

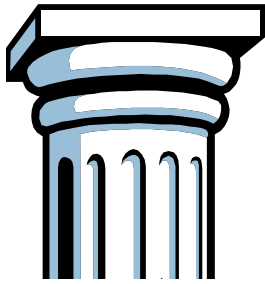


# The Osher Pillars



*Osher Lifelong Learning Institute at the  
University of Kentucky  
SOMERSET*

*FALL 2009*



*Somerset  
Leadership  
Council  
Officers*

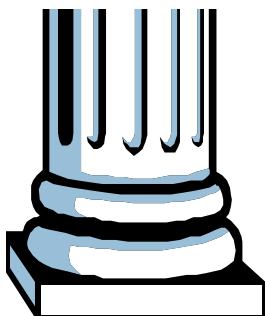
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**REGISTRATION IS NOW OPEN!!**

**OPEN HOUSE: Wed., Sept. 16th  
1:00 - 3:00pm  
Pulaski Co. Public Library**

*Instructor Presentations \* Register for Classes \* Refreshments*

**UPDATES IN REGISTRATION & FEES FOR THE FALL SEMESTER**

To eliminate the long lines during Open House, we will be taking registrations by mail and during Open House. Note that some classes will have limited enrollment & may be closed by Sept. 16. (Unfortunately, we are no longer able to take registrations by phone with a credit card.)

Please note: *Courses Are Filled on a First Come, First Enrolled Basis.*

Membership Fee: \$10 Fall Semester (includes 1 course)

Registration Fees: \$10 for each additional course

(some classes may have additional fees, course books)

**FALL 2009 COURSES FOR ADULTS 50+**

- FAMOUS KENTUCKIANS, PLACES, EVENTS
- INTERNATIONAL MISSIONS, AND MISSIONS IN EASTERN KY
  - OLD WEST AND THE GILDED AGE
- GREAT DECISIONS 2009 FOREIGN POLICY ISSUES/DEBATE
  - HEALTHY CHOICES FOR A BALANCED LIFE
  - SKYWARN WEATHER SPOTTER CLASS
- NATIONAL WEATHER SERVICE, SEVERE WEATHER, PATTERNS & SAFETY
  - DEALING WITH FEAR IN DIFFICULT TIMES
    - GENEALOGY: STEP BY STEP
    - INTRODUCTION TO THE NIGHT SKY
      - OIL PAINTING IN A DAY
  - FINANCIAL REVIEW, CONTINUED.....

**FAMOUS KENTUCKIANS, PLACES, EVENTS****Instructor: Don Elmore****Dates:** Wednesdays, Sept. 23rd - Oct. 28th**Times:** 10:00 - 11:30am**Location:** First United Methodist Church**Course fee:** \$10.00

A survey course of Kentucky born men & women, people that have Kentucky connections, places in Kentucky that have become famous, and events in KY that have made worldwide impact. Those discussed will include persons in the military, presidents, movie stars, persons in the fields of medicine, pioneers, business and traditions. Open discussion forum format.

**INTERNATIONAL MISSIONS AND MISSIONS IN EASTERN KY** **Instructor: Morris Norfleet****Dates:** Mondays, Sept. 28th - Nov. 2nd**Times:** 4:00 - 5:00pm**Location:** Somerset Community College, Alton Blakely Bldg**Course fee:** \$10.00

Dr. Norfleet will cover numerous topics including working internationally within various countries, such as Nicaragua, El Salvador, Brazil, Greece, England and Russia, and with diverse cultures; understanding the types and roles of international missions, the need for missions and how missions are developed in your community and abroad, and mission entrepreneurship. Dr. Norfleet will include a linked session on foreign trips and the development of biblical archeology.

