



*Society for
Lifelong Learning*

SPRING 2024 NEWSLETTER

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Society for Lifelong Learning at WKU (SLL)

2355 Nashville Road

Bowling Green, KY 42101

Phone: 270-745-1912 | Email: SLL@WKU.EDU

Website: wku.edu/sll

Spring Term Dates: March 11 – May 3

REGISTRATION FOR FALL TERM BEGINS
TUESDAY, FEBRUARY 27 @ 8AM
(ONLINE, BY PHONE AND IN PERSON)

MISSION STATEMENT

The Society for Lifelong Learning at WKU (SLL) is a university-supported membership organization whose mission is to provide opportunities for adults 50 and better to further their knowledge in both academic and recreational pursuits and to share their experiences and interests with other members.

Fees

Annual Membership **\$200 (Spring and Fall 2024 Terms)**

Single Term membership **\$125 (Spring 2024 Term)**

Annual and Single Term members may attend unlimited SLL classes, activities, and events. Additional fees may apply for travel programs and some course materials.

Flex Membership **\$25 (Spring 2024 Term, plus a per-class charge)**

Flex members pay a per-class fee (varies by course). Flex members may also attend SLL activities and events. Additional fees may apply for travel programs and some course materials.

WKU Masking Guidelines

Masks are optional on WKU's campus. Members of the WKU Community are encouraged to continue to engage in safety measures they feel best protect themselves, including wearing masks if they so choose.

Locations

Most SLL classes are offered at the Knicely Conference Center, 2355 Nashville Road, Bowling Green, KY 42101. The conference center is easily accessible and has an abundance of free parking available to SLL. Some classes may take place off-site at various locations within the community.

**Join SLL or Renew your membership at wku.edu/sll/membership.php
or by calling the SLL office at 270-745-1912**

Spring 2024 Term Course Guide

Registration for Classes Opens Tuesday, February 27th @ 8am
Spring Term Dates: March 11 – May 3

1970s Rock and Roll: The Good, Bad, and Inbetween

This class is a survey of Rock and Roll in the 1970s from the breakup of the Beatles to the introduction of MTV (Music Television). Musical topics will include Art and Jazz Rock, Disco, Punk, Rock Theatre, Heavy Metal, and defining "Classic" Rock. Discussions will focus on musical trends and innovations as well as cultural and social impacts.

- Scott Harris
- Wednesday, 11:00 a.m. – 12:30 p.m.
- April 10 – May 1 (four sessions)
- Knicely Conference Center

Instructor Bio:

Scott Harris is a Professor of Music and former department head at Western Kentucky University. He is an active percussionist and educator working directly with the Big Red Marching Band and WKU Music Education/Performance students. He is an avid listener of Rock and Roll and teaches a very popular Rock and Roll History course at WKU.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$36

An Afternoon at the Movies: Oscar Contenders and Winners

In the highly competitive world of the Oscars, there are as many unfairly overlooked films as there are internationally acclaimed classics. The group's focus will be to "separate the wheat from the chaff," thereby returning some of the underdogs to their deserved glory, while also celebrating the true grandeur of a few of the industry's undisputed stars. And the winner is...

- Karin Egloff
- Thursday, 3:30 – 6:00 p.m.
- **NOTE:** Extended Time
- March 14 – April 18 (six sessions)
- Knicely Conference Center

Instructor Bio:

Karin Egloff is Professor Emerita of French at WKU where she taught courses in literature, culture, film, translation, pronunciation and phonetics, and conversation. She is looking forward to offering another film class for her "An Afternoon at the Movies" series which she has brought to SLL since 2015.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$ 54

Basics of Plant Identification

We will learn how to identify and classify some of our local wildflowers, trees, and bushes. In two classroom sessions, the instructors will provide samples for study. Participants will then be invited to join instructor-led, free hikes at Mammoth Cave National Park to hone their skills.

- Steve Kistler, Tricia Sepulveda
- Wednesday, 11:00 a.m. – 12:30 p.m.
- March 13 and 20 (two sessions)
- Knically Conference Center

Instructor Bio:

Steve Kistler is a retired science teacher and a lifelong naturalist. He has built and maintains websites of the Mammoth Cave Area Birds and Mammoth Cave Area Flora. He and his wife enjoy birding and botanizing all over the U.S. Tricia Sepulveda has had a growing interest in native plants for over a decade. She regularly participates in Mammoth Cave National Park's spring nature hikes for wildflowers and birds as well as other volunteer activities related to birds and native plants.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$18

Behind the Scenes at the Baker Arboretum

Join Director Martin Stone for four interesting sessions that highlight the ornamental, educational, and scientific functions of the Baker Arboretum. Learn how arborists assess the health of a tree and which trees tend to thrive best in our area. Enjoy touring the formal gardens and experience some of the technical aspects behind managing and maintaining this beautiful 115-acre property.

