

JANUARY 13 - MARCH 21, 2025

OSHER  
LIFELONG  
LEARNING  
INSTITUTE



# WINTER COURSES

Online registration begins Tuesday, December 17, at 7:00AM

[URI.EDU/OLLI](http://URI.EDU/OLLI) 401.874.4197



# OSHER LIFELONG LEARNING INSTITUTE

UNIVERSITY OF RHODE ISLAND



URI.EDU/OLLI  
401.874.4197

A Community of  
Learners ages 50+



Informative Classes  
Fun-Filled Activities  
Social Gatherings  
Online and In-Person

Membership is \$65 per year and courses are priced based on length and format.

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## MEMBERSHIP INFORMATION

Your membership must be valid throughout the duration of the classes you register for. If you're not sure of your renewal date, call the office at 401-874-4197.

## SUGGESTED AND REQUIRED READING INFORMATION

Due to space limitations, suggested and required readings are not listed in this catalog. Please check your class confirmation, log on to URIOLLI.AUGUSOFT.NET or check out our online catalog on our website: URI.EDU/OLLI.

## OLLI DISCLAIMER

The courses offered by OLLI do not imply the endorsement of a particular philosophy, product, or procedure. The content is the view of the presenter and is for educational and informational purposes only and not as professional advice for specific cases or circumstances. Participants need to be aware of the potential risks of using limited knowledge when integrating techniques and procedures that are new to them. Participants need to consult their own financial, legal, and medical professionals for advice.

## DISABILITY ACCOMMODATIONS

If you have a disability and need an accommodation, please call the OLLI office at 401.874.4197, at least three business days in advance of the need. Interpreters require a minimum of two weeks advance notice, when possible. We are committed to equal access for persons with disabilities and we will make every reasonable effort to provide accommodations.



*The OLLI staff at our 15th Anniversary celebration in November. Left to right, Amy, Beth L. Beth D., Roberta*

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# REGISTER

## REGISTRATION OPENS DECEMBER 17, AT 7:00 AM

Online registration begins Tuesday, December 17, at 7:00 AM. The office will open at 9:00 AM for phone and walk-in registration.

Classes fill up quickly, so don't wait!

### WAYS TO REGISTER

- 1 ONLINE**  
This is the easiest way to register. To log on to your OLLI account go to [URI.EDU/OLLI](http://URI.EDU/OLLI) and click on Member Login. Payment is accepted with a credit card: Visa, Mastercard or Discover.
- 2 PHONE**  
Call us to register! 401-874-4197. Office hours: Monday through Thursday, 9:00 AM - 5:00 PM, Friday, 9:00 AM - 12:00 PM. If you leave a message, we will do our best to return your call within 24 hours.
- 3 EMAIL**  
Download the registration form from our website (or pick one up in the office). Fill it out and include a check (or call 401-874-4197 with credit card #) for payment.
- 4 IN PERSON**  
Visit us! URI OLLI is located at 210 Flagg Rd. Take the stairs or elevator to the second floor.

### REFUND POLICY

Memberships are non-refundable. To withdraw from a class and receive a full refund or credit, you must notify the OLLI office at least two weeks before the start of the class. Call the office at 401-874-4197 or email [olli@uri.edu](mailto:olli@uri.edu). No-shows forfeit their course fees. Day trips and special tours are prepaid so there are no refunds for cancellation or withdrawal. Classes that do not meet minimum student registration numbers are subject to cancellation.

## THE UNIVERSITY OF RHODE ISLAND OSHER LIFELONG LEARNING INSTITUTE



The Osher Lifelong Learning Institute at URI provides learning opportunities to enhance the enjoyment, meaning, and direction of adult lives, as well as the health and well-being of adults, while developing a community of older learners.

Established in 2009 and offering diversified courses and activities, the OLLI at URI enjoys a rich relationship with the University. Membership is open to anyone fifty years of age or better. Whether teaching, learning, playing, or exploring, OLLI members constitute a vibrant lifelong learning community.


The OLLI at URI is part of the national network of Osher Lifelong Learning Institutes funded by the Bernard Osher Foundation. Closer to home, OLLI has ties with local community and civic organizations. OLLI members are essential in shaping, managing, and leading the organization.

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## HELP US SPREAD THE WORD ABOUT OLLI!

Do you belong to a group or organization that might want to know more about OLLI? We would love to come speak about our OLLI program! Email [OLLI@URI.EDU](mailto:OLLI@URI.EDU) or call 401.874.4197.



**UNIVERSITY OF RHODE ISLAND**

*A Community of Learners*  
ages **50+**

*Stay Curious*

OSHER LIFELONG LEARNING INSTITUTE

**URI.EDU/OLLI**



**Don't miss a thing!**

Are you getting the OLLI weekly news?



Weekly emails are sent every Monday morning. Stop in the office if you would like to be added to our email list.

## *From the Director*

It's the time of year when you are probably thinking about ways to improve yourself and your well-being. If you are looking for a resolution that benefits your mind, mental health, and social life our OLLI community at URI is the place to be. The New Year is the perfect time to write your own story with new learnings, experiences, and new friends.

For starters consider focusing on your health and well-being. Begin the Winter months joining OLLI friends on an outdoor hike, discussing movies, books, and current events. You may choose to enroll in classes pertaining to fashion, poetry, gardening, innovations in Health, living your values, and learning the importance of sleep.

You can stretch your mind by diving into courses such as Shakespeare, French, composers of the 19th century, the Gilded Age, Japanese Incarceration in WWII, and Art History.

To complement our offerings, we are pleased to introduce Osher Online created to expand member access, institute collaboration, and sharing between other OLLIs across the country. You can enjoy this program from the comforts of your own home.

Everyday is a new adventure at OLLI. Let's continue to celebrate our 15th Anniversary and create new stories!

All the best,

*Beth Leconte*

Director, OLLI at URI

# THANK YOU volunteers



A **BIG Thank You** to all of the OLLI volunteers. Their willingness to volunteer their time and skills has made a significant impact on OLLI. Their efforts are truly appreciated, and we are incredibly grateful to have such a fantastic team of volunteers.

### **ADVISORY COUNCIL**

Paul Gricus, Chair  
Steve Berardo  
Phil Clark  
Joan DeFinis  
Jennifer Demeter  
Joanne Gemma  
Debbe Hayes  
Karen LaPointe  
Louise Paquin  
Eric Schonewald  
Jet Vertz

### **FINANCE COMMITTEE**

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Michael Pesta  
Nicole Spaulding

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Mary Cole  
Kathleen Gallichio  
Linda Gatewood  
Paula Grey  
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CJ Menard  
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Judy Zarrella

### **TECHNOLOGY COMMITTEE**

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Mary McAuley  
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### **PROGRAM COMMITTEE**

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Gale Eaton  
Emilia Gozalez-Torpey  
Krystyna Kasman  
Marie Lupino  
Lori Pivarnik  
Marie Schwartz

### **OFFICE VOLUNTEERS**

Jean Anderson  
Cobi Bush  
Sally Levesque  
Marie Lupino  
Susan McMullen  
Debbie Murphy  
Marge Nozzi  
Cindy Pacheco  
Michael Pesta  
Lorraine Rappoport  
Nicole Spaulding



# OLLI *Special Interest Groups & OLLI Extras*

All Special Interest Groups are FREE with Your OLLI membership.  
Registration is required. URI.EDU/OLLI

## BOOK GROUP

Meets the third Friday of each month at 1:00PM at OLLI. Book selections are available on our website: URI.EDU/OLLI

**Facilitator:** Deb Kopech  
debkopech@gmail.com

## BOWLING GROUP

Interested in bowling? This group meets on Wednesdays at 12:30PM at Old Mountain Lanes in Wakefield.

**Facilitator:** Peter Stetson  
petestetson8@gmail.com

## COSMIC QUESTIONS

Join us as we dive into the question, "Are we god's laboratory? Is life on Earth the only life in the universe?" Please note: This group will discuss only scientific facts— not religion or politics. Meets on Thursdays from 1:00PM-2:30PM

**Facilitator:** Krystyna Kasman  
krystyna\_kasman@cox.net

## CREATIVITY AND PLAY

Meets the second Thursday of the month at 10:00AM to pursue fun, play and creativity. Details of events and locations emailed to those who register.

**Facilitator:** Sandra Enos  
sandra.l.enos@gmail.com

## CURRENT EVENTS DISCUSSION

This drop-in discussion group meets weekly on Thursdays from 11:00AM-12:30PM in the first floor conference room.

**Facilitator:** Bob Bianchini  
riok@cox.net

## CYBER SENIORS

Provides FREE technology support and training for OLLI members. Resumes in late January.

## GREAT DECISIONS

Join other OLLI members for a series of world affair discussions based on the Great Decisions program of the Foreign Policy Association. Different topic each month. Register for each session separately

**Facilitators:** Jim Findley  
jim@findleyassociates.com  
and Emilia Gonzales Torpey  
etorpey@verizon.net

## HIKING GROUP

Hiking Group meets weekly on Wednesdays at 1PM. Improve your health; make new friends while exploring our South County area. Walks generally last 90 minutes. Register online and each week you will receive an email for the location.

**Facilitators:** Cindy Opaluch  
cindyopaluch@gmail.com  
& Sara Nelson  
saramay51@hotmail.com

## MAH JONGG

Do you like to play Mah Jongg? Join this group on Thursdays at 1:00PM in the OLLI lobby.

**Facilitator:** Cobi Bush - bcobi@verizon.net

## MOVIE GROUP

Join us on the second Thursday of the month at 3:00PM at OLLI to discuss the latest movies which are available in theaters or streaming. On occasion, we may view a film on site.

**Facilitator:** Marylen McKenna,  
marylen7586@gmail.com

## OLLI SERVES

This OLLI initiative is intended to "give back" to the URI community and other organizations. Future projects might include local non-profit groups to share their mission and how OLLI members might be involved.

## LET'S TALK TECHNOLOGY

The Tech Committee invites you to join in a monthly conversation technology. Topics change each month. Meets the last Thursday of each month on Zoom at 11:30AM. Register for each session separately.

## PHOTO FRIDAY

Do you like taking pictures with your camera or phone? Join our Photo Friday Group! Each month you will be given a different prompt to photograph and submit. Photos will be shared and discussed during a monthly Zoom meeting. The group meets the first Friday of each month at 10AM.

## RHODY RAMBLERS

Looking for a short outing with a snack to follow? Join the Rhody Ramblers for an afternoon adventure. Walks last about half an hour at a leisurely pace over accessible paths, followed by a coffee or a snack at a nearby destination. The number of Ramblers will be limited to ensure that everyone can keep up with the group and be accommodated by a local coffee shop.

## **Facilitators:**

Brenda Bibb  
bjgbibb@hotmail.com  
& Marian Goldsmith  
mariango10@verizon.net

## WRITER'S GROUP

Meets the first Friday of each Month at 1PM via Zoom. Join us online and share your writings, listen and learn from others, and most importantly have a good time.

**Facilitators:** Susan Berman  
susanb99@yahoo.com & Gale Eaton  
egeaton@gmail.com

## CURRENT EVENTS

### Sports

[The Iditarod: Alaska's Last Great Race](#) ..... 32

## HISTORY & GOVERNMENT

### Rhode Island

A Gilded Age Tale of Murder, Money and  
[Madness](#) ..... 27

Forest Fire Fighting in Rhode Island ..... 18

From Temperance to Tempest: Prohibition on,  
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Pirates, Privateers, and Buccaneers of  
Rhode Island ..... 24

The Life and Times of Oliver Hazard Perry ..... 26

The Newport & Wickford Railroad and  
Steamboat Company ..... 19

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### U.S. History

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Mash for the Millennium ..... 11

Slavery and the Creation of the  
U.S. Constitution ..... 11

Where Were You in the '60s early 70's When...? ... 27

### World History

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Childhood- [Osher Online](#) ..... 40

Southeast Asia ..... 25

## HUMANITIES

### Arts

A History of the English Language ..... 14

Color and Symbolism in Art History  
- [Osher Online](#) ..... 23

Fashion East and West ..... 33

Fashion in the Gilded Age ..... 20

### Film

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Sing the Marseillaise: Screening

Nationalism ..... 11

### Foreign Language

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### Literature

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Let's Fall in Love with Modern Poetry ..... 31

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Writing a Legacy Letter ..... 34

Will Power: Surviving (and Enjoying)

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Community Kitchen ..... 23

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Improvisational Comedy ..... 17

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Live Your Values: Crafting Your Personal Bucket List ..... 22

Navigating the Financial Maze of Divorce ..... 38



The OLLI Book Group meets the third Friday of each month at 1:00PM. Meetings are held in the first floor conferenc room. Register online or call 401-874-4197.

**January 17**  
*James*, by Percival Everett

**February 21**  
*The Women*, by Kristin Hannah

**March 21**  
*Remarkably Bright Creatures*, by Shelby Van Pelt

**April 18**  
*Tom Lake*, by Ann Patchett

**May 16**  
*Solito - A Memoir*, by Javier Zamora



**MEMBERSHIP INFORMATION**

Your membership must be valid throughout the duration of the classes you register for. If you're not sure of your renewal date, call the office at 401-874-4197.



**Rhode Island’s Forests and Fire Ecology, Past & Present**

1 Session with Fern Graves  
 Mon, Jan 13  
 10:00 AM - 11:30 AM  
 Max: 45 \$15.00

Explore the ecological history of Rhode Island’s forests, the relationships between forests and fire ecology, and implications for the future of forests in southern New England.

**Fern Graves** is the forest stewardship program coordinator for the RI Department of Environmental Management’s Division of Forest Environment. She has a B.S. in forestry with an emphasis in forest biology from Auburn University, an M.S. in entomology from Penn State, and is a certified ecologist through the Ecological Society of America.

**Fabulous Fingers: Part II**

5 Sessions with Kirsten Mitak  
 Mon, Jan 27, Feb 3, 10, (skip 17), 24, Mar 3  
 11:00 AM - 11:55 AM Max: 16 \$50.00

Have you completed Fabulous Fingers: Basics of Piano at OLLI or do you have other piano experience and can read the grand staff using both hands? Join us as we progress through more group lessons covering keyboard skills and musicianship in the comfort of the URI keyboard lab, where you will use headphones to practice and play. We will work on sight reading, repertoire, keyboard technique, simple improvisations, and fundamental music theory.



tions, and fundamental music theory.

**Prerequisites:** Fabulous Fingers or previous piano experience.

**Required text:** Nancy and Ronald Faber: *Adult Piano Adventures All-In-One Piano Course Book 1* (FJH Mu-

sic Co., 2016). [Available on Amazon.](#) Also available at the URI Bookstore.

**Note:** This class will be held at the URI Keyboard Lab, URI University Club, 95 Upper College Road. Parking for this class will be in the Fine Arts Lot (staff side #6).

**Kirsten Mitak** has been a member of the URI music faculty since 2013, where she currently teaches various piano classes. She has maintained a private teaching studio of piano students of all ages for over 25 years. She is director of music at Saints John & Paul Church in Coventry, where she conducts a children’s choir and an adult choir. She holds a B.S. in music education from Rhode Island College, and master’s and Ph.D. in music education/piano pedagogy from Florida State University.

**Practical and Proven Suicide Prevention Training**

1 Session with Rob Harrison  
 Mon, Jan 27  
 9:30 AM - 11:00 AM  
 Max: 30 \$15.00



We are in the midst of a global mental health crisis and people of all ages need help. QPR (Question. Persuade. Refer.) is

a community level evidence-based training program that has proved effective in teaching any adult age 17 or older to recognize someone who might be considering suicide and take the appropriate measures to get help. Just like CPR, QPR is an emergency response to someone in crisis. Participants are certified as “Gatekeepers” for 2 years.

**Rob Harrison**, a 1963 U.S. Naval Academy graduate, was an engineer on nuclear submarines for six years and an instructor at submarine school for one year. He earned his M.D. at Temple University School of Medicine in 1974. His residency was in family practice. He served as attending staff at the U.S. Naval Hospital at Camp Pendleton, was Westerly Hospital emergency department staff for 18 years and surgical assistant for 15 years. An instructor for Youth Mental Health First Aid and QPR Institute, he is currently suicide prevention coordinator for Yale New Haven Health.

