

Abilene

Explore new horizons.



SPRING 2018 COURSE CATALOG

Table of Contents

About OLLI.....	2
Spring Kickoff	4
Current Events	4
Finance	6
Food	6
Health & Wellness	7
History	8
Science & Technology	8

OLLI Staff

Shelby Crews
OLLI Director
(806) 742-OLLI (6554)
shelby.crews@ttu.edu

Melanie Hart, Ph.D.
Vice Provost, Texas Tech University
OLLI Texas Tech Oversight

Otto Ratheal, M.B.A
Associate Director

Tina Crowson
OLLI Coordinator

OLLI Office Hours

Monday-Thursday 9 a.m.-5 p.m.
Friday 9 a.m.-Noon

*Please check our website and
monthly electronic newsletters for
holiday or other closing dates.*

www.oli.ttu.edu

Welcome to the Osher Lifelong Learning Institute at Texas Tech University!



At Texas Tech University, we aspire to provide students an experience that is transformative, one that promotes intellectual curiosity, and promotes life-long learning.

The Osher Lifelong Learning Institute at Texas Tech University embodies these attributes. It offers unique opportunities for local citizens of more than 50 years of age who have a common interest in continuing their learning experiences

and intellectual stimulation in an organization of like-minded people who value the joy of learning.

Many individuals have taken advantage of the offerings afforded through this exciting program. Courses are developed by peers with the goal of providing a high quality learning experience accessible to all. In addition, OLLI membership provides an opportunity for social interaction and new friendships with members who bring a lifetime of personal and professional experience to class.

I welcome and encourage your participation in this program that will provide opportunities to grow intellectually and socially.

Sincerely,

Lawrence Schovanec, Ph.D.
President.



OLLI
at Texas Tech
University

The Osher Foundation

The Bernard Osher Foundation, headquartered in San Francisco, was founded in 1977 by Bernard Osher, a respected businessman and community leader. The

Foundation seeks to improve quality of life through support for higher education and the arts. Mr. Osher is a community-oriented businessman whose philanthropy created Osher Lifelong Learning Institutes (OLLI) across the country. Our OLLI is in a network of 121 lifelong learning programs on university and college campuses across the country, with at least one grantee in each of the 50 states and the District of Columbia.

OLLI owes its existence to Bernard and Barbro Osher, whose vision and continuing moral and financial support of lifelong learning is unprecedented and unparalleled. We are very fortunate and proud to have an OLLI at Texas Tech University.

Our Mission

The mission of Osher Lifelong Learning Institute (OLLI) at Texas Tech University is to provide enjoyable and stimulating non-credit learning and cultural opportunities for its members.

What is Osher Lifelong Learning Institute (OLLI)?

OLLI began as a continuing education program at Texas Tech University in 2002-2003 as Texas Tech Lifelong Learning. In 2008, endowment support was received from the Bernard Osher Foundation. In recognition of its affiliation with the Osher Foundation and as one of 121 such institutes nationwide, Texas Tech Lifelong Learning was re-named Osher Lifelong Learning Institute (OLLI) at Texas Tech University. We are self-sustaining, supported through membership dues, class fees, an endowment from the Bernard Osher Foundation, donations and in-kind support from Texas Tech University. *No tests, no grades, no research papers – just intellectual stimulation.*

What are the requirements to join?

Everyone age 50 and older may join.
The only prerequisite is a desire to learn.

What does membership cost?

Membership is \$35 per person, valid for a year from date of purchase, and does not include cost of individual courses.

Who teaches OLLI classes?

Most of our classes are taught by distinguished professors, both active and retired. Other instructors are experts in their fields, university doctoral students or OLLI members. There is one common denominator: they teach because they enjoy education and OLLI students.

How do I sign up?

Below are the methods to register for memberships, classes and other events:

- Register securely online at www.oli.ttu.edu. We accept VISA, MasterCard, and Discover.
- Mail a completed registration form with a check. The form can be found in this catalog or printed from www.oli.ttu.edu. See form for details.