- Martin Stone
- Friday, 1:30 – 3:00 p.m.
- April 5 – 26 (four sessions)
- Location: Baker Arboretum, 4801 Morgantown Road

Instructor Bio:

Martin Stone is the Leichhardt Professor of Horticulture at WKU and Director of the Baker Arboretum.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$36

BGPD Citizens Police Academy: Abridged

This course is designed to give participants an in-depth view of the Bowling Green Police Department. Ever wonder how CSI really works? What is it like to be a detective? How do officers conduct traffic stops? Why do cops eat so many doughnuts? This class will answer all those questions and more. Join in on this informative time with the BGPD.

- Ronnie Ward
- Friday, April 19, 1:00 – 3:00 p.m. (session 1 of 4), BGPD, 911 Kentucky Street
- Wednesday, April 24, 1:00 – 3:00 p.m. (session 2 of 4), Knically Conference Center
- Monday, April 29, 1:00 – 3:00 p.m. (session 3 of 4), Justice Center, 932 Center Street
- Wednesday, May 1, 1:00 - 3:00 p.m. (session 4 of 4), Knically Conference Center

Instructor Bio:

Ronnie Ward has worked with BGPD for 17 years and as the Public Information Officer for 13 years. He enjoys giving everyone a close-up experience with the Department.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$36

Bird Identification for Beginners

In the classroom, you will learn how to identify birds of Kentucky by their distinguishing features, field marks, and vocalization and how to narrow your choices down quickly.

- Blaine Ferrell
- Tuesday, 11:00 a.m. – 12:30 p.m.
- March 12 - 26 (three sessions)
- Knicely Conference Center

Instructor Bio:

Blaine Ferrell is Dean Emeritus of Ogden College at WKU. He has been a member of the Kentucky Ornithological Society for 50 years and served as their president. He has taught Ornithology and annually leads the local Christmas and Breeding Bird counts for the Audubon Society.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$ 27

Birding in the Field

We will visit several local sites including Mammoth Cave National Park to search for birds. We will meet briefly at Kniceley for the first session at regular class start time. Thereafter, we will meet earlier and at designated sites.

- Blaine Ferrell
- Tuesday, 9:00 – 10:30 a.m.
April 9 (session one)
Knicely Conference Center (meet briefly then go to birding site)
- April 16 – 30; Offsite (sessions 2-4)
Locations will be given to participants in session one.
- NOTE: dress comfortably, bring binoculars

Instructor Bio:

Blaine Ferrell is Dean Emeritus of Ogden College at WKU. He has been a member of the Kentucky Ornithological Society for 50 years and served as their president. He has taught Ornithology and annually leads the local Christmas and Breeding Bird counts for the Audubon Society.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$36

Bowling Green Fire Department

Visit one of our local stations to learn about the Bowling Green Fire Department, receive safety tips, take a station tour, and see a demonstration with Millie, the fire dog.

- Katie McKee
- Friday, 9:00 – 10:30 a.m.
- March 29 (one session)
- BGFD Station 1, Fairview Avenue/6th Avenue (at the “Y” in the road)

Instructor Bio:

Katie McKee is a Public Information Officer and has worked for the BGFD for three years. She is a Bowling Green native and attended WKU.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Business Showcases

Beginning in the spring term, the curriculum committee will present a new series for SLL members. Business Showcase classes give participants the opportunity to learn more about local and area businesses, where they are, what they do, who they serve, and how their businesses impact the community. Here are the three Business Showcase classes for spring term:

Business Showcase: **CROWN Cork & Seal**

CROWN Cork & Seal is one of many enterprises located in the Warren County Transpark. Participants in this session will learn about its innovative packaging business, with time for Q & A.

- John Forman, Facilitator
- Wednesday, 1:30 – 3:00 p.m.
- March 20 (one session)
- Knicely Conference Center

Instructor Bio:

John Forman retired after forty years in construction and the aluminum industry that included Kaiser, ALCOA, and Logan Aluminum. His assignments in engineering, maintenance, production, finance and plant construction exposed him to the wide array of manufacturing steps involved in aluminum processing and a multitude of end-product uses. John will introduce the presenters during the class session.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Business Showcase: **Logan Aluminum, Inc. Including a Plant Tour**

The first of our two sessions will be in the classroom where students will become more acquainted with Logan Aluminum from its history to its present-day position in the aluminum market. The second session will be a field trip tour to the plant, which will provide a firsthand view of the manufacturing process.

- John Forman
- Thursday, 9:00 – 10:30 a.m.
March 14 (session one of two)
Knicely Conference Center
- Friday, 9:00 a.m. depart from Knicely parking lot to carpool/caravan to the Logan Aluminum facility, Lewisburg, KY, approximate return time is 2:00 p.m.
March 22 (session two of two)

Instructor Bio:

John Forman retired after forty years in construction and the aluminum industry that included Kaiser, ALCOA, and Logan Aluminum. His assignments in engineering, maintenance, production, finance and plant construction exposed him to the wide array of manufacturing steps involved in aluminum processing and a multitude of end-product uses.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$18

Business Showcase: New Horizons at the Nashville Airport

This presentation will highlight the dynamic changes underway at Nashville International Airport® and John C. Tune Airport®. Through firsthand project insights and stunning visuals, you will gain a deeper understanding of the airports' dedication to fulfilling the growing needs of their passengers. Be sure to bring your questions!

