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### CCU DEPARTMENT OF HISTORY
### WAR & SOCIETY FILM SERIES

Burroughs & Chapin Center, 290 Allied Drive, Conway
Wednesday afternoons, 2-4 p.m.

#### Feb. 20: “A Thousand Months” (“Mille mois”)
**Salma Oubkkou**
“A Thousand Months” is an unadorned but lovely evocation of many melodramas that both haunt and enliven a Moroccan village in the Atlas Mountains during the month of Ramadan in 1981. Topics in this 2003 award winning film include village and school life, family relationships, religion, prayers, social issues, isolation, poverty, authority and fear. Themes include respect, work, relationship, hope, conviction and responsibility.

#### March 20: “The Great Journey” (“Le Grand Voyage”)
**Philip Whalen**
Reda, a French-Moroccan teenager and his father drive from the south of France to Mecca in order for the father to perform his religious pilgrimage. At first distant, they gradually learn to know each other. This 2004 film was written and directed by Ismaël Ferroukhi and won the Golden Astor for Best Film at the 2005 Mar del Plata International Film Festival, and was shown at the prestigious 2004 Toronto and Venice International Film Festivals.

#### April 3: “The Band’s Visit”
**Suheir Daoud**
A band consisting of members of the Alexandria (Egypt) ceremonial police orchestra head to Israel to play at the inaugural ceremony of an Arab cultural center in Petah Tikva, only to find themselves in the wrong town, due to a miscommunication as Arabic has no “P” sound. The 2007 comedy-drama was directed and written by Eran Kolirin. It is an international co-production between Israel, France and the United States.

#### May 1: “The Insult”
**Chris Gunn**
After an emotional exchange between a Lebanese Christian and a Palestinian refugee escalates, the men end up in a court case that gets national attention. Ziad Doueiri is the co-writer with Joelle Touma and the director of the 2017 Lebanese drama. It was screened in the main competition section of the 74th Venice International Film Festival. At Venice, Kamel El Basha won the Volpi Cup for best actor. The film was selected as the Lebanese entry for the Best Foreign Language Film and was nominated for an Oscar at the 90th Academy Awards.

### LECTURE SERIES

Edwards College of Humanities and Fine Arts, Dyer Institute for Leadership and Public Policy, Department of Politics, OLLI, and the Center for Global Engagement

#### Great Decisions in Foreign Policy
Saturday mornings, Feb. 2-23
10 a.m. to noon with refreshments at 9:30 a.m.
Johnson Auditorium, Wall College of Business
119 Chanticleer Drive W., Conway
The Great Decisions Program is the oldest and largest grassroots world affairs educational program of its kind in the country whose goal is to discuss, debate, and learn about international affairs, national security, and U.S. foreign policy. The Great Decisions Program is for anyone who desires to gain a deeper understanding of the current challenges the United States faces in the world today.

#### The Grand Strand
Friday afternoons, Feb. 8-22, 1-2:50 p.m.
Litchfield Education Center, 14427 Ocean Highway, Pawleys Island

**Feb. 1: By George! I didn’t know that!**
**Paige Sawyer**
Interesting tidbits about Georgetown’s first 300 years of history.

**Feb. 8: Practical Lessons to Create a Fire Safe Home**
**Mark Nugent**
This interactive session will provide the participants with the knowledge, skills and abilities to safeguard their families against the leading causes of fires across our community. Strategies to safeguard your home will be discussed.

**Feb. 15: Coastal Carolina University**
TBA
Learn about auditing credit classes, sports events, and cultural arts.

**Feb. 22: Weather All Year ‘Round**
**Sam Hodge**
Everything you need to know about how to handle hurricanes, flooding and ice storms.
Religion
Saturday mornings, March 2-23
10 a.m. to 12:15 p.m. with refreshments at 9:30 a.m.
Conway Education Center, 290 Allied Drive, Conway

March 2: Esoteric Buddhism and the Environment
(Internal and External)
Ron Green
Learn about the ideas and practices that make esoteric Buddhism unique as well as how the tradition views the body, the mind, the world and the universe as mirror images of one another, each containing all of the elements of the other in this jeweled net that is the multiverse.

March 9: Moroccan Women and the Legitimacy of Hope after the Arab Spring
Salma Oubkkou
This presentation examines and evaluates the position of Moroccan women after the Arab spring, and the different battles they fought to gain their rights after years of colonialism and patriarchy.

March 16: Origins and Evolution of the Christian Sacraments of Baptism and Eucharist
Tom McCollough
Trace the origins of these central rituals of Christianity beginning by examining the Jewish background of the use of water for purification and the place of shared meals in fostering community. Note the role of similar rituals in Greco-Roman paganism and their possible impact on giving shape to Christian practice. Follow the growing importance of these rituals in Christian theology focusing on the contributions of Paul, the Church Fathers and Thomas Aquinas.

March 23: Judaism and the Ethics of Food
Alan Todd
Some say that Judaism’s essence can be summarized in a bittersweet mantra: “They tried to kill us. We survived. Let’s eat!” Although it certainly has its humorous side, the “We survived. Let’s eat!” attitude reflects the fact that food and unique foodways are central to the construction of Jewish identities. The pairing of food practices and Jewish identity formation can be attributed to the importance given to food in the Hebrew Bible, as well as the symbolically enriched food that has for centuries defined the Jewish table on holidays. Yet Jewish food practices do much more than simply help construct and inflect Jewish identities. The dietary laws are also imbued with an ethical dimension that has been recognized by both Jews and non-Jews alike since antiquity. This dimension, however, is less known today. Join Todd as he discusses not only the history of many aspects of Jewish dietary laws and their role in shaping Jewish identities, but also the deep and profound ethical standards that have long been understood to be at the foundation of Jewish foodways.

Make the Best of the Rest of your Life
Friday mornings, 9-11 a.m.
Conway Education Center, 290 Allied Drive, Conway

We are busy planning this series of health, wealth and wellness lectures for the spring. In January, look for a complete list of speakers, topics and dates at our centers.

SPECIAL EVENTS

OLLI Spring Health Fairs
March 15 at Litchfield Education Center
March 22 at Conway Education Center

OLLI TOWN HALLS
Tuesday, Jan. 22, 10 a.m. Litchfield Education Center
Friday, Jan. 25, 10 a.m. Conway Education Center

Come to hear from Carol Osborne, director of academic and community outreach at Coastal Carolina University, and Blake Crawford, chair of the OLLI board of advisors, speak about their experience at the Osher Foundation Conference in Scottsdale, AZ in October 2018. They will share ideas and insights they gleaned from staff and volunteers representing the other 121 OLLIs across the nation.

OLLI Yard Sale
Friday, April 5, 9 a.m. to 1 p.m., Conway Education Center

Everyone had such a grand time at our 2018 Yard Sale that we have decided to offer this event again. Clean out your closets and donate your treasures at either the Conway or Litchfield Education Centers by April 1.

ARTS, CRAFTS AND PHOTOGRAPHY

Acrylic Painting
Barnie Slice
This acrylic class is designed to take beginning artists and teach them the techniques, colors, textures and subjects so they can become self-confident practicing artists. More experienced artists will enjoy the class, too, as we advance into some more difficult subject matter. Students must have their own supplies.
Acrylic Painting
Martha Van Loan
Beginners learn how to handle acrylic paints, prepare a canvas, mix colors, use different brushes and develop techniques. Experienced students work individually with one-on-one guidance, enhancing their unique style and tackling areas they want to improve. Students choose subject matter. Instructor is a professional painter with years of experience to share. Explore new ideas. Students need acrylic paints, brushes, canvases, palette and two glass water jars.

Basic Bookbinding by Hand
Molly French
Learn basic bookbinding structures and stitches to make handy little books for yourself or as gifts! Students in this three-hour workshop will learn three staple structures of the bookbinding world: pamphlet stitch, accordion folding, Japanese stab binding, and if there’s time, a one-sheet wonder! If you’ve been curious about book arts basics, this is a great starter class; in three hours, you’ll gain the know-how to start making books of your own. Please bring heavyweight scrap paper or recycling, like catalog and magazine covers, and any "pretty" or decorative papers you may have on hand. Materials fee: $18, payable to the instructor at the beginning of the class.

Basic Drawing
Jef Sturm
This class is all about learning to draw. All aspects will be taught to enable the student to improve and be able to understand spatial relationships. If you realize that your drawing abilities are lacking and that you need to understand how to draw to be able to express your ideas then this is the class for you. Students need one 18x24 newsprint pad and Conté crayon, charcoal or both.

