



LLI
at Texas Tech
University

Lubbock

A Learning Community for Adults Over 50



EXPLORING NEW GROUND

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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 124 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.

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Terri Navrkal, MS.Ed
Greg Pare
Jack Stagner
Sue Stagner
Tom Stone
Bill Wells

OLLI Office Hours

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

Texas Tech Plaza
1901 University Ave., Suite 513
Fifth Floor
Lubbock, TX 79410

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

www.oli.ttu.edu

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 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 124 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.

Where is the OLLI office?

Our office is in the Texas Tech Plaza, 5th floor, Suite 513 at 19th and University Avenue, Lubbock, Texas. Our email is olli@ttu.edu, and our phone number is (806) 742-OLLI (6554).

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.

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.

OLLI Member Discounts

- OLLI members now have the ability to access the Texas Tech University Robert H. Ewalt Recreation (Rec) Center with reduced membership rates – \$295 for a year or \$120 per semester. Join today to take advantage of the extensive facilities, the numerous fitness and wellness classes and the resort-style pool. For more information about the Rec Center, please call (806) 742-3351 or visit recsports.ttu.edu.

This offer applies only to the OLLI member and cannot be applied to a spouse or child. Proof of OLLI membership may be required to ensure reduced rates at the time of Rec Center enrollment.

- **Save \$5** on the **TTU Presidential Lecture & Performance Series**. OLLI individual general admission price is \$15 with a 2019-2020 OLLI name badge and can be purchased at the Select-A-Seat box office at the Lubbock Memorial Civic Center or online at www.selectaseatlubbock.com using discount code "OLLI." Tickets available August 1!

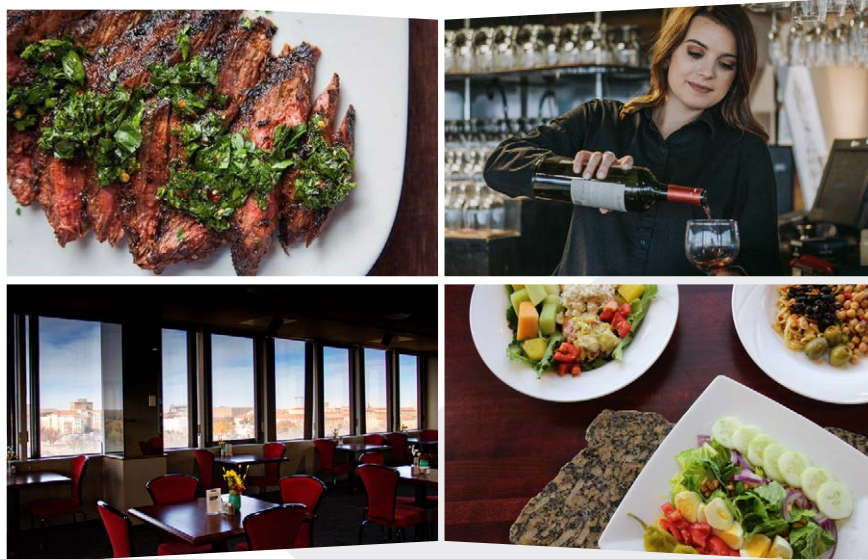
- **SAVE \$8 ON MAINSTAGE THEATRE OR \$5 ON LAB THEATRE** at Texas Tech University Charles E. Maedgen Jr. Theatre-Mainstage Theatre. OLLI price for Mainstage Theatre is \$10 and Lab Theatre is \$5. Call (806) 742-3603, or visit dance.ttu.edu

- **PURCHASE AT STUDENT RATE** for ticketed performances at The School of Music. For more information, call (806) 742-2270 or visit music.ttu.edu

OLLI presents programs exclusively for the members of the Osher Lifelong Learning Institute (OLLI) at Texas Tech University. Please consider joining today!

Even if a class is free, pre-registration is required to ensure adequate seating and refreshments (when offered).

Come Join Us for Lunch or Dinner Series this Spring!



Follow us on Facebook weekly buffet menu.



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of TEXAS TECH UNIVERSITY

Daily Lunch Buffet and
A La Carte menu daily.

HOURS

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Monday - Friday



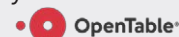
DISCOUNT

OLLI Members Special:
20% off Buffet Price



RESERVATIONS

(806)742-4762
www.skyviews.ttu.edu



LOCATION

6th Floor
Texas Tech Plaza
19th & University



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Orientation

OLLI Orientation for New and Prospective Members

In this informal session, participants will learn about OLLI at TTU programs, activities and meet board members and staff. The class will examine a wide variety of course topics, committees and volunteer opportunities. This class is open to current members and prospective members interested in finding out more about what OLLI has to offer. Refreshments will be served.

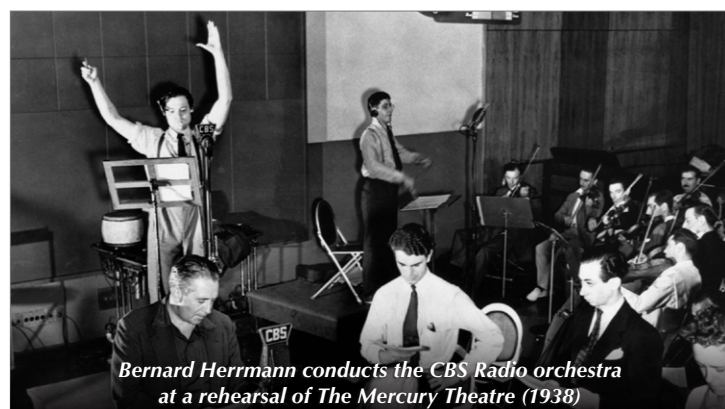
Instructor: Greg Pare co-founded MyMoneyWellness.com, co-authored the Personal Finance Playbook series, and now devotes his time encouraging others through coaching and speaking.

Date: Thursday, January 16

Times: 2-3:30 p.m. or 5:30-7 p.m.

Fee: FREE

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock



Bernard Herrmann conducts the CBS Radio orchestra at a rehearsal of The Mercury Theatre (1938)

Arts and Culture

Citizen Kane and Vertigo: What Do They Have In Common?

Motion picture critics and writers for the last half of the 20th Century and into the current century rated Orson Welles' "Citizen Kane" the number one movie. During the last decade, many now rank Alfred Hitchcock's Vertigo as the top movie. What do these films have in common? The soundtrack score of both films was composed by Oscar winner Bernard Herrmann. In this class, participants will learn about Mr. Herrmann and view the two movies and his final picture scoring from 1976.

Instructor: Bill Pesetski is a retired Department of Defense systems analyst. He attended Drake University and the University of Wisconsin-Milwaukee, earning a degree in economics.

Dates: Wednesday 2/5, Monday 2/10, and Thursday 2/20

Time: 11 a.m.-2 p.m.

Fee: \$45 (Includes screenings and buffet lunches.)

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock



Take Time to Read Art

The focus of this presentation will be on how to read art. Participants will be taught specific reflective questions to use in viewing art to consider the subject matter, the artistic techniques and the artist's intent. This offering begins in the classroom with participants developing an understanding of what it means to read art, learn a strategy, then visit a nearby art display to apply those skills.

Instructor: Sam Ayers is the distinguished educator in residence and director of graduate education in the Lubbock Christian University School of Education.

Date: Tuesday, March 24

Time: 5:30-7 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

Viva the Difference – Understanding Generational Differences

The Greatest Generation, boomers, Gen X, millennials, Gen Y and Gen Z are terms heard daily. Do these terms describe important differences in the age groups or are they stereotypes? Understanding generational differences is the first step to working together in harmony and could be a determining factor in the success of an organization. Along with suggestions for how to work with each generation, this class will describe how generational differences arise and provide key descriptions of the core characteristics of each group.

Instructor: Terry Waldren, Ph.D., is the owner of The Waldren Group consulting firm, whose clients include: Texas Tech, TTUHSC, City of Lubbock and United Supermarkets.

Date: Tuesday, April 7

Time: 2-3:30 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

Early Music

What did music sound like in the 13th century? What instruments did they use and how did they use their voices? In this lecture, Angela Mariani, D.M., of the Texas Tech School of Music introduces the world of historical performance, sometimes referred to as early music, in which musicians explore the repertoires, performance practices and musical processes of much earlier times.