What if I have to cancel my registration?

Because space in classes is limited, please let the office know as soon as possible if you need to cancel a class registration. It is important that you are aware that canceling any class requiring bus transportation, food or supplies will result in loss of the registration fee unless the member is able to find a replacement to attend in their place.

For all other classes, we ask that members let us know of their cancellation at least 4 days in advance to be eligible to receive a credit transfer to be applied to another class or a refund. Members may also choose to donate their refund if they wish to support OLLI operations. We do provide full refunds on a case-by-case basis for illness, medical emergencies etc. Membership fees cannot be credited or refunded.

What happens for weather or other emergency cancellations?

OLLI follows the same policy as Texas Tech University for cancellations because of weather or other acts of nature or emergencies. If TTU classes are canceled, OLLI classes are also canceled. Postings can be found at www.emergency.ttu.edu as well as on local television or radio stations. OLLI reserves the right to substitute instructors, rearrange class schedules, or cancel classes because of low enrollment or illness. In case of class cancellation or a schedule change, you will be notified and may receive a credit for another class in the same semester or a refund.

Spring Kickoff

Don't miss this special free OLLI event where you can meet other members, learn about additional ways to get involved and be first in line to register for spring classes.

Abilene 2018 Spring Kickoff

Discover what OLLI is all about and learn what the spring semester has to offer by joining us for this special evening at Abilene's newest hotspot, 201 Mesquite. As a part of this free evening you can enroll in classes, mix and mingle with friends and visit with this semester's professors who will be on hand to answer questions about their upcoming presentations. Special entertainment will be provided by Ken Poynor and his, always fabulous, Memory Men.

Date: January 29, 2018

Day: Monday, 4:30-6:30 p.m.

Fee: Free

Location: 201 Mesquite

Current Events

Tweet for Tat:

Is It Social Media or Antisocial Media?

Posting, messaging, tweeting, trolling and bullying are all terms that are associated with the use of what we have come to call social media. But is that an accurate name – has social media evolved to become antisocial media or has it always been a bit of both? We will discuss views on the communication role, societal impact and ever evolving use of social media. Our focus will not be on a “how to” but on a “what is” approach that reviews social media's effect on our communication.

Instructor: Michael Zahn is an assistant professor of practice at Texas Tech University in the Department of Advertising within the College of Media and Communication. He has experience in both higher education teaching and professional practice.

Date: February 8, 2018

Day: Thursday, 2-3:30 p.m.

Fee: Free for broadcast attendees

Location: TTUHSC Public Health Building, 2nd Floor

The Best Phone Tricks and Secrets!

Tom Miller will be demonstrating the benefits of the iPhone and iPad. He will show participants how to keep up with passwords, the benefits of using the Health app and the new SOS feature, the numerous things Siri can do, and make sure that attendees understand that the iPhone is an invaluable tool and should never be more than an arm's length away!

Instructor: Tom Miller's background is in professional photography. His interest has shifted to digital media, Mac computers and Apple iPhones. He has been teaching how to use Mac computers and iPhones on a voluntary basis since 2012. He does tech support for people needing help with Apple devices.

Date: March 2, 2018

Day: Friday, 2-3:30 p.m.

Fee: \$15

Location: TTUHSC Public Health Building, 2nd Floor

Keeping You Safe: An Overview of the Texas Department of Public Safety

Commander Gary Albus will provide an overview of the functions of the Texas Department of Public Safety and will provide students an opportunity to hear about the many missions of law enforcement personnel including the Texas Rangers, Texas Highway Patrol, Criminal Investigations; as well as divisions such as Driver License. Attendees will have the opportunity to ask questions and speak with Commander Albus at the end of the class.

Instructor: Regional Commander **Gary Albus** started his career with the Texas Department of Public Safety on January 10, 1979. He served for 14 years in Odessa as a highway patrolman and in the license and weight service. Subsequent promotions resulted in transfers to Lubbock, Corpus Christi, El Paso, San Antonio and a return to Lubbock as regional commander in October of 2014.