## Slavery and the Creation of the U.S. Constitution

3 Sessions with Mark Burnham

Mon, Jan 27, Feb 3, 10

10:00 AM - 11:30 AM Max: 45 \$40.00



We will take an in-depth look at the five months in 1787 when Continental representatives in Philadelphia, led by George Washington, created what would become our Constitution and

how the institution of slavery and the international slave trade directly influenced that document's language. We will explore how the various compromises in favor of slavery in the Constitution influenced life in American society, led to the Civil War, and left a legacy of racism still infecting the United States today.

**Mark Burnham** is a former Rhode Island trial attorney. He has been involved in guiding tours at the Stephen Hopkins House in Providence, RI. (Hopkins was a former governor who signed the Declaration of Independence on behalf of RI.) He has also led the Center for Reconciliation's walking tour of College Hill describing the 300-year involvement of RI in the international slave trade. He is currently a tour guide and trustee at Smith's Castle in Wickford, where he helped to develop their "Lost Voices" tour, which focuses on the stories of the enslaved men and women who lived, worked, and died there during the Colonial period. He has also lectured there on topics such as the practice of law in colonial Rhode Island.

## Sing the Marseillaise: Screening Nationalism

2 Sessions with Edward Benson

Mon, Jan 27, Feb 3

2:00 PM - 5:00 PM Max: 25 \$35.00

In the film *Grande Illusion*, the Marseillaise is sung early, but the emotion it evokes is offset by the hard-bitten attitudes displayed by the French captives in the German POW camp. There is no such effort to weaken the song's impact in *Casablanca*. It's been said that audiences all over the U.S. rose to their feet during the performance. We'll view the films and explore the implications for the display and experience of nationalism in contemporary democracies.

**Edward Benson** has taught French and film courses for 40 years, at URI in the 1970s as well as at the University of New Mexico, University of Connecticut,

and Western Illinois and Central Missouri universities. He served as department chair at Western Illinois and Central Missouri universities, as superintendent of beginning French courses at the University of New Mexico, and as superintendent of critical languages at the University of Connecticut. He has also published almost 20 articles on film and history, in journals like *Film and History* and *Literature/Film Quarterly*.

## Mash for the Millennium

1 Session with Michael McCarten

Mon, Feb 17

10:00 AM - 11:30 AM

Max: 45 \$15.00

WATCH CLASS  
PREVIEW

Video



A now retired U.S. Navy physician describes the state of battlefield medicine in the 21st century. His presentation centers about the care provided to, and the evacuation of, casualties from Kandahar Airfield in southern Afghanistan.

**Warning:** There will be some disturbing images in the talk.

**Mike McCarten** earned his medical degree in 1983 and on graduation was commissioned a lieutenant in the United States Navy, beginning a 30-year career that led to travel to 24 countries on 5 continents, including command of the NATO trauma hospital in Kandahar, Afghanistan, overseeing 500 U.S. Navy, Army, Air Force, and NATO medical personnel. He retired from the Navy in 1983 and from clinical medicine in 2023. A native of Cranston, he now resides in Charlestown, RI.



## MOVIE GROUP

Meets the second Thursday of the month to discuss the latest movies which are available in theaters or streaming. And on occasion, we may view a film on site. Register online or call 401-874-4197.

Facilitator: Marylen McKenna



**Purpose Driven Retirement**

4 Sessions with Jet Vertz  
 Mon, Feb 17, 24, Mar 3, 10  
 1:30 PM - 3:00 PM Max: 20 \$45.00

How is your retirement going? Do you feel that you have purpose and meaning for whatever you are doing? Are you eager to get up every morning to meet the day? Do you feel good about the legacies that you will be leaving to your children and grandchildren? If your answer to any of these questions is "No," this workshop is for you. We will go through a methodical process to develop personal and customized meaningful things for you to do during your retirement.

**Suggested reading:** Jet Vertz: *Purpose Driven Retirement.* [Available from Amazon.](#)

**Jet Vertz** served as a U.S. Naval Officer during the Vietnam War era and worked 44 years in the aerospace business. He was vice president at Pratt & Whitney Aircraft until his retirement. Jet's been an OLLI instructor since 2013 and has taught Purpose Driven Retirement, History & Future of Automobiles, Histories and Mysteries of Aviation, Global Warming, Green Energy Systems, and Computer Fundamentals.

**Will Power: Surviving (and Enjoying) Shakespeare**

2 Sessions with Thomas Santos  
 Mon, Feb 17, 24  
 2:00 PM - 3:30 PM  
 Max: 30 \$35.00

This course is for people who are new to Shakespeare or just generally put off by the Bard. We will look at aspects of Shakespeare's writing (language, style, and stagecraft) that will help us get the most out of his plays. This plan is designed to put aside any preconceived notions about Shakespeare's plays and start enjoying his work via video and historical recordings. Discussion, including relating personal experiences, is always encouraged.



**Thomas Santos** is retired from the U.S Department of State where he served as a regional English language officer. He served at embassies in Kyiv, Moscow, Seoul, Brasilia, Baghdad, and Manama, Bahrain. Previously, Thomas taught educational linguistics and classroom practice at the SIT Graduate Institute in Brattleboro, VT. He holds an M.A. in language teaching and an M.F.A. in theatre. (He used to be a professional actor.)

**Sleep, Nature's Soft Nurse**

1 Session with Renae Martin  
 Mon, Feb 24  
 10:00 AM - 11:30 AM  
 Max: 45 \$15.00



Nature provides us an amazing daily balm for being mentally sharp, managing stress, and enhancing our immune systems, so we can live our most invigorated lives. It is sleep. Yet life in today's world threatens the restorative quality and quantity of sleep with damaging consequences to our health. In this session, we will explore the stages of sleep, their functions, and how each stage benefits your health. Most importantly, learn the simple actions that you can take to improve your quality and quantity of sleep... and finally, catch those zzzzzZZZZZ's....

**For the first class:** Try to get a good night's sleep, so you can learn as much as possible.

**Renae Martin** is the health and longevity coach and founder at The Wellness Flame, LLC in Narragansett. She is a certified holistic nurse and certified health and wellness nurse-coach by the American Holistic Nurses Credentialing Corporation. Renae's background is in cardiac nursing and cardiac rehabilitation at Yale New Haven Hospital, clinical research at the Yale School of Medicine, and community health nursing in RI. She is dual baccalaureate prepared in nursing and exercise physiology. She also holds certifications in advanced Reiki, as a HeartMath practitioner for stress, anxiety, and self-regulation techniques, and is a certified prevention specialist.



**Online registration begins Tuesday, December 17, at 7:00AM**

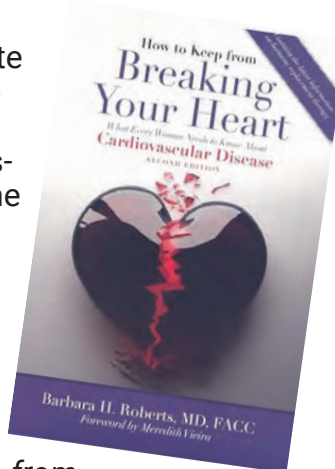
## What Every Woman Needs to Know About Cardiovascular Disease

1 Session with Barbara Roberts  
 Mon, Mar 3  
 2:00 PM - 3:30 PM  
 Max: 45 \$15.00

Women are at least ten times more likely to die of heart disease than breast cancer but few women realize this. Women with heart disease may present with different symptoms from men, they may not benefit from treatments to the same extent as men, and their risk factors for developing heart disease may differ from those of men. This course will give you the tools to keep your heart healthy.

**Suggested reading:** Barbara H. Roberts: *How to Keep from Breaking Your Heart: What Every Woman Needs to Know About Cardiovascular Disease*, ed. 2 (Jones & Bartlett, 2008).

**Barbara Roberts** is a graduate of Barnard College and Case Western Reserve School of Medicine. She is a clinical associate professor of medicine emerita at the Warren Alpert Medical School of Brown University. While at the NIH and Brown, she participated in studies examining the effect of cholesterol-lowering drugs on heart disease. She is the author of *How To Keep from Breaking Your Heart: What Every Woman Needs to Know About Cardiovascular Disease*, *The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs*, and *The Doctor Broad: A Mafia Love Story*.



*Join us for coffee in the lobby!*

We are so happy to see so many members stopping by the lobby for coffee and to socialize before their class starts! We continue to accept donations of ground coffee, coffee pods, cups and cash. Thanks for your support!



Both current and new members are invited to attend and learn about all OLLI has to offer.

We'll review our current programs, and our special interest groups all while exploring and becoming more familiar with the OLLI website and registration software.

Plenty of time for Q & A Coffee & door prizes too!

- Tues, Jan 7, 1:00 PM
- Mon, Feb 10, 1:00 PM
- Wed, Mar 12, 11:00 AM



## Creativity and Play

Meets the second Thursday of each Month at 11:00AM. Details of events and locations emailed to those who register. This OLLI special interest group meets once a month, in person for up to two hours to pursue fun, play, and creativity. There is so much talent in the OLLI member population for fun making. We see this in the OLLI faculty and in the interest of our members.

Facilitator: Sandra Enos



# Listening to Ourselves



Lean in, ground yourself, and find your way to navigate through such challenges with healthy boundaries based on the latest neurological research, attachment theory, nonviolent communication, and studies of internal family systems.

## Listening to Ourselves

5 Sessions with Chaia May  
Tue, Jan 14, 21, 28, Feb 4, 11  
11:00 AM - 12:30 PM  
Max: 12 \$50.00

Anxiety and other challenging emotions can be our allies by informing us that we might need more space, time, or self-care before we default to giving in to others. If called upon with curiosity instead of judgment, such feelings can amplify the voice of our unmet needs. Lean in, ground yourself, and find your way to navigate through such challenges with healthy boundaries based on the latest neurological research, attachment theory, nonviolent communication, and studies of internal family systems.

**For the first class:** Familiarize yourself with the list of needs in Rosenberg's book *Nonviolent Communication*, pp. 1-16.

**Required text:** Marshall B. Rosenberg and Deepak Chopra: *Nonviolent Communication: A Language of Life* (PuddleDancer Press, 2015).

### Suggested reading/viewing:

Brenne Brown: *Atlas of the Heart* (Random House, 2021)

Henry Cloud: *Healthy Boundaries, text and workbook* (available on Amazon)

Richard C. Schwartz: *No Bad Parts* (Sounds True Adult, 2021)

Jumana Sophia: *Four Types of Anger* (youtube video)

Jumana Sophia: *Welcoming in the Wisdom of Anxiety* (youtube video)

**Chaia May** has a B.A. in intercultural communication from Wellesley College and an M.A. in applied communication theory from Stanford University, where she developed a social-emotional curriculum for young children which she later applied to her religious, museum, recreational, music and social skill education programs. Personal growth has led her to complete further work in coaching and teacher training through programs that incorporate techniques drawn from Active Listening, Reichian work, Mindfulness, The Enneagram, the Human Awareness Institute (H.A.I.), and the Landmark Forum.

## A History of the English Language

3 Sessions with Thomas Santos  
Tue, Jan 14, 21, 28  
1:00 PM - 2:30 PM  
Max: 30 \$40.00

Let's take a jaunt through more than one thousand years of linguistic history. We will look at English as it developed from Anglo-Saxon or Old English through Middle English.

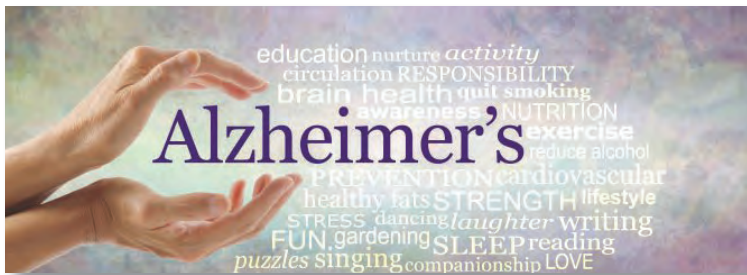


We'll also cover the revolution of Early Modern English literature with a focus on William Shakespeare and the dictionary movement. Finally, we'll study the transition to Modern English and on

into the 19th and 20th centuries. We will dip into the rhyming argot of Victorian England, the spread of English around the world, and the "Englishes" that exist today. Each session will provide activities that will uncover why we speak as we do.

**Thomas Santos** is retired from the U.S Department of State where he served as a regional English language officer. He served at embassies in Kyiv, Moscow, Seoul, Brasilia, Baghdad, and Manama, Bahrain. Previously, Thomas taught educational linguistics and classroom practice at the SIT Graduate Institute in Brattleboro, VT. He holds an M.A. in language teaching and an M.F.A. in theatre. (He used to be a professional actor.)





### Alzheimer's Disease: Drugs, Diagnostics, and Controversies

4 Sessions with Robert Martone  
Tue, Jan 14, 21, 28, Feb 4  
3:00 PM - 4:30 PM  
Max: 45 \$45.00

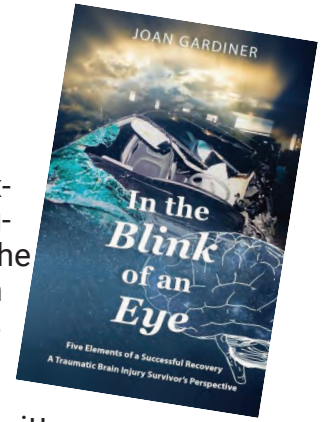
Millions are afflicted with Alzheimer's disease, and nearly everyone has been touched by it in some manner. While Alzheimer's disease statistics are sobering, research in the field has never been more dynamic. Learn what is known about Alzheimer's disease, including some serendipitous discoveries that involved roundworms and cannibals. Participate in an exercise to discover how drugs are selected and developed. Learn about improvements in diagnostics and the emergence of new therapies that have brought with them new controversies. Join us to discuss such issues as who should be tested and when, and how to ensure equitable access to therapies.

**Robert Martone** is a research scientist with expertise in neurodegeneration, neuro-oncology, biomarkers, and drug discovery. He investigated hereditary neuropathies and the molecular biology of the blood-brain barrier at Columbia University and subsequently managed a portfolio of drug discovery programs at Wyeth Neuroscience targeting Alzheimer's and Parkinson's diseases. He was the neuroscience therapeutic area lead for the Covance Biomarker Center of Excellence, and later established a protein biomarker laboratory at St. Jude Children's Research Hospital. More recently, he was director of pre-clinical research at Cognition Therapeutics, and later supported biomarker and diagnostics efforts at Biogen. He is currently scientific discipline director for neurology at Labcorp.

### In the Blink of an Eye - Surviving a Traumatic Brain Injury

1 Session with Joan Gardiner  
Tue, Jan 28  
1:00 PM - 2:30 PM  
Max: 45 \$15.00

Joan Gardiner will share her experience as a survivor of a traumatic brain injury (TBI) when she was injured in a car accident in October 2001. She will discuss her recovery and the five factors she believes were critical to its success. Joan has also written a book that details those factors and will talk about the process of writing and publishing her book.



**Suggested reading:** Joan Gardiner, *In the Blink of an Eye: Five Elements of a Successful Recovery. A Traumatic Brain Injury Survivor's Perspective* (Kindle Publishing, 2021). Available in paperback at Wakefield Books or in paperback or Kindle format through Amazon.

**Joan Gardiner** has a B.A. in economics from Colorado State and a master's in finance from Bryant University. She gives an annual talk about TBI awareness at Monsignor Clarke School and has talked at three other schools in the past. She was on the board of the Brain Injury Association of RI from 2005 to 2013. Joan lives in South Kingstown, RI with her husband of 32 years, Tom. They have three children.



Come share your writings, listen and learn from others, and most importantly have a good time. Writers Group is currently meeting the first Friday of each Month at 1pm online via Zoom. Registered members will receive the meeting link.

Facilitator: Susan Berman.

[Register online](#) or call 401.874.4197.