- Traci Holton
- Tuesday, 9:00 – 10:30 a.m.
- April 2 (one session)
- Knicely Conference Center

Instructor Bio:

Traci Holton is the Vice President and Chief Engineer for the Metropolitan Nashville Airport Authority. She is responsible for the design and construction of BNA's \$3B expansion programs and \$100M capital program. She holds a Bachelor of Science Degree in Civil Engineering from Tennessee Technological University and a master's degree in engineering management from Lipscomb University.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Celebration of Discipline: The Path to Spiritual Growth

A study of the classic Christian disciplines, including meditation, prayer, fasting, study, simplicity, solitude, submission, and service. Based on the book of the same title by Richard Foster.

- Mike Breen
- Wednesday, 9:00 – 10:30 a.m.
- March 13 – April 3 (four sessions)
- Knicely Conference Center
- Recommended Text: *Celebration of Discipline: The Path to Spiritual Growth* by Richard Foster

Instructor Bio:

Mike Breen is an attorney and has been harassing insurance companies and corporations for 40 years. In 1985 he had a radical encounter with myth, and in 2003 with the Christ image. He received an MA degree in Religion at Reformed Theological Seminary in 2014. He tries to sip the Kool Aid and not gulp it.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$36

Common Estate Planning Mistakes

Estate planning mistakes can lead to problems for both you and your family. Most of those mistakes are simple to correct if you know how to identify them. This two-session course is designed to help you identify and correct some of the most common estate planning mistakes that the instructor encountered during his 40-year legal career.

NOTE: This course is for information purposes and is not intended as legal advice.

- Ernie VanHooser
- Wednesday, 11:00 a.m. – 12:30 p.m.
- March 27 and April 3 (two sessions)
- Knicely Conference Center

Instructor Bio:

Ernie VanHooser practiced law for 40 years. During that time, he helped hundreds of clients with estate planning issues, including everything from drafting wills and trusts to handling probate matters.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$18

Dialogue as a Means of Conflict Resolution

In this class we will learn the meaning of dialogue as it has been defined and used to accomplish peace in areas plagued by wars, terrorist attacks, ethnic and religious hatred, and dehumanization of those unlike ourselves. The Northern Ireland "Troubles" will serve as our model.

- Judith Hoover
- Tuesday, 1:30 – 3:00 p.m.
- March 12 – April 2 (four sessions)
- Knicely Conference Center

Instructor Bio:

Judith Hoover taught small group, interpersonal communication at Indiana University (Ph.D.), Austin Peay, Vanderbilt, WKU, and Waikato University in Hamilton, New Zealand. She is a communication consultant in organizational teamwork and Professor Emerita of WKU since 2007. She has published three textbooks, academic articles, and two novels.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$36

Easter Island: A Tragic Story

Arguably the most remote inhabited island in the world, Easter Island is steeped in mystery. The huge enigmatic statues which surround this volcanic island are the crux of the riddle. Where do they come from? Who could have moved and placed them? We will travel the circumference of Easter Island and explore its mysteries. Theories and answers will be discussed as the Island's tragic history is revealed.

- Michael Trapasso
- Thursday, 11:00 a.m. – 12:30 p.m.
- March 28 (one session)

Instructor Bio:

Michael Trapasso is an Emeritus Professor of Geography, and Curator of the College Heights Weather Instrument Museum. Having walked all seven continents, he has photographed significant and enigmatic geographical sites.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Easy Yoga

This class will focus on basic Yoga Principles: proper stretching, balance, deep breathing, easy movement between positions, and relaxation. Regular practice of yoga can improve your posture, strength, balance, and flexibility. Students should wear comfortable clothing, bring their own yoga mat, and plan to be on the floor as well as standing. You will also need to bring a towel or small blanket.

- Shigeko Sleeper
- Wednesday, 5:30 – 6:30 p.m.
- **NOTE:** This is a one-hour class
- March 13 – April 3 (four sessions)
- Knicely Conference Center

Instructor Bio:

Shigeko Sleeper studied Tae Kwon Do, Kung Fu, and Tai Chi. After several injuries, she began to practice yoga and became a teacher. She holds E-200RYT and is working to obtain 500RYT. Her classes in Bowling Green and Franklin focus on breathing, stretching, and relaxation.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$36

Emigration: A Sensible Climate Change Adaptation

We will set current climate changes in the context of Earth history and look at emigrations of early humans proceeding up to the present. With global warming we have three basic options: accept, mitigate, and adapt. Without dismissing the first two, we will explore the promise of the third and reasons why emigration looks attractive.

- Olin Joynton
- Wednesday, 1:30 – 3:00 p.m.
- April 10 (one session)
- Knicely Conference Center

Instructor Bio:

Olin Joynton emigrated every year or so growing up as a Navy brat. He taught philosophy at community colleges in Texas and Wyoming before emigrating to Michigan in 2004 as president of Alpena Community College. After retirement in 2015, he and Patricia moved to Bowling Green, where they hope to stay put for a good while!