Basic Realism in Oil
Jef Sturm
The student will learn how to create depth in landscape painting and be able to paint in a more realistic manner. The goal is to help the student improve and learn the necessary ways to better painting. The supplies needed are: the basic colors of oil in tubes which include cadmium lemon yellow, cadmium yellow medium, alizarin crimson, cadmium red light, ultramarine blue, Prussian blue and white; three brushes (small, medium and large); brush cleaner; a painting medium; palette knife; paper towels; canvases 9x12 and 11x14 in size; and something to carry it all in.

Beach Creative Arts Workshops
Jinny Pizzuti-Wilson
Following teacher instructions, learn to create unique art using ocean finds from S.C. beaches and barrier islands. All materials furnished by instructor. The materials fee varies from $20 to $50, depending on which workshop you take: Medium Driftwood Nativity, Large Driftwood/Seashell Mobile, Driftwood or Oyster Shell Mirror or Driftwood Sunburst Wall Art.

A Beginner’s Guide: Making Ukrainian Easter Eggs
Robin Gabriel
This workshop will teach students to make beautiful Ukrainian Easter eggs. Based upon the wax-resist method of dying, this folk art tradition uses a technique of writing on eggs using hot beeswax and multiple baths in special dyes. Students will take home at least one completed egg. Instructor will supply all needed items. Materials fee: $25, payable to the instructor at the beginning of class.

Beginning Photography
David Thomas
Learn how to use cameras such as DSLRs, mirrorless, superzooms or point and shoots. Students must have their own camera with manual controls. Please no cameras that cannot use manual settings like Aperture, Shutter and ISO.

Colored Pencil Painting Techniques
Jolene Williams
Beginners and advanced students are welcome. Today, the art world is recognizing colored pencil art along with other mediums, such as oil, acrylic, pastel and watercolor. Viewers say “Wow, that’s colored pencil?” It takes so little to get started, they are easily portable and there’s no mess. Materials needed are: Sharpened set of artist quality Prismacolor pencils (do not buy Verithin Prismacolor pencils or water soluble pencils; these will be discussed at a later time). Sets come 24, 48, 72-bring as many as you can. Individual pencils can be purchased to supplement your set. One colorless Prismacolor or Lyra blender pencil. 6-8 sheets of 8x10 or 9x12 artist quality paper. Example: Bristol 96 lb. or similar white paper. Rising Stonehenge paper will also be available later for purchase in class. 8x10 tracing paper (for transferring designs). Regular 2B graphite pencil, eraser, package of sticky poster adhesive (for lifting pigment), pencil sharpener (recommend electric/battery with an extension cord) and drafting brush or large soft brush. Optional: Prismacolor clear blender marker or small bottle of odorless Turpenoid.
Learn to make simple pop-up cards. Use items such as stickers, baker’s twine and clothes pins, “jewels” or washi tape to embellish the design, and learn simple patterns for decoration. Leave class with materials and directions to keep making cards. Instructor will supply all materials needed. Materials fee: $20, payable to the instructor at the beginning of the first class. If students have tools they wish to use, they are free to bring them.

**Fabric Dyeing 2.0**  
**Judy Lyons**
This course goes beyond the basics of fabric dyeing with fiber reactive dyes on cotton fabric. Students will start with immersion dyeing and move to tray dyeing, painting and printing with dyes. All fabric and dyes are included in material fee. Students need rubber gloves, a respirator and old clothes. Materials fee: $60, payable to the instructor at the beginning of the first class.

**Fabric Painting: Batik and Wax Work**  
**Alice Estes**
Use a tjanting (wax tool) to draw with and tjaps (copper print blocks) to stamp on various fabrics. Have fun brushing or spraying on silk paints and watch colors float or mingle into a work of art. Materials fee: $20, payable to the instructor at the beginning of the first class.

**Introduction to Fabric Dyeing**  
**Judy Lyons**
Learn the basics of fabric dyeing using fiber reactive dyes on cotton fabric. Students will learn eight-step immersion dyeing, cross dyeing, rainbow dyeing and parfait techniques. All fabric and dyes will be supplied. Students need rubber gloves, a respirator and old clothes. Materials fee: $60, payable to the instructor at the beginning of the first class.

**Knitting for Beginners to Advanced Knitters**  
**Priscille Boisvert**
This class will focus on the basics of knitting such as casting on, knit and purl stitches to advanced pattern reading, newer and advanced methods of knitting for both beginners and advanced students.

**Mesh Wreath Crafting (Sea Coast, Spring, All-American )**  
**Martha Van Loan**
For all levels. Create mesh wreaths using materials and colors appropriate to the theme of the class you are attending. Select picks, colors and floral décor that allow you to use your wreath as you wish. Materials needed are: one roll of 21 inch mesh material, one roll...
of 2 inch mesh ribbon; one package of chenille wire; one 16 inch plain wire working frame; one roll of ribbon for your bow (optional); a selection of flowers, picks and decorations to enhance your wreath; glue gun and glue sticks (optional); sharp scissors and pen and paper. Returning students may bring an assortment of coordinating ribbon rolls (three) and package of 20 paper wrapped floral wire for a more complex decorative technique and one wire cutter (optional).

Mosaics: Glass on Glass with Agate Slice
Simone Esquibel
Participants will create a translucent hanging mosaic ideal for placing in a window. This project will be made of stained glass and a slice of polished agate, on a 12 inch diameter circle substrate. This is a fun project, which will teach basics for creating glass on glass mosaics. No previous experience required. As the materials have to be ordered in advance, please register a couple of weeks ahead of time if possible. Materials fee: $55, payable to the instructor at the first class meeting.

Paper Flower Classes (Spring and Summer Flowers)
Judy Lyons
Learn how to construct large life-like paper flowers to use as centerpieces, wall decor or as gifts for a house warming, new baby, holiday, etc. Students will bring good paper cutting scissors and a high temp glue gun. All other materials will be supplied. A new flower will be made at each session. Flowers will be a daisy, peony, magnolia and rose for spring; water lily, aster, clematis and small rose for summer. Flowers are constructed of heavy card stock paper that will last for several seasons. Materials fee: $60, payable to the instructor at the beginning of the first class.

Pine Needle Creations
Donna Davis/Zada Mae
Learn to create amazing works of art from pine needles fresh from the forest floor. This course will offer the opportunity to create pine needle baskets and much more, using amazing recycled and natural items. Materials fee: $50, payable to the instructor at the beginning of the first class.

The Power of Art I
Joe DiSabatino
We'll examine the Northern Renaissance and the work of Jan van Eck (1385-1441), Roger van der Weyden (1399-1464), Pieter Breugel (1525-1569) and Hans Holbein (1497-1543). In addition we'll study the immense artistic influence of the Florentine Medici family during the Italian Renaissance.

The Power of Art II
Joe DiSabatino
We'll examine the art and artists of the Baroque and Rococo periods in Western Europe such has Anthony van Dyck (1599-164), Giovanni Tiepolo (1696-1770), Jean Fragonard (1732-1806). We'll also look at the work of the French Romantic painter Eugene Delacroix (1798-1863).

The Power of Art III
Joe DiSabatino
We'll examine the work, lives, and historical/cultural context of modern artists Paul Gauguin (1848-1903), Paul Klee (1879-1940), Edvard Munch (1863-1944), Ad Reinhardt (1913-1967) and David Hockney (1937).

So You Want to Be a Better Photographer
Paige Sawyer
SLR cameras are recommended for this class. If your goal is to make photographs instead of take photographs, this class is for you. You'll learn the different functions of your camera and how each one will improve your photography. Combine this new knowledge with what you'll learn about lighting and composition and you'll immediately understand the art of good photography.

Stained Glass Art
Sharon Knost
Stained glass art is a fun class for all skill levels. No experience is necessary. Beginners learn the basic skills using the copper foil and solder method and will complete a project in a design of their choice. Certain materials are provided (glass grinders and tools), however, it is necessary for students to purchase certain materials (glass, copper foil, solder, etc.). A detailed list will be provided with this information the first day of class. There is a limited amount of stained glass for student use in the classroom. This class is a relaxed atmosphere and each student receives individual attention.
welcome. Many students return semester after semester to complete projects large and small. Many basic items are available from the instructor. Although tools are available in the classroom, students are encouraged to acquire their own as the class proceeds. Materials additional; cost determined by materials chosen, which depend on the project.