## TUESDAY

### Families and Aging:

#### An OLLI Intergenerational Course

5 Sessions with Melanie Brasher

Tue, Feb 4, 11, 18, 25, Mar 4

11:00 AM - 12:15 PM

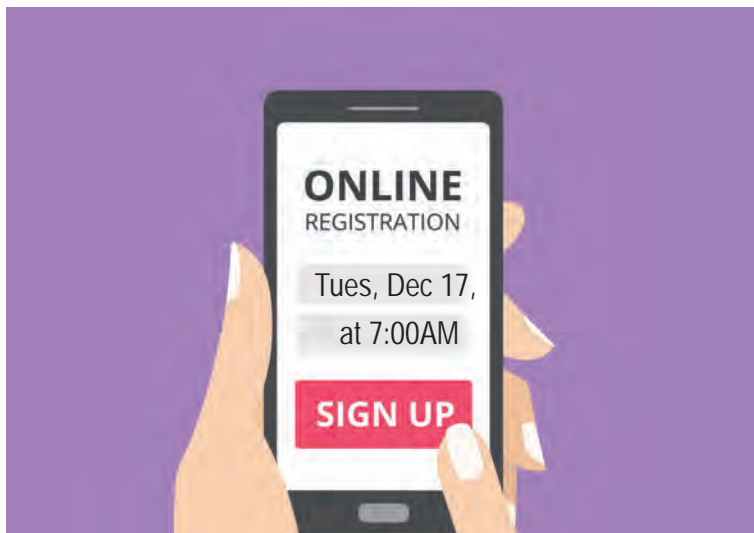
Max: 15 \$50.00

Location: Quinn Hall, Room 103

This course focuses on family and interpersonal relationships among middle-aged and older adults. OLLI members and URI students will come together during each class session to discuss course topics such as intimate ties and marriage; being single, partner loss, and new relationships; intergenerational relations; and grandparenting. The URI students will be taking part in a class that is cross listed between the Human Development & Family Science and Sociology departments, called HDF/SOC 431: Families and Aging. Each week all students will be assigned readings and in class, after an overview of the topic, the two generations of students will engage in small group discussion.

**Suggested reading:** Registered participants will receive the suggested reading materials via email prior to each week's class.

**Melanie Brasher** is an associate professor of sociology at URI. She has a Ph.D. in sociology from Duke University. At URI she has taught courses on gerontology, family, demography, and research methods. Melanie lives in North Kingstown with her spouse and two young children. In her spare time, she loves to watch reality TV and read historical fiction. She also loves to learn about new ideas for productivity, home organization, and personal knowledge management.



### A Sip Says It All

1 Session with Stephen & Suzanne Capizzano

Tue, Feb 4

1:00 PM - 2:30 PM

Max: 40 \$15.00

Taste the difference between high-quality extra virgin olive oils and aged balsamic vinegars and their more generic counterparts. Did you know there is a difference?

*Capizzano*  
OLIVE OILS & VINEGARS



You will be able to discern the difference through the aroma and flavor. We'll experience the olive oil on food and aged balsamic vinegar in a refreshing drink.

**Note:** Please do not wear perfumes or colognes so everyone can experience

the nose and flavor notes of the olive oils and vinegars.

**Suzanne and Stephen Capizzano** are the owners of Capizzano Olive Oils & Vinegars in Pawcatuck, CT, which sells extra virgin olive oils and balsamic vinegars from around the world. They are both on the health, nutrition, and education core team that is part of Yale University's olive institute in the School of Public Health.

**Stephen Capizzano** has an M.S. in health administration from New England College and is a board examiner of the Malcolm Baldrige Performance Excellence Recognition Award.

**Suzanne Capizzano** has a B.S. in education and workforce development from Southern Illinois University, a degree in physical therapy from Becker College, and 20 years of experience as a physical therapist. She is certified as a Qigong teacher, 3rd duan by Beijing Sports University and as a patient advocate by Cleveland State University. She is also a board examiner of the Malcolm Baldrige Performance Excellence Recognition Award. As an experienced health professional in physical therapy and cardiac rehabilitation, Suzanne knows well the specific benefits of living the Mediterranean lifestyle by choosing high quality extra virgin olive oils, legumes, vegetables, and fish.



**Improvational Comedy**

6 Sessions with Noreen Mahoney  
 Tue, Feb 4, 11, 18, 25, Mar 4, 11  
 3:00 PM - 4:30 PM  
 Max: 15 \$55.00



Learn about American improvisational comedy as most commonly seen on TV's *Whose Line Is It Anyway?* Once you understand the five basic tenets of improv comedy and do some mild warmup exercises involving vocals and movement, you will be able to participate in games often used in performance. Emceeding of games will also be taught in this beginner class. No comedy or acting experience is necessary.

**Noreen Mahoney** is a 1988 theater arts graduate of SUNY New Paltz. In 1990, she formed the first all-female improv comedy troupe in NYC called Shirley You Must Be Joking, which performed at the NY Comedy Club on Manhattan's East Side and many other venues in and around the tri-state region from 1990-1994. In 2009, she began teaching at camps and classes for middle-school-aged children, and adult classes (beginner to advanced performance) from 2010-2019. She formed the troupe Say Anything! and directed them in performances in NY and CT for 8 years.

**The Two Most Significant American Composers of the 19th Century: Foster and Gottschalk**

4 Sessions with Lloyd Kaplan & Tom Shaker  
 Tue, Feb 18, 25, Mar 4, 11  
 11:30 AM - 12:30 PM  
 Max: 45 \$45.00

Unlike their contemporaries who created music in the European tradition, Stephen Foster and Louis M. Gottschalk created music in an American-sounding style that became very popular, both at home and abroad.

The music of both composers was not only game-changing but was also highly accessible to modern audiences. Their music will be heard via CDs and videos.



**Lloyd Kaplan** earned an M.A.T. at Brown University and established the jazz studies program at CCRI where he is professor emeritus. Lloyd has authored various books about music and music history including *Who's Who in Rhode Island Jazz: c 1925-1988*. As a professional musician he led the Rhode Island-based swing band *The Aristocats* for decades. As a jazz educator he was inducted into the Rhode Island Music Hall of Fame (2018). He was inducted into the URI OLLI Hall of Fame in 2023 and continues to teach many courses in music history.

**Tom Shaker** has spent over 30 years as a college professor, teaching courses in video and film production, media, music history, news writing and reporting, sports announcing, and public speaking. He is the co-author of *A Treasury of Rhode Island Jazz & Swing Musicians* (2016) and, with Lloyd Kaplan, *In Harmony: Early Vocal Groups: Remembered & Celebrated* (2020). Tom also co-produced the award-winning documentary film *Do It Man: The Story of the Celebrity Club* (2018). He is a contributor to RhodyRadio, producing podcasts covering jazz, vocal groups, and Rhode Island diner history. For the past 18 years Tom has been the host of "The Soul Serenade," a classic soul and funk show on NPR affiliate station WICN in Worcester, MA. Beginning

## Join the Bowling Group



Join OLLI at Old Mountain Lanes in Wakefield on Wednesdays, at 12:30PM. Enjoy non-league social bowling with other OLLI members.

\$3 per game/\$1.00 shoe rental.

[Register online](#) or call 401-874-4197.



## TUESDAY

### Beginning French for Travel

4 Sessions with Edward Benson

Tue, Feb 18, 25, Mar 4, 11

2:00 PM - 3:30 PM

Max: 20 \$45.00

We'll become familiar with the French language as spoken on the streets of Paris. We will touch on the four skills (listening, speaking, reading, and writing), in four presentations on successive weeks. Between classes students will be encouraged to read the presentations of language in new situations and try to do the exercises on their own. The instructor will try to keep the conversation in the target language, although the initial explanations will doubtless have to be in English. Much of the class time will be devoted to practicing

interactions among participants, with the instructor circulating to explain and answer questions.

#### Assignment for the first class:

During the first class session, we will read the prefatory material to *French in Action* and Lesson 1 (pages 1-x & 7-12). Thereafter we will do a lesson per week.

**Required text:** Pierre Capretz (Author), Marie Odile-Germain (Contributor), Beatrice Abetti (Contributor), *French in Action: A Beginning Course in Language and Culture: The Capretz Method: Textbook 2nd Edition* (Yale University Press, 1994)

**Edward Benson** has taught French and film courses for 40 years, at URI in the 1970s as well as at the University of New Mexico, University of Connecticut, and Western Illinois and Central Missouri universities. He served as department chair at Western Illinois and Central Missouri universities, as superintendent of beginning French courses at the University of New Mexico, and as superintendent of critical languages at the University of Connecticut. He has also published almost 20 articles on film and history, in journals like *Film and History* and *Literature/Film Quarterly*.



### Fire Fighting in Rhode Island

1 Session with Anne Holst

Tue, Feb 25

9:30 AM - 11:00 AM

Max: 45 \$15.00

Learn about the development of firefighting techniques over the past 70 years, when Rhode Island experienced a rapid growth in developing effective systems to fight a series of damaging forest fires. The fire tower observation system was built, a state-wide forest plan was written and implemented, and experiments in the use of radio in firefighting led to today's equipment.

**Anne Holst** is a native Rhode Islander, steeped in history as a descendent of Roger Williams and other illustrious figures. A graduate of URI, she was the first female game warden in RI (now called Environmental Police). (Her mother was the first female fire chief in the world.) In 2000, her family home became the Clouds Hill Victorian House Museum, of which she is board president and curator. She has written numerous booklets about less-known facets of R.I.'s history and landscape. She also writes for the website [smallstatebighistory.com](http://smallstatebighistory.com) and does lectures and presentations on R.I. history and Victorian aspects of daily life, especially for assisted living residences and senior groups.



## OLLI LENDING LIBRARY TAKE ONE OR LEAVE ONE!

Looking for something to do with your old books or looking for a new read? Stop by the OLLI LENDING LIBRARY in the lobby! Bring some books or take some books!

**The Newport & Wickford Railroad and Steamboat Company**

1 Session with Brian Wallin  
 Tue, Mar 11  
 9:30 AM - 11:00 AM  
 Max: 45 \$15.00

The Newport & Wickford Railroad and Steamboat Company was built in 1870 by a group of wealthy New York and Rhode Island men who summered in Newport and wanted a convenient route from New York City. They created a quirky little 3-1/2-mile connection from the main line railroad to Wickford harbor, where passengers boarded a company-owned ferry for a comfortable ride across Narragansett Bay to Newport. This tale traces the life of the line until it was ultimately abandoned by the New York, New Haven and Hartford Railroad. We'll also touch on the Seaview Electric Railroad, the shoreline trolley route that ran to Narragansett Pier and crossed paths with the N&W in Wickford village.



**Brian L. Wallin** is a graduate of Stonehill College and earned his master's degree from American International College. He is a former radio-television reporter-anchor and a retired hospital administrator (vice president, Kent Hospital). A member of the U.S. Naval Institute, he is also a docent at the Naval War College Museum and a narrator for the RI Fast Ferry Lighthouse Cruises. He is a recognized author and historian and a frequent lecturer throughout the state. He is co-author of *World War II Rhode Island* (History Press, 2017).

**register for PARKING**

★★★★★

Parking is FREE for OLLI members!

You only need to register your vehicle once during the academic year (Aug-July).

Parking permits are virtual, no stickers are provided. All permits expire on July 31.

Only one vehicle per member may be registered. If you bring a different vehicle to campus or your license plate number changes, you will need to log into your parking account and update the vehicle information prior to parking your car.

Parking permit is only valid for Lot #21, (Staff/ Faculty Lot) outside our building at 210 Flagg Rd., Fine Arts Center Lot #6, Plains Rd Lot #25 Do not park across the street in lot #20. This is for resident students only.

Call the OLLI office for assistance in registering your vehicle at 401.874.4197.



**THE CURRENT EVENTS DISCUSSION GROUP** is a free drop-in group, which meets every Thursday at 11:00AM at OLLI. Members will come together for lively discussions on local, state, national, and worldwide topics. This group will be encouraged to share interesting articles, photos, and other content related to current events, and urged to share their own thoughts and ideas in a respectful manner. You can register online or call 401.874.4197. Registration does not mean a weekly commitment. It is meant for easier communication.

**DID YOU KNOW?**

**INTERESTING FACT**

**The Osher Lifelong Learning Institutes, operate on the campuses of 125 institutions of higher education from Maine to Hawaii and Alaska.**



**Sex, Gender, and Public Policy in the Era of Genomics**

3 Sessions with Louise Paquin  
 Wed, Jan 15, 22, 29  
 1:00 PM - 2:30 PM  
 Max: 25 \$40.00



How are sex, gender, and genomics related to each other? In turn, how do these affect public policy at the federal, state, and local levels? Categorization of sex and gender are closely related to health, ethical concerns, and the law in a social context. After some background of biological

complexity, discussion will revolve around the frequently misused phrase “sex assigned at birth.”

**Louise Paquin** holds a Ph.D. from Georgetown University and is a board-certified cytogeneticist (chromosomal). She spent 31 years as a professor at McDaniel College in Maryland, teaching biology, genetics, advanced genetics courses, and bioethics. Now having retired and returned to her native Rhode Island, she has offered several OLLI courses.

**Diabetes 101**

1 Session with Robyn Perry  
 Wed, Jan 15  
 3:00 PM - 4:30 PM  
 Max: 45 \$15.00

We will review diabetes basics and learn about the signs and symptoms of diabetes, the difference between Type 1 and Type 2 diabetes, treating diabetes, and basic diabetes self-management skills to avoid acute/severe and/or long-term complications of diabetes and medications, and meal planning to manage or prevent diabetes (prediabetes).



Suggested Reading: American Diabetes Association website: Topics under “Life with Diabetes”: Newly Diagnosed, Living with Type 1, Living with Type 2, Treatment & Care, Diabetes Dialogues, Financial Impact, Traveling, Getting Sick. Click link.  
 American Diabetes Association: Topics under “Food

and Nutrition”: Nutrition Tips, Healthy Eating Tips, Reading Food Labels, Food Security, Live Cooking Classes, Recipes from Diabetes Food Hub®, Diabetes Nutrition Basics, Food & Blood Glucose, Food & Carbs, Meal Planning. [diabetes.org/food-nutrition](https://diabetes.org/food-nutrition)

**Robyn Riley Perry** earned her B.S. in accounting and business management at Salve Regina University and her M.S. in nutrition at URI. She also completed her dietetic internship at URI, where she has taught various courses such as Introduction to Nutrition, Food, Nutrition and People, Nutrition in the Lifecycle II, URI 101 and the Foodservice Management I & II courses. A registered dietitian for 26 years, she earned her C.D.E. in 2000 and is currently the nutrition director for Camp Surefire, RI’s only camp for children living with Type 1 diabetes. She was formerly nutrition manager for a large Head Start and Early Head Start program in RI and continues to serve the agency as a registered dietitian and operations consultant.

**Fashion in the Gilded Age**

1 Session with Rebecca Kelly  
 Wed, Jan 22  
 10:00 AM - 11:30 AM  
 Max: 45 \$15.00



Newport, RI, was a resort fashion capital that propelled New York’s sportswear industry. During the Gilded Age, vibrant “Gibsonesque” women wearing simple shirtwaists and walking skirts for golf, tennis, or driving in Newport became the idealized version of the sporty American woman. More relaxed resort style clothing contributed significantly to a fashion identity separate from that of Paris. Images of the famed clothing and millinery shops along Bellevue Avenue and the stories of the enterprising women who ran them will be showcased.

**Rebecca J. Kelly** is a textile conservator, curator, and fashion historian. Her research interests include America’s Gilded Age. She studies the economies of New England resort cities and investigates the branch expansion of dressmaking shops to cities such as Newport, RI.

**Fabulous Fingers: Part IV**

6 Sessions with Kirsten Mitak

Wed Jan 22, 29, Feb 5, 12, (skip 19), 26, Mar 5

11:00 AM - 11:55 AM

Max: 16 \$55.00

Location: URI Keyboard Lab

Have you completed Fabulous Fingers: Basics of Piano at OLLI or do you have other piano experience and can read the grand staff using both hands? Join us as we progress through more group lessons covering keyboard skills and musicianship in the comfort of the URI keyboard lab, where you will use headphones to practice and play. We will work on sight reading, repertoire, keyboard technique, simple improvisations, and fundamental music theory.

**Prerequisites:** Fabulous Fingers or previous piano experience.

**Required text:** Nancy and Ronald Faber: *Adult Piano Adventures All-In-One Piano Course Book 1* (FJH Music Co., 2016). Available on Amazon Also available at the URI Bookstore.