Instructor: A scholar and performer of medieval music, Angela Mariani is a professor of musicology and the founder and director of the Texas Tech Collegium Musicum. In 2009, she also established the School of Music's Graduate Certificate Program in Early Music Performance Practice.

Date: Tuesday, April 7

Time: 5:30-7 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock



Putting the Fun in Dysfunctional in Tracie Lett's "August: Osage County"

"August: Osage County" is the story of the Weston family as they reunite in their Oklahoma homestead after the disappearance of their dad. This class will explore the role of family dynamics as seen in the winner of the 2008 Pulitzer Prize for Drama and five Tony awards. Participants will be given a special opportunity to see this production on Friday, May 15, by the Lubbock Community Theatre.

Instructors: Jay Brown has a master's in acting and directing and has been the artistic director of the Lubbock Community Theatre since 2001. Pam Brown started her career as a theatre teacher and is now a licensed professional counselor and the director of counseling for Lubbock Cooper ISD.

Class: Monday, April 13, 5:30-7 p.m.

Texas Tech Plaza, Room 218, 1901 University Avenue

Production: Friday, May 15, 7:30 p.m.

Lubbock Community Theatre, 4232 Boston Avenue
Fee: \$30 (Includes ticket to production on May 15.)



Come out with your team of trivia masters and compete for the honor of OLLI Trivia Champions! This event, emceed by our very own Jeff Klotzman, will provide a great way to kick off the new semester of OLLI classes, give you a chance to reconnect with your OLLI friends and even win some prizes along the way! A catered dinner and drinks will be included in the ticket price. And, we guarantee a fun evening – win or lose!

January 23, 5:30-8:30 p.m.

McKenzie-Merket Alumni Center
2521 17th Street, Lubbock, Texas

• Dinner • Drinks • Prizes

\$30 Individual or \$175 Per Six Person Team

Purchase tickets by January 15, visit olli.ttu.edu or call (806) 742-6554.

Popular Music of the 1970s

Has there ever been a more diverse pop music decade than the 1970s? Hard rock, soft rock, country rock, arena rock, new wave, soul, southern and funk all took center stage during that decade. Oh, and let's not forget disco! Hustle to join Larry Hess for a musical trip through the 1970s.

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

Date: Tuesday, April 28

Time: 5:30-7 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock



Literary Lubbock, an Evening of Dining and Literary Fellowship

Literary Lubbock is Texas Tech University Press's annual fundraiser, with event proceeds benefiting the Grover E. Murray Studies in the American Southwest. The Literary Lubbock program features recent and notable books published by Texas Tech University Press. This year's featured books and speakers include:

- "Crooked Bamboo: A Memoir from Inside the Diem Regime," presented by Justin Simundson
- "Don't Count the Tortillas: The Art of Texas Mexican Cooking," presented by Adán Medrano
- "Life, Purpose, and Vision: A Fiftieth Anniversary History of the Texas Tech University Health Sciences Center," presented by Margaret Vugrin
- "Opus in Brick and Stone: The Architectural and Planning Heritage of Texas Tech University," presented by Brian H. Griggs
- "Raider Power: Texas Tech's Journey from Unranked to the Final Four," presented by Robert Giovannetti

Texas Tech University Press is the book publishing arm of Texas Tech University. For more information about TTU Press or Literary Lubbock, call (800) 832-4042 or email ttup@ttu.edu.

Date: Thursday, April 30

Time: 5:30-8 p.m.

Fee: \$50/Person, \$1,000/Sponsorship Table

Location: McKenzie-Merket Alumni Center
2521 17th St, Lubbock

Current Topics

Keeping You Safe I: Changes at the County Courthouse

This course will present information on criminal, civil and juvenile case filings in Lubbock County along with dispositions of these cases and trends within these stats. Information on new approaches, by way of drug courts, to addressing cases involving individuals with drug and alcohol use disorders will be discussed. Child Protective Services cases will also be discussed. Parole laws will be reviewed and dynamic issues such as the death penalty and hemp laws will be covered.

Instructor: William C. "Bill" Sowder began his first term as district attorney for Lubbock County in 1995. During the third year of his third term, the governor of Texas appointed Bill as the presiding judge of the 99th District Court of Lubbock County, Texas.

Date: Tuesday, January 28

Time: 5:30-7 p.m.

Fee: \$15

Location: Lubbock County Courthouse, Room 101
904 Broadway St, Lubbock

Keeping You Safe II: Gangs in the City of Lubbock

The 2018 Texas Gang Threat Assessment reports that gangs are responsible for high levels of violence throughout Texas, posing a significant threat to public safety. Texas gangs are heavily involved in the trafficking of illegal drugs and will often work with each other to profit from these dealings regardless of their differences in race or ideology. Participants will learn about the various gangs and their activity throughout this area.

Instructor: Amanda "Mandi" McKinney Say is first assistant and narcotics chief with the Lubbock County District Attorney's Office. She graduated from the Texas Tech School of Law in 2001. In her current roles she has the opportunity to assist various local, state and federal agencies in the investigation and prosecution of drug-related crimes.

Date: Monday, February 3

Time: 2-3:30 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

Interpreting the Constitution

Join Katie Langford as she talks about how the appellate courts interpret the Constitution. Learning about different types of reasoning used by judges to explain their decisions, the class will try to predict how the Supreme Court will decide some of the important cases before them.

Instructor: Katie Langford, Ph.D., is an associate professor of communication studies at Texas Tech University. She is an award-winning teacher and author who specializes in legal and political rhetoric.

Date: Tuesday, February 4

Time: 2-3:30 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock



How the Texas Supreme Court Operates

The Texas Supreme Court is Texas' highest court for civil and juvenile case appeals. The Court grants hearings to about 75 cases per year. This class will give an overview of how the Texas Supreme Court decides which cases it will hear and the processes by which the Court considers and decides cases once it agrees to hear them.

Instructor: Justice Phil Johnson graduated from Texas Tech in 1965. He served in Vietnam as an Air Force fighter pilot and at Reese Air Force Base as an instructor pilot. He graduated from the Texas Tech School of Law in 1975, then practiced with the Lubbock firm of Crenshaw, Dupree and Milam. He served on the 7th Court of Appeals from 1998 until 2005, and on the Texas Supreme Court from 2005 through 2018.

Date: Tuesday, February 11

Time: 2-3:30 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

Running Through Life Together

Leigh Daniel and Nick Cordes were both track stars in college and met at the Olympic Development Program for runners in 2003. Their goal was to compete in the Olympics; however, the camp had a no-dating policy, so Leigh and Nick left the program. During their engagement, they won the "TODAY Throws a Wedding" contest! Come listen to them share their love story, discuss their running careers and Olympic dreams, through the TODAY show wedding story and where they are now.

Instructors: Leigh Cordes graduated from Texas Tech with a degree in human development and family studies. She was a two-time national champion in the World University Games. Nick Cordes earned a degree in economics from Ashland University and a master's in sports management from Texas Tech.

Date: Friday, February 14

Time: 2-3:30 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

What Does Texas Tech Football and Planning a Trip Have in Common?

Come hear Coach Tommy McVay discuss life in the Texas Tech football program, his successes on and off the field, football recruiting and what it's like to plan an out of town trip for the Texas Tech University football team and staff. McVay will share stories about recent Texas Tech football greats like Wes Welker, Patrick Mahomes, and Danny Amendola and his experience working with four head football coaches at Texas Tech.

Instructor: Coach Tommy McVay is in his 23rd year as Texas Tech's director of football operations and oversees many of the administrative duties of the football program. He earned bachelor's and master's degrees from Southeastern Oklahoma State University where he was inducted into the Athletic Hall of Fame in 2009.

Date: Tuesday, February 25

Time: 5:30-7 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock



The State of the Democratic Presidential Horse Race

This course will provide background on the presidential nomination process dating back to 1968. Instructor Seth McKee will discuss several of these campaigns in particular; including, prevailing dynamics which proved pivotal. Then he will move to the current 2020 Democratic presidential nomination battle and the explanations for how the race is unfolding.

Instructor: Seth C. McKee is an expert on American elections and Southern U.S. politics. He has a doctorate in government and is currently an associate professor of political science at Texas Tech University.