Date: March 14, 2018

Day: Wednesday, 2-3:30p.m.

Fee: \$15

Location: TTUHSC Public Health Building, 2nd Floor



Don't Let the Airlines Take You for a Ride – Know Your Flight Rights

The media brims with airline horror stories – passengers dragged off planes bleeding and screaming, insulted by unruly flight attendants, sitting next to obnoxious passengers, being stuck on tarmacs for hours without food and restrooms, and finding their luggage did not make the trip. Professor Beyer will set the record straight by telling you your rights with regard to passenger bumping, tarmac delays, damaged and lost baggage, and other issues which could transform your dream vacation into a nightmarish experience.

Instructor: **Dr. Gerry W. Beyer** is the Governor Preston E. Smith regents professor of law at Texas Tech where he has received numerous awards including the coveted Chancellor's Council Distinguished Teaching Award.

Date: April 10, 2018

Day: Tuesday, 5:30-7 p.m.

Fee: Free for broadcast attendees

Location: TTUHSC Public Health Building, 2nd Floor

Observations about Higher Education in the Future

Higher education has been a hot topic for the last couple of years. Specifically, issues such as the rising cost of tuition and new terminologies such as MOOCs, LMSs, online and adaptive learning, competency-based education, prior learning assessments and credentialing just to name a few. Advances in technology, the concept of what is a faculty member's role, and meeting the workforce demands are changing the expectations within higher education. This session will discuss the concepts that will likely have significant impacts on higher education in the future.

Instructor: **Melanie Hart, Ph.D.**, holds the title of vice provost for eLearning & Academic Partnerships. Her responsibilities include the oversight of the regional teaching sites and the Center at Junction, online program compliance and quality, Osher Lifelong Learning Institute (OLLI), continuing education, Academic Partnerships, and Texas Tech University K-12 (TTU K-12). She received two degrees from Texas Tech University and her doctorate from Auburn University.

Date: April 11, 2018

Day: Wednesday, 2-3:30 p.m.

Fee: \$15

Location: TTUHSC Public Health Building, 2nd Floor

Globalization

Globalization. It's a word we hear all the time, but what is it? According to Wikipedia, globalization is the increasing interaction of people through the growth of the international flow of money, ideas, and culture. Globalization is primarily an economic process of integration that has social and cultural aspects. It involves goods and services, and the economic resources of capital, technology, and data. How does it work? Who benefits? Who loses out? What can be done to mitigate its adverse consequences?

Instructor: **Dave Dameron** is a graduate of Cornell's School of Industrial and Labor Relations and retired after a 35 year career in human resources as director of human resources for Microdot Inc. He and his wife, Liz, moved to Las Vegas, NV where they were instrumental in the OLLI program at UNLV where he taught a number of courses including "Intergenerational Courses" in the UNLV Honors College.

Date: April 26, 2018

Day: Thursday, 2-3:30 p.m.

Fee: \$15

Location: TTUHSC Public Health Building, 2nd Floor

Finance

Having the Talk – The Birds and Bees of Finances With Your Loved Ones

The Wall Street Journal reports that nearly 50 percent of adult children have witnessed a diminishing ability among their parents when it comes to handling financial affairs. More importantly, those adult children are thrust into the role of decision making with no prior knowledge of those affairs. Part of leaving a legacy and good stewardship includes having “the talk” with your adult children. This class will give you tips, guidelines and even a comprehensive checklist of what you as parents should share with your adult children and how. Prepare your legacy. Don’t just leave it for your loved ones to figure out.

Instructor: Greg Pare built a multimillion-dollar technology company from scratch, which he sold after 20 years of ownership. He is passionate about helping people achieve financial peace in their lives.

Date: April 5, 2018

Day: Thursday, 2-3:30 p.m.