The Basics of Sweetgrass Basket Weaving
Barbara McCormick

Have you had an interest in the Lowcountry art of sweetgrass basket weaving? This is the class for you. This four-week course will provide you with knowledge of sweetgrass basket weaving as well as hands-on experience by creating the two traditional sweetgrass baskets shapes (round and oval) in the class. Sweetgrass baskets are coiled with sweetgrass and Southern long-leaf pine needles and lashed with strips of palmetto. Techniques taught will enable the students to design a variety of shapes and sizes of sweetgrass baskets. This is an art form stemming from West Africa over 300 years ago. Students need to bring scissors. Additional tools will be provided during class. Materials fee: $50, payable to the instructor at the beginning of the first class.

Sweetgrass Basket Weaving 101
Gail Moona

In this class, you will learn about the history of sweetgrass basket weaving and the process of making a basket. Then you will be able to build two small baskets with the purchased materials provided by the instructor. Materials fee: $50, payable to the instructor at the beginning of first class.

Watercolor Painting
Susan Duke

Whether a beginner or advanced painter, you can enjoy this course to create your own masterpieces! Class instruction includes a variety of techniques, styles of watercolors, composition and use of color. Topics range from brushes and paper selection to watercolor crayons, pencils and use of gouache. All levels welcome. Students need tubes of paint, student grade: alizarin crimson, cadmium red, burnt sienna, bright yellow, sap green, French ultramarine (or ultramarine) and indigo; pencil; soft eraser; #14 or #12 round watercolor brush; 140 C.P. (cold pressed) acid-free watercolor paper (e.g., Strathmore Pad #300); two white paper plates to use as a temporary palette; container/jar for water; and paper towels.

Watercolor Painting

Barnie Slice

This watercolor class takes the beginning artist and helps them develop their talent by the use of techniques, colors, textures, etc. Although a class subject matter is chosen for each class, the students are free to paint their own favorite subject matter. Students bring their own supplies.

Weaving a Seaside Angel
Sue Ann Whittick

Use basic techniques to weave a small angel from reeds. Then decorate your angel with shells, pearls, and other embellishments from the sea. Materials fee: $5, payable to the instructor at the beginning of the first class.

Unless specified in the description, please check the materials/supply list, available online and in the OLLI centers for materials needed for classes.

BUSINESS, ECONOMICS AND FINANCE

Estate Planning and Elder Living Costs, Questions and Answers with the Professionals
Gary Newman

How we harm ourselves and our loved ones’ inheritances and don’t even know it! Lecture-free informal “come-sit-visit” question and answer chat session with veteran instructors Gary Newman and Taber Brown, and guest expert attorney and former probate officer Dundee Carter. Bring your estate affairs and elder living cost concerns, questions, and ideas. Pre-class thought-prompters and notes will be sent via email to you. Many reference information manuals will be available for your library.

Forensic Economics: Estimating Pecuniary Damages in Legal Cases
Yoav Wachsman

This course will teach you how to utilize economic analysis to estimate pecuniary damages in legal cases. Forensic economics can be utilized to (1) estimate damages in case of a wrongful death or personal injury, (2) calculate damages that result from a wrongful dismissal and (3) calculate damages in commercial or personal litigations such as damages that result from a breach of contract. This course is perfect for any attorney, paralegal or anyone with an interest in economic theory.

Getting More from Your Financial Plan
Taber Brown

Accumulating assets for retirement is a fairly straightforward recipe. When we enter retirement
that will adapt moves to meet their bodies. Students should wear long pants and a long-sleeved shirt, hair in a ponytail if possible, hands washed and nails clean. Refrain from wearing perfume or cologne. Bring a chef knife to class.

**All cooking classes are held at HGTC Culinary Institute, 920 Crabtree Lane.**

**Best Italian Desserts, HGTC Chef***
This class is a flavorsome trip through Italian culinary traditions to discover delicious traditional sweets. Join the HGTC pastry chef for some wonderful specialties that will captivate your palate.

**Delicious Chocolate Desserts, HGTC Chef***
There is no food quite like chocolate, whether you like milk, dark or both. It is totally comfort-packed and can be good for you. Indulge in decadent chocolate desserts such as a rich chocolate cake, delicious brownies or creamy custards. Everyone will find something in this mix that will satisfy a sweet tooth.

**Scrumptious Scones and Biscuits, HGTC Chef***
Try your hand at biscuits and scones. Although neither is difficult to make, there are some secrets to making flaky biscuits and tender scones. Our pastry chef will explain the science and techniques behind these flaky wonders as you mix up a savory and sweet variety of biscuits and scones.

**Shrimp and Grits, HGTC Chef***
This special class focuses on creating a single dish and learning how to recreate it at home. This traditional Lowcountry dish has never been more popular. In this class the chef will focus on teaching you how to cook the perfect shrimp and grits – one that you’ll want to serve for breakfast, lunch or dinner.

**DANCE, FILM, MUSIC AND THEATER**

**Amazing Films of Creativity and Genius**
John Tracy
This class will consist of viewing four films of genius and creativity in the arts that have strong appeal: Mark Morris “Allegro, Il Penseroso, Moderato” (Morris is considered world’s greatest choreographer); Kurosawa’s “Throne of Blood;” Peter Brook’s “Meetings with Remarkable Men” (on Gurdjieff) and “Djabote,” a concert on Goree Island in Senegal. Class notes, resources and videos provided online.

**“Dancin’ and a-Prancin’”**
Ellen Jampole
Come have fun dancing, bending, twisting, prancing and walking to the oldies and newer songs. Keep limber and active. We tend to laugh a lot in the class too. Core exercises, balancing moves, arm strengthening and ankle work will be done. We will also do some hoop work that does not involve hula hooping. If you are interested in trying to do traditional hooping, you can. Some dance moves will be taught. Activity Level 3 – moderate with some intense intervals. Students should adapt moves to meet their bodies’ abilities and rest as needed. Wear clothes you can move easily in. Wear comfortable shoes. Students should bring water.
John Tracy
This is a class for beginners, but also with roles for experienced drummers. Whoever you are, relax. No “skill” is required; just bring a smile. We are inspired by traditional rhythms from West Africa, the Caribbean, Brazil, and jazz/funk. Bring your djembe, conga, or ashiko. No drum? We provide authentic African djembes. Learn skills to play with others in traditional rhythms, or to improvise in a local drum circle, or jazz, bluegrass, rock groups. We also explore the profound aspects within the playing; it’s from the heart.

Evolution of the Symphony Orchestra
Lloyd Kaplan
How, when and where did the symphony orchestra come about? Who guided the development of the orchestra to its present status? These questions, and others, will be discussed and answered in this course. Pertinent musical examples will be heard via CDs.

Friday Films and Discussion
Carol Osborne
The first session of the course focuses on the topic gender and sexuality with our watching and discussing the following films: “Boys Don’t Cry,” “Notes on a Scandal,” “Torch Song Trilogy” and “American Beauty.” Session two features dystopias: “Minority Report,” “Children of Men,” “The Road” and “The Hunger Games.”

Intermediate Hand Drumming, J. Tracy
For drummers with experience. FUN. No stress. Learn to play effortlessly and bring out good tones, slaps and bass. We explore rhythms from Guinea, Mali, Brazil and jazz. NOT a traditional “music” class; we use African methods that focus on awareness and intuition. Drums provided.

Nia Dance – Moving to Heal
Debbie Mundie
Nia is a 55-minute non-impact, aerobic routine that is practiced barefoot and suitable for people of all ages and fitness levels. It combines dance movements, martial and healing arts with soul stirring music that nurtures body, mind, spirit and emotion. The primary principle of Nia is joy of movement. Routine choreography includes combinations of Nia’s 52 basic moves and students are encouraged to move their own bodies in ways to experience pleasure and self-expression. Each session will feature a unique Nia routine. Bring a yoga mat, blanket or both.

Women in Jazz
Lloyd Kaplan
From 1920 to the present, many talented female jazz instrumentalists and vocalists have been discriminated against, ignored or overlooked. This course will feature some of those performers: women who played trumpet, trombone, guitar, piano and vocalists. Their music will be heard via CDs.

GENEALOGY

Historic Newspapers and Genealogical Research
Gail Reynolds
“Extra, Extra, Read All About It!” This genealogy course will focus on utilizing historic newspapers to take your genealogical research beyond just the basic information about your ancestors. While finding census records, vital records, military records and land records will give you the “bare bones” of your genealogical research, newspapers will bring your ancestors to life. This course will assist you in finding news accounts of your ancestors exploits. This is a computer based course and students are advised to bring their five- or six-generation charts as well as a flash drive to save any information that they discover.