Date: Thursday, March 19

Time: 5:30-7 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock



Keeping You Safe III: The History and Current State of the Texas Rangers

Gearing up for its 200th anniversary in 2023, the Texas Rangers are America's oldest state law enforcement agency. New threats from terrorism, organized crime and cartels have significantly expanded the agency's responsibilities, stretching them beyond their traditional roles. Major Downs covers the top 71 counties in the Texas Panhandle and North Texas. He will provide a brief history of the Ranger service, as well as detail the capabilities of today's Texas Rangers.

Instructor: Jamie Downs is the Texas Rangers Company C commander. He spent over eight years carrying out missions on the Texas-Mexico border, focusing on gathering intelligence, conducting interdiction and disrupting criminal activity associated with gang and drug cartels.

Date: Monday, March 30

Time: 5:30-7 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

Film Study

Dinner and a Movie: "Big Night"

In "Big Night", Chef Primo (Tony Shalhoub) and businessman Secondo (Stanley Tucci), immigrant brothers from Italy, open their dream restaurant, Paradise. However, Primo's authentic food is too unfamiliar for the locals and the restaurant is struggling. When famous Italian-American bandleader Louis Prima is scheduled to appear at Paradise, the brothers put their efforts into the important meal that could decide the fate of the restaurant. Skyviews' Chef Jason will feature foods from the Paradise restaurant in the movie.

Instructor: Garvin O'Neil is a professor of practice at the Department of Hospitality & Retail Management at Texas Tech University. He is a 40-year veteran of the hotel industry, holding executive positions in some of the country's finest properties.

Date: Wednesday, April 8

Time: 6-8:30 p.m.

Fee: \$35 (Includes dinner and movie.)

Location: Skyviews, Texas Tech Plaza 6th Floor
1901 University Avenue, Lubbock

Come Meet "The Inspector General"

Danny Kaye is hilarious as he is mistaken for the dreaded "Inspector General" set in 1800s Russia. This 1949 movie featured one of Kaye's best and funniest performances. As the corrupt town officials attempt to kill Kaye, mayhem and hilarity follow in one of the finest screwball comedies ever filmed. Directed by Henry Koster, it features Alan Hale, Gene Lockhart, Barbara Bates and Walter Lockhart. Come for a fun evening of friends, food and fine entertainment!

Instructor: Rob Weiner, M.A., M.S., is humanities librarian for the College of Visual and Performing Arts and for Film Studies for Texas Tech University. He also teaches for the Honors College and has published widely on various popular culture topics.

Date: Wednesday, April 22

Time: 5:30-8 p.m.

Fee: \$27 (Includes dinner.)

Location: Lubbock Women's Club
2020 Broadway, Lubbock



(L-R) Elsa Lanchester, Barbara Bates and Danny Kaye in "The Inspector General" (Warner Bros.)

Finance

Senior Deals Around Lubbock



Newly retired financial coach Greg Pare and his wife Christie are out hunting deals. Where are the cheap eats, senior discounts and money-stretching opportunities for folks 50 years old and older? Greg will share the best bargains in and around Lubbock for eats and activities. Also, this time together will be designed for audience participation to share others' best bargains, tips and discoveries. Bringing ideas to share with the group, everyone is an instructor for this course! The best tips will win a door prize!

Instructor: Greg Pare co-founded **MyMoneyWellness.com**, co-authored the "Personal Finance Playbook" series, and now devotes his time encouraging others through coaching and speaking.

Date: Wednesday, March 11

Times: 2-3:30 p.m. or 5:30-7 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 223,
1901 University Avenue, Lubbock

Food

Skyviews Restaurant and Red Raider Meats – A Divine Wine Pairing Dinner

Join two of the university's award-winning departments as they come together to showcase what they do best! Skyviews Restaurant (an integral part of Texas Tech University's Hospitality & Retail Management department) and Red Raider Meats (in the Department of Animal and Food Sciences) collaborate to present a four-course wine pairing dinner featuring attentive service, great food and a special wine paired with each course. The menu and featured wines will be finalized and emailed to OLLI members in early January.

Instructor: Garvin O'Neil is a professor of practice at the Department of Hospitality & Retail Management at Texas Tech University. He is a 40-year veteran of the hotel industry, holding executive positions in some of the country's finest properties.

Date: Thursday, February 6

Time: 6-8:30 p.m.

Fee: \$45 plus tax (Includes four-course dinner with wine selection for each course.)

Location: Skyviews, Texas Tech Plaza 6th Floor
1901 University Avenue, Lubbock



Sculpting With Chocolate!

This class will be a demonstration of how to sculpt with chocolate clay. Just in time for Easter, Rhonda Cummings will sculpt a chocolate bunny starting with basics on how to construct the confection from the inside out, while explaining how to build a core, adding a top coat and finally sculpting with chocolate clay to get a finished realistic rabbit.

Instructor: Rhonda Cummings is a self-taught chocolatier. She competed for 16 years at the Annual Chocolate Fantasia at the Llano Winery, winning several gold medals, best of show, most creative awards and people's choice awards.

Date: Thursday, April 2

Time: 5:30-7 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

Biscuits With Options

Biscuits are so versatile, and once the secret is out about how easy they are to make, the options are almost limitless! Learn how incredibly simple the basic process is, along with several alternative methods, and knowledge needed to prepare freshly baked biscuits anytime! Lots of tips and stories will be shared – and a few samples, too!

Instructor: Angelina LaRue attended McMurry University. She writes two weekly food columns that are featured in several Texas newspapers, published "The Whole Enchilada" (her first cookbook), and is working on a second book.

Date: Monday, April 20

Time: 5:30-7 p.m.

Fee: \$20

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock



Health and Wellness

The MIND Diet – A Route to Better Health

The MIND diet is a hybrid of the Mediterranean and DASH diet plans. The acronym stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. Considered an easy diet to follow, MIND's recommended foods and eating plan may afford better brain health as you age, possibly help prevent Alzheimer's Disease and aid in hypertension reduction. Participants will discuss the diet and hear suggestions for incorporating the diet into daily life.

Instructor: Audrey McCool, Ed.D., is a registered and licensed dietitian. A retired educator, she taught in the fields of nutrition and foodservice management for over 30 years.

Date: Wednesday, January 22

Time: 2-3:30 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock



Stop the Bleed

Stop the Bleed is a national awareness campaign that encourages bystanders to become trained and empowered to help in a bleeding emergency before professional help arrives. Through hands-on experience, attendees will learn the application of tourniquets, controlling bleeding in wounds and victim management when reacting in specific emergencies.

Instructor: Mike Hill is a certified educator with a Master of Science degree. He is also a First Care Provider certified instructor, National Rifle Association instructor and Texas Department of Public Safety instructor.

Date: Wednesday, February 26

Time: 2-3:30 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock



Facts About CBD: What Is It and How to Use It?

There are many questions surrounding cannabidiol. What is it? Is it legal? Will it make you feel high using it? In this class, Kelly will discuss these questions and more; plus, give participants a sample of CBD to try.

Instructor: Kelly Garry is a certified reflexologist and has worked for years under a clinical herbalist. She deals with essential oils (including CBD) and herbal products.

Date: Thursday, March 5

Time: 5:30-7 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

Vertigo, Dizziness and Balance Workshop

Among the many people who suffer from vertigo, dizziness and balance problems, are the seniors in the community. This is a major cause of falls and inactivity. This course will discuss the most common causes of vertigo and dizziness, as well as easy mistakes vertigo and dizziness sufferers make in getting the right treatment for these conditions.

Instructor: Spencer McCombs, PT, DPT, OCS, MTC, owner of McCombs and Associates Physical Therapy, is a doctor of physical therapy and specialist in vertigo and back pain and sciatica.

Date: Thursday, April 23

Time: 2-3:30 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock



Hidden Lubbock Tours

Pullman, Politics, and the Inland Cotton Industry

The tractors, plows and implements that helped turn the soil of the South Plains remind folks of yesteryear. After a guided tour of more than 30,000 square feet of farm and rural life exhibits, participants will have a seat in the conference center to hear about the Underwood family and their work to establish the inland cotton industry. Class culminates with a tour of the 1925 Pullman passenger train that served as their mobile office space.

Instructor: Lacey Hoelting has been the director of the Bayer Museum of Agriculture since 2008. She graduated from Texas Tech with her bachelor's degree and Texas A&M with her master's degree, both in agriculture.

Dates: Monday, March 9 or Wednesday, April 15

Time: 10 a.m.-1 p.m.

Fee: \$25 (Includes lunch.)