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

The Epic of Gilgamesh: A Mix of Poetry and History

The Epic of Gilgamesh is the world's oldest surviving written poem, dating from the Third Dynasty of Ur (c.2100 BC). This course will blend the history of King Gilgamesh, the city of Ur, and the Sumerian region of ancient Mesopotamia with the classic motifs of epic poetry. Did the Hebrews borrow from the epic when writing the story of Noah? Are there other biblical correlations? Take the class to discover the answers.

- Krystol Stinson
- Tuesday, 11:00 a.m. – 12:30 p.m.
- April 9 - 30 (four sessions)
- Knicely Conference Center

Instructor Bio:

Krystol Stinson retired from the United States Navy in 2005. She enrolled in WKU using her Post-911 GI Bill and graduated in 2013 with a double major in Creative Writing and History. She enjoys most creative endeavors including writing, painting, and drawing.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$36

Exploring Black and White Racial Identity

The concept of race is important in daily life and critical to one's identity development. Understanding how our identities and experiences in life are shaped by race is vital. How do I identify myself? How am I perceived by others? We will examine aspects of racial identity and race itself, and the role these social constructs play in dividing people.

- Howard Bailey
- Tuesday, 1:30 – 3:00 p.m.
- April 9 - 30 (four sessions)

Instructor Bio:

Howard Bailey retired as Vice President of Student Affairs at WKU after more than 40 years of service to the university. He remains an activist in the Bowling Green community and at the state level. He has an extensive background in race relations and continues teaching and training on the subject.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$36

Family Genealogy: One Person's Experience

It is my objective to show the experience of one person (myself) trying to put together a family tree extending back to colonial days. The emphasis will be on basics, including DNA tracing, institutional and individual sources, and the kinds of errors one may encounter in old records.

- Charles Smith
- Wednesday, 3:30 – 5:00 p.m.
- April 17 (one session)
- Knicely Conference Center

Instructor Bio:

Charles Smith is Professor Emeritus of WKU. He has professional interests in geography, history, philosophy of science, and systems theory. He has avocational interests in music and genealogy.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Find Yourself in the 1950 Census (and Maybe in the 1940)

Genealogists use the decennial US Census to fill out family trees and learn more about family history. In 2022, the Census Bureau released the 1950 census. This is the first to include many SLL participants and for some the 1940 census is the first to include their parents. The class will explore how the census was developed, what information appears in it and how to find yourself in it (without paying for Ancestry). We will do hands-on lookups, so everyone will have the opportunity to find themselves.

- Janet Cobb
- Wednesday, 3:30 – 5:00 p.m.
- April 24 and May 1 (two sessions)
- Knicely Conference Center
- NOTE: Bring to class: laptop for tablet device for online research

Instructor Bio:

Janet Cobb is active in the National Society of the Daughters of the American Revolution and teaches a genealogy class for the local chapter.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$18

From Zero to Infinity (with a Few Stops Along the Way)

The physical universe contains a bewildering variety of patterns and phenomena, yet we find the same specific numbers appearing over and over again. Let's take a look at Pi (3.14...), Phi (the Golden Ratio), e (Euler's constant), Feigenbaum's numbers (known as alpha and delta), i (the square root of negative 1), and zero and infinity, and see how they underlie fractals and chaos and everyday life. This presentation has lots of pictures and only a few equations (which you can ignore).

- Janeen Grohsmeyer
- Thursday, 1:30 – 3:00 p.m.
- March 14 (one session)
- Knicely Conference Center

Instructor Bio:

Janeen Grohsmeyer studied physics and mathematics at Bucknell University in Pennsylvania, and electrical engineering at the Naval Postgraduate School in Monterey. She enjoys puzzles of all kinds, and she thinks math is beautiful. She has taught SLL classes on gardening and native plants.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$ 9

Genealogy 101

The desire to understand our past and connect with our ancestors is a timeless and universal one. In recent years, this curiosity has transformed genealogy into one of the most pursued hobbies, especially in the United States. In this basic course, you will learn genealogy for beginners and how to kickstart research into your family history. The class will offer guidance for initial steps, gathering known data, and setting clear research goals.

- Nancy Richey
- Friday, 8:30 – 11:30 a.m. (**NOTE:** Extended Time), April 19 (one session)
- Special Collections Library in Cravens (main campus, off Normal Drive)

Instructor Bio:

Nancy Richey is Reading Room Coordinator and Professor/ Visual Resources Librarian for the Department of Library Special Collections at WKU where she has been employed since 2008. She is a graduate of the University of Kentucky and WKU where she received degrees in Information Science and Southern History. Richey has served on various historical boards and authored two local history books.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Guided Tour of Aviation Heritage Park Museum

Dan Cherry, Brig. Gen., USAF (Ret.), who was a fighter pilot in the Vietnam War, will lead this tour of the newest museum in Bowling Green.