Overview of Historic Newspapers
Gail Reynolds
This one-session class is designed to provide an introduction to how to use historic newspapers to enhance your genealogical research.

Researching Immigrant Ancestors
Gail Reynolds
This five-week course is designed to assist you in beginning research of your European, Central European and Eastern European ancestors. If you have German, Central or Eastern European ancestors - then this course is for you! With multiple changes in countries’ borders and the dissolution and emergence of new countries, it is difficult to determine your ancestors’ origins. This course will focus on first steps in searching for ancestors in country of origin, historical background and border changes of select countries in Central or Eastern Europe, locating maps of various time periods and websites for searching vital records and other family information. This course will utilize the internet, and it is important for class members to contact the instructor (greynoldssc@gmail.com) before the first class so the course can be personalized to the needs of the individual participants.

Using Google for Family History Research
Gail Reynolds
Have you been researching your family using genealogy websites and experiencing frustration because you can't find the information on your family history? It's time to look "outside the genealogy box." This course is designed for genealogists who wish to use Google resources for genealogical applications. Participants will explore search engine basics and advanced search techniques, image search, Google books, news, patents, Google translate, YouTube and more. Bring your own genealogical information to class for use in your online research. While examples used will relate to genealogy, this course will also assist people who want to use Google for any type of research.

HEALTH AND WELLNESS

Beauty and Fitness Tips for the Everyday Life Style
Barbara Melienik
Learn how to become a better version of yourself – smarter, healthier and looking and feeling younger. Learn about skin care products and how to contour a makeover with just a few techniques. You’ll walk away with different exercise options that can fit into your daily life style. Come as you are and you’ll be looking like a star. Participants will have the opportunity to take before and after class photos.

Chair Yoga
Linda Shultz
Chair yoga is great for everyone whether you are recovering from an injury, just starting out or want to try something different. You will notice an increase in flexibility, balance and even some toning and newfound strength. All this while sitting in a chair or holding on to it. There are many modifications for everything we do, so come and give it a try. Students need a thin yoga mat; the instructor has some available for purchase for $10 to $12.

Getting a Healthy Aging Brain
Bert Hayslip
This course will cover changes in the brain with age as well as age-related changes in our skills. Specific techniques allowing us to maintain and improve our skills as we age will be presented. Information about healthy aging will be emphasized as well as attitudes toward developing new skills as we age.

Healthy Aging and Vibrant Health for the Prime Time of Our Lives
Daphne Trent
This class will give you tips on healthy aging, lifestyle, exercise, attitude and nutrition and tips to reduce inflammation and other risk factors for disease. Materials fee: $15 to $25, payable to the instructor on the first day of class. Optional tours after the course could include a grocery store tour and more.

Improving your Memory
Bert Hayslip
This course will explore memory and its changes with aging. Specific techniques to improve memory in later life will be presented. Many influences on memory are important to understand, and a discussion of each will enable you to not only retain needed name, dates and details, but also develop skills to improve your ability to do so as you get older.

Let’s Slow Down Aging and Have Vibrant Health for the “Prime Time of Your Lives”
Daphne Trent
This four-week class will give attendees tips on healthy aging including discussing how lifestyle, exercise, attitude and nutrition play a vital part in the aging process. We will discuss how reducing inflammation is one of the key factors to better health. We will talk about ways to have more energy, reducing stress and how nutrition is key to better health and longevity. Required text is a book can be put on Kindle or Audible; materials fee: $15 to $25, payable to the instructor on the first day of class.

Natural Solutions for Arthritis
Kay Dobis
The term “arthritis” is used for a number of different conditions that cause joint pain and stiffness. Osteoarthritis, rheumatoid arthritis, psoriatic arthritis, gout, and lupus are different diseases, but share common symptoms. This two-hour workshop offered will discuss the different types of arthritis and offer natural solutions to help relieve symptoms and reduce inflammation throughout the body. Diet, supplements, herbal remedies and other natural solutions will be discussed.

Reduce Your Risk for Heart Disease...Naturally
Kay Dobis
If you have high blood pressure, high blood sugar, high triglycerides or issues with cholesterol, you may have metabolic syndrome, which increases your risk for heart disease and stroke. In this six-week course, local nutritionist Dobis will teach you how to choose the right foods, best exercise and best supplements to support your body’s natural healing process and reduce
inflammation. You will learn to understand your numbers as it is important to know what your lab results mean to take control of your own health. Handouts, recipes, email support from Dobis, and support and accountability from the group are all included. Take the first step to take control over your own health...naturally!

Senior Safety Awareness and Self Defense
Dan Cross
The course will consist of discussions on how to increase awareness and practice of physical techniques that will enable students to protect themselves. The course is designed to address each individual's needs according to physical ability, body type, etc. Repetitive drills and light stretching are essential in the success of the class.

Senior Strength Training
Alayna DeFalco
Resistance training stimulates gains in muscle mass, Skeletal muscle is the primary motor for locomotion, and studies have shown that muscle mass is also the controller of whole body metabolism. Skeletal muscle mass is dependent on diverse conditions, including aging and affects disability, loss of independence, and increased risk of morbidity and mortality. Hence, the maintenance and growth of muscle mass is crucial as a determinant which directly influences quality of life. Our strength training programs are created on an individual basis after an assessment period, yet built based on the scientific principles of training. Gradual progression models are implemented to ensure appropriated adaption time periods for the human anatomy which discourages any high intensity stress related injuries on the commonly used joints. This progression model allows for long term exercise adherence, as the body slowly adapts to the physical and physiological stresses placed upon it. Class takes place at Fit4Everyone, Conway.

Stretch and Strengthen Yoga
Amanda Masterpaul
This class is a well-balanced mix of easeful movement and classic yoga postures integrated with focused breathing and relaxation practices to leave you feeling blissful and ready for your day. Students need yoga mats; please bring water.

Tai Chi for Healthy Living
John Gore
In Tai Chi for Healthy Living, we learn the entire Yang Style 10-Form from beginning to end, working to embody the tai chi principles at a deeper level. We also include elements of qigong “energy exercise” and Taoist tai chi postures and some elementary push hands. Together, these disciplines are transforming the way people take care of themselves. No need for high-intensity workouts that focus on a limited set of muscles and leave you feeling drained. Instead there is a better, centuries-old way to exercise that has many advantages, including being a full-body workout and meditation in motion.

Yoga Stretch
Linda Shultz
This is mat yoga taken at a slower pace so you can learn to do poses properly and without injury. Modifications will be available for all poses. This is a great class for anyone interested in gentle stretching, toning and increased balance. Students need a yoga mat and sticky socks unless they intend to go barefoot.

Zumba 101, Gold
Linda Shultz
This course is a party-like dance class where you will be exercising without knowing it. Steps will be explained so everyone will be able to enjoy. Zumba Gold is easy on your joints. Rhythms from around the world are incorporated with easy to follow choreography. Appropriate for all levels and ages. Students need to wear comfortable clothes and sneakers.

Zumba Gold Fiesta
Luz Greene
Zumba is a dance fitness workout that incorporates Latin and other international music and dance movements, creating a dynamic, exciting and effective fitness program. A Zumba class has a party- or fiesta-like atmosphere. Students are welcome to rest and drink water at any time.

Zumba Gold Toning
Barbara Melenik
Zumba Gold is a series of fitness programs specifically designed to take the international dance rhythms created in the original Zumba program and bring them to the active older adult, the beginner participant, and other populations that may need modifications for success. This Latin-inspired dance fitness includes salsa, merengue, tango, flamenco and belly dance. Guidelines guarantee to provide the participant with a safe and effective total-body workout. Zumba Gold creates a party-like atmosphere. Toning sticks are one pound each. This allows for innovative muscle toning. Toning
sticks may be purchased for $19 and are yours to keep. You may also find them in a few retail stores or online.

HISTORY, GOVERNMENT AND POLITICS

All the News Fit to Print
Helene Miale
The standard bearer moniker of news reporting provides insight into the current dilemma of the definition of fake news. Class discussion will cover hard news, soft news, propaganda, packaged news and editorial comment. Television, print and social media are featured.

America Becomes a World Power
Bob Poirier
This course traces the events and people which evolved the United States into a transnational power (1890-1920). The impact of presidents such as William McKinley, Theodore Roosevelt, and Woodrow Wilson and events such as the Spanish-American War, European imperialism and expansion, and World War I will be analyzed.