**Note:** This class will be held at the URI Keyboard Lab, URI University Club, 95 Upper College Road. Parking for this class will be in the Fine Arts Lot (staff side #6).

**Kirsten Mitak** has been a member of the URI music faculty since 2013, where she currently teaches various piano classes. She has maintained a private teaching studio of piano students of all ages for over 25 years. She is director of music at Saints John & Paul Church in Coventry, where she conducts a children's choir and an adult choir. She holds a B.S. in music education from Rhode Island College, and master's and Ph.D. in music education/piano pedagogy from Florida State University.

**The Joy of Singing!**

6 Sessions with Elizabeth Woodhouse

Wed, Jan 22, 29, Feb 5, 12, (skip 19), 26, Mar 5

4:00 PM - 5:00 PM

Max: 15 \$55.00



Do you love to sing? Do you find yourself singing in the car or the shower but don't feel confident singing as part of a group? We will help you find your voice! We will explore breath work and vocal exercises to help strengthen your singing muscles and help you

gain confidence as a singer. You will even have a chance to apply the techniques that you learn to your favorite song.

**Elizabeth Woodhouse** is a choral music educator and conductor with more than 20 years of experience working with choruses across the country. She is founder and artistic director of Newport Sings, a non-profit organization that provides opportunities for youth and adults to discover the joy and power of singing in community. At Newport Sings she conducts Aquidneck Singers, a multigenerational women's chorus, and QUORUS, an LGBTQIA+ chorus for teens and adults. She also oversees the Newport County Youth Chorus programs and leads Community Sing, a weekly singalong program for adults with disabilities. Elizabeth is an artist/teacher professor at URI, where she conducts the University Chorus.

**Award Winning Novels**

3 Sessions with Marylen McKenna

Wed, Jan 29, Feb 19, Mar 12

1:30 PM - 3:00 PM

Max: 30 \$40.00

We'll be getting together to explore, discuss, and enjoy current award-winning novels. Everyone will participate in this collaborative class, with one book each month for three months. We will kick off with the International Booker winner *Kairos* by Jenny Erpenbeck followed by the winners of the National Book Award for fiction and the 2024 Booker Prize winner.

**Required reading:**

- Jan 29-International Booker winner: *Kairos* by Jenny Erpenbeck.
- Feb 19- National Book Award- *James* by Perival Everett
- Mar 12- 2024 Booker Prize- *Orbital*, by Samantha Harvey.

**Marylen McKenna** is a lifetime reader, beginning when she discovered the children's story hour at the Westerly Public Library. She continued as an English major and initiated her first book group for moms in the early 1970s. While her career as library assistant, cataloguer, periodical librarian, and special ed librarian transitioned to business writing and editing in print and for the web, she participated in and led numerous book groups in her different communities.



**From Temperance to Tempest:  
Prohibition on, and Around, Block Island**

1 Session with Janet Dionis  
Wed, Jan 29  
3:00 PM - 4:30 PM  
Max: 45 \$15.00



Prohibition, from 1920 to 1933, has been described as the “noble experiment.” How this national debate played out on the independent isle 14 miles south of Point Judith includes Women’s Christian Temperance Union activism, the Rhode Island State Police’s first raid on Block Island, speakeasies, and mythic tales of rum running.

**Janet Dionis** is the director of the Block Island Historical Society and a former literature teacher.

**Alfred Hitchcock, Cinematic Genius II**

6 Sessions with Paul Stein  
Wed, Feb 5, 12, 19, 26, Mar 5, 12  
1:00 PM - 4:00 PM  
Max: 45 \$55.00

Alfred Hitchcock is regarded as one of motion picture’s greatest directors. We will continue where we left off last semester with six of his greatest films. If you didn’t take last semester’s course, it doesn’t matter. Just come and enjoy some of the best films ever made. After each film, you can stay and join in a discussion about the film and what makes it great. We start with the incomparable Rear Window followed by The Birds, North by Northwest, Notorious, Psycho, and ending with the film rated #1 of all time by Sight and Sound magazine, Vertigo.



**Note:** Before each class students will receive two or three reviews of the film to enhance understanding of the upcoming film that they are about to enjoy.

**Paul Stein** studied film production at the NYU Graduate School of Film. For the OLLI at URI, he has taught several film courses, including Film Appreciation: The Art of Watching Films, Film Noir, The French New Wave, New German Cinema, and the films of Jean Renoir, Alfred Hitchcock, Akira Kurosawa, Federico Fellini, and Ingmar Bergman.

**Live Your Values:  
Crafting Your Personal Bucket List**

1 Session with Renae Martin  
Wed, Mar 5  
10:00 AM - 11:30 AM  
Max: 12 \$15.00

Uncover what really matters to you and create a personalized bucket list that reflects your true passions and aspirations. Whether you’re seeking adventure, personal growth, or meaningful connections, this session offers valuable insights and practical tools for adults looking to realign their life goals, spark creativity, and cultivate a deeper sense of purpose. Take the first step toward living a life that truly reflects your values and dreams and start crafting a future that excites and inspires you! Leave the workshop with at least one strategy to incorporate into your life to pave the way for your dreams to become reality.



**Note:** Bring pen and paper and be prepared to do some writing in this workshop.

**Renae Martin** is the health and longevity coach and founder at The Wellness Flame, LLC in Narragansett. She is a certified holistic nurse and certified health and wellness nurse-coach by the American Holistic Nurses Credentialing Corporation. Renae’s background is in cardiac nursing and cardiac rehabilitation at Yale New Haven Hospital, clinical research at the Yale School of Medicine, and community health nursing in RI. She is dual baccalaureate prepared in nursing and exercise physiology. She also holds certifications in advanced Reiki, as a HeartMath practitioner for stress, anxiety, and self-regulation techniques, and is a certified prevention specialist.

**Make Food Your Business**

1 Session with Lisa Raiola  
Wed, Mar 5  
4:30 PM - 6:00 PM  
Max: 45 \$15.00

Delve into the rich tapestry of local food, foodways, and food sovereignty and discover their significance in shaping communities and fostering sustainable food systems. We will explore how Hope & Main, a food business incubator founded in 2014 in Warren, RI, contributes to eco-



conomic mobility for aspiring entrepreneurs, enabling them to thrive in the competitive culinary landscape while also enriching the local food ecosystem. Such incubators foster innovation, promote food diversity, and enhance community resilience. Gain an appreciation for the intricate relationships among local food production, food entrepreneurship, and community well-being and come away with a renewed sense of the transformative power of food business incubators in shaping a more inclusive, sustainable, and delicious food landscape for all.

**Note:** For first class, bring your favorite packaged food if you are able.

**Assignment for first class:** Bring your favorite packaged food if you are able

**Lisa Raiola, M.P.H.**, is president and founder of Hope & Main, a non-profit with a mission to empower an inclusive community of entrepreneurs to jumpstart and cultivate thriving food businesses that are the foundation of a more just, sustainable, and resilient food future for Rhode Island. Hope & Main provides affordable shared-use commercial kitchens; food-related business and technical assistance; access to markets; and connects members to funding and financing. In the past decade, Hope & Main has launched more than 500 food businesses. These businesses are 60% woman-owned and 45% owned by founders of color. As an engine of economic development, Hope & Main has created thousands of jobs and poured tens of millions into the local food economy. For more information, go to <https://makefoodyourbusiness.org>.

## The Chemical Elements We Need for Modern Technology

1 Session with Frank Puglia  
Wed, Mar 12  
5:30 PM - 7:00 PM  
Max: 45 \$15.00

What are these elements? How were they created and concentrated? Find out how cell phones, electric vehicles, and spacecraft depend on them. This presentation starts with the Big Bang and progresses to modern mining with a lot of supernovas and neutron stars along the way. There is special emphasis on lithium-ion battery materials. Ore samples and meteorites will be available for review.



**Frank Puglia** holds the B.S. and M.S. in chemical engineering from URI. He has been in the battery industry for almost 30 years, of particular note, as the lead designer for all of the batteries for all of NASA's Mars Rovers. He recently returned to URI as an adjunct professor and to complete his PhD. He is a regular presenter at Frosty Drew Observatory covering many NASA missions and technology topics.

**HIKING GROUP** - Improve your health & make new friends while exploring our South County and other areas of Rhode Island on trails maintained by the Audubon Society, RI Department of Environmental Management, the Nature Conservancy and local land trusts. It's a great way to know your beautiful state! Meets weekly on Wednesdays @ 1:00pm throughout the year, unless weather or trail conditions are not suitable for hiking.

- This is not a stroll, and many trails have rocks, roots, and slight inclines.
- Walks are approximately 90 minutes and are open to all active and agile OLLI members.
- These are brisk walks at a steady pace, occasionally pausing to focus on nature's wildlife or plants.
- All OLLI members walk at their own risk.
- Register online and each week you will receive an email for the location.
- Please NO DOGS.

Facilitators: Cindy Opaluch & Sara Nelson







### Let's Skate!

8 Sessions with Dorothy Cunningham

Thu, Jan 9, 16, 23, 30, Feb 6,  
(skip 13 & 20), 27, Mar 6, 13

9:00 AM - 9:50 AM

Max: 25 \$65.00

Refresh your ice-skating skills or get started in a sport that is challenging, social, and a lot of fun. Starting with the basics, each skater will be given personal attention by our coach according to the step-by-step learning programs of the United States Figure Skating Association and the Ice Sports Industry. Participants may continue skating after class until 10:20 AM.

### Special Notice: (Additional Fees apply)

- Admission to the Boss Arena: \$35 for 6-week skate card.
- Skate rental: \$30 for 6 weeks.
- What to wear: ski jacket and pants, gloves, mittens, winter hat or helmet.

**Dorothy M. Cunningham** holds a B.A. in English from URI and has taught in public and private schools for over 40 years. The Iditarod has been a favorite topic among her students and their parents throughout this time. Her presentations at URI, George Mason, and the Westerly College Club have brought enthusiastic reviews and interest. She attended the Iditarod in person for its 50th anniversary. Dorothy has also coached figure skating and hockey skills classes for four decades. Her Franklin Blades Skating School has produced skaters for professional ice shows, various learn-to-skate programs, and coaches who work with all levels from beginners to Olympic skaters. Dorothy teaches private lessons for skating skills in figure and hockey skating at various arenas in Rhode Island and Massachusetts.

### Rooms with Views: Two Novels

5 Sessions with Gale Eaton

Thu, Jan 16, 23, 30, Feb 6, 13

10:00 AM - 11:30 AM

Max: 20 \$50.00

How does a visit to Italy expand an English youth's view of the world, and how does the viewer's existing worldview shape that expansive experience? E. M. Forster's *A Room with a View* (1922) follows Lucy Honeychurch through a year in Florence, chaperoned by an obnoxiously considerate cousin. Sarah Winman's *Still Life* (2021) brings us Ulysses Temper, driving for the British army, and follows him from 1944 to 1979. Both novels are richly compassionate as they show us young people coming of age amid glorious art and dubious social assumptions. And both are simply fun to read.



**Assignment for the first class:** Read the first seven chapters of *A Room with a View*.

### Required Reading:

E. M. Forster, *A Room with a View*, any edition, or available through free downloads at [Gutenberg.org](https://www.gutenberg.org) or [LibriVox](https://librivox.org).

Sarah Winman, *Still Life* (Putnam, 2021; ISBN 978-0-593-33076-0)

**Gale Eaton**, Ph.D., was director of URI's Graduate School of Library and Information Studies. Since her 2012 retirement, she has been writing, editing, teaching for OLLI, and making repeated efforts to organize her home office.

### Pirates, Privateers, and Buccaneers of Rhode Island

1 Session with Brian Wallin

Thu, Jan 16

10:00 AM - 11:30 AM

Max: 32 \$15.00

Ships seeking treasure slipped in and out of Newport harbor and other colonial communities from the 17th into the early 19th centuries. Privateers were officially authorized and documented to capture merchant vessels that flew the flag of England's enemies (and later the early United States). Pirates, on the other hand, went into business under the black flag

and reaped all the booty for themselves. The colony gained the reputation as Rogues' Island, where known pirates lived as respected members of the community. Privateers and smugglers also played colorful roles in Rhode Island history. This lecture dispels many myths and includes profiles of some of the best- (and some little-) known local buccaneers.

**Brian L. Wallin** is a graduate of Stonehill College and earned his master's degree from American International College. He is a former radio-television reporter-anchor and a retired hospital administrator (vice president, Kent Hospital). A member of the U.S. Naval Institute, he is also a docent at the Naval War College Museum and a narrator for the RI Fast Ferry Lighthouse Cruises. He is a recognized author and historian and a frequent lecturer throughout the state. He is co-author of *World War II Rhode Island* (History Press, 2017).

### A Concert Series with Swiss Harpist

#### Andreas Vollenweider

5 Sessions with Christine Phoenix Green  
Thu, Jan 16, 23, 30 (2 hrs), (skip Feb 6), 13, 20  
1:00 PM - 2:30 PM  
Max: 25 \$50.00



Andreas Vollenweider, composer and multi-instrumentalist, arrived on the music scene at age 28 with his personally engineered electrical acoustic harp. His innovative compositions and unusual style of playing were hard to categorize but always hypnotic, relaxing, and exciting. At age 71 he is still at it! This

engaging series, including interviews with Andreas on the healing aspects of music, will review his life and musical years with biography and wonderful selections from the many concerts and performances of "Vollenweider & Friends," featuring Andreas and accompanying world class musicians sweeping us into reverie. Pure listening pleasure with more than a touch of genius and surprises! Part of the program will be creative listening and art session as a meditation to this music.

**Note:** Please bring colored markers to class for the meditation work.

**Christine Phoenix Green** has taught a variety of courses in spiritual personal and spiritual deepening, the arts, music, dreams, and wellness privately and for the OLLI at URI. A music/piano teacher, mentor in personal growth, mother, grandmother, and life-

long teacher, for more than 40 years she has created classes and programs that encourage people to share their own wisdom with each other in a supportive community. Her inspirational essays and photography can be enjoyed on her blog <https://thegreeningspirit.wordpress.com>.

### Southeast Asia

3 Sessions with Jim Buxton  
Thu, Jan 16, 23, 30  
2:00 PM - 3:30 PM  
Max: 25 \$40.00

This overview of Southeast Asia has a special focus on Vietnam, especially during the Cold War era. There will be time for those who spent time in Vietnam, Cambodia, or Laos to share their experiences during the war years.

**Jim Buxton** taught global studies and international relations at South Kingstown HS for 32 years. During that stretch, he earned numerous teaching awards, including the RI HS Social Studies teacher of the Year in 1997, and the RI HS Girls Soccer Coach of the Year in 1988. In 1997-98, he taught in England under the Fulbright Teacher Exchange program. His Model UN program lasted 19 years and, at its height, included 380 students from 25 schools. After HS teaching, he taught International politics courses in the URI Political Science Department. From 2009 until 2016, he also taught in the Salve Regina Education Department, and supervised HS social studies student teachers. He has taught OLLI courses for a decade.

**WE WANT YOUR  
FEEDBACK**

AFTER your class ends you will receive an email feedback survey. It doesn't take long and we encourage you to take a few minutes and share your thoughts with us. You can also email or call us any time to share your opinions – good or bad! There are also paper copies of the survey located in the classrooms for your convenience. We need to hear from you so we can continue to offer high-quality programs.  
Call us at 401-874-4197.



## THURSDAY

### The Life and Times of Oliver Hazard Perry

1 Session with Evan Wilson

Thu, Jan 30

10:00 AM - 11:30 AM

Max: 45 \$15.00



“We have met the enemy and they are ours.” So begins one of the most famous dispatches in American history. Its author was South Kingstown’s own Oliver Hazard Perry, and he wrote it in the aftermath of his important victory over British forces on Lake Erie in September 1813. This lecture describes Perry’s victory and its consequences, but it also puts the battle in a broader context. How did Perry come to be in command of American forces on Lake Erie? How did his victory contribute to the broader American war effort? And what can Perry’s career tell us about the history of the U.S. Navy in the early 19th century?