Location: Bayer Museum of Agriculture
1121 Canyon Lake Dr., Lubbock



Lowrey Field at PlainsCapital Park

Join OLLI at TTU for a guided tour of Lowrey Field at PlainsCapital Park! The tour will include a walkthrough of the track and football facilities as well as the community and operations floors of the 3-story state-of-the-art press box. The new facilities were built on the site that was already nearly 60-years old when it received its major renovation.

Instructor: Jimmy Johnson is the Lubbock Independent School District's assistant athletic director for facilities and operations.

Date: Wednesday, March 25

Time: 2-3:30 p.m.

Fee: \$15

Location: Lowrey Field at PlainsCapital Park
1301 66th Street, Lubbock



Texas Tech University Athletic Facilities and Track

Wes Kittley created history on June 7, 2019, when his Red Raiders claimed the first NCAA Championship in the history of men's athletics at Texas Tech. The title came in his 20th season in Lubbock. Join OLLI members to hear from this legendary coach on his success at Texas Tech University, get a guided tour of the new, state-of-the-art Sports Performance Center, and even have the opportunity to watch his team practice.

Instructor: Wes Kittley is the director of track and field and the cross country head coach at Texas Tech University.

Date: Monday, April 6

Time: 1-2:30 p.m.

Fee: \$15

Location: Texas Tech University Sports
Performance Center, 7 Akron Ave., Lubbock

Reese Technology Center – The Redevelopment of Reese Air Force Base

Since its closure in September 1997, the former Reese Air Force Base property (which was deeded to the Lubbock Reese Redevelopment Authority – a political subdivision of the State of Texas) has gone through its ups and downs and has managed to land firmly on good ground with a positive future ahead of it. Murvat Musa will discuss Reese's history, its environmental challenges and where they are today.

Instructor: Murvat Musa is the executive director of the Reese Technology Center, a manufacturing, technology, education and research facility located at the former Reese Air Force Base. She holds a Bachelor of Science in Finance from George Mason University, a Master of Public Administration from Texas Tech and is also a certified public manager.

Date: Wednesday, April 8

Time: 2-4 p.m.

Fee: \$15

Location: Reese Technology Center, Suite 200,
9801 Reese Blvd., Lubbock

Texas Tech University Greenhouse and Horticultural Gardens Tour

This course will be an hour-long tour of the Texas Tech University Greenhouse and Horticultural Gardens.

Instructor: Vikram Baliga is the Greenhouse and Horticultural Gardens manager for Texas Tech's Department of Plant and Soil Science. He has a bachelor's in horticulture with an emphasis on landscape design from Texas A&M University and a master's in horticulture from Texas Tech focusing on deficit irrigation in Texas olive production. He is currently completing his doctorate from Texas Tech in horticulture with a focus on turfgrass and water conservation in the urban landscape.

Date: Monday, May 18

Time: 2-3:30 p.m.

Fee: \$15

Location: Texas Tech University Greenhouse
3340 Main Street, Lubbock

History



Joan of Arc: The Most Famous Teenager in History

Joan of Arc, arguably the most famous teenager in history, heard voices compelling her to ride to Charles VII, besiege Orleans and see that Charles was crowned. Later captured and sold to the English, she was sentenced to death. Many of the 10,000 people who witnessed her execution averred that the Church and the English killed a saint; later, the Church agreed. This class analyzes how this young girl fared against the mighty Catholic Church.

Instructor: Jim Brink earned degrees in French and history from the University of Kansas and a master's and doctorate degree from the University of Washington. He taught in Texas Tech University's Department of History and spent 12 years in the Office of the Provost, finishing his 42 years at Texas Tech in the Honors College.

Date: Monday, April 6

Time: 2-3:30 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

Travel the Quanah Parker Trail to Discover the Region's Invisible History

With its vistas of flat plains and canyons, the area once referred to as "The Comanchería" was regarded as the territory of the Comanches. This presentation, using information taken from many sources, reveals the history hidden in the landscape. Eighty-six, 22-foot steel arrows now stand like sentinels within 50,000 square miles, the unique story of the Quanah Parker Trail inscribed on the granite at each arrow's point of entry in the ground.

Instructor: Holle Humphries earned a bachelor's from Carnegie Mellon University and her master's and doctorate degrees from Texas Tech. She has served as author and editor of art education publications devoted to research in public art and its implementation in the form of creating cultural heritage in West Texas.

Date: Wednesday, April 29

Time: 5:30-7 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

Hobbies and Activities

Birds and Birdwatching: A Lifelong Pastime

This outdoor morning field session is designed to help participants become observant and efficient in watching, identifying and enjoying birds. It will cover the proper use of binoculars and field guides, as well as surveying without binoculars or books. Participants should bring binoculars or field guides; however, some will be available to loan participants who do not possess such items. Dress appropriately for walking outside and for the weather.

Instructor: Nancy McIntyre is a professor in the Department of Biological Sciences at Texas Tech and curator of birds at the Museum of Texas Tech.

Date: Saturday, January 18

Time: 9 a.m.-12 p.m.

Fee: \$15

Location: Clapp Park, 46th Street and Ave. U, Lubbock





Lubbock OLLI members playing Mah Jongg

How to Play Mah Jongg (American National League version)

Mah jongg is a historical and exciting game with Chinese origins which uses tiles with symbols and pictures. The instructor will teach basic fundamental components, etiquette, rules and provide playing time in a patient learning environment. The lessons are taught in a specific sequence, so it is crucial not to miss any of the classes. Ideal for beginners or intermediate players, this is a great game to register with friends! If you can, sign up with three others to make a foursome ready to play.

Instructor: Marsha Weiss has been an avid mah jongg player for years. She is excited to share this ancient, thought-provoking game with others.

Dates: 2/24, 2/26, 3/2, 3/4

Time: 10 a.m.-12 p.m.

Fee: \$20

Location: Texas Tech Plaza, Room 218

1901 University Avenue, Lubbock

Capacity: 12 Participants

Pen-Making on a Wood Lathe

Pen turning is a fun and exciting hobby that is very gratifying and easy on the budget. Participants will work one-on-one with an instructor learning the fundamentals, safety and tools used while crafting handmade wooden pens.

Instructor: Kent Crowell is a retired teacher and avid woodworker. He is an active member of the South Plains Woodturners and can be found around town doing woodworking demonstrations at events like the Lubbock Arts Festival and First Friday Art Trail. He is also an active member of OLLI and serves as a member of the Lubbock Advisory Board.

Date: Tuesday, March 3

Time: 5:30-9 p.m.

Fee: \$25 (Includes supplies.)

Location: Lubbock Municipal Garden and Arts Center

4215 University Ave, Lubbock

Capacity: Eight Participants

From Drab to Fab – Upcycle Used Jean Jackets into Works of Art!

Come to the Red Barn Retreat and Quilting Center to learn how to transform outdated jackets into a work of art! After the demo and style show, enjoy a fabulous lunch prepared on site by the retreat's chef. Tour the beautiful facilities that include the retreat center and an 1,800-square-foot quilt shop. Browse through hundreds of bolts of fabric, notions and thread. Demo their sergers and Baby Lock sewing and embroidery machines. Leave Red Barn inspired to retreat, create and belong!

Instructors: Michelle, Paige and the Red Barn staff share a passion for quilting, sewing and teaching. All are proud to be from West Texas and fully believe in creating a place where people can come together in community and create.

Date: Tuesday, March 24

Time: 11 a.m.-1:30 p.m.

Fee: \$30 (Includes lunch.)

Location: Red Barn Retreat and Quilting Center

18311 CR 1640, Wolfforth



Cassie instructing OLLI class on flower arrangement.

Beautiful Bouquets! Flower Arranging 101

Join with other OLLI members to learn how to pick up a flower bouquet from the grocery store and properly create a beautiful, long-lasting bouquet. Come create and take home a fun, spring-themed fresh flower arrangement. Learn about flower selection and the best care and handling practices to ensure a long vase life for that flower arrangement. Basic design techniques and proper placement of flowers will be taught which can be applied to all future designs.

Instructor: Cassie Sanders is a floral design instructor at the Byron Martin Advanced Technology Center for Lubbock ISD. She holds a bachelor's and master's degree in agricultural sciences from West Texas A&M University

Date: Wednesday, April 1

Time: 5:30-7 p.m.

Fee: \$30 (Fee includes supplies.)

