



LLI
at Texas Tech
University

Abilene



Never Stop Growing

SPRING 2019 COURSE CATALOG

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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

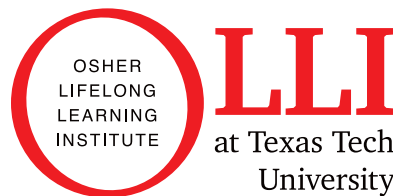
and intellectual stimulation in an organization of like-minded people who value the joy of learning.

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.



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 122 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 four 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.

OLLI Spring Kickoff Event

Lifelong learners age 50 and older can discover what the spring semester has to offer by joining us for the spring kickoff event at the historic Abilene Preservation League Elks Art Center. We invite you to join us for hors d'oeuvres while our presenters share information about their classes and then explore the exciting new catalog offerings. Be sure to RSVP by January 21st to reserve your space as we begin a new semester of opportunities to learn in our wonderful Abilene area. To register online for both the kickoff party and classes, visit www.oli.ttu.edu, email oli@ttu.edu or call (806) 742-6554.

Date: January 24, 2019

Day/Time: Thursday, 5:30-7 p.m.

Fee: FREE

Location: Abilene Preservation League Elks Art Center, 1174 N 1st St, Abilene, TX 79601

Mental Health Initiatives in Abilene

There is a lack of mental health resources in more than 50% of the state of Texas, particularly in West Texas where the shortage of providers and distances between communities make access to services difficult. The Texas Tech Mental Health Institute (TTMHI) was established in May 2018 to address this need in West Texas and the rest of the state. Dr. Pearl Merritt will share information about this new regional institute and the local efforts to address mental health concerns in the Abilene area.

Instructor: Pearl Merritt, Ed.D., M.S., M.S.N., R.N., FAAN, is the TTUHSC Nursing School at Abilene regional dean. She received the University Distinguished Professor Award in 2016. Dr. Merritt serves on the Abilene Behavioral Advising Team with other key community leaders to identify and promote mental health resources for Abilene and the surrounding region.

Date: February 12, 2019

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

Fee: \$15

Location: Abilene TTUHSC, 1650 Pine Street, Abilene, Texas

Secrets of Downtown Abilene

Hidden behind the brick walls and fresh new murals of downtown Abilene is a great history with some surprising twists. From the prohibition-era tank in the bottom of the Federal Building for disposing of illegal liquor to the short life of Showcase Square, you will learn about the early history of Abilene right on up to the current era.

Instructor: Bill Minter is a native of Abilene. He was executive director of the Abilene Preservation League and has been active on the volunteer steering committee

for Abilene Heritage Square. He currently serves as board vice president of Abilene Heritage Square, Inc., which is working to rehabilitate the former Lincoln Middle School/Abilene High School on South 1st St.

Date: February 19, 2019

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

Fee: \$15

Location: Abilene TTUHSC, 1650 Pine Street, Abilene, Texas

What Do You Desire? Will Bequests: A Person's Last Chance to be Creative!

Many people think of wills as morbid documents. There are, however, some people who have designed their wills with a creative flair. Learn about bizarre will bequests, morbid body disposition desires, and strange inheritance stipulations. This is a light-hearted look at how some people have approached the seriousness, emotionalism, and grief associated with death, dying, and will preparation. Maybe you will be inspired to create a will to always be remembered by friends and family! End-of-life topics are difficult but for some, the topics can be an opportunity for self-expression and creativity. There will be time for Q&A and discussion/comments.

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: February 22, 2019

Day/Time: Friday, 1:30-3 p.m.

Fee: \$15

Location: Abilene TTUHSC, 1650 Pine Street, Abilene, Texas

Fire in the Cane Field: The Civil War in Louisiana and Texas, 1861-1863

When southern states seceded in 1861, US forces made plans to coerce them back under federal authority. For Louisiana and Texas, this would require a major invasion from the sea. This discussion will trace the secession of these two states and Union efforts to force them back into the nation.