**Evan Wilson** is an associate professor in the Hatendorf Historical Center at the U.S. Naval War College in Newport. A recipient of the Sir Julian Corbett Prize in Modern Naval History, he researches the naval history of Britain and other countries from the 18th to the 20th centuries. He is the author or editor of six books, most recently *The Horrible Peace: British Veterans and the End of the Napoleonic Wars* (UMass, 2023). He has published articles in several journals, including the *English Historical Review* and the *Journal of Military History*. Before coming to Newport, he was the Caird Senior Research Fellow at the National Maritime Museum (UK) and the Associate Director of International Security Studies at Yale University. He holds degrees from Yale, Cambridge, and Oxford.

### It’s Complicated

4 Sessions with Richard Courtney

Thu, Feb 6, 13, 20, 27

2:00 PM - 3:30 PM

Max: 45 \$45.00

We start learning about our world with simple models that are easy to express and understand. When those narratives cease to accommodate numerous exceptions, we move to more complicated models that consider the interaction of components that exhibit a higher level of activity. A complexity scientist strives to improve the general understanding of how systemic structures emerge from the interactions and dynamics of their constituent parts. We will investigate how some seemingly simple parts combine to display complex behavior. One ex-

ample is how ants form a “bridge” with their bodies to cross a stream. Another is how complex interactions among individuals determine the price of gasoline. Finally consider the coordination of neurons required to decide whether to register for this class.

**Richard Courtney** has a B.S. in chemistry and physics from Southwestern College and an M.S. in computer science from Kansas State University. Following high school graduation, he earned his private pilot’s license and qualified as a flight instructor, then spent two years as an air traffic controller at Kansas City Center. His academic career includes three years as an instructor of college algebra and trigonometry at Southwestern College, seven years as a graduate teaching assistant at Kansas State University, and two years as an instructor in computer science at Tulane. In 2021 he retired after a 29-year career at the Naval Undersea Warfare Center in Newport, RI. He is a 17-year volunteer in the RI Civil Air Patrol, serving as operations officer and director of emergency services.

### The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs

1 Session with Barbara Roberts

Thu, Feb 6

2:00 PM - 3:30 PM

Max: 46 \$15.00

Explore the pros and cons of taking statin drugs to lower cholesterol. Despite the rosy picture painted in advertisements, these drugs have serious and sometimes fatal side effects. Their benefits have been hyped while their dangers have been underplayed. We will also discuss some alternative methods to maintain cardiovascular health.

**Suggested reading:** Barbara H. Roberts: *The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs*, (Simon & Schuster, 2012). Amazon.

**For the first class:** Bring your questions about the best ways to prevent heart disease.

**Barbara Roberts** is a graduate of Barnard College and Case Western Reserve School of Medicine. She is a clinical associate professor of medicine emerita at the Warren Alpert Medical School of Brown University. While at the NIH and Brown, she participated in studies examining the effect of cholesterol-lowering drugs on heart disease. She is the author of *How To Keep from Breaking Your Heart: What Every Woman Needs to Know About Cardiovascular Disease*, *The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs*, and *The Doctor Broad: A Mafia Love Story*.

**Where Were You in the Late 1960s- early 70s?**

2 Sessions with Jim Buxton

Thu, Feb 20, 27

11:30 AM - 1:00 PM

Max: 28 \$35.00



Discuss your experiences during these crucial years. We will reminisce about the TV shows, movies, TV commercials, sports heroes, political icons, etc. Additionally, we will review the reforms and revolutions of the time. (in education, religion, clothing, etc.).

**Jim Buxton** taught global studies and international relations at South Kingstown HS for 32 years. During that stretch, he earned numerous teaching awards, including the RI HS Social Studies teacher of the Year in 1997, and the RI HS Girls Soccer Coach of the Year in 1988. In 1997-98, he taught in England under the Fulbright Teacher Exchange program. His Model UN program lasted 19 years and, at its height, included 380 students from 25 schools. After HS teaching, he taught International politics courses in the URI Political Science Department. From 2009 until 2016, he also taught in the Salve Regina Education Department, and supervised HS social studies student teachers. He has taught OLLI courses for a decade.

**Street Photography at the Providence Community Kitchen**

3 Sessions with Jan Armor

Thu, Feb 27, Mar 6, 13

10:00 AM - 11:30 AM

Max: 25 \$40.00

Jan and Kathy Armor spent seven years as volunteers at the Mathewson Street United Methodist Church in Providence. They were two of the many people from all walks of life who fed and clothed those in need every Sunday morning. Most of the time Jan had his camera around his neck. After a

while he realized that besides the hot meal, what many of these folks really wanted was a listening ear and some friendship. His camera helped with that. Jan will share his experiences working with his friends at the church. We will also look at the work of some famous and not-so-famous street photographers, and Jan will share some tips and techniques for taking photos on the street.

**Jan Armor** has been a photographer all his life and a teacher for the past 25 years. He takes his teaching seriously and wants to help you make stronger photographs. An award-winning educator and fine art photographer with 40 years of experience in both digital and traditional media, he has received grants and awards for environmental photography and has taught at the Newport Art Museum, the Bristol Art Museum, Wickford Art Association, South County Art Association, and others. Jan was recently inducted into the OLLI Hall of Fame, teaching over 30 classes since OLLI's inception in 2009. For more information about Jan and his work visit his website. You can also find him on his YouTube channel, or on Instagram. For comments from Jan's students, [visit his website](#).

**Donate Socks During Winter Semester**

OLLI will be collecting new socks throughout the winter semester to donate to the Mathewson Street Church. Please drop donations off in the OLLI office. Thank you!

**A Gilded Age Tale of Murder, Money and Madness**

1 Session with Kay Adams and Nancy Markey

Thur, Mar 13,

1:00 PM-2:30 PM

Max: 45 \$15.00

In 1885, the unexpected death of the beloved Benjamin J. Burton polarized the close-knit community of Newport and made headlines across the country. Burton was a trailblazing entrepreneur once thought to be the wealthiest Black businessman in Rhode Island. The prime suspect is his son-in-law, a dashing medical student set to become one of the country's first Black surgeons. The resulting trial tears the town in two. The authors present to you this true story of money, murder, and madness.



(Continued pg 28)



## THURSDAY

**Kay Adams**, a retired banking executive, joined forces with her lifelong friend Nancy Markey to research and write stories that shed light on little-known events of the late 19th century, available at [Guided-ageauthors.com](http://Guided-ageauthors.com). Their work has been published on the online platform Narratively and reprinted in Smithsonian magazine.

**Nancy Markey**, labor attorney and historian, joined forces with her lifelong friend Kay Adams to research and write stories that shed light on little known events of the late 19th century, available at [Guided-ageauthors.com](http://Guided-ageauthors.com). Their work has been published on the online platform Narratively and reprinted in Smithsonian magazine.

### Recovering Rhode Island's Spadefoot Toad Population

1 Session with Nick Ernst

Thu, Mar 13

3:00 PM - 4:30 PM

Max: 45 \$15.00

The Eastern Spadefoot is one of the most secretive amphibians in Rhode Island. It spends most of the year in underground burrows, emerging at night to feed and breed when suitable conditions are present.

In 2019, a breeding population of Eastern Spadefoots was discovered at Ninigret National Wildlife Refuge. Hundreds of tadpoles were collected from a rapidly drying pool and allowed to metamorphose in captivity prior to their release back into the wild. We will discuss the natural history of this state-endangered toad, the creation of artificial breeding pools to expand habitat, and rescuing and headstarting tadpoles with the Roger Williams Park Zoo and RI DEM biologists.



**Nick Ernst** has worked as a wildlife biologist for the Rhode Island NWR Complex since 2013. He received his master's degree in biology from East Stroudsburg University, where he studied the foraging behavior and reproductive success of the Louisiana waterthrush in northeastern Pennsylvania. He specializes in habitat restoration and management of threatened and endangered species. Some of the projects he works on include salt marsh restoration, diversifying grasslands with native plants, controlling non-native invasive species, and using prescribed fire to restore pitch pine forests, early successional habitat, and rare plant communities. He recently completed a Habitat Management Plan outlining his long-term vision for each of the five refuges in the NWR Complex over the next 15 years.

### The Doctor Broad: A Mafia Love Story

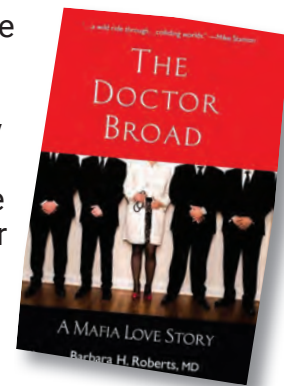
1 Session with Barbara Roberts

Thu, Mar 13

3:00 PM - 4:30 PM

Max: 45 \$15.00

How did someone raised in a devout Catholic family become a pro-choice, anti-war activist; the cardiologist to the head of the New England Mafia; and the lover of one of his associates? This talk traces her life's trajectory as a woman who was raised in one world but came of age in another; who expected to live one life but found herself ad-libbing something completely different; who faced challenges undreamt of by her mother, while providing a new paradigm for her daughters.



**Suggested reading:** Barbara H. Roberts: *The Doctor Broad: A Mafia Love Story*, (Heliotrope Books LLC, 2019). [Available on Amazon.](https://www.amazon.com/dp/B089888888)

**For the first class:** Bring any questions you have for the author about her experiences as a woman physician and pro-choice activist.

**Barbara Roberts** is a graduate of Barnard College and Case Western Reserve School of Medicine. She is a clinical associate professor of medicine emerita at the Warren Alpert Medical School of Brown University. While at the NIH and Brown, she participated in studies examining the effect of cholesterol-lowering drugs on heart disease. She is the author of *How To Keep from Breaking Your Heart: What Every Woman Needs to Know About Cardiovascular Disease*, *The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs*, and *The Doctor Broad: A Mafia Love Story*.

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Facilitated by Brenda Bibb  
and Marian Goldsmith

Looking for a short outing with a snack to follow? Register for the Rhody Ramblers and enjoy a different adventure each month. Each outing will begin with a short walk followed by a visit to a local coffee shop or restaurant for light refreshments. These walks are easygoing and great for walkers who prefer a less strenuous walk and a social outing. If you're interested in a more adventurous walk, please register for the OLLI Hiking Group.

**Please note:** If weather or trail conditions are likely to interfere with the safety of the walk, it will be canceled by email to participants before 8:30 AM the day of the walk. If you are unable to attend a scheduled walk, please cancel in advance so someone on a waiting list may attend.

Register for each session you would like to attend.  
Max per walk: 15

**Narragansett Seawall**

Thu, Jan 16, 10:30 AM - 12:00 PM

We will walk along the seawall in Narragansett. Park at the south end of the Narragansett Town Beach parking lot (nearest the Towers). Meet at the top of the seawall. We will plan our snack at Cool Beans near the Tower.

**Wm O'Neil Bike Path, Wakefield**

Thu, Feb 13, 10:30 AM - 12:00 PM

We will walk along the Wm. O'Neill Bike Path in Wakefield from Main Street to Kingstown Road and return, a quiet oasis right behind downtown. Park in the lot behind Main Street, behind the bike path restroom and meet where the bike path crosses Main Street. We will check out the snacks at Caf Bar on Main Street on our return.

**Brushy Brook Trail**

Thu, Mar 13, 10:30 AM - 12:00 PM

We will walk the accessible trail along Brushy Brook from Depot Square in Hope Valley. This is part of the Hopkinton Land Trust and features a fishing pier with a wonderful view of the Wood River. Meet and park next to the Hopkinton Fire Station. We will check out West's Bakery for snacks.

**PLEASE SUPPORT  
RHODY OUTPOST**

**RHODY  
OUTPOST  
PANTRY**

**DONATE**

Rhody Outpost is URI's principal basic needs pantry for students experiencing food insecurity. The Outpost provides fresh and non-perishable food and personal care items at no charge to students.

Donations can be dropped off in the OLLI office.



Third Thursday of every Month  
1:00 PM – 2:30 PM

Cosmic Questions is a continuing discussion group focusing on how life may have arisen on earth. Two different streams of thought will form the basis of our discussions: (1) how could life have arisen de novo from simple geochemical molecules and (2) could life on earth have been seeded from an extraterrestrial source? Updates of observations from the James Webb telescope will be part of these discussions. The group is pursuing outside expert speakers that will address these topics.

Facilitator: Krstyna Kasman



# GREAT DECISIONS

1918 • FOREIGN POLICY ASSOCIATION

2025 EDITION

The Great Decisions Foreign Policy Association Group at OLLI is an OLLI Extra that meets monthly 8 times a year and is FREE to all members who register. Members MUST register for each class session.

Facilitators: Jim Findley & Emilia Gonzalez-Torpey  
Fee: Free for members but registration is required  
Limit: 45

Visit <https://www.fpa.org> for recommended readings.

## American Foreign Policy at a Crossroads

- Thursday, February 20, 3:00 PM - 4:30 PM
- Friday, February 21, 10:00 AM - 11:30 AM

Explore the contours of the U.S. foreign policy debate as it plays out in a world of multiple and escalating crises and domestic polarization.

## U.S. Changing Leadership of the World Economy

- Thursday, March 20, 3:00 PM - 4:30PM
- Friday, March 21, 10:00 AM - 11:30 AM

Under President Biden, the U.S. has advanced new ideas about trade, technology, industrial policy, competition with China, and the organization of the world economy. For most of the postwar era, the U.S. has tied its global leadership to cooperative agendas aimed at creating a more open-world trading system, but that has apparently come to an end. What are America's options and opportunities as a leader of the world economy? How will America's "foreign policy for the middle class" and strategic competition with China impact its leadership role? How can the postwar rules and institutions of the world economy be made safe for economic nationalism and great power competition?



*If you ordered a GD book, they should arrive in January. We will send notification of pick up times.*



## Join the OLLI Photo Friday Group

Do you like taking pictures with your camera or phone? Join the OLLI special interest group, Photo Fridays. Being part of a photo group is a great way to help you improve your skills, share your knowledge with others and learn tips and tricks for taking better photos. Each month you will be given a different prompt to photograph and submit. Photos will be shared and discussed during a monthly Zoom meeting. Meetings are held the first Friday of every month from 10am to 11am. (unless it falls on a holiday, in which case, second Friday instead.)



### Let's Fall in Love with Modern Poetry

3 Sessions with Elizabeth Bogutt

Fri, Jan 17, 24, 31

9:30 AM - 11:00 AM

Max: 20 \$40.00

Is your knowledge of poetry confined to the “old masters” you studied back in school? Do you think you might like poetry but are unable to name well-known poets of the last forty years? Are you hesitant about choosing a book of poetry from the library or bookstore? Then let's sit together, have some fun, and discover how modern poems can be easily understood yet provide a deep and meaningful experience for the reader, addressing many of the issues we face today. “Modern Poetry” was first offered in the spring of 2019; this time around we will be discussing different poets. Copies of the poems will be provided in class.

**Elizabeth Bogutt** is a lifelong writer and a member of the Peace Dale Guild writing group. She facilitates a poetry group at the South Kingstown Senior Center and conducts occasional poetry workshops in the community. This is her eighth course for the OLLI at URI. She believes the connection between reader and poet can be a life-changing experience.

### The Beatles

6 Sessions with Brett Morse

Fri, Jan 17, 24, 31, Feb 7, 14, 21

1:00 PM - 3:00 PM

Max: 45 \$55.00



In the early 1960s the music of the Fab Four emerged as Beatlemania, and later, as their music grew and changed through experimentation, it came to be perceived as an embodiment of the ideals shared by

the counterculture of the 1960s. The Beatles led the music charge of the British invasion and went on to

become the best-selling band in the history of music, with estimated sales of over 600 million records worldwide. They became the most influential music group in the rock era. Explore their careers from their beginnings as the Quarrymen in Liverpool, to their historic landing on U.S. soil in 1964, to the events that caused their breakup in 1970, and their individual successes thereafter.

**Brett Morse** worked in the pharmaceutical industry for over 40 years. He is a graduate of Bryant College, served in the U.S. Navy during the Vietnam era. His love for music began at an early age when he was introduced to many celebrities in the music industry through his father's work with RCA and Columbia Records.

