** *Online* Cost: \$44.00
- #49 – Iowa Landowners and Farmers Working Together for Conservation**
Online week 1, In-person site visit week 2 Cost: \$32.00

OLLI at ISU Board 2021 – 2022

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 or concerns.

Jim Patton, *Chair*

Tom Carlson, *Chair-elect*

LeRoy Kester, *Past chair*

Diane Smith, *Secretary*

Committee Members 2021 – 2022

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

Evaluation

Mike Meetz, *Chair*
 Sharon Drake
 Nancy Franz
 Linda Hagedorn
 Diana Shonrock
 Mary Wells

Technology

Tom Logue, *Chair*
 Jim Carlson
 LeRoy Kester
 David Meek
 Dean Phillips

Curriculum

Tom Carlson, *Chair*
 Jim Carlson
 Sondra Eddings
 Douglas Finnemore
 Peter Hallock
 Jay Hinkhouse
 Tim Hooper
 Debra Johnson
 Kathy Jones
 Marg Junkhan
 LeRoy Kester
 Beth Larabee
 Ron McFarland
 Jim Patton
 Paula Toms
 Betty Toot
 Sam Wormley
 LoAnne Worth

Finance

LeRoy Kester, *Chair*
 Curt Hoff
 Jerry Holtan

Volunteer

John Wilson

Long-Range Planning

Tom Glanville, *Chair*
 Char Hulsebus
 Kathy Jones
 Larry Koehrsen
 Jim Patton
 Sam Wormley
 Brent Wynja

Marketing

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 Mary Jo Glanville
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 Peggy Miller
 Jim Patton
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— Warren ('61) and Beverly ('60 & '70) Madden



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In-person Classes:

- #17 – Frances Perkins – A Powerful Influence
- #18 – The American Experience Reflected in Idioms
- #21 – Critical Race Theory: A Brief History
- #24 – Science of Water Quality in Agricultural Systems
- #27 – Get Your Ducks in Line...and Reduce the Burden on Your Family
- #38 – Center for Sustainable Rural Livelihoods, Introduction to the ISU – Uganda Program
- #41 – National Alliance on Mental Illness

Online with Zoom Classes:

- #01 – Investing for Impact
- #02 – Apple Watch – The Future is on Your Wrist
- #03 – When I Was Small, What Did I See? Finding Your Voice in Writing and Illustrating
- #04 – From “I Get a Kick Out of You” to “American in Paris”
- #05 – Sharing Your Story: Writing Your Own Obituary
- #06 – Biomes and Ecosystems, What Makes Our Home Planet Earth Tick?
- #07 – Time of Expansion: Life in Ames a Hundred Years Ago
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- #46 – Make Your Home Equity Part of Your Retirement Plan
- #47 – Great Decisions 2022
- #48 – More Yoga for Every Body
- #49 – Iowa Landowners and Farmers Working Together for Conservation*

Hybrid: In-person Classes:

- #15 – What in the World!?!
- #19 – Researching Ames History on Your Own: Sources and Techniques
- #22 – Stay Involved in Climate Action Planning
- #25 – The History of Iowa Horticulture
- #29 – Student-Athlete Development Programs
- #32 – Introduction to Iowa’s Native Ferns and Grasses
- #34 – Structure and Functions of the Brain
- #36 – Designing and Using Fidget Quilts for Patients with Alzheimer’s or on the Autism Spectrum

Hybrid: Online Classes:

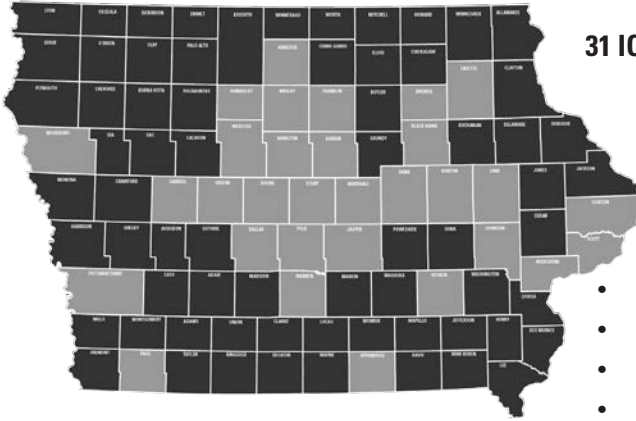
- #16 – What in the World!?!
- #20 – Researching Ames History on Your Own: Sources and Techniques
- #23 – Stay Involved in Climate Action Planning
- #26 – This History of Iowa Horticulture
- #30 – Student-Athlete Development Programs
- #33 – Introduction to Iowa’s Native Ferns and Grasses
- #35 – Structure and Functions of the Brain
- #37 – Designing and Using Fidget Quilts for Patients with Alzheimer’s or on the Autism Spectrum