America in the Great War
Bob Poirier
This course will examine the history of the participation of the U.S. in WWI, “the war to end all wars.” The origins of the conflict, America’s attempts at neutrality from 1914-17, and the details of America’s entry and role in the final 18 months of the war will be analyzed. The transition from a peacetime America to a major industrial and world military power will be detailed along with the 1916 Mexican Border conflict and the mobilization, deployment and campaigns of the U.S. Army in Europe.

Are We the World’s Policeman
Larry Gates
The United States keeps troops in almost every country, including in 800 to 1,000 military bases outside the U.S. while the rest of the world’s nations combined keep a couple of dozen foreign bases total. Is this necessary or morally justifiable? Can we afford what it costs?

The Arts Scene: Great Britain 1850 – 1914
Clark Wilburn
The focus of this course will be on what was going on in fields like literature, theatre, architecture, music and painting at a time when the British Empire was at its zenith. Numerous photos, illustrations and videos will be employed, and a great variety of colorful individuals introduced, who made an impression that is still felt to this day. We will experience the beauty of pre-Raphaelite painting, meet theatrical greats like Henry Irving and Ellen Terry, witness the emergence of the novel as the pre-eminent literary form and explore the difference between high tea and afternoon tea. Names like Constable, Bronte, Ruskin, Trollope, Wilde and Shaw will enjoy our consideration. Each session will be two hours long with a short break at the mid-point.

A Baseball Celebration: 1920s and 1930s
Clark Wilburn
This is a nostalgia-filled course that lets students revisit memories of old ballparks and the legends who competed in them, from Babe Ruth to Joe DiMaggio to Josh Gibson. Return to yesteryear to visit with Dizzy Dean, Lefty Grove, Jimmie Foxx and Lou Gehrig!

The Battle of Chancellorsville
Geoffrey Wilson
From April 30 to May 6, 1863, the army of northern Virginia and the army of the Potomac fought the fourth costliest battle of the Civil War in a tangled wilderness of second-growth timber near a tiny country cross-roads called Chancellorsville, in Spotsylvania County, Va. When it was over, it was believed to be Lee’s greatest victory. But he had lost over 22 percent of his army and his greatest lieutenant, General Stonewall Jackson. We will study the battle in detail and ask was it a Southern victory or defeat?

British Social History: 1850 – 1914
Clark Wilburn
The focus of this course will be on how people actually lived at a time when the British Empire enjoyed its greatest impact on the world stage. Numerous photos, illustrations and videos will be employed, including newly discovered film stock depicting life in the first decade of the 20th century. Topics will range from the Downton-style life of a Great Country House, to the struggles in the Dickensian slums, to the fabulous advances of inventors and scientists, to the courageous efforts of social reformers. Notable individuals from all walks of life will be introduced. Each session will be two hours long with a short break at the mid-point.

Building to Excess
Kathleen Fair
Architecture is a reflection of a society and a culture, often revealing what is important to the people of that time. Yet in every era of history, some builders have expended enormous amounts of time and money on a single structure which was considered excessive. In this course we will look at some of these structures
discovering how and why they were built, and how they are remembered in history. We might even look at some modern examples of building to excess.

Can We Believe the Official Story?
Larry Gates
Do we know the truth about the assassinations of President Kennedy and Martin Luther King Jr.? What about the official story of Sept. 11? Did Russians hack the 2016 election? Let’s look at the evidence.

CCU History and Traditions
Nick DeStefano
How did we get to the CCU we know today and where have we come from as a school. As a younger institution of higher education, we often feel as if there isn’t much history, when in fact Coastal is rich in both history and traditions! This exciting course will inform you of CCU’s history and traditions since “the college” was established in 1954. During the course one should expect high levels of enthusiasm, handouts, a PowerPoint, an interactive game of “CCU History & Traditions” jeopardy, and anticipated participation from students. After the training, one should be able to identify the history of CCU, distinguish various traditions that have evolved at CCU and show history and traditions knowledge during the game of CCU jeopardy. So if you’re competitive make sure you brush up on your history prior to this session! The content for this course comes from a memoir written by long time CCU professor of history, Roy Talbert. There will be several opportunities to review past yearbooks and videos from a wide array of years ranging from 1963 to 1978. The instructor has provided this course to over 700 employees at CCU over the past five years and it has consistently received high remarks and praise from participants for its engaging and quality content.

Chanticleer Intelligence Brief (CIB)
Joseph Fitsanakis and CIB Students
The CIB is the pre-eminent student organization of the intelligence and national security studies program at CCU. It prepares the next generation of America’s national security leaders by enabling students to specialize in a topic or region of their interest. Each semester, CIB student analysts work in groups to answer some of the most pressing questions of international affairs, ranging from the stability of the North Korean regime, the peace process in (pick a country), Russia’s involvement in (pick a country) and everything else in between. During this presentation, CIB analysts will present their analytical reports on their topics of specialization to the community and answer questions about some of the world’s most troubled and volatile hotspots. The event is free and open to the public but OLLI students must register for it. Registration does not guarantee a seat.

Critical Topics in International Affairs
Joseph Fitsanakis
Are there too many people living on Earth? Does the planet have enough food and energy resources for all of us? Will Russia reemerge as a superpower and is China the next one? Should we be concerned about a nuclear war between India and Pakistan? Is Africa’s strategic importance rising in the 21st century? What does the future hold for America’s global status? This lecture series will address these and other pressing topics in international affairs by employing the discipline of geopolitics, namely the study of the interplay of geography, natural resources and strategic variables in the context of individual or collective interests pursued by various state or non-state actors.

Economics for the 99 Percent
Larry Gates
The American economy seemed to work for everyone from 1945 until 1975, but something has gone awry. Economic inequality has skyrocketed. 57 percent have less than $1,000 in savings, while three individuals have as much money as the bottom half of the American population.

Fear of Russia
Larry Gates
In recent years the corporate media has portrayed Russia as an evil empire. We will engage in a fact-finding mission about Putin, the Russian people, Russia’s domestic and foreign policy, the Russian military, the Russian economy, as well as Russia’s relationship with the United States, NATO, the Middle East, and China. Are we hearing facts or propaganda? Is peace possible? Can nuclear war be avoided?

Female Business Owners in Colonial South Carolina
Janet Obenshain
This session will look at the "laws of feme covert and feme sole" which restricted colonial women from owning and operating businesses along with some of the women who chose to go against societal norms and ignore the laws.

Fighting Women
Samih Baalbaki
Women in the have taken part in battles since time immemorial. Women have fought not just in the West
(“Fighting Women in the West” is presented by veteran nurse LTC Amy L. Johnston), but also in Israel and against ISIS. Jewish, Christian and Muslim women took part in military battles. What other kinds of battles do women face in besides military ones?

First to Worst: Presidential Rankings
Ron Byrd
Recent surveys of historians have resulted in rankings of all our past U.S. presidents. What separated our most successful executives from those at or near the bottom of the rankings? What patterns emerge that we can learn from? The course will focus on the often fascinating biographies, character traits and historical challenges/accomplishments of presidents from both ends of the ranking spectrum. We will discuss the impacts these leaders had on critical turning points in U.S. history.

Foodways of Southeastern Native Americans in the Mississippian Period
Janet Obenshain
Explore the foodways of Southeastern Native American from 1000 C.E.-1500 C.E. when Europeans began to impact Native American civilizations. Areas to be explored include types of foods consumed, methods of food preparation, storage and preservation and the impact of dietary changes. The session will include a food sampling. Materials fee: $5, payable to the instructor at the beginning of the first class.

Geography: Things I Should Know, and Things I Just Want to Know
Russ D’Arienzo
This course will be designed for people who have an interest in geography. I say “will be,” because after reviewing as needed those things that ought to be taught in a geography class, I plan to work in some geographic topics students are interested in. Topics may include things that could lead to your getting a question or four correct on trivia night or on your favorite game shows.

History and Legends of Murrells Inlet
Christine Vernon
This class is being presented in the words of local Murrells Inlet storyteller, Christine Vernon. We will be exploring not only the history of the Waccamaw tribe, plantation life, Civil War and pirates, but we will look into local lore, ghost stories and legends of the Murrells Inlet area.