### Taking the Inward Journey

6 Sessions with Linda Morse

Fri, Jan 17, 24, 31, Feb 7, 14, 21

1:00 PM - 3:00 PM

Max: 20 \$55.00

Experience the benefits of relaxation, movement, and stretching. Sessions will be interactive, each week focusing on a different technique designed to enhance wellness through a gentle mind-body approach: Six Movements for a Happy Spine, Breath Techniques, Yoga, Ayurveda, the Chakra Energy System, and Meditation. These sessions will provide an opportunity for deep personal growth. No prior experience is needed, and all levels of ability are welcome. Practice at your own pace! Please wear comfortable clothing and bring a yoga mat if you have one. This program may be enjoyed from a chair.

**Linda M. Morse**, a URI grad, has been a yoga and meditation practitioner most of her life, teaching for over 20 years. Certified professionally through the Kripalu Center in MA, she owned and operated the Yoga Center in Melbourne, FL. With her relaxed and humorous approach, she hopes to inspire students in body, mind, and spirit. For the OLLI at URI, Linda has taught Intro to Yoga, Chair Yoga, Breath Techniques, Taking the Inward Journey, Meditation, the Chakra Energy System, and a number of science fiction film programs.



## **Square Foot Gardening: Taking It to the Next Level**

6 Sessions with Kathy Tonelli  
Fri, Feb 7, 14, 21, 28, Mar 7, 14  
10:00 AM - 11:30 AM  
Max: 18 \$55.00

Open to those who have already taken the Square Foot Gardening course, this hands-on series covers many of the “extras,” such as building a variety of trellises and protective cages and domes and creating full box plant support systems. It will also include starting seeds, Mel’s way, for your spring/summer garden and a special section that will help you “put your garden to bed” and cover unique decorating ideas for the holidays! Get your mind back on gardening! Think about what additions you would like to make for your Square Foot Garden to be more productive, attractive, and tidy.

**For the first class:** Jot down some changes and/or additions that would make your Square Foot Gardening adventure more productive, attractive, and tidy.

**Additional Fees:** All materials will be provided by the instructor. Materials for the hands-on portions of the class (learning to build vertical support systems and seed starting) will be an additional \$12.50 per person to be paid directly to the instructor. Due at the first class meeting Feb 7.

**Suggested Reading:** Mel Bartholomew: *All New Square Foot Gardening, ed. 3* (Cool Springs Press, 2018).

**Kathy Tonelli** is a certified Square Foot Gardening instructor. She has been an organic gardener for many years. She is now also an organic microgreens farmer and owns Meadowland Greens, a small microgreens farm that offers local home delivery. She also sells her greens and other natural products year-round at farmers markets in the South County area. In addition, Kathy is a certified integrative nutrition health coach and operates South County Health Coaching, a small private health coaching business servicing adults, families, and children around many areas of health and wellness. Both businesses are part of Healthy Life Enterprises of North Kingstown. Kathy resigned from the South Kingstown School Department in June 2022 after teaching elementary special education for 33 years. She is passionate about health and wellness and enjoys sharing various components of a healthy lifestyle with others.



## **The Iditarod: Alaska’s Last Great Race**

3 Sessions with Dorothy Cunningham  
Fri, Feb 28, Mar 7, Tue, Mar 11  
9:30 AM - 11:00 AM  
Max: 25 \$40.00

The Iditarod covers 1,049 miles over Alaska’s hazardous terrain with the best-conditioned athletes, the beautiful, well-trained teams of dogs, led by their mushers (drivers). You will feel like part of the race, hearing true tales along the trail and learning about the training and equipment needed by mushers and dogs, current Iditarod rules, dangers, and checkpoints of the race. Using the race log, we will follow our mushers in real time and cheer on the teams to the finish.

**Dorothy M. Cunningham** holds a B.A. in English from URI and has taught in public and private schools for over 40 years. The Iditarod has been a favorite topic among her students and their parents throughout this time. Her presentations at URI, George Mason, and the Westerly College Club have brought enthusiastic reviews and interest. She attended the Iditarod in person for its 50th anniversary. Dorothy has also coached figure skating and hockey skills classes for four decades. Her Franklin Blades Skating School has produced skaters for professional ice shows, various learn-to-skate programs, and coaches who work with all levels from beginners to Olympic skaters. Dorothy teaches private lessons for skating skills in figure and hockey skating at various arenas in Rhode Island and Massachusetts.

## *A Word About* **WAIT LISTS**

If you get closed out of a class, you should always add your name to the Wait List. There are always cancellations before a class begins and we will call you if an opening becomes available and register you over the phone.

## Learning a Rock's Story

2 Sessions with Kristyn DeMarco

Fri, Mar 7, 14

2:00 PM - 3:30 PM

Max: 20 \$35.00

Just as every human has a story to tell, so too does every rock. Encoded in the physical and chemical characteristics of each rock is the story of where it came from, how it was formed, and how it came to be above the Earth's surface. We will learn the basics of physical geology with an emphasis on rocks. We will also learn how to identify rocks and decipher the historical code locked within their structure. The first class will be an interactive seminar laying the groundwork for the second class, a hands-on laboratory.

For the first class: Two readings, available from the instructor or at these two web sites:

- [Click for Reading 1:](#)
- [Click for Reading 2:](#)

**Kristyn DeMarco**, an OLLI member, has been an assistant professor of environmental science and sustainability at Johnson and Wales University for the past four years. Prior to that, she worked at the Northern Virginia (NOVA) Community College's Loudoun campus where she pioneered the environmental science program. Kristyn holds a B.A. in environmental studies and geology from the University of Pennsylvania, an M.S. in geoscience from Virginia Polytechnic Institute and State University, and a Ph.D. in environmental science and public policy from George Mason University. She has a great love for everything outdoors and is an avid rock collector.



OLLI@URI

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# SPECIAL

## SATURDAY CLASS



### Fashion East and West

1 Session with Linda Welters

Sat, Mar 1

10:00 AM - 11:30 AM

Max: 20 \$15.00

Location: Quinn Hall, Room 314

Modern Western fashion is preoccupied with individualism, class, civilization, and consumerism, but the "fashion impulse" in Asian cultures has taken different forms and expressed itself in different kinds of beauty. We will take a look at the history of dress in Southeast Asia (especially China, Japan, and Korea). After the illustrated lecture, half the class will continue to URI's Textile Gallery for a tour of the exhibition that has been researched, curated, and mounted with the assistance of graduate students as part of the URI Fashion East and West course. The other half will tour the Historic Textile and Costume Collection. The tours will be repeated so that both groups see the Gallery and the Collection. The exhibition includes selected Western fashions that represent a different set of ideals as well as garments inspired by Eastern styles.

**Note:** Quinn Hall 314 is accessible by elevator.

**Suggested reading:** Linda Welters and Abby Lillethun (eds): *The Fashion Reader*, ed. 3, Chapter 8, "Fashion Outside the West" (Bloomsbury, 2022). Text will be emailed to registrants ahead of time.

**Parking:** Lot 1 at the Welcome Center or behind the Memorial Union.

**Linda Welters** is professor of textiles, fashion merchandising, and design at URI. Linda teaches courses in the history of fashion. She directs the department's graduate program as well as the Historic Textile and Costume Collection. She has published on American quilts, New England fashion, and Greek folk dress. She edits the *Textiles that Changed the World* series for Bloomsbury.



## Writing a Legacy Letter

1 Session with Jay Sherwin

Tue, Jan 21

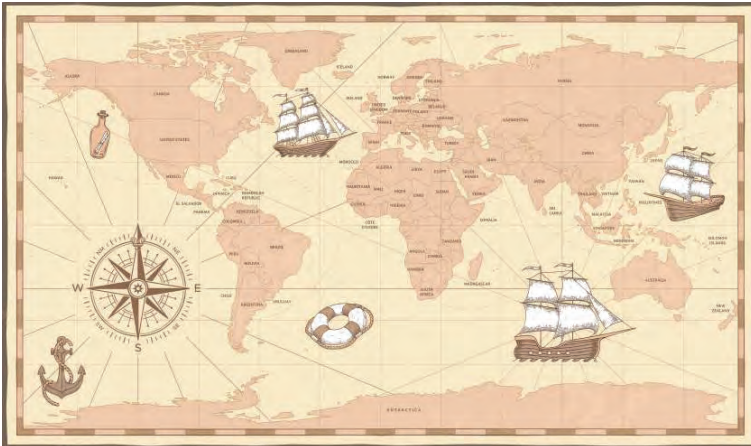
10:00 AM - 11:30 AM

Max: 20 \$15.00



A legacy letter (also called an ethical will) is a written document that allows people to share their life lessons, express their values, and transmit their blessings to future generations. A legacy letter is shorter than a memoir, typically only a few pages. Writing one is a rewarding experience that creates an enduring gift for family, friends, and loved ones. This workshop includes discussion and brief writing exercises to help you examine your life history, explore your values, and capture important insights. It offers advice, encouragement, and a model structure to help you draft and complete your own legacy letter.

**Jay Sherwin** has practiced law, given away money for five different charitable foundations, and served as a hospital chaplain. In 2019, he created the Life Reflections Project to educate people about legacy letters, ethical wills, and other legacy documents. Jay has extensive experience facilitating adult learning programs and has taught this online course for OLLI programs nationwide. He holds a B.A. from the University of Pennsylvania and a J.D. from Northeastern University School of Law.



## Our Ancestral Homes and How to Find Them

1 Session with Edward Mitukiewicz

Wed, Jan 22

4:00 PM - 5:30 PM

Max: 20 \$15.00



Identifying the towns and villages of our ancestors can be critical in tracing our family history. The task becomes challenging, particularly in Central and Eastern Europe, where use of multiple languages, spelling or transliteration errors, appearance of similar names in different places, frequent name chang-

If you need assistance downloading or joining a Zoom meeting, please call the office well in advance of your class. We are happy to help with any Zoom-related matters. Call 401-874-4197 to set up an appointment.

Links to join Zoom classes are sent in a reminder email 2 days before the class starts. For your convenience, a link is also sent 30 minutes prior to the beginning of each class session.

### Tips for attending Zoom meetings:

- Don't share the meeting link with anyone who's not invited.
- Mute your microphone when you're not speaking.
- Don't eat or drink loudly during the meeting.
- Don't multitask during the meeting unless your camera and microphone are turned off
- Don't leave the camera on when you need to move away from the computer screen.
- Don't use the "share screen" feature without permission or advance notice.
- Don't argue or engage in confrontational behavior.
- Don't monopolize the conversation or speak for too long.



es, and shifting national borders can introduce complications. Find out how readily available web-based resources—including digital repositories of historical maps and geographic information databases—can help to overcome many of those challenges.

**Ed Mitukiewicz** is a mathematician and computer scientist by education, researcher and technology consultant by profession, and amateur cartographer and genealogist by coincidence. Ed worked as editor, translator, and map consultant during the production of the 2015 documentary film *Raise the Roof* about reconstructing the roof and painted ceiling of an 18th century wooden synagogue of Gwozdziec in modern-day Ukraine. Ed has presented illustrative scenarios of using historical maps in genealogical research at a number of genealogy conferences in Poland, Israel, and the United States.

### **Imprisoned Without Trial: Japanese Incarceration in WWII**

4 Sessions with Dennis Kato  
Tue, Jan 28, Feb 4, 11, 18  
10:00 AM - 11:30 AM  
Max: 45 \$45.00



Anti-Asian violence: A modern-day occurrence? Not at all. Fear, hatred, and racism toward the Chinese and Japanese began in the mid-1800s culminating with the incarceration of over 125,000 Japanese at the beginning of WWII, two-thirds of whom were U.S. citizens. From the perspective of a third-generation Japanese American (Sansei), we will discuss the how, when, and why racism landed Americans in what is more accurately described as prison camps, and what we can do to counter the effect of anti-Asian violence and racism in America today.



**Dennis Kato** is a Sansei, a third-generation Japanese American, born and raised in Cincinnati, OH. He holds a B. A. from the University of Cincinnati. He and his wife have visited all ten of the Japanese incarceration camps from WWII. Fifteen of his immediate family were in three camps during the war. He currently lectures on the Japanese incarceration camps in WWII nationwide via OLLI and has given in-person presentations at the Art Institute of Cincinnati, the Harriet Beecher Stowe House, the Japan America Society of Greater Cincinnati, the Louisville Book Festival, and his alma mater, Walnut Hills High School in Cincinnati.

### **The 100 Greatest Movie Songs of All Time**

6 Sessions with Emanuel Abramovits  
Mon, Feb 3, 10, 17, 24, Mar 3, 10  
9:30 AM - 11:00 AM  
Max: 45 \$55.00



WATCH CLASS  
PREVIEW

Video



Songs have been a fascinating component of many of our favorite movies. Using many audiovisuals, let's analyze the best ones for their cultural significance,



their role within the movie itself, their lyrics and memorability. Great songs like "Moon River," "As Time Goes By," "Mrs. Robinson," and "My Heart Will Go On" set a tone or mood, define character, advance

plot, and/or express the film's themes in a manner that elevates the art of moviemaking. These songs have also captured the nation's heart and resonate across time.

### **Inspire: Hands-on Motivational Techniques to Uplift Daily Living**

3 Sessions with Teresa Testa  
Wed, Feb 5, 12, 19  
2:00 PM - 3:30 PM  
Max: 45 \$40.00



How likely it is that one finds multiple events in a week worth the debate to, or not to, procrastinate. Part of this predicament is outside of oneself: Technological advancement promised simplicity, but efficiency and ease do not seem to outweigh involvement or complexity. No matter how much we work to simplify, our daily lives are not simple. Take the opportunity to tackle, ease, and assist where we find ourselves in contemporary living. Six proven motivation methods will be introduced using current research in this cultural paradigm. As each method is introduced and explored, other areas of inspiration from music, poetry, and key thinkers will enhance the learning process. The goal is to inspire a sense of well-being so that each day is easily managed and successful.

**Teresa M. Testa** is a Ph.D. candidate at Salve Regina University where her dissertation research explores 20th-century American cultural approaches within the philosophy of technology and theology. Graduating from Brown University with a concentration in English and American Literature, Teresa also earned the M.Sc. in management from Salve Regina University. One of her favorite avocations within her work and home life is managing a project from complexity—to approach—to successful completion.





*Note: All participants on tours or in classes that meet in a location other than OLLI (210 Flagg Rd.) are required to provide their own transportation to the location and will be required to fill out an Assumption of Risk and Release of Liability Form.*

### **The Perry Grist Mill: History in Action**

2 Sessions with Julia Landstreet and Kevin McCloskey

- Mon, Mar 3 - Classroom
- Mon, Mar 10 - Perry Grist Mill

10:00 AM - 11:30 AM

Max: 15 \$35.00

The Samuel E. Perry Grist Mill is a rare survivor from among the thousands of grist mills that once dotted the New England landscape. It is the oldest continually operating grist mill in Rhode Island. It may be the last in the state to operate using waterpower. Learn how the grist mill has served as a focal point in South County agrarian culture for over 300 years, bringing countless families together in the spirit of community. You'll also learn the story of the white cap flint corn and how it connected generations and cultures to the land. The first session of this class will be held at OLLI; the second will be a tour of the Perry Grist Mill, at 364 Moonstone Beach Road, South Kingstown, RI.

**Julia Fry Landstreet** currently serves as the first executive director for the South Kingstown Land Trust. She served as executive director for the Nashville Civic Design Center, a nonprofit think tank promoting high-quality design and planning in the city's built

and natural environments. She has also worked as a community organizer, elected official, naturalist, educator, and curator.

**Kevin McCloskey** has been in and around South Kingstown since his family started coming to Roy Carpenter's Beach in 1959. He retired from a career with the U.S. Postal Service and nurtured his passion for history through countless hours with numerous organizations—South County History Center, Hale House, Gilbert Stuart Birthplace & Museum to name a few. In his capacity as both Land Trust board member and volunteer, McCloskey has overseen the renovation and operation of the mill and all its facets for over ten years.

### **The Port in Portugal**

1 Session With Elisa Wybraniec

Location: Coast Guard House

Dive into the delightful world of Port wine! Learn why this sweet, fortified wine is perfect for any occasion, from cozy nights to festive celebrations. Have a good time and leave with a newly found appreciation for Port wine.