- Dan Cherry
- Friday, 9:00 – 10:30 a.m.
- April 26, Aviation Heritage Park Museum, 1825 Three Springs Road

Instructor Bio:

Dan Cherry is a retired Brigadier General of the USAF who piloted an F-4 Phantom during the Vietnam War, and the author of *My Enemy, My Friend* about one of his wartime experiences. He is Director Emeritus of Aviation Heritage Park. Dan has been honored with enshrinements into the Kentucky Aviation Hall of Fame, the Georgia Aviation Hall of Fame, the WKU Hall of Distinguished Alumni, and is a Paul Harris Fellow in the Bowling Green Rotary Club. He has two daughters and four granddaughters.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

The Hitchhiker's Guide to Natural Living: Quick Start

The first three sessions of this class will cover simple changes to our daily routine that can make a big impact on how we feel day-to-day. In week four we will review sample programs for becoming healthier. When the class is done, you will have a list of businesses ready to support your health journey, a toolbox for ongoing self-care at home, and programs to show how changes can be made slowly but permanently. If you are ready to make some healthy changes but aren't sure where to start, this is your class.

- Jerilyn Bristow
- Tuesday, 5:30 – 7:00 p.m.
- April 9 - 30 (four sessions)
- Knicely Conference Center

Instructor Bio:

Jerilyn Bristow has lived, worked, and studied the natural health industry for over 25 years. Her formal training in herbal studies, body work, and energy work sparked further study of specialty diets, super foods, and supplements. She is passionate about whole-clean-local food, fermented and healing foods, and a balanced use of supplements. She brings a unique and inclusive approach to getting and staying healthy. Most of all, Jerilyn enjoys helping others navigate the overwhelming number of choices available to the natural health consumer.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$36

Hot Rods Stadium Tour

Participants will see behind the scenes at Bowling Green Ballpark on this walking tour, which will cover topics such as broadcasting, marketing, ticket sales, food, and beverage, and take you into areas of the ballpark the average fan does not get to see. At the end of the tour, a panel of staff from sales, food and beverage, and marketing and promotions will be present to answer questions.

- Mikayla Algeo
- Monday, 1:30 – 3:00 p.m.
- April 22 (one session)
- Location: Bowling Green Ballpark, 300 E 8th Avenue

Instructor Bio:

Mikayla Algeo, a University of Nebraska graduate in marketing, is in her first season with the Hot Rods. She previously worked with the Lincoln (Nebraska) Saltdogs and was Marketing and Community Relations Assistant for the Round Rock Express, the Triple-A affiliate of the Texas Rangers.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Introduction to Parkinson's and Alzheimer's

If someone told you they had Parkinson's or Alzheimer's, would you know what the symptoms or characteristics are? Do you know what currently available treatments are effective? Would you like to know how to help the person and/or caregiver? Learn about these diseases that are two of the most prominent issues for seniors right now.

- Jill Steffey
- Wednesday, 1:30 – 3:00 p.m.
- March 27
- Knicely Conference Center

Instructor Bio:

Jill Steffey has certificates in Alzheimer's and Parkinson's from Medfit. Her father had Parkinson's and dementia. She is also the owner of Pieces of Hope, a movement and memory center for people with these diagnoses.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Introduction to Stage Combat: The Reason Behind the Action

Get a basic insight into how stage combat is justified and created for theatrical production. You will witness examples of techniques, critique choreography, and gain an appreciation for all the work involved. Your voluntary participation in some of the examples is welcome (but not required).

- Dillon Godolphin
- Wednesday, 9:00 – 10:30 a.m.
- April 10 (one session)
- Knicely Conference Center

Instructor Bio:

Dillon Godolphin is the Education Director at *Arts of Southern Kentucky*. He has more than five years of experience performing for theme parks around the world. He has a Bachelor of Arts in Theatre, a Bachelor of Arts in Dance, and holds certification in Foundational Education of Stunts.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Kentuckians Everyone Should Know

Nearly every American is familiar with such famous Kentuckians as Daniel Boone, Honest Abe, Muhammed Ali, and the chicken-frying Colonel, who are iconic representatives of the Bluegrass state for good cause. However, this class will focus on some often forgotten and overlooked Kentuckians who have also shaped the history of our state and the nation.

- Sam Terry
- Wednesday, 1:30 – 3:00 p.m.
- April 3
- Knicely Conference Center

Instructor Bio:

Sam Terry is a native of Barren County whose ancestors were among the organizers of the county and earliest residents of Glasgow. A graduate of Transylvania University, he is an author, community historian, speaker, and the creator of Sam Terry's Kentucky, a popular daily blog of Kentucky History.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Local Food Production: Tour the WKU Farm

This one-session course will review the history and basic operations of the WKU Agriculture and Research Education Center (AREC) which is a working farm. We will tour over eight hundred acres, learning about the goals of each of our seven units. Our students gain hands-on experience in classes and labs working with crops, agronomy, livestock, food production, and more!