Location: Texas Tech Plaza, Room 218

1901 University Avenue, Lubbock



Design a Hat: Afternoon Tea Party

Discover how easy it is to design a unique hat. Come design the outside of a hat using current hat trends for spring/summer 2020; sew on pearls, crystals, patches, beads or hand-spun yarn. All design materials will be provided. The final product can range from simply modest to extravagantly elegant. Along with a favorite teacup, feel free to bring personal treasured touches – like an antique pin, or an antique lace collar – or any special jewelry or beads.

Instructor: Elizabeth Ketchum has a bachelor's degree in visual art and a master's degree in communications. She is an artist and hat designer whose childhood was spent in South America, Guam and Alaska, all influential for her paintings and hats.

Dates: Tuesday, April 14 and Thursday, April 16

Time: 2-3:30 p.m.

Fee: \$30

Location: Texas Tech Plaza, Room 218

1901 University Avenue, Lubbock

Capacity: Eight Participants

Chalk Birch Trees

Take inspiration from nature and create chalk birch trees! Learn to make realistic-looking trees in an instant. Choose a favorite blend of colors to make a beautiful sunrise or sunset in the background behind the trees. No prior art experience is necessary.

Instructor: Nealy Holley attended the University of Oklahoma and graduated in 2001 with a degree in graphic design and a minor in serigraphy. She earned her master's degree in art education from Texas Tech University in 2003 and began teaching art in Lubbock ISD. She is currently the visual arts coordinator in Lubbock ISD.

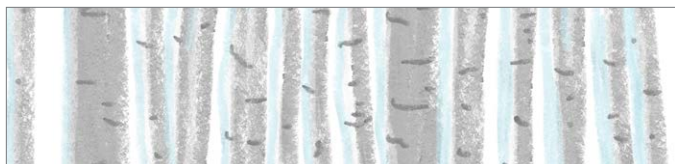
Date: Tuesday, January 21

Time: 5:30-7 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218

1901 University Avenue, Lubbock



Science and Technology

Dust Storms and the Dust Bowl

The Dust Bowl of the 1930s has been called the worst environmental disaster in U.S. history. Soil erosion created massive dust storms in the region and tremendous social disruption. This class will explore the various factors which led to these dust storms, including the economic situation, farming methods and climatic conditions. Dust storms continue today but are vastly less common and less intense. Come explore why the future of blowing dust in the Dust Bowl region is uncertain.

Instructor: Jeff Lee has been teaching geography at Texas Tech since 1988. His research mainly involves wind erosion and blowing dust. He has bachelor's and master's degrees from UCLA and a doctorate from Arizona State.

Date: Monday, January 27

Time: 2-3:30 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218

1901 University Avenue, Lubbock



Designing Children's Storybooks with an Emphasis on STEM Education

This class will explain the fundamental components needed to tell stories successfully to a very young age group. Participants will learn to identify strategies that authors use to convey a specific message and why those strategies work. The discussion will also include ways to design a story starting from the introduction all the way through the conclusion and balance story components such as illustrations and text. Registrants will be able to purposefully compose a book tailored to a young audience by the end of this course.

Instructor: Michelle L. Pantoya received her doctorate degree in mechanical engineering from University of California, Davis in 1999 and joined the faculty at Texas Tech in 2000. She is the J. W. Wright regents endowed chair professor in mechanical engineering.

Date: Wednesday, January 29

Time: 2-3:30 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218

1901 University Avenue, Lubbock

Cybersecurity

The internet can be a dangerous place. Hackers, viruses, ransomware, identity theft, scams and more could be lurking under any link. This class will cover 10 actionable steps that anyone, of any skill level, can implement to make themselves and their information much safer. These 10 steps will help protect just about any device and any account from cyber security risks.

Instructor: Jon Benton, owner of SuperGeeks, has worked in information technology for six years, was a police officer and has been a geek his entire life.

Date: Wednesday, February 5

Time: 6-8 p.m.

Fee: \$20

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

Apps for Everyday Life

Fun fact, nearly 60,000 apps are added to the App Store every month! This SuperGeeks OLLI course will cover over 30 apps for iPhone/iPad and Android devices from many categories, such as music, photography, health, games, shopping and much more!

Instructor: Jon Benton, owner of SuperGeeks, has worked in information technology for six years, was a police officer and has been a geek his entire life.

Date: Monday, February 10

Time: 6-8 p.m.

Fee: \$20

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

The Science of Herpetology and Animals of the Llano Estacado

Professor Llewellyn D. “Lou” Densmore will discuss the biology of reptiles and amphibians as well as various other animals that live in and around the Lubbock area. He will also be bringing some non-venomous live animals, which class participants are welcome to handle, that are part of the educational collection in the Department of Biological Sciences at Texas Tech University.

Instructor: Lou Densmore has been at Texas Tech for 35 years. His bachelor’s and master’s degrees are in biology from the University of Houston, and his doctorate is in biochemistry from the Louisiana State University Health Sciences Center in New Orleans.

Date: Wednesday, February 12

Time: 2-3:30 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

Life and Geology in the Ross Sea Region, Antarctica

The class will provide information about scientific research in the Ross Sea and Dry Valley areas of Antarctica with a focus on geologic research. In addition to descriptions of Antarctic geology, living conditions will be discussed, as well as modes of transport, a brief history of exploration and consequences of climate change on Antarctic environments. Instruction will be primarily via photos and maps from the area, along with ample time for questions and discussion.

Instructor: Calvin Barnes is a professor of geology at Texas Tech. He earned his bachelor’s degree at the University of Nebraska at Lincoln and his master’s and doctorate at the University of Oregon. His research is primarily on igneous processes (magmatism) in California, Nevada and Norway.

Date: Tuesday, February 18

Time: 5:30-7 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

The Cloud

Cloud services are becoming more prevalent. This course will cover what exactly “the cloud” means and will touch on several different cloud services (iCloud, Dropbox, Carbonite, Google Drive, etc.). Participants will be shown how to use these services to make digital life simpler and safer. The discussion will also include photo storage, file backups, accessing files from various devices, security and much more. Note: This is not specifically an iCloud course. iCloud is a specific service that will be touched on during the class, but the cloud is a type of technology that covers many different services.

Instructor: Jon Benton, owner of SuperGeeks, has worked in information technology for six years, was a police officer and has been a geek his entire life.

Date: Thursday, February 20

Time: 6-8 p.m.

Fee: \$20

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock



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Research in the Modern University

This is a unique opportunity to learn about the range of research, scholarship and creative activity supported by public research universities. Issues to be discussed include benefits to students and the public, and the concept and practical application of academic freedom. Attendees will also learn about the increased interest of federal sponsors in commercializing technology created through university research and how Texas Tech and other universities are pursuing this objective.

Instructor: Joseph Heppert was associate vice chancellor for research at the University of Kansas. He is now a tenured professor of chemistry and the vice president of the Office of Research and Innovation at Texas Tech.

Date: Thursday, February 27

Time: 2-3:30 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock



Climate Change: Facts, Fictions and Faith

Climate change is one of the most hotly debated scientific issues of today. Join Katharine Hayhoe as she untangles the complex science behind global warming and highlights the key role faith and values play in shaping attitudes and actions on this crucial topic.

Instructor: Katharine Hayhoe is an atmospheric scientist whose research focuses on understanding what climate change means for people and the places where they live. She is a professor at Texas Tech University, hosts the PBS digital series “Global Weirding,” and she has been named one of TIME’s 100 Most Influential People and Fortune’s 50 World’s Greatest Leaders.

Date: Tuesday, April 14

Time: 5:30-7 p.m.

Fee: \$15

Location: Lubbock Municipal Garden and Arts Center, 4215 University Ave, Lubbock

South Plains Wildlife Rehabilitation Center Tour

Attendees will see the feeding of baby birds and mammals as they tour the facilities at 3308 95th Street. They will also have the opportunity to see its ambassadors and learn about raptors and mammals, their natural history and native environment.

Instructor: Gail Barnes holds a BBA from North Texas State University, a B.S. from Texas Tech University and is a state and federal licensed wildlife rehabilitator with over 20 years of experience.

Date: Tuesday, April 28

Time: 2-3:30 p.m.

Fee: \$15

Location: South Plains Wildlife Rehabilitation Center
3308 95th St, Lubbock

Sports

Ask a Ref

This is an opportunity to find out more about the men and women in stripes who run up and down the court and field alongside players. Class participants will be able to listen to and ask questions of an active official who can give insight into the thoughts and decisions of a referee.