History of Human Space Flight
Ian Hewitt
Space is the most extreme and challenging environment that mankind has ever faced. Since the 19th century people have dreamed of going to space. Starting in the 20th century, humans have been exploring this new frontier. Often these missions were done at the very edge of what’s technically possible and entailed great risk. This class is an overview of the U.S., Soviet/Russian and Chinese space programs with specific histories on various missions (and those that could have been), as well as a look forward as to what to expect next in human spaceflight. This class requires no special knowledge or mathematics, just an interest in the exploration of the “final frontier.”

History of the National Parks
Sarah Banks and Linda Lane
Our national parks have rich histories that reveal a great deal about topics such as land use, exploration and expansion; interactions between indigenous people and American settlers; sciences such as ecology and wildlife biology; territorial disputes and politics as well as economics and American culture including recreation, tourism, work and the wilderness ideal. This course covers the history of the “national park idea” and provides a platform to discuss conflicts that arise from the dual mandate to preserve natural resources and features and also provide for public enjoyment.

How Will the Syrian Civil War End?
Samih Baalbaki
How will the Syrian civil war end? How much Russian, Iranian, Turkish and other influences will there be? How about the U.S.? Will the regime regain some of its influence? How about the thousands of foreign fighters? Who will pay for the repatriation of the refugees and rebuilding of the country?

Iran in Syria, Lebanon and Iraq
Samih Baalbaki
Iran seems to have won in Syria, Iraq and possibly Yemen. Iraq has definitely Lebanon. What is next? The economy is in downfall. The U.S. embargo is up and the E.U. does not seem to be able to stand up to the U.S. Domestic problems and terrorist attacks complicate matters for the Islamic regime, so what happens next?

Irish History (Ancient and Modern)
James O’Sullivan
Before a visit to Ireland, or just because you want to know, come and learn about its history from the earliest of times to today’s amazing transformation and
exceptional economic success. The country still beats to old social rhythms in precious rural pockets.

**Lay this Body Down: African-American Funerary Practices of the 1800s in the South**  
**Janet Obenshain**  
This session will examine the development of African-American burial practices in the antebellum South that combined a mixture of African and European beliefs resulting in a distinctive culture that is still evident today.

**Let’s Explore Three Irish Treasures**  
**Sue Ann Whittick**  
Through lecture and a hands-on crafts experience, explore three of the greatest Irish treasures (not counting Guinness Stout): the Book of Kells, Newgrange and Oratory Gallarus. Of course, we will enjoy a cuppa Irish tea and scones.

**Middle East Current Events Discussion**  
**Samih Baalbaki**  
OLLI members will have an opportunity to discuss current Middle East issues, voice their opinions and express their concerns.

**The Nuremberg Trials**  
**Bob Poirier**  
The course analyses the post-WWII trials of Nazi war criminals in Nuremberg, Germany. The course will not only describe the trials and war records of the major war criminals, such as Hermann Goering, but also the prosecution of the lesser criminals such as the doctor and Einsatzgruppen trials.

**Proxy Wars: The U.S. vs Russia**  
**Samih Baalbaki**  
In Eastern Europe (specifically the Ukraine) and especially in the Middle East (Turkey, Syria, Iraq, Lebanon), U.S. and Russian battles are fought by proxy groups. How safe are these confrontations? Will they degenerate to become open conflicts?

**Saudi Arabia under Mohammed bin Salman**  
**Samih Baalbaki**  
Mohammed Bin Salman (or MBS as he calls himself) is trying (against all odds and then some) to take a medieval kingdom into the 21st Century. What are the chances and the odds that he will succeed?

**The Struggle for the American West**  
**Bob Poirier**  
This course will examine the conflict between the settlers, the U.S. Army and Native Americans during the westward expansion of the U.S. from the onset of the Civil War to the end of the 19th century.

**Turkey: Serious Problems Under Erdogan**  
**Samih Baalbaki**  
All-powerful Turkish President Erdogan faces serious domestic (security, refugees, Kurds) international (conflicts in Syria with Iran and the Syrian regime, Cyprus) and financial (currency and interest rates) problems. His handling of the situation may have dire consequences in Europe and the rest of the world.

**Understanding Russia**  
**Larry Gates**  
Join us for an overview of Russian history and culture – from the czars to Putin, from its internal politics to its relationship with other countries, from its religions to its military capabilities, from its literature and fine arts to its technology and economics.

**The Vikings**  
**Don Ullman**  
Trace the origins and adventures of Vikings from Denmark, Norway and Sweden. These sea-faring warriors/explorers have very different histories and their voyages covered territory from North America to Western Europe to the Black Sea.

**Digital Photo Stress to Digital Photo Peace**  
**Nancy Launi**  
Are your digital photos a mess? Do you have digital photos on your computer, laptop, tablet, smart phone, camera card, flash drive, etc.? Would you like to find a certain digital photo but have no idea where it is? Have you thought about buying a new computer because yours is full...probably because of too many photos? Are you afraid that if you lost your phone or your computer crashed that you would lose all of your digital photos? If you answered yes to any of these questions, then this is the class for you! In these four classes, you will set your photo organizing goal and learn the basics of photo organizing, backing up photos on the cloud, basic photo editing and safe sharing of photos.

**Digitize Your Past**  
**Dan Snyder**  
Do you have a special memory you want to share online with friends and family? This is a five-week course that...
meets for two hours on Saturdays. The instructor assists you in preserving your story, online. During this course, we get your some of your content “digitized” while the instructor demonstrates the best methods for sharing your story with the world.

**Facebook 101**
Dan Snyder
Get off my Facebook page! In this five-week, two hour Saturday session, students will learn how to be social media “stars.” Yes, that is right! Want to keep in contact and share content with anyone under 50 for free? Then this is the class PERFECT course for you. The instructor will demonstrate social media basics. The first half of the class will be demonstration while the second half will be for any questions.

**Smartphone Basics**
Dan Snyder
Hello, Operator? The five week course will go over all the basic functions and information one needs to understand with smart phones. This five-week course will be held Wednesday evenings for two hours a session. The first half of class is demonstration on the basic smartphone usage, while the second half is open for your questions. After taking this course, users will be familiarized on how to operate their smartphone efficiently, they even might impress their children with their new skills.

**Windows Basics Level 1**
Angela O’Sullivan
Students will lay a foundation in Windows – hands-on with plenty of handouts. This is an appropriately-paced class offered twice a week for the absolute beginner or those wishing to enhance their limited knowledge. Using the Windows 10 operating system we will cover terminology, techniques and navigation, and basic editing (format/edit/save) in WordPad and Paint. Bringing a mouse is optional. All should bring a USB thumb drive by the third lesson.

**Windows Basics Level 2**
Angela O’Sullivan
Using the Windows 10 operating system, and building on skills developed in Windows Basics Level 1, students will advance their editing and multi-tasking skills using WordPad and Paint. Emphasis will be placed on sound file management techniques. Find missing files and apps. Create shortcuts to favorite apps. Bringing a mouse is optional. All should bring a USB thumb drive.

**Advanced Conversational Spanish**
Luz Greene
This course helps students acquire intermediate fluency in spoken Spanish with colloquial usage. Students hold conversations and write short compositions about vacations and current events. Required text: “Read and Think Spanish,” premium third edition, by the editors of “Think Spanish” magazine.

**American Sign Language (ASL) 2**
Cathy and Jason Milliren
Students are expected to have had the equivalent of, or have taken, ASL I. During this class, students will expand their knowledge base of ASL through learning more vocabulary, exposure to more grammatical rules and their use, and understanding and practice with facial expressions and body movements. Conversational scenarios will be presented for fun and practice. The focus of this class will be on expanding students’ receptive and expressive skills. This class is interactive through the use of various activities.

**Basic Conversational Spanish (Conway)**
Luz Greene
This course introduces students to basic vocabulary and fundamental sentence structure. Aural grammar and reading comprehension is developed. Required text: “Easy Spanish Step-by-Step,” by Barbara Bregstein.

**Basic and Intermediate Spanish with Pictures (Litchfield)**
Luz Greene
The course reviews Spanish grammar, idioms and vocabulary for everyday use. This course is for travelers and workplace. The course is highlighted by intense small readings and discussions of Spanish and Spanish American Literature. Required text: “Easy Spanish Step-by-Step,” by Barbara Bregstein.

**French for Beginners and Travelers**
Patti Kussman
An engaging introduction to the French language, this course will focus on vocabulary and pronunciation in a way that will allow the learner to speak in complete sentences quickly. The content covers tourists’ needs: food, clothing, travel, public transportation and more. In addition, we will do some reading and finish always with some French music.