Fee: \$15

Location: TTUHSC Public Health Building, 2nd Floor

Food

Olive Oil and Balsamic Vinegar 101

Join the talented staff at Abilene’s own, Cordell’s, for a fun and interactive study on olive oil and balsamic vinegar. Local owner, Jason Beard, will lead this presentation by showcasing his passion for great food and great fellowship. The staff at Cordell’s truly believes that anyone can learn to cook and anyone can learn to cook well. Space is limited, so plan to register early to guarantee your spot. The class will include a tasting portion! It will be a great time and an edible experience!

Instructor: Jason Beard has been cooking for over 28 years and has a passion for helping people learn how to be successful in the kitchen. He loves sharing and teaching about food in a way that allows people to feel confident about what they are doing and to develop a love of cooking.

Date: February 13, 2018

Day: Tuesday, 1-3 p.m.

Fee: \$15

Location: Cordell’s, 6410 Buffalo Gap Road, Suite B, Abilene, TX 79606



Health & Wellness

Muscle Strength and Aging

Muscle strength of the lower extremities is critical for fundamental activities of daily living; including, rising from a chair, walking, maintaining postural stability, and jumping. However, with advanced age, muscle strength deficits have been suggested to reduce one's ability to perform these daily tasks. This course will look at the effects of age on muscle strength and explore intervention strategies aimed at improving mobility and function in the elderly.

Instructors: Dr. and Mrs. Ty Palmer study the effects of aging, fall-history, and athletic status on muscle stiffness, strength, postural balance, and other performance-based outcomes in young and elderly adults.

Date: February 23, 2018

Day: Friday, 2-3:30 p.m.

Fee: \$15

Location: TTUHSC Public Health Building, 2nd Floor

Skin Care for Men & Women

Come join us as we learn how both men and women can optimally take care of their unique skin care needs. We will discuss how to craft a skin care regimen tailored to your individual skin care needs as well as what steps you can take to protect the skin you're in.

Instructor: Dr. Michelle Tarbox is an assistant professor in the Department of Dermatology at Texas Tech University Health Sciences Center (TTUHSC).

Date: March 12, 2018

Day: Monday, 5:30-7 p.m.

Fee: Free for broadcast attendees

Location: TTUHSC Public Health Building, 2nd Floor

S.T.O.P: Safety Tips Over Prescriptions – Basic Medication Safety for Older Adults

What is the difference between Advil® and Tylenol®? Where is the best place to keep my medication list? Is a generic drug just as good as the brand medication? These are all questions that we have probably asked ourselves at one time or another. Prescription drug use is a growing issue that must be addressed. Over-the-counter and herbal product use is on the rise. On average, individuals 65 to 69 years old take nearly 14 medications per year, and individuals aged 80 to 84 take an average of 18 medications per year. Nearly 92% of older adults have at least one chronic condition and

being able to appropriately and safely take medications is a pertinent and timely subject to discuss. During this presentation, we will discuss the “5 W’s” of your medications, and other clinical pearls for medication use. Please join us for an exciting discussion to help you “S.T.O.P” and think about your medications.

Instructor: Dr. Trista Askins Bailey joined TTUHSC School of Pharmacy as an assistant professor for the Department of Pharmacy Practice – Geriatrics Division in July 2012. She is involved with didactic lessons, laboratory teaching, facilitating case-based learning, and geriatric clerkships. Dr. Bailey currently has a practice site as a consultant pharmacist for two nursing homes and an assisted living facility in the Abilene area, where she looks after around 120 patients.

Date: March 19, 2018

Day: Monday, 2-3:30 p.m.

Fee: \$15

Location: TTUHSC Public Health Building, 2nd Floor

Healthy Aging: The Natural Way

Every year people get older whether they want to or not. Aging is something individuals cannot prevent from happening, so why not learn how to stay healthy and active while growing older? Many people have heard the saying from Ben Franklin, “An ounce of prevention is worth a pound of cure.” There are times when chronic diseases and symptoms can be prevented, alleviated, or lessened with a few lifestyle changes such as exercise, healthy eating, stress management, heart health, healthy mind, and drinking enough water.