Instructor: Don Frazier, Ph.D., is a Civil War historian and McMurry University professor.

Date: February 26, 2019

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

Fee: \$15

Location: Abilene TTUHSC, 1650 Pine Street, Abilene, Texas

A Better Understanding of Cognitive Decline

If you were told that you could stop or reverse cognitive decline for yourself or your loved ones, would you be willing to make lifestyle changes to do that? In this session, we will discuss the following topics and strategies as they relate to turning back cognitive decline:

- Causes of dementia and Alzheimer's disease
- How inflammation, diet and lifestyle affect cognitive decline
- Tests to determine risks of dementia and Alzheimer's disease
- Six types of Alzheimer's
- Nutritional strategies to improve cognitive decline

Instructor: Cheryl Benoit, M.S., is chief wellness officer of PforymWELL. She is trained in the ReCODE protocol (REversal of COgnitive Decline), is an American College of Sport Medicine certified exercise physiologist, and is certified in the Bale Doneen method of prevention of stroke, cardiovascular disease and diabetes.

Date: March 5, 2019

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

Fee: \$15

Location: Abilene TTUHSC,
1650 Pine Street, Abilene, Texas

Texas Tales: Tall and True

The oral tradition is alive and well as evidenced in this program of Texas and Texanized folklore. The importance of collecting, preserving, and passing on the stories of one's culture – generally and personally – is underscored, and one is reminded of this old cautionary saying, "When an older person dies, it is as if a whole library just burned down."

Instructor: Donna Ingham, Ph.D., is a mostly-retired college English professor turned author and storyteller. She is the recipient of the John Henry Faulk Award from the Tejas Storytelling Association and the ORACLE Award for Regional Excellence from the National Storytelling Network, and she has the dubious distinction of having been named the Biggest Liar in Austin seven times and the Biggest Liar in Texas three times. She has six books and five spoken word CDs to her credit, several of which have won Storytelling World awards.

Date: March 20, 2019

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

Fee: \$15

Location: Abilene TTUHSC,
1650 Pine Street, Abilene, Texas

Cordell's Cooking Class and Dinner

Join us at Cordell's for a delicious time! Chef Jason will lead us through a cooking class and cooking demonstration. There will be opportunities for class participation, or you may simply watch and learn. At the conclusion of the class, we will enjoy the fruits of our labor as we dine on the food we make.

Instructor: Jason Beard is the chef and co-owner of Cordell's, an eight-year-old gourmet food store in Abilene, Texas. Cordell's has moved to a new location and expanded their offerings to include a restaurant and a coffee and tea bar. Come eat, shop and coffee with Cordell's!

Date: March 28, 2019

Day/Time: Thursday, 5-7 p.m.

Fee: \$35

Location: Cordell's,
6410 Buffalo Gap Road, Suite B, Abilene, Texas

Handcrafting Beer in Abilene

Pappy Slokum Brewing Company's principles are to create beers that are well crafted and flavorful. Please join us as we learn how handcrafted beers are made, tour the Pappy Slokum Brewery and sample the beers this local company produces. Light snacks will be provided.

Instructor: Jeff Bell is a co-owner of the Pappy Slokum Brewing Company founded in 2011. Jeff has over 17 years' experience crafting beers and his talents include formulating recipes and brewing techniques.

Date: April 2, 2019

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

Fee: \$15

Location: Pappy Slokum Brewing Company,
409 South Treadaway Blvd., Abilene, Texas

Coffee/Tea, Dessert and Downtown Development in Abilene

Renovation of downtown Abilene began in the 1980s with the Paramount Theater and was followed by the Grace Hotel (museum), the Texas & Pacific Depot and other buildings. Join us for dessert and coffee/tea at Cypress Street Station for a conversation with Doug Peters and other members of the Abilene Chamber of Commerce to hear about upcoming development efforts planned for downtown Abilene.

Instructor: Doug Peters, Abilene Chamber of Commerce president and CEO and other members of the chamber leadership.