**Intermediate Conversational Spanish**
Luz Greene
This course helps students acquire intermediate fluency in spoken Spanish with natural colloquial usage. Students hold simple conversations and write short compositions about vacation and current events. Required text: “Spanish Vocabulary,” second or third edition, by Dorothy Richmond.

**Italian for Beginners**  
**Jerry Frontiero**  
Each class will include skill-building exercises designed for beginners to learn Italian rules of pronunciation and grammar as well as learning how to politely ask for directions and order food when speaking Italian. Class handouts and texts will build a rich Italian vocabulary. Many different methods will be applied to teach the Italian language including reading, watching movie clips, listening to songs and interpreting lyrics. This is an excellent learning opportunity if you want to exercise your mental agility. Required texts: “Italian in 10 Minutes a Day” by Kristine K. Kershal and “Learn Italian the Fast and Fun Way” by Marcel Danesi.

**LITERATURE AND WRITING**

**Buddhist Novels**  
**Ron Green**  
We will read two works of contemporary Japanese fiction in English. Both of these novels are by Genyu Sokyu, a Buddhist priest who lives close to the tsunami site in Fukushima. Buddhist ideas are central in the stories. Both novels won top awards and gained praise as literary works. They were translated by the instructor, Ron Green, and have not yet been published in English.

**The Cyclops Episode from James Joyce’s “Ulysses”**  
**Bob McCue**  
This course is based on James Joyce’s take on Homer’s staging of the encounter between Ulysses and Polyphemus set in modern-day Dublin. Using an experimental technique of two distinct narrators, Joyce creates a story wherein Leopold Bloom (aka Ulysses) meets and confronts the Citizen (aka the Cyclops). We encounter the denizens of lower middle class Dublin along the way leading to hilarious, sometimes threatening, sometimes poignant, situations. The fantastical is sprinkled in with send-ups of myth and history. It's one of the more accessible episodes in Ulysses, being straightforward and containing no interior monologue. This episode supports the classification of Ulysses as a comedy.

**Popular Fiction Genres, Part I**  
**Carol Osborne**  
After an introduction to cultural studies and, in particular, critical approaches to popular fiction, we will explore the classic detective, hard-boiled crime, western and romance genres, reading and discussing an example of each.
Popular Fiction Genres, Part II
Carol Osborne
For those avid readers, the study of genre continues with an examination of fantasy, science fiction and horror (Tolkien, Butler and King).

Writer’s Journey
Betsy Haase
Join us as we explore the past defining moments in our lives. Exercises and assignments will help us look within ourselves. Models and creative techniques will help guide our writing if the story we tell of ourselves is to be compelling to others.

Economics of Exhaustible Energy Resources
John Marcis
The dominant source of energy in the United States today is derived from exhaustible sources specifically, petroleum, coal, natural gas and nuclear. This course examines the history and economic concepts and issues associated with the development of petroleum, coal, natural gas and nuclear energy sources.

Economics of Renewable Energy Resources
John Marcis
Renewable energy sources currently account for 10 percent of energy use in the United States. This course examines the economic issues surrounding the development of renewable energy sources in the United States. The course focuses on the development of energy from water, wind and solar sources.

Big Weather
Ed Piotrowski
Piotrowski will discuss weather events which occurred in our area. Of course, he will discuss Hurricanes Florence and Michael from the fall of 2018.

Fractions and Word Problems for Parents and Grandparents
Paul Moyer and Dick Richards
This will be a refresher course in the educationally difficult areas of basic mathematics: fraction and word problems. It will be a review for adults who will then be able to help kids and grandchildren with math homework! Topics to be covered least common multiple and greatest common factor, reduction to lowest terms, least common denominator and addition/subtraction of fractions, other operations with fractions, per cents (if time permits), reading and translating word problems from English to mathematics, identification of the unknown quantities, definition of an equation and methods for solution of equations.

The Life and Times of Richard Feynman (Nobel Laureate)
Ron Revere
This is the story of Richard Feynman, told in his own words. He was a Nobel-prize winning polymath physicist whose other talents included playing drums, teaching, drawing naked females, picking locks, making atomic bombs, enjoying practical jokes and telling stories. He wasn’t interested in the usual trappings of success. Many of those things annoyed him. He was curious. He was a risk-taker. He was a genius. He wasn’t all that worried about how he looked. His entire life was built around doing what he wanted, exploring what he found interesting, violating taboos, beating his own drums and cutting his own path. Along the way he even figured out what caused Challenger to blow up. There is little doubt that Feynman is one of the greatest and most consequential scientists that the U.S. has ever produced. You will enjoy learning about him!

Prehistoric Technology: Flintknapping
Carolyn Dillian
Learn how prehistoric people made and used stone tools with hands-on instruction in flintknapping and archaeological stone tool analysis. You must wear long pants and closed-toed shoes to participate in making a stone tool. Gloves (gardening gloves) are optional.

The Science of “The Martian”
Ian Hewitt
The book and movie, “The Martian,” is great story about survival of a NASA astronaut on Mars, but how realistic is it? This course will talk about the technology needed to go to Mars as it is shown in the book, and...
why it’s much more challenging than going to the moon. While no particular science or math knowledge is required, only an interest in human space flight, reading the book or seeing the movie is suggested.

The Secret Life of Seashells
Sue Ann Whittick
While you find seashells all along our beaches and see them in shops, do you know what they are really for? In this class, you’ll watch two short videos about shells and the animals that live in them. You will also have the opportunity to look at books about shells and see shells from many beaches. If you have shells you would like to have identified, please bring them.

PERSONAL GROWTH AND SKILLS

AARP Driver Safety Program
Judy Chamberlain, Ralph Edwards and Valerie Jones-Wright
This four-hour course teaches valuable defensive driving skills and provides a refresher in the rules of the road. The course was designed for mature drivers; however, all drivers older than 26 can participate. S.C. law mandates that persons who attend this four-hour Driver Safety course will receive a discount off their auto insurance in S.C. (other states need to check with their auto insurance agency), for three years. The instructional materials fee is $15 for AARP members and $20 for non-AARP members and will be collected by the instructor the day of the class (only cash or check made payable to AARP). Participants should bring their driver’s license, AARP membership card (if applicable), payment, a light snack/drink and a sweater or light jacket.

Advanced Golf Swing: Ball Striking Master Class
Tom Saguto
Designed for advanced golfers with mid to low handicaps (15 or lower), this course will cover in-depth the ball striking techniques currently employed by the best in the game today. Students can expect to learn how to control their ball flight (height and curve), have a masterful control of their contact, and understand their swing on a deeper level. Students must have their own golf clubs; notepad for taking notes is optional; class is offered at the Litchfield Country Club.

CPR/AED and First Aid Training
TBA
You never know when knowing CPR/AED or first aid will come in handy. Earn a certificate as you learn to save a life. Taught by CCU’s Environmental Health and Safety Facilitators.

Golf Swing Simplified: Body-Friendly Golf
Tom Saguto
A three-week, six-hour course for you to learn about one of the simplest and most effortless ways to swing the golf club while increasing power and accuracy. Eliminate the guesswork with your golf game and learn the WHY behind all of your shots. Establish consistency, have more fun and learn to golf the body-friendly way. Class is made up of three segments: full swing, short game and mental game and strategy. The course is structured for you to play your best golf this year! All skill levels are welcome; some students have improved their score by as much as 12 shots after taking this class. 100 percent of students notice zero swing-related pain and golfers with chronic pain notice a significant reduction in golf-related stress on their bodies. Students must have their own golf clubs; class is offered at the Litchfield Country Club.

Golf Swing Simplified: General Golf Improvement Class
Tom Saguto
A highly simplified golf course designed for golfers of all skill levels (including complete beginners) to improve a variety of their golf skills in a pressure free setting. Class topics include: full swing basics, chipping and pitching, putting and bunker play.

The High Cost of Clutter and How to Free Yourself from It
Brenda Tringali
Are you surrounded by things you have haven’t used in years? Have you ever wondered what that clutter is costing you? It impacts you in more ways than you’ve probably imagined. This class will 1) explore the various ways that clutter impacts one’s life and 2) provides guidance on how to clear the clutter.

How to Survive Sexism in Our Society
Regina Abraham
How to Survive Sexism in Our Society, R. Abraham

Inside Information to Obtain Disability Benefits
Ed Kellner
Are you frustrated with insensitive denials and calls that go unanswered? Worry no more. This course takes you inside the minds of the vocational disability examiners of the Social Security Disability Insurance (SSDI)
disability benefits program and the disability specialists of the insurance companies who administer long term disability (LTD) benefits. It's your money and you deserve it. Find out how you can fight your way through the red tape and collect your money.