Off-site Tour

- #14 – Home Grown Business: Business Site Tours

**Please note class #49 intends to have an in-person field trip the second week of class*

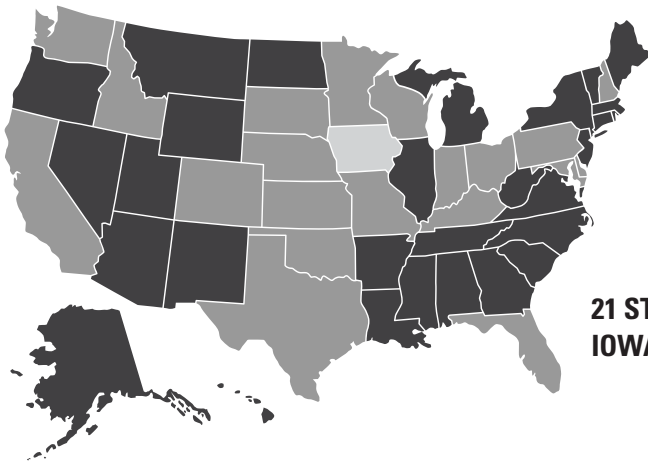
WHERE DO OLLI AT ISU MEMBERS LIVE?



31 IOWA COUNTIES

36 IOWA CITIES

- | | | | | |
|--------------|------------------|--------------|----------------|-------------------|
| • Adel | • Carroll | • Gladbrook | • Johnston | • Shenandoah |
| • Altoona | • Cedar Falls | • Glidden | • Madrid | • Sigourney |
| • Ames | • Cedar Rapids | • Grimes | • Manning | • Sioux City |
| • Ankeny | • Colfax | • Hampton | • Marshalltown | • Stanhope |
| • Atkins | • Coralville | • Humboldt | • Moravia | • Story City |
| • Bettendorf | • Council Bluffs | • Huxley | • Muscatine | • Swisher |
| • Bondurant | • Cumming | • Indianola | • Neola | • Union |
| • Boone | • Davenport | • Iowa City | • Nevada | • Urbandale |
| • Britt | • Dayton | • Iowa Falls | • Newton | • Waterloo |
| • Cambridge | • Des Moines | • Janesville | • Norwalk | • Waukee |
| | • DeWitt | • Jefferson | • Oelwein | • Waverly |
| | | • Jewell | • Ogden | • Webster City |
| | | | • Perry | • West Des Moines |
| | | | • Polk City | • Woodward |
| | | | • Randall | • Woolstock |



21 STATES INCLUDING IOWA

39 DIFFERENT OUT OF STATE CITIES

- | | | | | |
|-----------------|-------------------|-----------------|-----------------|------------------|
| • Alexandria | • Delaware | • Idaho Falls | • Middletown | • Plymouth |
| • Apple Valley | • Edmond | • Kiel | • Minneapolis | • Port Charlotte |
| • Brooklyn Park | • Flower Mound | • Leawood | • Mission Viejo | • Savage |
| • Burnsville | • Fort Lauderdale | • Lenexa | • New London | • Sugar Land |
| • Carlsbad | • Georgetown | • Littleton | • Olathe | • Valparaiso |
| • Cincinnati | • Greenbelt | • Louisville | • Omaha | • Wilmington |
| • Columbia | • Harrisburg | • Marvin | • Orange | • Worthington |
| • Craig | • Hockessin | • Mercer Island | • Orlando | |

OLLI REGISTRATION • SPRING 2022 (front and back)

ONE PERSON AGE 50+ MAY REGISTER PER FORM. PLEASE PRINT.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

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

SUBTOTAL

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

YES, I am a 2021-2022 member _____

NO, I am not a 2021-2022 OLLI at ISU Member (add \$25)
You must be a current member to participate in classes. _____

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

TOTAL AMOUNT OF PAYMENT (all subtotals)

CANCELLATIONS AND REFUNDS

OLLI membership dues are non-refundable. There will be no refunds for cancellations of classes made **after 4:30 PM CT, Monday, Mar. 14, 2022.** See page 14 for additional information about the policy.

Refunds will be processed after classes begin.

PAYMENT INFORMATION

Check (payable to ISU Alumni Association)

Cash

Gift certificate/coupon (Please attach to this form)

Visa MasterCard American Express Discover

Card# _____ Exp.(mm/yyyy) _____

Name on Card _____

Signature _____

MAILING LIST CHANGES AND VOLUNTEER OPPORTUNITIES

- Please add my name to the OLLI at ISU mailing list
- Please add my email address for receiving OLLI newsletter and information about member benefits and events
- Please remove my name from the OLLI at ISU mailing list
- Please change my address and contact info as stated below:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

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

- Serve on a committee
- Be an ambassador for OLLI

Please consider these topics for future OLLI courses:

Please mail this completed form to:

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

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to schedule a tour and learn more about your best 62+ housing option in the Ames area!



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