Instructor: Debra Pugh holds a bachelor's degree in kinesiology, is a certified personal trainer, certified sports nutritionist, and author of the book, “Fibromyalgia and Fatigue: A Recipe for Feeling Fit and Healthy.” She has had over 200 articles published in newspapers and magazines. She is a national fitness champion and been featured in many fitness magazines. She has been on several TV shows including “Baywatch” and “The 700 Club.” She has over 25 years of experience in counseling people in health and wellness such as weight loss, exercise, nutrition, increased energy, balance, auto-immune disorders, arthritis, toxins, cleansers, and supplements. To learn more about her background, visit www.FibroAndFit4Life.com

Date: May 2, 2018

Day: Wednesday, 2:30-4:00 p.m.

Fee: \$15

Location: TTUHSC Public Health Building, 2nd Floor

History

Everyone Has a Story to Tell

Everyone has a book inside him and her just waiting to be written. This class teaches where to start the process of bringing your book to life. Whether the book is for the world or just for your family, there is a good story to be told. In this class, the process of writing a book will be explained from cover to cover; methodically, moving from determining an outline of your book to understanding the steps to take in research and development, and from deciding on pictures and illustrations to choosing fonts and titles. The alternatives of publishing will be explained as well; including, self-publishing one copy or many. This class is an informal, relaxed discussion with class participation.

Instructor: Johnnie Lou Avery Boyd has worn many hats in her lifetime. She has been honored at the national, state and local levels for her leadership and service, including three federal appointments and five state appointments. She wrote the biography of West Texas icon Roy Helen Ackers, published in March 2017 that became the bestselling book in Abilene for 2017.

Date: February 6, 2018

Day: Tuesday, 2-3:30 p.m.

Fee: \$15

Location: TTUHSC Public Health Building, 2nd Floor

How Texas Started, and Won, the Civil War

Texas often gets scant attention in the study of the American Civil War. When it does, most of the conversation centers on events like the Battle of Galveston, the Battle of Sabine Pass, or perhaps even the Battle of the Nueces. Dr. Don Frazier will demonstrate how Texas was the key to the Trans-Mississippi and the Trans-Mississippi was key to American strategic thinking in 1863. The Campaign for Texas, then, became an important part of Union strategy until overshadowed by events farther afield.

Instructor: Donald Frazier, Ph.D., is a professor of history at McMurry University in Abilene. He is a prolific author on many Civil War related topics – especially the Trans-Mississippi. Dr. Frazier is a two-time Pate Award winner and the president of the McWhiney History Education Group – an organization involved in everything from publishing to preservation. Don is an entertaining, knowledgeable and, often, humorous speaker.

Date: February 27, 2018

Day: Tuesday, 2-3:30 p.m.

Fee: \$15

Location: TTUHSC Public Health Building, 2nd Floor

Technology Trumps Thought: World War I

Join us as Jim Brink takes us back one hundred years to examine how civilized societies were forced to reckon scientific progress against the backdrop of barbaric inhumanity. His knowledge and insight are sure to help us gain a greater understanding of how those who ultimately lost the war propelled the world into the greatest technological breakthroughs humanity has ever known.

Instructor: Jim Brink came to Texas Tech University in 1976 with degrees in French and history from the University of Kansas and graduate degrees in early modern European history from the University of Washington. He serves as the director of the Arts and Letters degree program in the Honors College.

Date: March 9, 2018

Day: Friday, 2-3:30 p.m.

Fee: \$15

Location: TTUHSC Public Health Building, 2nd Floor



Science & Technology

Barbarians, Cybersecurity and You!