Metal Detecting in South Carolina
Stephen Wunderley
Learn how to get started in a hobby that offers exercise, a chance to get outside and possible “wealth and riches.” The course will cover how there are basically two types of detecting in South Carolina, beach detecting and relic hunting. It will explain the differences and similarities as well as discuss types of detectors, other equipment that is needed, how to do research to find good areas, obtaining permission from land owners, metal detecting ethics, relationships with historians and archaeologists, what to do with your finds and more.

Protecting Your Information in an Insecure World
Rick Matthews
This course will examine examples of various ways that hackers or scammers try to steal your valuable personal information. You will learn some tips in how to help counteract these attempts. Topics will include social engineering, phishing, vishing, ransomware, malware and more.

Understanding Medicare
Stanley and Terri Stephens
This three-part series course explains the parts of Medicare its benefits, enrollment periods, enrollment penalties and how Medicare works with secondary coverage such as Medicare Supplement, Medicare Advantage plans, Medicare part D RX plans.

Religion and Philosophy

Divine Justice/Human Inclination
Craig Miller
The paradox of evil's existence in the presence of a beneficent God has elicited many a theological solution. None is reliable if, as God asserts, His motives are beyond human grasp. Adding complexity to this paradox are human behaviors, unpredictable to even an all-knowing God, that wander between "good" and "evil" as humans interact with this avowedly unknowable, ostensibly kind God. With a general focus on the Old Testament, we'll explore God's at times confusing indicators of justice, their at times peculiar application to human behavior, and the imbalance of compatibility between God's intent and human inclination. As apparent, we'll not be walking traditional trails in this course.

Major World Religions
Rhonda Hoffman
The goal of this class is for you to gain a good understanding of the five major world religions: Hinduism, Judaism, Buddhism, Christianity and Islam. If there is interest and time allows, we will also discuss lesser known religions. The classes will be mostly instructor-led discussions. Student participation will be welcome as we explore the beliefs, rituals and cultures of these religions.

Philosophy Basics
Rhonda Hoffman
Philosophy, meaning the love of wisdom, is the study of knowledge. The branches we will be covering are ethics, metaphysics, epistemology, logic, aesthetics, philosophy of mind and philosophy of religion.

A Study in the Gospel of Mark
Geoffrey Wilson
This course will examine in detail the Gospel of Mark, first of the four Gospels to be written. We will look into its origin, purpose and literary style. Major themes of the Gospel as well as some detailed analysis of the writing will be considered. Some insights concerning the translation will be sought. Learners are encouraged to read some, if not all, of the Gospel before class and to bring a fairly-modern translation to class.

OLLI CLUBS

All clubs are free to current OLLI members.

Book Club (Conway)
Ellen Elliott
Meets year-round on the second Monday of each month from 1-2:30 p.m. to discuss works selected by the group. Book selections are listed on the website and in the e-newsletter.

Book Club (Litchfield)
Anne Duncan
This is a contemporary books club that meets year-round on the fourth Monday of each month from 10 a.m. to noon. Book selections are listed on the website and in the e-newsletter.

Classic Book Group (Litchfield)
Janis Adams
This is a classic books group that meets year-round on the first Thursday of the month from 2-4 p.m. Book selections are listed on the website and in the e-newsletter.

**Current Events – The World**
Bob Poirier
A two-hour discussion of world events and their impact; held normally on the second Wednesday of the month.

**Dining Club North**
Susan Granger
Members of the dining club will meet for dinner at local restaurants once a month. The club will generally meet in restaurants in Myrtle Beach, Conway, “Restaurant Row” and North Myrtle Beach.

**Dining Club South**
Carol Osborne
Members of the dining club will meet for dinner at local restaurants once a month. The club will generally meet in restaurants in Murrells Inlet (including their “Restaurant Row”), Surfside Beach, Litchfield and Pawleys Island.

**French Club (Conway)**
Patti Kussman
The French Club allows members to converse, play games, hear presentations and learn more about the language, people and French-speaking countries.

**Fun and Games Club (Conway)**
Carol Osborne
Join your OLLI friends and neighbors for board and card games. Challenge the director to Scrabble. If you win you get a prize; if you lose, you have to donate to OLLI@CCU. Either way is a win-win and promises to be fun and competitive.

**Italian Club (Conway)**
Jerry Frontiero and Nancy Muñoz-Maser
This club is designed as an enjoyable and easy way to share the Italian language, traditions, life and culture. Whether you have never spoken Italian or are already fluent, this club is for you. Each meeting will include skill building exercises designed for beginners to learn and more advanced members to sharpen their skills. Each member will receive materials and techniques for building a rich Italian vocabulary. Meetings will include engaging short stories, Italian movies with English subtitles, listening to songs and sharing helpful travel hints. Club meetings are an opportunity to build your conversation skills with real-life dialogues.

**Italian Club (Litchfield)**
Anita McKay
Are you a fan of all cose italiane? Let’s get together to share whatever we know about this great country and its language and culture: experiences, photos, tips for travel, recipes and even the fun of growing up Italian-American. We can practice basic Italian to make communication easier for the next trip. The only prerequisite for the club is a love of Italy and all things Italian.

**Mahjongg Club (Conway)**
Sandy Hargis
This once-a-month club is for experienced players and beginning players of American rules mahjongg. You will need to bring your own card. If you have never played we will work around this. If you have a mahjongg set please bring it. The logistics of play will be reviewed at the first meeting. Beginning players will be instructed.

**Spanish Club (Conway)**
Luz Greene
Come and learn everyday expressions and vocabulary. Club members will generate discussion topics related to Spanish language and culture for all levels from basic Spanish to advanced conversational Spanish.

**Gardening Academy (Conway)**, Anita Lampley
**Gardening Academy (Litchfield)**, Anita Lampley and Sue Myers
There is no prerequisite to participate in either gardening club. Both gardening academies may listen to guest speakers, exchange plants, learn about gardening events in the area, take field trips and learn more about plants appropriate to this area of South Carolina.

**Gilles Bridge Society (Conway)**
This is a progressive rubber bridge group. Each player is asked to contribute 50 cents at each meeting to provide prize money. The format is unique for social bridge in that the same partner is retained throughout the evening and penalties for slow play are mitigated. Individuals without partners are welcome. The society has no affiliation with a national organization. The society meets every Thursday from 7-10 p.m. in Conway.

**Georgetown Lunch Bunch**
Verna Berry
Members will meet for lunch at Georgetown restaurants once a month. Enjoy the local restaurants and afterwards, wander up and down the quaint downtown, shopping if you wish. Or walk along the...
Harbor Walk, taking in the sights including local wildlife and the boats anchored in the harbor.

Investor Education Club (Litchfield)
Robert Unger
Learn about the different kinds of financial investments, as well as the risks and rewards associated with each. Club participants will be better able to construct an investment portfolio designed to meet their specific objectives and/or more intelligently work with a financial adviser in structuring their investment strategies.

Tai Chi Practice (Conway)
Loretta DeLuca and Sheila Rudesill
This club is for the practice of tai chi Moy Style for students who have completed the beginners’ class and want to practice the entire set of movements with a group. There is no instruction being done in the club.

Tai Chi Practice (Litchfield)
Melanie Scott
This club is designed as a practice session for those already familiar with the 108 moves of Taoist tai chi. Enjoy the benefits and encouragement of a group setting in a one-hour session twice a week.

Teal Waters Club (Litchfield)
Sue Ann Whittick
This club is for those who want to explore the seashore area of the Grand Strand. We will do that through guest speakers, field trips, and facilitator and club member-led discussions. Past topics have included birds, sand, fossils, turtles, shells and pollution.

World Affairs Club (Conway)
Samih Baalbaki
This club allows members to learn about current affairs and world events through discussion, presentations or guest speakers. You may attend any meeting of the club, but must also complete a separate registration for the special events, such as the film series.

Writers’ Club (Conway)
Betsy Haase
Improve your writing through constructive critique in a supportive environment. All members are given the opportunity to facilitate. In addition, each week we will explore the craft of writing with a mini-lesson on a topic chosen and presented by a member of the group.

Writers’ Club (Litchfield)
Anita McKay
The Litchfield Writers’ Club provides a weekly opportunity for people to submit work they’ve written to have other members offer feedback on its strengths and weaknesses.