Choose 1 Session:

Max: 40 \$25.00

- Tue, Jan 14, 3:00 PM- 4:00 PM
- Tue, Jan 21, 3:00 PM- 4:00 PM

**Elisa Wybraniec** is a graduate of URI with a B.S. in finance. She holds the Wine & Spirit Education Trust (WSET) Diploma, is a certified sommelier, and belongs to the Society of Wine Educators. She has served as adjunct faculty at Johnson & Wales and contributes occasionally to the Rhode Island Beverage Journal. Elisa also worked in Napa Valley for the talented winemaker Alan Viader of Viader Winery in 2018, as well as boutique winery Kosta Browne in Sonoma in 2019. She is now full-time wine director/sommelier at the Coast Guard House Restaurant in Narragansett. For the OLLI at URI she has given presentations about wines from all over the world.

## Sweet Marie's Valentine's Tea

1 Session

Thu, Feb 13

12:00 PM - 1:30 PM

Max: 20 \$50

**Location:** 7 Main St, North Kingstown.

Please note new location. Parking is on the street or municipal parking.

Celebrate love, friendship, and sweet moments this Valentine's season at Sweet Marie's Tea Cottage! Indulge in a three-tiered service featuring savory finger sandwiches, freshly baked scones, and Valentine-themed sweets. Enjoy unlimited black tea to keep you cozy, with additional teas, mocktails, and cocktails available to complete your experience. Reserve your spot for another unforgettable afternoon at Sweet Marie's!



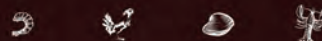
Oceanside Dining on Narragansett Bay

Lunch & Dinner

open 7 days year round

indoor/outdoor seating

seafood | oysters | burgers | steaks



40 Ocean Road, Narragansett Rhode Island  
401.789.0700 | thecoastguardhouse.com



### Inclement Weather Policy

As we move into the snowier months, it is important that you stay up-to-date with the weather forecast. OLLI follows URI's policy of cancelling classes. If the University is closed due to inclement weather, OLLI will be closed. Use the URI Alert page (<https://www.uri.edu/safety/alert/>) for information on power outages, weather alerts and other campus notices.



The OLLI Biking Group returned last semester. The group meets on Tuesdays, at 11:00AM (Weather and temperature dependent). The group meets at the back of the OLLI lot (#21) near the bike path. The ride is approximately 8 miles, including connecting with the SK Bike Path. Register online and join other OLLI bikers for a casual ride and enjoy the fresh air and exercise! Please check out your bike before arriving or arrive early. Some things to check include tire pressure check, and both handbrake and seat adjustment.

Facilitated by Art Schloth, 401-304-5964  
[artpaul47@gmail.com](mailto:artpaul47@gmail.com)





**Joanne M. Daly, CDFA®** has more than 25 years of combined wealth planning and prior CPA experience. She is a Senior Vice President and Financial Advisor with the Ayers Daly Group at Morgan Stanley and a Certified Divorce Financial Analyst. In addition, Joanne is a former CPA Tax Manager for Ernst and Young and earned an M.S. in taxation from Bryant University. Joanne enjoys educating others through financial presentations and is a frequent guest speaker to civic organizations and companies, including CVS, Bryant University, South County Health, the URI Foundation, and the GFWC Women's Club of South County, to name a few.

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### **Integrating Social Security into Your Retirement Planning**

Thu, Jan 16

12:00 PM - 1:30 PM

Max: 25 No Fee

Social Security is an important source of income for many retired Americans. Understanding how Social Security works and what it provides can help you determine whether you're on track for the retirement you envision. We will explore the basics of Social Security.

- factors to consider in deciding when to begin receiving benefits.
- non-retirement benefits of Social Security.
- how to get started on planning for retirement with Social Security in mind.

### **Navigating the Financial Maze of Divorce**

Thu, Feb 6

12:00 PM - 1:30 PM

Max: 25 No Fee

Dealing with the impact of divorce on your financial life can make an emotionally difficult time even more challenging. The more you know and the better you understand your options, the more likely you are to make financial decisions that help support you during the transition and pave the way for greater financial security and flexibility in the future. We will explore the challenges you may be facing and steps that you can take to help plan for— and protect— key aspects of your financial life. We'll focus on ways to thoughtfully deal with important financial decisions both during and after divorce.

### **Roadmap to Retirement: Understanding IRAs**

Thu, Mar 6

12:00 PM - 1:30 PM

Max: 25 No Fee

Your individual retirement account (IRA) may be one of your most valuable—and most ignored—assets. When planning your retirement and your legacy, it is important to understand how your IRA fits into your overall plan and what you need to do to make the most of these savings.

URI OLLI is excited to introduce Osher Online, an online partnership in collaboration with the National Resource Center (NRC) at Northwestern University School of Professional Studies. Osher Online was created to expand member access, institute collaboration, sharing of resources, and ensure the legacy of all 125 Osher Institutes.

These classes are 90 minutes long and delivered by the Osher NRC, and its staff will provide moderator and technical assistance.

They are meant to complement our program and give you access to instructors from other locations in our country.

- Osher Online classes are six-weeks long and cost \$55 each
- Osher Online is available to OLLI members only.
- Space is limited.

We hope you enjoy the opportunity to learn from premiere instructors along with OLLI members from across the nation.

### Transparent Eyeballs: The Transcendentalists and Their Worlds, 1803 - Present

6 Sessions with Dr. Anthony Antonucci  
Tue, Jan 14, 21, 28, Feb 4, 11, 18  
1:00 PM - 2:30 PM  
Max: 13 \$55.00



Transcendentalism is an umbrella term that refers to a complex and profoundly influential philosophical, spiritual, and literary movement that emerged in the 1820s and 1830s. The intellectual, social, and political ideas generated by Transcendentalist thinkers, writers, and activists transformed Americans' understandings of nature, God, and the rights and responsibilities of the individual to themselves and to society in ways that continue to reverberate across US politics and culture in our own times. This course will examine the ideas, writings, political activism,

and legacies of contributors to the Transcendentalist movement including Ralph Waldo Emerson, Margaret Fuller, Henry David Thoreau, Walt Whitman, Herman Melville, and beyond. Our investigations will aim to help each of us actualize Emerson's definition of freedom as "an open ended process of self-realization by which individuals [can] remake themselves and their own lives."

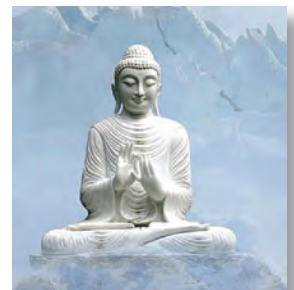
A New England native (and self-described "New England Transcendentalist"), **Dr. Anthony Antonucci** teaches history and American studies at Cal State Pomona. His passion for Transcendentalism is rooted in his experience as an avid hiker, mountain climber, vagabond traveler, and lover of wild nature and poetry. He earned multiple graduate degrees in US history and culture including a PhD in US History from the University of Connecticut under the direction of Bancroft Award-winning-historian, Dr. Robert Gross. Antonucci's work as a scholar of US social and transnational history has earned numerous awards, including a Fulbright Research Fellowship (Italy), and fellowships through the Massachusetts Historical Society, the American Antiquarian Society, and the National Endowment for the Humanities.

### Buddhist Philosophy, Meditation, and Ritual: In India and Beyond

6 Sessions with Eileen Goddard  
Tue, Jan 21, 28, Feb 4, 11, 18, 25  
3:00 PM - 4:30 PM  
Max: 13 \$55.00



This course introduces the key philosophical concepts (meditation practices, and rituals) that have defined Buddhist traditions in India and beyond. We will analyze central Buddhist teachings and their relationship to these three important domains, which interweave theory and practice. First, we will explore the historical figure of the Buddha. We will then examine the three phases of Indian Buddhist traditions: (1) Theravāda, which emphasizes ascetic ideals and monasticism; (2) Mahāyāna, which pri-





oritizes compassion, wisdom, and the ideal of the bodhisattva; and (3) Vajrayana, the tantric tradition that claims the human body as central to enlightenment and explores the relationship between each living being and the cosmos. We will explore the contrasts among the meditative and ritual practices across these three traditions and analyze how these practices reflect varying philosophies. We will discuss Buddhist iconography, ritual objects, and art.

### ***My Native Land Is Memory: Stories of a Cuban Childhood***

6 Sessions with Oliva M. Espín  
 Fri, Jan 24, 31, Feb 7, 14, 21, 28  
 Wed 1:00 PM - 2:30 PM  
 Max: 13 \$55.00



Using Dr. Espín's memoir of childhood and adolescence, which was the recipient of the San Diego Book Award in 2021, we will discuss the Cuban political landscape in the mid-20th century. This memoir recreates a world that no longer exists: pre-revolutionary Cuba in the 1940s and 50s. Cuba's fraught history and political instability are interwoven with a personal story to create a web of history, family, and cultural analysis. This is a young woman's individual struggle for identity and independence against the background of the country's national struggle. Family photographs and site photographs will illustrate the details of the story. We will also explore the process and meaning of memory and memoir for authors and readers. Reading some excerpts will illuminate the narrative. It is not necessary to have read the memoir in advance.



**Oliva M. Espín**, PhD is Professor Emerita in the Department of Women's Studies at San Diego State University and the California School of Professional Psychology of Alliant International University. Espín was a pioneer in the practice and theory of feminist therapy with women from different cultural backgrounds, particularly immigrants and refugees. A native of Cuba, she received her BA in psychology from the University of Costa Rica and her PhD from the University of Florida. She did post-doctoral work at Harvard University with a fellowship from NIMH. Espín held the 2010 Fulbright Distinguished Chair in Gender Studies at the University of Klagenfurt, Austria. Her most recent book is *My Native Land is Memory: Stories of a Cuban Childhood*, winner of the 2021 San Diego Book Award.

### **Huck Finn's America**

6 Sessions with Jeffrey Walker  
 Mon, Jan 27, Feb 3, 10, 17, 24, Mar 3  
 Thu 1:00 PM - 2:30 PM  
 Max: 13 \$55.00



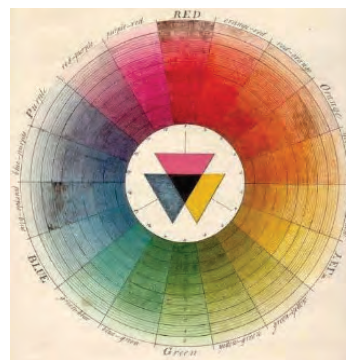
*Adventures of Huckleberry Finn* is often misunderstood as a boy's adventure book or merely a dialogue on race. Instead, this classic novel addresses youth violence and bad boys, schools and parents, and civil rights and minstrel shows. The novel, banned in New England, needs to be read and discussed anew for a better understanding of America, then and now. Join this course for a new and fresh analysis of this highly criticized and misunderstood novel.



**Jeffrey Walker**, Emeritus Professor of English at Oklahoma State, authored a critical study of the Revolutionary poet and traitor Benjamin Church, edited collections of essays on Fenimore Cooper, co-edited the first scholarly edition of Cooper's 1821 bestseller *The Spy*, and is completing an edition of Cooper's unpublished letters. A Fulbright lecturer in Norway and Belgium, he won the Phoenix Award for outstanding graduate teaching, the A&S Outstanding Professor Award, and the Regents Distinguished Teaching Award. His teaching interests include American literature, Dickens, the history of the book, textual editing, comedy, mystery, and film.

### **Color and Symbolism in Art History**

6 Sessions with Eleanor Schrader  
 Mon, Jan 27, Feb 3, 10, 17, 24, Mar 3  
 7:00 PM - 8:30 PM  
 Max: 13 \$55.00



Artists use color to create an array of symbolism, emotions, and sociopolitical meanings within the context of the time period in which they created their works of art. Additionally, within these works, artists utilized their knowledge of color to portray mood, light, depth, and point of view.

Progressing through the colors of the rainbow each week, we will discuss a variety of paintings throughout art history to understand the artists' intention and the stories behind the paintings within their respective color spheres. We will also discuss the

histories of color, their meanings in various societies and cultural contexts, and the materials and processes used to make colors.

**Eleanor Schrader** is an award-winning educator, lecturer, and author. She lectures and leads tours worldwide on art and architectural history. She has been named a distinguished instructor at UCLA Extension, where she teaches history of architecture, interior design, furniture, and decorative arts. She is a Professor Emeritus of Art and Architectural History at Santa Monica College. She has completed graduate work in fine and decorative arts at Sotheby's Institute in London and New York. She has served as a design review commissioner for the City of Beverly Hills.

### Modern War: What Is It Good for?

6 Sessions with Jeff Rice  
Tue, Jan 28, Feb 4, 11, 18, 25, Mar 4  
11:00 AM – 12:30 PM  
Max:13 \$55.00



Vietnam, viewed by many as a turning point between old and new approaches to war, raised many questions about the role of superpowers, asymmetrical resources, and counterinsurgencies on the world stage. In this course, we will look at the wars in Vietnam, Iraq, Afghanistan, Ukraine, and Gaza. All of these wars are asymmetrical, but what else do they have in common, and how are they informed by Vietnam? We will discuss how superpowers are central players in these conflicts by way of their supplies and support. In this course, we will examine human ways of evaluating the politics and strategies, particularly what happens when three vectors cannot agree: the public, politicians, and the military.



**Jeff Rice** received an undergraduate degree from Northwestern University then pursued graduate work in African Studies at the University of Edinburgh. He completed a dissertation entitled "Wealth Power and Corruption: A Study of Asante Political Culture." He returned to Northwestern to teach history and political science and became a Weinberg College academic adviser. He is currently an Emeritus Senior Lecturer in political science, specifically West African history, US history of the 60's, Marx & Weber, African politics, military strategy, the politics of famine, and student protest and free speech.

### A Tourists Tour of The Wider Universe

6 Sessions with Andrew Fraknoi  
Jan 28, Feb 4, 11, 18, 25, Mar 4  
5:00 PM - 6:30 PM  
Max: 13 \$55.00



For more than two years, the James Webb Space Telescope, orbiting a million miles from Earth in the deep freeze of space, has sent back remarkable information and dramatic images of the faint heat rays that come from objects in the universe. The Hubble Telescope continues to observe some of the same stars and galaxies with visible light. Never before have we had images of the cosmos so rich in color and detail. In this profusely illustrated course, we will be taken on a guided tour of the wider universe as astronomers understand it today. Fraknoi will cover this information in everyday language and without any math. We will look at star birth and star death, the organization and structure of the Milky Way, cosmic mergers and collisions, and the great web of galaxies that gives us clues about the beginning and development of our cosmos.

**Andrew Fraknoi** was the Chair of the Astronomy Department at Foothill College. He was chosen as the 2007 California Professor of the Year by the Carnegie Endowment and has won several national prizes for his teaching. He is the lead author of OpenStax Astronomy, a free, electronic textbook, which is the country's most-used introductory text in the field. He has also written books for teachers, children, and the public. He appears regularly on local and national radio, explaining astronomical ideas in easy to understand terms. The International Astronomical Union has named Asteroid 4859 Asteroid Fraknoi to recognize his contributions to the public's appreciation of science.

### The Secret Life of Familiar Birds

6 Sessions with Elizabeth Burnette  
Wed, Jan 29, Feb 5, 12, 19, 26, Mar 5  
11:00 AM - 12:30 PM  
Max:13 \$55.00



We share the earth with birds who live among us, yet they remain mysterious. In this course, we will examine the fascinating characteristics, habits, and lives of North American birds including how they keep warm; how they fly; when, why, and how they sing; and more. Our classes will be broken down into these





categories: bird ancestry and anatomy; diet and nesting; flight and migration; threats; behavior and songs. We will cover birds of prey, songbirds, waterfowl, and the common loon. Join this interesting exploration of how birds live, move, breathe, and think.

**Elizabeth Burnette** attended Cornell University for a BS in engineering physics, then worked on Space Shuttle experiments at NASA's Jet Propulsion Laboratory. She then obtained a master's degree in Astrophysics from the University of Pittsburgh. Burnette has been teaching astrophysics, physics, and science for the Osher Lifelong Learning Institute at Pitt and is a returning Osher Online instructor.