Date: April 9, 2019

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

Fee: \$15 for OLLI members

Location: Cypress Street Station,
158 Cypress Street, Abilene, Texas

Texas Department of Public Safety Border Security Operations

Commander Gary Albus will present an in-depth presentation about Texas Department of Public Safety Border Operations: the why, how, what and where we protect our Texas/Mexico Border. Attendees will be given an inside look at the role of TXDPS and other federal, state and local law enforcement agencies in protecting our border. This class will include a lot of video and a close-up look at incidents and crimes on the border, including drug trafficking activities, illegal border crossing methods, human trafficking, fleeing vehicle crashes, and the resulting threats to public safety that will hold your attention. Commander Albus will be available after class for questions and discussion.

Instructor: Gary Albus is the regional director for Region 5, Texas Department of Public Safety. Gary currently oversees public safety within 71 counties in Texas, including counties in and around the Lubbock, Amarillo, Wichita Falls and Abilene areas as well as overseeing 723 troopers, special agents, Texas Rangers, driver license personnel and non-commissioned personnel with the Texas Department of Public Safety. Gary is a graduate of the Northwestern University Traffic Institute School of Police Staff and Command.

Date: April 25, 2019

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

Fee: \$15 for OLLI members

Location: Abilene TTUHSC,
1650 Pine Street, Abilene, Texas

Writing, Publishing and Selling Your Book

If you are thinking about writing, publishing and selling a book, or are curious about what is involved, you will want to attend this class. Glenn Dromgoole is a local author who will share tips from his experience and insights regarding writing, publishing and selling books. Everyone attending this class will receive a copy of Glenn's book "Book Guy: One Author's Adventures in Publishing," a \$12.95 value.

Instructor: Glenn Dromgoole is an author, bookseller, publisher and columnist. He and his wife Carrol own the Texas Star Trading Company in downtown Abilene. A recipient of the 2018 A. C. Greene Award presented annually to a distinguished Texas author for lifetime achievement, Glenn has authored 31 books to date. He also shares his passion for Texas books and authors in a weekly Texas Reads column in the Abilene Reporter News.

Date: April 30, 2019

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

Fee: \$15 for OLLI members

Location: Abilene TTUHSC,
1650 Pine Street, Abilene, Texas

Pop Music of the 1960s: The Times They Are a Changin'

We will spend the full class time on just the turbulent popular music history of the 1960s. Great social and cultural changes were occurring in the face of monumental historical events, both worldwide and in our nation. The music we listened to reflected those tides of change. We will listen to and watch videos of artists performing the music that chronicles that most interesting pop musical decade.

Instructor: Larry Hess, M.M., is a retired Lubbock ISD educator and an OLLI member. He is also a professional musician, having retired after 30 years as a percussionist with the Lubbock Symphony Orchestra.

Date: May 9, 2019

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

Fee: \$15 for OLLI members

Location: Abilene TTUHSC,
1650 Pine Street, Abilene, Texas



From Reefer Madness to Marijuana Legalization

By November 2018, 33 U.S. states had approved medical marijuana. Ten states and the District of Columbia had legalized marijuana for adults and began to establish systems for regulation and taxation. What is this plant, what chemicals does it make, and how do they affect our bodies and our brains? Let's look at what researchers have learned about cannabis and its chemicals, and at why this research is controversial, hard and promising.

Instructor: Alice Young earned a Ph.D. in experimental psychology from the University of Minnesota, received postdoctoral training in pharmacology at the University of Michigan, and currently serves on the faculty at TTU and TTUHSC. Before moving to Lubbock in 2004, she was on the faculty of Wayne State University. Her research focused on psychopharmacology, with over 20 years of NIH support for studies of drug tolerance and cognitive changes in Alzheimer's disease.

Date: May 16, 2019

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

Fee: \$15 for OLLI members

Location: Abilene TTUHSC,
1650 Pine Street, Abilene, Texas

Membership and 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 at 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 at 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 at TTU.

(806) 742-6554 | Monday-Thursday: 9 a.m.-5 p.m. Friday: 9 a.m.-Noon



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