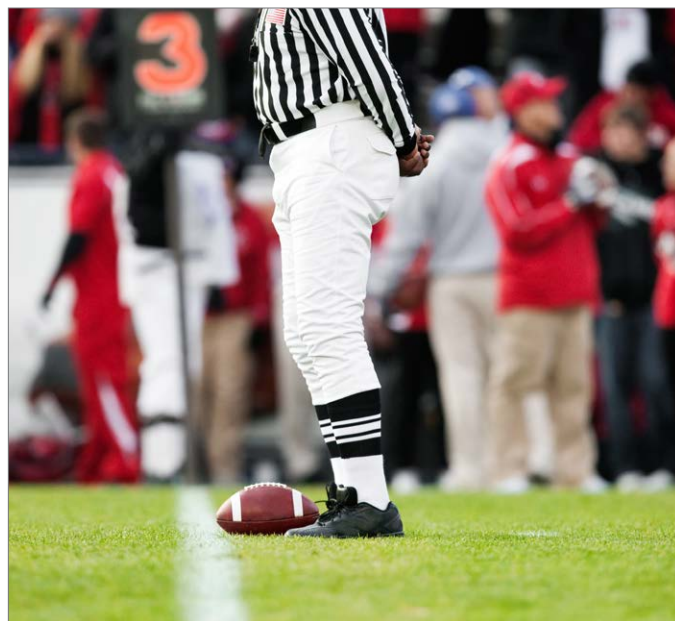
Instructor: Chris Snead is associate vice president of the Texas Tech Alumni Association and an official in the Southeastern Conference.

Date: Wednesday, March 4

Time: 5:30-7 p.m.

Fee: \$15

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock



OLLI Book Club

Inspired by the PBS special, “The Great American Read,” join OLLI members to discover or rediscover some of the most meaningful books of our time as chosen by a national survey of America’s 100 best-loved novels. This semester we have chosen one book to discuss each month and are hoping to continue this in the coming semesters.

Facilitator: Shelby Crews is the director of OLLI at Texas Tech University. She has been an avid reader since childhood and is especially looking forward to discussing these books as a part of “The Great American Read.”

Fee: FREE | **Location:** Texas Tech Plaza, Room 218, 1901 University Avenue, Lubbock

“The Martian” by Andy Weir

Astronaut Mark Watney became one of the first people to walk on Mars; he’s sure he’ll be the first person to die there. After a dust storm forces his crew to evacuate while thinking him dead, Mark finds himself stranded with no way to even signal Earth that he’s alive. Even if he could get the word out, his supplies would be gone before a rescue could arrive. He may not have time to starve to death; the damaged machinery, unforgiving environment, or human error are much more likely to kill him first. But Mark isn’t ready to give up yet. Will his resourcefulness be enough to overcome the impossible odds against him?

Date: Wednesday, February 19

Time: 2-3:30 p.m.

Fee: FREE

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

“The Pillars of the Earth” by Ken Follett

“The Pillars of the Earth” is a departure for the bestselling thriller writer. The historical epic stunned readers and critics alike with its ambitious scope and gripping humanity. Today, it stands as a testament to Follett’s unassailable command of the written word and his universal appeal. “The Pillars of the Earth” tells the story of Philip, prior of Kingsbridge, a devout and resourceful monk driven to build the greatest Gothic cathedral the world has known; of Tom, the mason who becomes his architect—a man divided in his soul; of the beautiful, elusive Lady Aliena, haunted by a secret shame; and, of a struggle between good and evil that will turn church against state and brother against brother.

Date: Thursday, March 26

Time: 2-3:30 p.m.

Fee: FREE

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

“1984” by George Orwell

In 1984, London is a grim city in the totalitarian state of Oceania where Big Brother is always watching you and the Thought Police can practically read your mind. Winston Smith is a man in grave danger for the simple reason that his memory still functions. Drawn into a forbidden love affair, Winston finds the courage to join a secret revolutionary organization called The Brotherhood, dedicated to the destruction of the Party. Together with his beloved Julia, he hazards his life in a deadly match against the powers that be. Though the year 1984 now exists in the past, Orwell’s novel remains an urgent call for the individual willing to speak truth to power.

Date: Thursday, April 30

Time: 2-3:30 p.m.

Fee: FREE

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

“Jane Eyre” by Charlotte Bronte

“Jane Eyre” follows a timeless heroine’s quest to find her place. Orphaned as a child, Jane Eyre suffers cruelty and abuse at the hands of her aunt and cousins. Banished to the Lowood school, she forges a path for herself and thrives—in spite of loneliness, poverty, and hunger. When the opportunity for work as a governess sends her to Thornfield Hall, she meets its owner, Edward Rochester, the man who will forever alter the course of her young life. At home for the first time, she begins to fall deeply, irrevocably in love with Mr. Rochester, nurtured by his near-spiritual adoration. But the manor is rife with mysteries, and one, bound to the attic of Thornfield, will threaten Jane’s hard-won happiness in ways she had never imagined.

Date: Wednesday, May 20

Time: 2-3:30 p.m.

Fee: FREE

Location: Texas Tech Plaza, Room 218
1901 University Avenue, Lubbock

Table Talks

Join us for an informal and more personal conversation over lunch with the designated speaker to learn more about topics in our community or its citizens who have led interesting lives and careers. A delicious lunch is included in the fee. Enrollment is limited. Don't delay in reserving your spot!

Annette Sobel



Annette Sobel has served in a variety of roles in the National Guard Bureau, is a former major general in the Arizona Air National Guard and has the distinction of being the first woman deputy secretary for emergency services in New Mexico. She trained as an Army, Air Force and NASA flight surgeon. Certified by the U.S. Navy, she is also a hyperbaric medicine specialist. As a physician-human factors engineer trained at Wright Patterson Air Force Base, she has collaborated on a number of human factors interprofessional challenges. Annette has participated in programs for the mitigation of acts of terrorism. She has served as a board member for many regional and national associations. Her lifetime achievements have been recognized globally and earned her many prestigious awards.

Date: Tuesday, February 4

Time: 11:30 a.m.-1 p.m.

Fee: \$27

Location: Lubbock Women's Club
2020 Broadway, Lubbock

Marc McDougal



Marc McDougal is the lead developer for the 600-plus acre redevelopment across the central business district of Lubbock. The area spans north to south from the Marsha Sharp Freeway to 19th Street and east to west from Avenue Q to I-27. The one-hundred-year-old downtown area will be transformed into a "City within a City." The redevelopment process will include utility infrastructure upgrades as well as features including shopping centers, student housing, retail, destination and boutique hotels, bicycle paths and a new performing arts center.

Date: Wednesday, February 12

Time: 11:30 a.m.-1 p.m.

Fee: \$27

Location: McKenzie-Merket Alumni Center
2521 17th St, Lubbock

Pete Christy



Pete Christy was born in Maryland, graduated with a degree in broadcast journalism from Syracuse and went to work as a sports anchor and reporter in Philadelphia. He covered the city's teams; especially, announcing and reporting on his favorite sport – boxing. His "I Beat Pete" sports challenges were very popular! Nominated twice for Best Sports Reporter in the Mid-Atlantic region, he won an Emmy for best Sports Show in 2004. Leaving the top five market of Philadelphia in September 2004, Pete moved to Lubbock. He continues his unique style of sports broadcasting that attracts sports fans and non-sports viewers alike. Pete has won many Texas AP Broadcasters Best Sportscast awards.

Date: Thursday, April 16

Time: 11:30 a.m.-1 p.m.

Fee: \$27

Location: Lubbock Women's Club
2020 Broadway, Lubbock

Steve Gomez



Lubbock Christian University (LCU) Head Coach Steve Gomez became the seventh head coach in NCAA Division II women's basketball history to claim multiple titles and picked up his third Heartland Coach of the Year honor. Coach Gomez enters the 2019-2020 season with a 397-122 collegiate coaching record. In 10 seasons at the helm while an NAIA institution, the Lady Chaps made 10 consecutive trips to the NAIA Division I Women's Basketball National Championship tournament, posting a 234-96 record. LCU, since transitioning into NCAA Division II, went a remarkable 25-1 overall in 2013-2014 and completed the Heartland Conference with a perfect 20-0 mark for their first perfect conference record in program history.