**OLD WEST AND THE GILDED AGE****Instructor: Gilbert Wilson****Dates:** Tuesdays, Sept. 29th - Nov. 3rd**Times:** 2:00 - 3:30pm**Location:** Mill Springs Battlefield Museum**Course fee:** \$10.00 (+ \$3.00 Passport)

This course will begin with the Lewis and Clark Expedition followed by the mountain men and the Santa Fe Trail. Next the course will cover the settlement of Texas and Oregon followed by the Mormons. The Consequences of Manifest Destiny with the Mexican War and the California Gold Rush will follow. After the Civil War we will cover the mining frontier, conflict with Native Americans, the cattle industry, and farming the plains with all the problems associated. Finally the course will cover industrialization, workers, politics, and city life between 1865 and 1900.

**GREAT DECISIONS 2009 FOREIGN POLICY ISSUES/DEBATE****Instructor: Jim Cary****Dates:** Thursdays, Oct. 1st - Nov. 19th**Times:** 10:30 - 12:00noon**Course fee:** \$10.00**Location:** Somerset Housing Authority**Textbook:** Great Decisions 2009 Briefing Book**[http://www.fpa.org/info-url\\_nocat4705/info-url\\_nocat.htm](http://www.fpa.org/info-url_nocat4705/info-url_nocat.htm)**

2009 Session Topics:

1. US and Rising Powers: Global competition for power and resources, G-8, petro-superpowers, etc.
2. Afghanistan and Pakistan: Are there realistic goals for US involvement? Balochs, Pashtuns, Punjabs, Sindhis and Muhagirs ethnic groups, Bonn Agreement, FATA, jirga, NWFP, etc.
3. Energy & the Global Economy: Fossil fuels, free-market, free-trade, Keynesian econ, petro-dictators
4. The Arctic Age: Analyzing geopolitical implications of climate change in the Arctic & new challenges
5. Egypt: Key Ally in the Middle East: Key current domestic & regional issues facing Egypt
6. Global Food Crisis: Higher food prices triggered riots around the globe, what caused the price spike and what can be done to ensure the worlds' food security?
7. Cuba on the verge: Cuba is torn between socialism and capitalism, their next steps & US policy
8. Human Rights in a New Era: Wars for Peace: Drs without borders, genocide, R2P, sovereignty, UDHR, humanitarian crises and intervention

**HEALTHY CHOICES FOR A BALANCED LIFE****Instructor: Deborah Mayberry****Dates:** Tuesdays, Oct. 6th - Nov. 24th**Times:** 11:00 - 12:00noon**Location:** Lake Cumberland District Health Dept., Bourne Ave**Course fee:** \$10.00

This 8-week program combines education, nutrition and physical activity each week to help you balance your act. We will cover new topics each session including: MyPyramid, understanding food labels, the importance of sleep in our overall health, stress and its effects on the body, building core muscle strength, and the benefits of balanced life, among other topics.

**OIL PAINTING IN A DAY****Instructor: James Hood****Dates:** Friday, Oct. 23rd**Times:** 10:00 - 2:00pm, bring a sack lunch**Location:** Carnegie Center for the Arts**Course & Supplies:** \$10 (+ \$30 payable to instructor)

James, a certified Bob Ross Instructor, will work with 10 students to create an oil painting using the wet on wet technique. The painting will be a Fall scene, full of color. The additional fee covers all your supplies, all you need to do is show up! No experience is necessary and when you leave you will have a finished oil painting to bring home.

**DEALING WITH FEAR IN DIFFICULT TIMES****Instructor: Sonya Jones****Dates:** Fridays, Nov. 6, 13, 20 from 1:00 - 2:30pm**Location:** Carnegie Center for the Arts**Book:** Places That Scare You: A Guide to Fearlessness in Difficult Times **Course fee:** \$10.00

Difficult times such as the ones in which we live can bring up fears of all kinds for even the strongest, most well-intentioned people. Fears can include: fears of religious and cultural differences, fear of not having enough money, fear of sickness, serious illness, or loss of independence, fear of losing a house or means of livelihood, fear of losing family, fear of failure, and, perhaps, the greatest fear of all, fear of death. In her acclaimed book, The Places That Scare You: A Guide to Fearlessness in Difficult Times, Ani Pema Chodron tells us that we can deal with our fears effectively if we are willing to acknowledge the places inside that scare us and let them dissolve.