We live in an interconnected world. Everything we do and touch intersects in the cyber world, making the need to practice cybersecurity even more important. The number and methods of cyber-attacks continue to increase; however, there are ways to protect yourself from these threats. This two-session class will provide an overview of the current cybersecurity landscape and help to develop your skills in cybersecurity practices, phishing schemes, online shopping and banking, social networking, mobile device security, Wi-Fi, and cybersecurity tips while traveling.

Instructor: Sam Segran is the associate vice president for IT and CIO at Texas Tech University, has been active in this field for over 30 years and is certified in a number of fields, including cybersecurity.

Date: May 15, 2018

Day: Tuesday, 2-3:30 p.m.

Fee: \$30

Location: TTUHSC Public Health Building, 2nd Floor

Membership & Registration Form – Abilene



— EASY WAYS TO REGISTER —

Please provide ALL participant information for each individual, including full address and telephone number. Your email is very important to us, so please include it, if you have one. Providing an email address allows you to receive newsletters, updates, and notices in advance.

1 Enroll online using a credit card at www.oli.ttu.edu. We accept Visa, Discover and MasterCard.

or

2 Mail this completed form with check (payable to OLLI@TTU) to:
OLLI
P.O. Box 45095
Lubbock, TX 79409-5095

— PARTICIPANT INFORMATION (First Person) —

Name: _____ Email Address: _____
Mailing Address: _____
City: _____ State: _____ Zip: _____
Primary Phone: _____ Birthday: (Month) _____ (Day) _____
Are you a member? ☐ Yes ☐ No Age: ☐ 50-59 ☐ 60-69 ☐ 70-75 ☐ 75+
How did you hear about OLLI? _____ Work Status: ☐ Working ☐ Semi-retired ☐ Retired

— PARTICIPANT INFORMATION (Second Person) —

Name: _____ Email Address: _____
Mailing Address: _____
City: _____ State: _____ Zip: _____
Primary Phone: _____ Birthday: (Month) _____ (Day) _____
Are you a member? ☐ Yes ☐ No Age: ☐ 50-59 ☐ 60-69 ☐ 70-75 ☐ 75+
How did you hear about OLLI? _____ Work Status: ☐ Working ☐ Semi-retired ☐ Retired

— MEMBERSHIP AND PROGRAM REGISTRATION —

Participant Name(s)	Program Title	Program Date(s)	Fee
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	Membership (\$35/person for 12 months)	_____	\$ _____
_____	GRAND TOTAL	_____	\$ _____

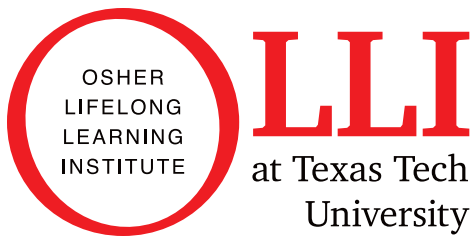
— PAYMENT INFORMATION —

Enroll online using a credit card at www.oli.ttu.edu. We accept Discover, MasterCard, and Visa.

Check or money order (payable to OLLI@TTU). Mail this completed form with check to:
OLLI | P.O. Box 45095 | Lubbock, TX 79409-5095

OLLI would appreciate any donations. You may donate online at: www.oli.ttu.edu or send a check payable to OLLI@TTU.

(806) 742-6554 | Mon.-Thurs. 9 a.m.-5 p.m., Fri. 9 a.m.-Noon



Texas Tech University
Osher Lifelong Learning Institute (OLLI)
Box 45095
Lubbock, Texas 79410-5095

OLLI Staff

Shelby Crews – OLLI Director
(806) 742-OLLI (6554)
shelby.crews@ttu.edu

Melanie Hart, Ph.D.
Vice Provost, Texas Tech University
OLLI Texas Tech Oversight

Otto Ratheal, M.B.A. – Associate Director

Tina Crowson – OLLI Coordinator

OLLI Office Hours

Monday-Thursday 9 a.m.-5 p.m. | Friday 9 a.m.-Noon

www.lli.ttu.edu