- Dan Strunk
- Friday, 11:00 a.m. – 12:30 p.m.
- April 26 (one session)
- WKU Farm (off Elrod Road at Nashville Road)

Instructor Bio:

Dan Strunk is AREC Director and Professor of Agronomy (Plant Science). He is a native of east Tennessee where he received his B.S. and M.S. at the University of Tennessee; he also has a Ph. D from the University of Arkansas. Prior to coming to WKU in 2018, he was employed by the University of Tennessee.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Memoir Writing

Have you ever wanted to tell your life story but weren't sure how to start? In this class, we will discuss how to gather your memories, choose your audience, structure your story, and write a memoir that is lively and evocative. We will do a lot of writing exercises in class, share our ideas and stories with each other, and talk about examples of memoirs we have enjoyed reading. No previous writing experience necessary.

- Erika Solberg
- Tuesday, 3:30 – 5:00 p.m.
- March 12 – April 16 (six sessions)
- Knicely Conference Center

Instructor Bio:

Erika Solberg is a book coach, ghostwriter, and freelance writer. With a BA in English from Yale University and an MFA in creative writing from Louisiana State University, she has taught writing to students ranging from elementary school to college.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$54

Metal Forging

Participants will enjoy a talk and demonstration about the process of forging. Following that, a limited number will be able to forge an item to take home.

- Greg Waddell
- Monday, 4:30 – 6:30 p.m. (NOTE: extended time)
- April 22 (one session)
- Kentucky Museum, 1444 Kentucky Street
- Forging Experience Fee: \$15 (paid to the instructor at the session)
- Limit of 12 for the forging experience
- Class limit: 30 (forging experience is optional)

Instructor Bio:

This class is being presented by a local forging club. They will be introduced at the session. Greg Waddell is part of this group and the lead for this presentation.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Navigating Your Senior Years

As you transition into the senior years, it is crucial to embark on the right path tailored to your needs. Learn about potential living options and effective money management strategies. Consider long-term care insurance, understand the nuances of Medicare, and discover how to be vigilant against scams. By equipping yourself with knowledge and foresight, you can navigate your senior years confidently and safeguard your well-being.

- Stacy Carter
- Thursday, 11:00 a.m. – 12:30 p.m.
- April 4 - 18 (three sessions)
- Knicely Conference Center

Instructor Bio:

Stacy Carter is co-owner and founder of Pathways Senior Care Advisors and is a seasoned real estate agent who has lived in the Bowling Green area for almost 40 years. She has a passion for helping seniors and their families navigate the system to find which options best meet their needs.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$27

Place-Based Development with HOTEL INC

How do non-profit organizations contribute to lasting change in the communities they serve? Join us at HOTEL INC to learn more about the shifting landscape of poverty in Bowling Green, how non-profits are adapting in the current environment, and approaches that work to reduce poverty through long-term transformation.

- Katy Attanasi Barker
- Friday, 11:00 a.m. – 12:30 p.m.
- April 12 (one session)
- HOTEL INC, 1005 Boatlanding Road

Instructor Bio:

Katy Barker earned two master's degrees from Harvard University and a doctorate at Vanderbilt University. She taught in various universities and served on staff at Broadway United Methodist church before moving to the non-profit sector. She currently works as the development coordinator for HOTEL INC.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Putting Some Iron into Your Golden Years

Older adults who begin to lift weights will typically enjoy increased strength, mobility, mental sharpness, and metabolic health benefits. Participants in this class will learn the materials needed for a personal gym and how to develop an exercise program. The instructor will demonstrate proper techniques for lifting and other exercises and provide nutritional information and assistance.

- Charmaine Barlow
- Friday, 5:30 – 7:00 p.m.
- April 5 – 19 (three sessions)
- Instructor's residence, 5432 Cemetery Road

Instructor Bio:

Charmaine Barlow is a certified personal trainer of the American Council on Exercise and is the owner/operator of a fitness business. She has been instructing in various aspects of fitness and health, including weightlifting, flexibility, postural alignment, geriatrics, special needs, golf, and nutrition since 1995.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$27

Rainbows: Fiction and Fact

Explore some of the myths, legends, and symbolism of the rainbow through the ages and across the globe, then learn the science of how, when, and why they occur. Wearing rainbow attire and jewelry is encouraged!

- Janeen Grohsmeyer
- Thursday, 1:30 – 3:00 p.m.
- March 28 (one session)
- Knicely Conference Center

Instructor Bios:

Janeen Grohsmeyer studied physics and mathematics at Bucknell University in Pennsylvania, and she enjoys reading folklore and myth. She has taught SLL classes on gardening with native plants.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Shakespeare Behind Bars

This two-session course will study *As You Like It*, one of Shakespeare's most beloved comedies. We anticipate going to Luther Luckett Correctional Facility in La Grange during the week of April 22-25 to watch prisoners perform the play as part of the "Shakespeare Behind Bars" program. Details for attending the performance will be given to each participant after registration.

- Lloyd Davies
- Thursday, 1:30 – 3:00 p.m.
- April 11 and 18 (two sessions)
- Knicely Conference Center

Instructor Bios:

Lloyd Davies is WKU Professor Emeritus in the Department of English, where he taught literature for many years. In the past he offered classes on poetry and Shakespeare for SLL.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$18

Social Psychologist Jonathan Haidt

Session 1: Why are some folks conservative and others liberal? Haidt goes beyond common answers to explore the values animating the two camps and better understand the differences between them. Session 2: Why are iGen members so fragile? According to Haidt and colleague Greg Lukianoff, they have been coddled rather than exposed to the ordinary bumps and bruises, insults, and injuries, which made earlier generations strong. Their conclusion is "Prepare the child for the road, not the road for the child."