### The World of Musical Satire

6 Sessions with David Misch  
Wed, Jan 29, Feb 5, 12, 19, 26, Mar 5  
7:00PM – 8:30 PM  
Max: 13 \$55.00



Satire is one of the oldest forms of humor. Adding music seems to make it even more powerful. In early Germanic and Celtic societies, people who were mocked in songs would break out in boils and even commit suicide. In this course, we will explore the art of musical satire in a variety of genres, cultures, and eras, especially America since 1950. This multimedia course covers *Yankee Doodle*, *Gilbert and Sullivan*, *the Gershwin's*, *the Marx Brothers*, *Monty Python*, *Saturday Night Live*, *South Park*, and *Key and Peele*. We will also cover a bountiful bevy of B's: Leonard Bernstein, the Beatles, Bo Burnham, and Bugs Bunny. Because satire is often dependent on social and historical events, this course is as much cultural history as music appreciation. And while words are preeminent in musical satire, we will also discuss the music and its interactions with lyrics. But please-no students who are prone to boils.

**David Misch** is a former stand-up comedian, screenwriter (*Mork and Mindy*, *Saturday Night Live*, and *The Muppets Take Manhattan*), author (*Funny: The Book*, and *A Beginner's Guide To Corruption*), teacher (his own courses on comedy at USC and musical satire at UCLA) and lecturer at Yale, Columbia, the Smithsonian, 92Y (NYC), Oxford University, Trinity College Dublin, University of Sydney, VIEW Cinema (Italy), and Raindance Film Festival (London), Austin Film Festival, American Film Institute, Writers Guild of America, Sony, DreamWorks, Lucasfilm, Disney, Second City, Actors Studio.

### Science Everyone Needs to Know

6 Sessions  
with Kjir Hendrickson  
Thu, Jan 30, Feb 6, 13, 20, 27, Mar 6  
3:00 PM - 4:30 PM  
Max: 13 \$55.00



Evolution. Vaccines. Global Warming. Regardless of one's choice of news media, it is nearly impossible to navigate today's information-heavy world without coming across stories on evolution, vaccines, and global warming. Each of these topics is the subject of various conspiracy theories and misinformation campaigns. How do we make sense of what we hear on the news when so much information comes from unvetted and non neutral sources, such as the Internet and the media? This course is a non-technical introduction to these three critical matters in modern science. We will examine what scientists know, how they know what they know, how certain they are, and why there is such a disconnect between scientific understanding and the public's perception of the science.

**Kjir Hendrickson**, PhD is a teaching professor in the School of Molecular Sciences at Arizona State University (ASU). They hold a PhD in chemistry and authored the textbook *Chemistry in the World*. As an erstwhile quantum chemist, their academic work focuses on science communication, the reciprocal relationship between science and society, matters of workplace climate, and matters of DEI in STEM. Hendrickson is an associate researcher with the ADVANCEGeo Partnership and is pursuing research on functional scientific literacy in partnership with OLLI at ASU.



### Innovations in Health and Wellness

6 Sessions with the Osher Collaborative for Integrative Health Experts

Fri, Jan 31, Feb 7, 14, 21, 28, Mar 7

3:00 PM - 4:30 PM

Max: 13 \$55.00

This course provides a unique opportunity to learn from the experts in the Osher Collaborative for Integrative Health, an international group of eleven academic health centers funded by The Bernard Osher Foundation to study, teach, and practice integrative healthcare. The eleven Osher Centers are located at highly respected medical schools and medical centers and emphasize integrative healthcare approaches to promote health and well-being. Each Osher Center focuses on whole-person health and wellness using healing strategies such as acupuncture and East Asian Medicine, Ayurvedic medicine, yoga, massage, meditation, physical activity, and nutrition. In this course, Osher Collaborative practitioners, researchers, and educators will discuss the science behind integrative healthcare remedies and explain its impact.

**Instructor:** In this course, Osher Collaborative practitioners, researchers, and educators will discuss the science behind integrative healthcare remedies and explain its impact.



## PLAY MAH JONGG AT OLLI

Do you like to play Mah jongg? Join this group on Thursdays from 1-3pm. Register online today!

Facilitator: Cobi Bush



TRAVEL and explore the world with OLLI friends. Enjoy domestic and international tours for new and exciting lifelong learning experiences. Plan ahead and follow your dreams!

### 2025 SCHEDULED TRIPS

- Reflections of Italy (Apr 30-May 9)
- Discover Canyon Country (Jun 20-27)
- Pacific Northwest & Calif (Aug 17-24)
- Discover Imperial Cities (Sep 3-13)  
(Prague, Vienna, and Budapest)
- Spotlight on Paris (Oct 1-7)
- Magical Christmas Markets (Dec 9-16)  
(Austria and Germany)

## Special Presentation

Join us at OLLI for a travel preview on Wednesday January 8, from 1:00 PM - 2:30 PM featuring previews of Pacific Northwest, Imperial Cities, Paris, and Christmas Magic.

*Right: OLLI members enjoying a recent trip to the Canadian Rockies.*

*Bottom: OLLI travelers departing for the Azores trip.*





# TEACH FOR OLLI

OLLI faculty and presenters are members of the community who are excited about teaching and involving an enthusiastic group of learners in a new way.

Some of our OLLI instructors are current or retired high school or college faculty, while others are people who enjoy the opportunity to share their interests and knowledge.

## What's to be gained by teaching at the OLLI?

Just as our members attend classes for the pleasure of it, our faculty at OLLI often teach for the sheer joy of sharing their expertise and enthusiasm for a topic. There are no tests to prepare or papers to grade, just teaching and holding discussions with interested and engaged students. We are able to offer a small honorarium dependent on the length of the course.

## What learning formats are supported at the OLLI?

**Traditional:** lecture, discussion, or a combination of both

**Hands On:** getting the fingers dirty (e.g., painting, photography)

**Collaborative:** Collaborative learning classes, or study groups, are led by a facilitator, not necessarily an expert in the field. The facilitator might offer a syllabus with readings and lists of topics. Class participants take responsibility for class activity as peer leaders working independently or in teams. Working from guidelines provided by the facilitator, the class participants have the opportunity to make a presentation, lead a discussion, invite a guest speaker, or develop other ways to engage the class in the subject.

## WANT TO PROPOSE A CLASS?

Fill out a course proposal form on our website:

<https://web.uri.edu/olli/course-proposal/> OR scan the QR code below. If you have questions regarding a topic or format, please contact Operations Manager, Beth Desrosiers, directly at 401-874-4197 or email [beth\\_desrosiers@uri.edu](mailto:beth_desrosiers@uri.edu)

## Proposal Due Dates:

Summer 2025 - Tues, February 4

Check the website for future proposal due dates.



## MEMBERSHIP FORM

210 FLAGG ROAD, ROOM 212, KINGSTON, RI 02881  
WEB.URI.EDU/OLLI 401.874.4197 OLLI@URI.EDU  
MAIL FORM OR REGISTER ONLINE AT [URIOLLI.AUGUSOFT.NET](http://URIOLLI.AUGUSOFT.NET)

### MEMBERSHIP INFORMATION (Please use one form per person)

NEW MEMBERSHIP  RENEWAL MEMBERSHIP RENEWAL DATE: \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Seasonal Address \_\_\_\_\_ Begin Date \_\_\_\_\_ End Date \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Secondary Phone \_\_\_\_\_

Year of Birth \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relation: \_\_\_\_\_ Phone \_\_\_\_\_

### MEMBER PROFILE

The following information is used to help us better understand our OLLI Membership as a community and to better serve you.  
This information is optional and confidential.

URI Alumni:  No  Yes Year \_\_\_\_\_ Gender:  Male  Female

Highest Level of Education:  High School  Some College  Associates Degree /Certification  
 Bachelor's Degree  Master's Degree  Doctorate

Employment Status:  Retired  Work Full Time  Work Part-Time  Not Currently Employed

Current/Former Occupation: \_\_\_\_\_

Referral \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

Relationship \_\_\_\_\_

### PAYMENT INFORMATION: Annual Membership Fee \$65 (non-refundable)

Payment Method:  Check (Payable to URI) For mail-in registrations, we only accept check payments.

If you are paying by credit card, please call the office at 401-874-4197 or register online [URIOLLI.AUGUSOFT.NET](http://URIOLLI.AUGUSOFT.NET)

Photos taken during OLLI events or programs can be used in promotion material for OLLI at URI.

OLLI and URI will not be held liable for members or guests for any damage or personal injury.

Your membership must be in effect through the last date of the class(es) you have chosen.

**For questions, please call 401.874.4197 or email [olli@uri.edu](mailto:olli@uri.edu)**

**If mailing, send to: OLLI at URI, 210 Flagg Rd, Room 212, Kingston, RI 02881**

OFFICE USE: DATE RCVD: \_\_\_\_\_ DATE PROCESSED: \_\_\_\_\_ INITIALS: \_\_\_\_\_



# OLLI MAIL-IN REGISTRATION - Winter 2025

Name (one member per form) \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Renewal Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## MONDAY

- Fabulous Fingers: Part II \$50
- Mash for the Millennium \$15
- Practical and Proven Suicide Prevention Training \$15
- Purpose Driven Retirement \$45
- Rhode Island's Forests and Fire Ecology, Past & Present \$15
- Sing the Marseillaise: Screening Nationalism \$35
- Slavery and the Creation of the U.S. Constitution \$40
- Sleep, Nature's Soft Nurse \$15
- What Every Woman Needs to Know About Cardiovascular Disease \$15
- Will Power: Surviving (and Enjoying) Shakespeare \$35

## TUESDAY

- A History of the English Language \$40
- A Sip Says It All \$15
- Alzheimer's Disease: Drugs, Diagnostics, and Controversies \$45
- Beginning French for Travel \$45
- Families and Aging: An OLLI Intergenerational Course \$50
- Fire Fighting in Rhode Island \$15
- Improvisational Comedy \$55
- In the Blink of an Eye - Surviving a Traumatic Brain Injury \$15
- Listening to Ourselves \$ 50
- The Newport & Wickford Railroad and Steam boat Co. \$15
- The Two Most Significant American Composers of the 19th Century: Foster and Gottschalk \$45

## WEDNESDAY

- Alfred Hitchcock, Cinematic Genius II \$55
- Award Winning Novels \$40
- Diabetes 101 \$15
- Fabulous Fingers: Part IV \$55
- Fashion in the Gilded Age \$15
- From Temperance to Tempest: Prohibition on, and Around, Block Island \$15
- Live Your Values: Crafting Your Personal Bucket List \$15

- Make Food Your Business \$15
- Sex, Gender, and Public Policy in the Era of Genomics \$40
- The Chemical Elements We Need for Modern Technology \$ 15
- The Joy of Singing! \$55

## THURSDAY

- A Concert Series with Swiss Haprist Andreas Vollenweider \$50
- A Gilded Age Tale of Murder, Money and Madness \$15
- It's Complicated \$45
- Let's Skate! \$65
- Pirates, Privateers, and Buccaneers of Rhode Island \$15
- Southeast Asia \$40
- Street Photography at the Providence Community Kitchen \$40
- Recovering Rhode Island's Spadefoot Toad Population \$15
- Rooms with Views: Two Novels \$50
- The Doctor Broad: A Mafia Love Story \$15
- The Life and Times of Oliver Hazard Perry \$15
- The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs \$15
- Where Were You in the '60s When...? \$35

## FRIDAY

- Learning a Rock's Story \$35
- Let's Fall in Love with Modern Poetry \$40
- Square Foot Gardening: Taking It to the Next Level \$55
- Taking the Inward Journey \$55
- The Beatles \$55
- The Iditarod: Alaska's Last Great Race \$ 40

## SATURDAY

- Fashion East and West \$15

More 

**GREAT DECISIONS - Free but you MUST register**

**American Foreign Policy at a Crossroads**

- Thur, Feb 20, 3:00PM-4:30PM
- Fri, Feb 21, 10:00AM-11:30AM

**U.S. Changing Leadership of the World Economy**

- Thu, Mar 20, 3:00PM-4:30PM
- Fri, Mar 21, 10:00AM-11:30AM

**RHODY RAMBLERS**

- Jan 16 - Narragansett Seawall
- Feb 13 - Wm O'Neil Bike Path
- Mar 13 - Brushy Brook Trail

**TOURS & TRIPS**

- The Perry Grist Mill: History in Action \$35
- The Port to Portugal - Tues, Jan 14 \$25
- The Port to Portugal - Tues, Jan 21 \$25
- Sweet Marie's Valentine's Tea \$50

**URI OLLI ONLINE (ZOOM)**

- Inspire: Hands-on Motivational Techniques to Uplift Daily Living \$40
- The 100 Greatest Movie Songs of All Time \$55
- Writing a Legacy Letter \$15
- Our Ancestral Homes and How to Find Them \$15
- Imprisoned Without Trial: Japanese Incarceration in WWII \$45

**OSHER ONLINE (ZOOM) - All Classes 6 Weeks \$55**

- My Native Land in Memory: Stories of a Cuban Childhood
- Innovations in Health and Wellness: From the Osher Collaborative for Integrative Health Experts
- The Tourists Tour of The Wider Universe
- Buddhist Philosophy, Meditation, and Ritual: In India and Beyond
- Modern War: What is it Good for?
- Transparent Eyeballs: The Transcendentalist and Their Worlds, 1803 - Present
- The World of Musical Satire
- The Secret Life of Familiar Birds
- Color and Symbolism in Art History
- Huck Finn's America
- Science Everyone Needs to Know

**LUNCH AND LEARN Free but you MUST register**

- Integrating Social Security into Your Retirement Planning
- Navigating the Financial Maze of Divorce
- Roadmap to Retirement: Understanding IRAs

**SIGS & OLLI EXTRAS - Free but you MUST register**

- |                                                    |                                         |
|----------------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Biking Group              | <input type="checkbox"/> Hiking Group   |
| <input type="checkbox"/> Book Group                | <input type="checkbox"/> Photo Friday   |
| <input type="checkbox"/> Bowling Group             | <input type="checkbox"/> Mah Jong       |
| <input type="checkbox"/> Cosmic Questions          | <input type="checkbox"/> Movie Group    |
| <input type="checkbox"/> Creativity and Play       | <input type="checkbox"/> Writer's Group |
| <input type="checkbox"/> Current Events Discussion |                                         |

**WINTER REGISTRATION**

*For mail-n registrations we only accept payments by check.*

Name: \_\_\_\_\_

Total # Classes \_\_\_\_\_

Renewal Fee \$ \_\_\_\_\_

Credits to Apply \$ \_\_\_\_\_

Total Due \$ \_\_\_\_\_

*If you think you may have credits to apply, please call the office to confirm before writing your check.*

Payment Method:

Check (Payable to URI) # \_\_\_\_\_

If you are paying by credit card, please call the office at 401-874-4197 or register online [URIOLLI.AUGUSOFT.NET](http://URIOLLI.AUGUSOFT.NET)

**OFFICE USE:**

Date Rcv: \_\_\_\_\_

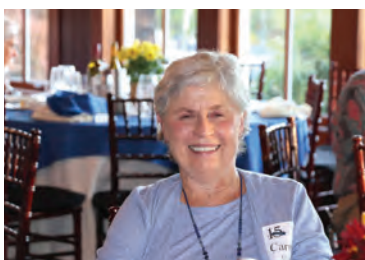
Date Processed: \_\_\_\_\_

Initials: \_\_\_\_\_

**MEMBERSHIP:**

CURRENT  NEW  RENEWAL











# Winter Add-on Class



Truth is always the first casualty  
of war.

~ Aeschylus

## Propaganda In American Wars

with Bob Persons

Tuesdays, February 11, 18, 25, 1:00PM-2:30PM \$40

“Remember the Maine!” “Uncle Sam Wants You!” “Together We Can Do It!” War and propaganda have been linked since the beginning of time. But behind the inspiring patriotic slogans lurk distortion, misinformation and outright lies. Indeed, the phrase, “Truth is the first casualty of war” dates back to the ancient Greeks. This class will examine American propaganda dating from the epic world wars to the dubious forever wars of recent times. Please bring an open and curious mind.



*Bob Persons recently retired from a 35-year investment career in Boston. He received a B.A. from Bucknell University and an M.B.A. from Northwestern University. He has spoken at countless investment conferences worldwide and was a guest lecturer at the MIT Sloan School of Management for 12 years. He has a passion for uncovering the truth, having spent the past 30 years trying to exonerate an innocent man from prison, and has taught OLLI classes on a variety of topics from wrongful convictions to the JFK assassination.*