For three November afternoons, Dr. Sonya Jones and students will explore Pema Chodron's book. By reading and absorbing these insights we will have opportunities to explore overcoming fears by means of compassion, gentleness, and loving kindness. "Dealing with Fear in Difficult Times" is a great class to take before Thanksgiving as bidding fear good-bye creates space for gladness and gratitude at the holiday table.

**SPECIAL 1 AND 2 DAY CLASSES CONTINUE ON BACK** →**How to Register for Classes: by Mail or at Open House:**

1. **Mail:** Complete registration materials & send to the OLLI Office address listed. For copies of forms: visit an **Osher Information Site in Somerset: Pulaski Co. Public Library & UK Extension-Pulaski Co. Office**, call toll-free (866) 602-5862, or email: **DianaL@uky.edu**
  2. **Open House:** Registration will be open on Sept. 16th from 1:00 - 3:00pm.
- **New students: Please complete a Membership form along with your registration materials. Membership forms only need to be completed once.**

## **OLLI Also Offers The Following Special 1 & 2 Day Courses !**

### **GENEALOGY: STEP BY STEP**

**Instructor: Wanda Bullock**

**Dates:** Monday, Sept. 28th

**Times:** 10:00 - 12:00noon

**Location:** Pulaski Co. Public Library - Computer Lab

**No Course fee**

Ms. Bullock will take students through the steps of how to begin, where to begin, resources available in the library, research databases, and internet sites to help get you started and on your way.

### **NOAA WEATHER CLASSES with NOAA Warning Coordinator/Meteorologists      No Course fee**

The OLLI at UK in Somerset is pleased to partner with the Pulaski County Public Library to offer the following courses by the NOAA Weather Service Forecast Office. **Both classes will be at the library.**

#### **SESSION # 1: SKYWARN Weather Spotter Class (2 hours):      Wed., Oct. 7th 1:00 - 3:00pm**

A severe weather spotter provides a vital service to the National Weather Service and to his/her community by providing actual "Ground Truth" directly to the NWS. In the average year, there are 10,000 severe thunderstorms, 5,000 floods and more than 1,000 tornadoes across the US. Spotters generally report significant events such as damaging winds, heavy rain, tornadic activity, ice, snow, along with other events that have an impact on the forecast or the safety of the community.

#### **SESSION #2 National Weather Service, Severe Weather, Weather Patterns & Safety in So. KY. Wednesday, Nov. 4th      1:00 - 2:30pm**

Our NOAA Meteorologist will cover the following: the role and services of National Weather Service and the Ky Office and Operations Team in Jackson, discuss all types of weather, the causes and characteristics of severe weather, annual weather patterns typically seen in and around Pulaski County and weather safety.

### **INTRODUCTION TO THE NIGHT SKY**

**Instructor: Steve Gilbert, Park Naturalist**

**Dates:** Wednesday, Oct. 21st

**Times:** 1:00 - 2:00pm

**Location:** Pulaski Co. Public Library

**No Course fee**

Astronomy is the scientific study of objects outside the Earth's atmosphere, including planets, comets, galaxies, stars, as well as the evolution of these objects and the universe itself. In this class you will learn about sky maps, a view of the entire sky from one location, how to read a sky map, the basics of the solar system and about upcoming astronomical events.

### **FINANCIAL REVIEW, CONTINUED....      Location: Pulaski Co. Public Library      No Course fee**

**SESSION #1:**      Monday, Nov. 16th      2:00 - 4:00pm

**Guest Instructors: Marvin Kinch, Jay McShurley, Larry Botzman, Gary Greer**

**Topics to be discussed include:** Taxes, cash flow, record keeping, trusts, Medicare supplements, deficit reduction act, and a partnership with LTC (long-term care)

**SESSION #2**      Wednesday, Nov. 18th      1:00 - 3:00pm

**Guest Instructors: Neva Correll, Elmer Olson, John Rudolph, Bob Freeman**

**Topics to be discussed include:** New tax information for 2009, vital information in preparing your taxes, special circumstances, Social Security, retirement accounts, credits, forms, online services, tax scams and more!