- Olin Joynton
- Thursday, 11:00 a.m. – 12:30 p.m., March 14 and 21 (two sessions)
- Knicely Conference Center

Instructor Bio:

Olin Joynton taught philosophy at community colleges in Texas and Wyoming before anyone heard of trigger warnings. In 2004 he became president of Alpena Community College in Michigan. Since retiring in 2015 he and his wife Patricia have moved around to be near family, arriving in Bowling Green three years ago.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$18

Story of the Land: What We Have Learned from Our Farm

Visit Dripping Springs Farm in northeast Warren County and learn about this fifth-generation family farm's history, ecology, and how the market garden and land are managed for resilience and sustainability. (Optional - birders and those interested in a wildflower hike to the waterfall may come early. They should bring sturdy shoes, long pants, bug repellent, and be prepared for hilly, uneven terrain.)

- Lisa Hite, Deb White, Eli Levine
- Friday, 10:30 a.m. (8:30 a.m. for those who wish to hike and explore the farm before the class)
- April 12 (one session), Dripping Springs Farm, 1514 Raleigh Wilson Road, Bowling Green, KY

Instructor Bios:

Lisa Hite is a semi-retired natural resource planner whose work has included public park planning and private land conservation. Deb White is a botanist who oversaw endangered plants and conservation for Kentucky State Nature Preserves and has written books on Kentucky Natural Heritage and Rare Wildflowers. Eli Levine serves on the Jefferson County Soil and Water Conservation District Board and enjoys birding and hiking.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Tall Tales of a Peace Corps Volunteer in Afghanistan

Fifty years ago, the instructor lived two years in Afghanistan teaching ESL in Kandahar and research techniques at Kabul University. He shared daily life with an amazing people in a country that is now too dangerous to visit. There was no television, no refrigerator and certainly no cell phones! His experiences of the Peace Corps then and now, and of a country vastly changed, will stretch the imagination.

- Richard Thornton
- Wednesday, 3:30 – 5:00 p.m.
- March 27 and April 3 (two sessions)
- Knicely Conference Center

Instructor Bio:

Richard Thornton is a retired educator and a past president of both the Kentucky School Public Relations Association and the National School Public Relations Association. Today he remains actively involved in the community and civic affairs of Bowling Green and Warren County. He is also a long-time practitioner of mindfulness meditation and Buddhism.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$18

Travel Journals

Each session will feature a different presenter telling about their personal travels – near and far – as they share photos, stories, and more. Where will you go after hearing about their adventures? Members will register for each session individually rather than as a whole series. Days and times vary for each session.

Travel Journal: **Discovering North Georgia Mountains**

This session will discuss several interesting places my family visited during two trips to Ellijay and Helen in the mountains of North Georgia. Helen is a Bavarian-style resort town with many interesting shops, German food, tube-rafting and local attractions; it is located near many state and national parks, such as the Chattahoochee National Forest. Anna Ruby Falls and the old gold-mining town of Dahlonega are a short drive away. Learn more and share your favorite places in this fascinating area.

- Tim Brotherton
- Wednesday, 1:30 – 3:00 p.m.
- March 13 (one session)
- Knicely Conference Center

Presenter Bio:

Tim Brotherton is a retired faculty member from WKU. He and his wife live in Auburn now. They travel short and long, near, and far and are always looking for new places to explore.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Travel Journal: **The Holy Land and the Israeli-Hamas War**

In October of 2023, a group of 23 people from Bowling Green ages 16 to 86 were touring Israel and Palestine when the war began. This presentation will reflect on the places visited and the dynamics of the people of the Holy Land in light of conflict, scriptures, and theology.

- Adam Shourds
- Thursday, 5:30 – 7:00 p.m.
- April 25 (one session)
- Knicely Conference Center

Presenter Bio:

Adam Shourds is an ordained minister in the United Methodist Church. He has served at Broadway UMC since 2007 and as Senior Pastor since 2014. Adam is married to Jeannie and dad to Luke, Isaac, and Sarah Grace.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Travel Journal: **Now I'm a Belizer!**

Four SLL members will present portions of their recent shared travel experience in Belize. Rocks and ruins, birds and barracudas, cacao, culture, and a Christmas parade are all on the agenda.

- Ken Kuehn, Valerie Brown, Lisa Dalporto, John Forman
- Wednesday, 3:30 – 5:00 p.m.
- April 10 (one session)
- Knicely Conference Center

Presenter Bios:

The four presenters – Valerie Brown, Lisa Dalporto, John Forman, and Ken Kuehn – are long-time SLL members with extensive travel experience.

Travel Journal: Visit Vento, Italy to Explore Vicenza: Jewel of the Renaissance

This pictorial presentation of the City of Palladio, on the UNESCO World Heritage List since 1994, highlights historical sights and present-day life in Vincenza, Italy. The most famous architectural designs of Andrea Palladio will be included.