Date: Tuesday, May 5

Time: 11:30 a.m.-1 p.m.

Fee: \$27

Location: Lubbock Women's Club
2020 Broadway, Lubbock

Travel and Day Trips

Plainview, Texas

Join OLLI to make the short drive to Plainview. First stop will be the historic Jimmy Dean Museum which showcases his humble beginnings in Plainview to his success as a singer, songwriter and actor, culminating with his third act as a sausage mogul. Participants will see first-hand why he is a hometown hero. Second is a short drive to the President's House Bed and Breakfast to have a catered lunch and hear from the current president of Wayland Baptist University, Bobby Hall. The final stop on the tour will be at the Historic Conrad Lofts, one of Conrad Hilton's first hotels, which has been reborn as an affordable housing apartment building in the heart of downtown Plainview.

Date: Wednesday, April 1

Time: 9 a.m.-4:30 p.m.

Fee: \$55

Location: Texas Tech Plaza

1901 University Avenue, Lubbock

Capacity: 40 Participants

Post, Texas

Post City, founded by C.W. Post in 1907, is rich in history. The tour begins at the Garza County Museum housed in the old Post Sanitarium. Once a school for nurses and where patients would come from great distances for medical care, it is now filled with memorabilia from Mr. Post, early pioneers and others. Lunch will be at the old Post Textile Mill which is currently used one weekend a month for Old Mill Trade Days. Next, enjoy gazing at rare items and artwork at the OS Museum. The building, built by C.W. Post for his Double U Land & Cattle Co., became a museum to showcase art and artifacts amassed by the Giles McCrary family during their travels. Finally, participants can walk and shop as they head toward the Hotel Garza B&B for refreshments.

Date: Wednesday, May 13

Time: 9:30 a.m.-4:30 p.m.

Fee: \$48

Location: Texas Tech Plaza

1901 University Avenue, Lubbock

Capacity: 50 Participants

— Upcoming 2020 OLLI Cruises —

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Columbia & Snake River luxury cruise featuring:

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Steep Canyon Rangers

Steep Canyon Rangers

With their new album “Out In The Open,” Steep Canyon Rangers affirm their place as one of the most versatile bands in contemporary American music. The Grammy award-winning sextet has spent nearly two decades bending and shaping the bluegrass aesthetic. Since Steep Canyon Rangers came together in 2000, they have developed a remarkable catalogue of original music that links them to the past while also demonstrating their ambitious intent to bring string-based music into contemporary relevance. Steep Canyon Rangers are easily among the hardest working bands in any genre, pulling double duty on their own and as collaborators with Steve Martin.

Date: Friday, February 7 | **Time:** 7 p.m.

Fee: \$12 for OLLI Members

Location: Texas Tech University Allen Theatre



m-pact

m-pact

Hailed “one of the best pop-jazz vocal groups in the world” by the San Francisco Chronicle, m-pact is respected worldwide as a cutting edge trailblazer in the realm of vocal music. Emerging from an age of auto-tune and overproduction, this Los Angeles-based sextet has cultivated a new generation of ears hungry for the fresh, raw power of nature’s “first instrument” – the human voice. Over the last 12 years, their signature sound has been used in both television themes and animated Disney feature films and is enjoyed on syndicated radio worldwide.

Date: Friday, March 27 | **Time:** 7 p.m.

Fee: \$12 for OLLI Members

Location: Texas Tech University Allen Theatre

Presidential Lecture & Performance Series

Tickets available at Select-A Seat
(806) 770-2000 | selectaseatlubbock.com

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(806)-834-4630 | dori.bosnyak@ttu.edu
Or visit www.presidentialseries.ttu.edu.



Ranky Tanky (by Jay Gilbert)

Ranky Tanky

Ranky Tanky released their eponymous debut on Oct. 20, 2017. By December of that year, the group had been profiled on NPR’s Fresh Air with Terry Gross and their album soared to the No. 1 position on the Billboard, I-Tunes, and Amazon jazz charts. This Charleston, South Carolina-based quintet performs timeless music of Gullah culture born in the southeastern Sea Island region of the United States. From playful game songs to ecstatic shouts, from heartbreaking spirituals to delicate lullabies, the musical roots of Charleston are a “rank” and fertile ground from which these contemporary artists are grateful to have grown.

Date: Friday, April 24 | **Time:** 7 p.m.

Fee: \$12 for OLLI Members

Location: Texas Tech University Allen Theatre

Spring 2020 Class Summary – Lubbock

Class	Page	Date	Day	Time	Fee	Location
OLLI Orientation for New and Prospective Members	6	1/16	Thu.	2-3:30 p.m.	FREE	Texas Tech Plaza, Room 218
OLLI Orientation for New and Prospective Members	6	1/16	Thu.	5:30-7 p.m.	FREE	Texas Tech Plaza, Room 218
Birds and Birdwatching: A Lifelong Pastime	15	1/18	Sat.	9 a.m.-12 p.m.	\$15	Clapp Park
Chalk Birch Trees	17	1/21	Tue.	5:30-7 p.m.	\$15	Texas Tech Plaza, Room 218
The MIND Diet – A Route to Better Health	13	1/22	Wed.	2-3:30 p.m.	\$15	Texas Tech Plaza, Room 218
Dust Storms and the Dust Bowl	17	1/27	Mon.	2-3:30 p.m.	\$15	Texas Tech Plaza, Room 218
Keeping You Safe I: Changes at the County Courthouse	9	1/28	Tue.	5:30-7 p.m.	\$15	Lubbock County Courthouse, 101
Designing Children's Storybooks with an Emphasis on STEM Education	17	1/29	Wed.	2-3:30 p.m.	\$15	Texas Tech Plaza, Room 218
Keeping You Safe II: Gangs in the City of Lubbock	9	2/3	Mon.	2-3:30 p.m.	\$15	Texas Tech Plaza, Room 218
Interpreting the Constitution	10	2/4	Tue.	2-3:30 p.m.	\$15	Texas Tech Plaza, Room 218
Table Talk: Annette Sobel	21	2/4	Tue.	11:30 a.m.-1 p.m.	\$27	Lubbock Women's Club
Citizen Kane and Vertigo: What Do They Have In Common? (Part 1)	6	2/5	Wed.	11 a.m.-2 p.m.	\$45	Texas Tech Plaza, Room 218
Cybersecurity	18	2/5	Wed.	6-8 p.m.	\$20	Texas Tech Plaza, Room 218
Skyviews Restaurant and Red Raider Meats – A Divine Wine Pairing Dinner	12	2/6	Thu.	6-8:30 p.m.	\$45	Skyviews
Steep Canyon Rangers – Grammy-Winning Progressive Bluegrass	23	2/7	Fri.	7 p.m.	\$12	TTU Allen Theatre
Citizen Kane and Vertigo: What Do They Have In Common? (Part 2)	6	2/10	Mon.	11 a.m.-2 p.m.	\$45	Texas Tech Plaza, Room 218
Apps for Everyday Life	18	2/10	Mon.	6-8 p.m.	\$20	Texas Tech Plaza, Room 218
How The Texas Supreme Court Operates	10	2/11	Tue.	2-3:30 p.m.	\$15	Texas Tech Plaza, Room 218
The Science of Herpetology and Animals of the Llano Estacado	18	2/12	Wed.	2-3:30 p.m.	\$15	Texas Tech Plaza, Room 218
Table Talk: Marc McDougal	21	2/12	Wed.	11:30 a.m.-1 p.m.	\$27	McKenzie-Merket Alumni Center
Running Through Life Together	10	2/14	Fri.	2-3:30 p.m.	\$15	Texas Tech Plaza, Room 218
Life and Geology in the Ross Sea Region, Antarctica	18	2/18	Tue.	5:30-7 p.m.	\$15	Texas Tech Plaza, Room 218
"The Martian" by Andy Weir	20	2/19	Wed.	2-3:30 p.m.	FREE	Texas Tech Plaza, Room 218
Citizen Kane and Vertigo: What Do They Have In Common? (Part 3)	6	2/20	Thu.	11 a.m.-2 p.m.	\$45	Texas Tech Plaza, Room 218
The Cloud	18	2/20	Thu.	6-8 p.m.	\$20	Texas Tech Plaza, Room 218
How to Play Mah Jongg (American National League version) (Part 1)	16	2/24	Mon.	10 a.m.-12 p.m.	\$20	Texas Tech Plaza, Room 218
What Does Texas Tech Football and Planning a Trip Have in Common?	10	2/25	Tue.	5:30-7 p.m.	\$15	Texas Tech Plaza, Room 218
How to Play Mah Jongg (American National League version) (Part 2)	16	2/26	Wed.	10 a.m.-12 p.m.	\$20	Texas Tech Plaza, Room 218
Stop the Bleed	13	2/26	Wed.	2-3:30 p.m.	\$15	Texas Tech Plaza, Room 218
Research in the Modern University	19	2/27	Thu.	2-3:30 p.m.	\$15	Texas Tech Plaza, Room 218
How to Play Mah Jongg (American National League version) (Part 3)	16	3/2	Mon.	10 a.m.-12 p.m.	\$20	Texas Tech Plaza, Room 218
Pen-Making on a Wood Lathe	16	3/3	Tue.	5:30-9 p.m.	\$25	Lubbock Municipal Garden and Arts Center
How to Play Mah Jongg (American National League version) (Part 4)	16	3/4	Wed.	10 a.m.-12 p.m.	\$20	Texas Tech Plaza, Room 218
Ask a Ref	19	3/4	Wed.	5:30-7 p.m.	\$15	Texas Tech Plaza, Room 218
Facts About CBD: What Is It and How to Use It?	13	3/5	Thu.	5:30-7 p.m.	\$15	Texas Tech Plaza, Room 218
Pullman, Politics, and the Inland Cotton Industry	14	3/9	Mon.	10 a.m.-1 p.m.	\$25	Bayer Museum of Agriculture
Senior Deals Around Lubbock	12	3/11	Wed.	2-3:30 p.m.	\$15	Texas Tech Plaza, Room 223
Senior Deals Around Lubbock	12	3/11	Wed.	5:30-7 p.m.	\$15	Texas Tech Plaza, Room 223
The State of the Democratic Presidential Horse Race	11	3/19	Thu.	5:30-7 p.m.	\$15	Texas Tech Plaza, Room 218
Take Time to Read Art	7	3/24	Tue.	5:30-7 p.m.	\$15	Texas Tech Plaza, Room 218
From Drab to Fab – Upcycle Used Jean Jackets into Works of Art!	16	3/24	Tue.	11 a.m.-1:30 p.m.	\$30	Red Barn Retreat and Quilting Center
Lowrey Field at PlainsCapital Park	14	3/25	Wed.	2-3:30 p.m.	\$15	Lowrey Field
"The Pillars of the Earth" by Ken Follett	20	3/26	Thu.	2-3:30 p.m.	FREE	Texas Tech Plaza, Room 218
m-pact – A Capella Pop-Jazz Vocal Group	23	3/27	Fri.	7: p.m.	\$12	TTU Allen Theatre
Keeping You Safe III: The History and Current State of the Texas Rangers	11	3/30	Mon.	5:30-7 p.m.	\$15	Texas Tech Plaza, Room 218
Plainview, Texas	22	4/1	Wed.	9 a.m.-4:30 p.m.	\$55	Texas Tech Plaza, Room 218
Beautiful Bouquets! Flower Arranging 101	16	4/1	Wed.	5:30-7 p.m.	\$30	Texas Tech Plaza, Room 218
Sculpting With Chocolate	12	4/2	Thu.	5:30-7 p.m.	\$15	Texas Tech Plaza, Room 218
Texas Tech University Athletic Facilities and Track	14	4/6	Mon.	1-2:30 p.m.	\$15	TTU Sports Performance Center
Joan of Arc: The Most Famous Teenager in History	15	4/6	Mon.	2-3:30 p.m.	\$15	Texas Tech Plaza, Room 218
Viva the Difference – Understanding Generational Differences	7	4/7	Tue.	2-3:30 p.m.	\$15	Texas Tech Plaza, Room 218
Early Music	7	4/7	Tue.	5:30-7 p.m.	\$15	Texas Tech Plaza, Room 218
Reese Technology Center – The Redevelopment of Reese Air Force Base	14	4/8	Wed.	2-4 p.m.	\$15	Reese Technology Center, Suite 200
Dinner and a Movie: "Big Night"	11	4/8	Wed.	6-8:30 p.m.	\$35	Skyviews
Putting the Fun in Dysfunctional in Tracie Lett's "August: Osage County"	7	4/13	Mon.	5:30-7 p.m.	\$30	Texas Tech Plaza, Room 218
Design a Hat: Afternoon Tea Party (Part 1)	17	4/14	Tue.	2-3:30 p.m.	\$30	Texas Tech Plaza, Room 218
Climate Change: Facts, Fictions and Faith	19	4/14	Tue.	5:30-7 p.m.	\$15	Lubbock Municipal Garden and Arts Center
Pullman, Politics, and the Inland Cotton Industry	14	4/15	Wed.	10 a.m.-1 p.m.	\$25	Bayer Museum of Agriculture
Table Talk: Pete Christy	21	4/16	Thu.	11:30 a.m.-1 p.m.	\$27	Lubbock Women's Club
Design a Hat: Afternoon Tea Party (Part 2)	17	4/16	Thu.	2-3:30 p.m.	\$30	Texas Tech Plaza, Room 218
Biscuits With Options	12	4/20	Mon.	5:30-7 p.m.	\$20	Texas Tech Plaza, Room 218
Come Meet "The Inspector General"	11	4/22	Wed.	5:30-8 p.m.	\$27	Lubbock Women's Club
Vertigo, Dizziness and Balance Workshop	13	4/23	Thu.	2-3:30 p.m.	\$15	Texas Tech Plaza, Room 218
Ranky Tanky – Jazz, Gospel, Funk, Rhythm and Blues	23	4/24	Fri.	7 p.m.	\$12	TTU Allen Theatre
South Plains Wildlife Rehabilitation Center Tour	19	4/28	Tue.	2-3:30 p.m.	\$15	South Plains Wildlife Rehabilitation Center
Popular Music of the 1970s	9	4/28	Tue.	5:30-7 p.m.	\$15	Texas Tech Plaza, Room 218
Travel the Quannah Parker Trail to Discover the Region's Invisible History	15	4/29	Wed.	5:30-7 p.m.	\$15	Texas Tech Plaza, Room 218
"1984" by George Orwell	20	4/30	Thu.	2-3:30 p.m.	FREE	Texas Tech Plaza, Room 218
Literary Lubbock, an Evening of Dining and Literary Fellowship	9	4/30	Thu.	5:30-8 p.m.	\$50	McKenzie-Merket Alumni Center
Table Talk: Steve Gomez	21	5/5	Tue.	11:30 a.m.-1 p.m.	\$27	Lubbock Women's Club
Post, Texas	22	5/13	Wed.	9:30 a.m.-4:30 p.m.	\$48	Texas Tech Plaza, Room 218
"August: Osage County" (Included with class.)	7	5/15	Fri.	7:30	\$30	Lubbock Community Theatre
Texas Tech University Greenhouse and Horticultural Gardens Tour	15	5/18	Mon.	2-3:30 p.m.	\$15	Texas Tech University Greenhouse
"Jane Eyre" by Charlotte Bronte	20	5/20	Wed.	2-3:30 p.m.	FREE	Texas Tech Plaza, Room 218

Membership and Registration Form – Lubbock

— 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



Contribute to your local



OLLI

at Texas Tech
University

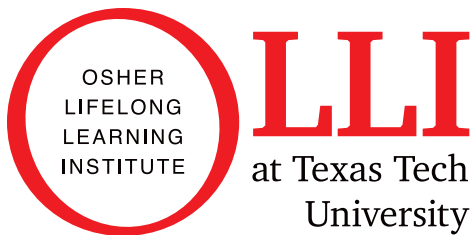


The OLLI at Texas Tech University Annual Fund was established to give OLLI members, instructors and their community the opportunity to give back to the organization that they are so passionate about, while providing much needed support. Items funded include:

- OLLI member scholarships
- OLLI instructors
- Travel expenses
- Drinks and snacks
- Presentation materials

Gifts can be made in memory or to honor fellow OLLI members, staff, instructors or volunteers and can be one-time gifts or pledges to be paid out over the year.

Visit give2tech.com or call (806) 742-6554 for more information.



Texas Tech University
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Monday-Thursday 9 a.m.-5 p.m.
Friday 9 a.m.-Noon

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