- Sharon Spall
- Thursday, 3:30 – 5:00 p.m.
- May 2 (one session)
- Knicely Conference Center

Presenter Bio:

Sharon Spall is an educator who has taught and traveled in Europe. She formerly served SLL as the Chair of the Membership Relations Committee.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

U.S. Political Polarization

This seminar on political polarization in the United States will consider the topic historically, its causes, its consequences, and possible remedies.

- John Parker
- Tuesday, 9:00 – 10:30 a.m.
- April 9 - 30 (four sessions)
- Knicely Conference Center

Instructor Bio:

John Parker taught American politics in the Department of Political Science at WKU for 37 years.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$36

Understanding the Stranger in You

Understanding the stranger in you is about taking a deep dive into one's self-awareness; are we really living our true selves or versions of what is expected by our surroundings? We will uncover our V.I.T.A.L.S. (Values, Interests, Temperament, Activities, Life Mission, and Strengths) and build upon those. This course will be designed as a safe place for vulnerability and openness to self-discovery.

- Leann Morris
- Tuesday, 5:30 – 7:00 p.m.
- March 19 (one session)
- Knicely Conference Center

Instructor Bio:

Leann Morris' expertise lies in helping individuals find clarity, build confidence, and create a plan for success by uncovering their true identity. She grew up in a small town with a very strict religious upbringing. Unfulfilled and unsatisfied, she turned towards the hard work of self-discovery and now helps others find their own path.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

Unexpected Things About Kentucky in the War of 1812

Not as well-known as the American Revolution or the Civil War, the war with Britain in 1812-15 had a tremendous impact on how Kentucky developed as a Commonwealth. Topics in this seminar will include why it is called the Second Revolution or 'another civil war'; the unlikely outcome inversion as the war progressed; defeats and victories involving Kentucky; key leaders; and a long-standing fight with the Shawnee confederation that impacted the war.

- Tim Brotherton
- Tuesday, 9:00 – 10:30 a.m.
- March 12 and 19 (two sessions)
- Knicely Conference Center

Instructor Bio:

Tim Brotherton has been interested in military history since studying it at West Point and as a career Infantry officer. He is a retired Faculty from WKU. He and his wife now live in Auburn. They have two children and six grandchildren.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$18

Wendell Berry: Agrarian Prophet

As a fifth-generation yeoman farmer in Henry County, Berry made time to write 50 books of poetry, fiction, and essays. He reveres the nearly bygone connectedness of people to the land in small rural communities. With equal passion he decries how agribusiness and coal mining degrade the land, and how chain stores run mom-and-pop enterprises out of business. Like the Amish, he works his own homestead with horses. Like Tolstoy, he thunders against war. And like Faulkner, he sets his characters in a mythic region much like the one in which he lives.

- Olin Joynton
- Wednesday, 1:30 – 3:00 p.m.
- April 17 (one session)
- Knicely Conference Center

Instructor Bio:

Olin Joynton taught philosophy at community colleges in Texas and Wyoming before coming in 2004 as president of Alpena Community College in Michigan. Since retiring in 2015, he and Patricia move around to be near family, arriving to Bowling Green three years ago.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$9

You Checked the Box ... Now What? Organ Donation in the U. S.

According to industry research, the largest affinity group of Americans is not a religious group or political party--it is the group of Americans who have registered to be organ donors. Learn with an NIH-funded, nationally recognized expert about what it means to "check the box" as a registered donor. Our class will be lively, positive, and include perspectives from both patients and experts!

- Brianna Doby
- Wednesday, 5:30 – 7:00 p.m.
- April 10 – May 1 (four sessions)
- Knicely Conference Center

Instructor Bio:

Brianna Doby, MPH is a health services researcher and a 2023 CDC Public Health Law fellow. She is NIH-funded on an R01 grant to increase access to and quality of organ procurement for patients at Veterans Administration medical centers.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$36

SLL ADVISORY BOARD & COMMITTEES

Advisory Board

The governing body of the SLL is the Advisory Board composed of six members elected by the general membership, with two being elected per year in rotation and serving a three-year term; board-appointed chair/co-chairs of the four standing committees; and the Program Director who serves without vote as ex-officio and is the liaison between SLL and the University.

Ernie VanHooser, Chair
Debbie Breen
Cathy Fox
Olin Joynton
Carrie Morgan
Derek Olive, Ex-Officio

Jane Barthelme, Chair-Elect
Libby Davies
Vicki Gregory
Ken Kuehn
Scott Nehm

Curriculum Committee

The Curriculum Committee makes course and instructor selections. They coordinate with the SLL staff to set course times and locations, edit course publication materials, and make recommendations for course costs. Any SLL member may serve on this committee.

Libby Davies, Co-Chair
Howard Bailey
John Forman
Ernie VanHooser

Ken Kuehn, Co-Chair
Debbie Breen
Terri Hinton

Finance Committee

The Finance Committee monitors expenses, recommends appropriate membership fees, and oversees the SLL Operating Plan – annual and long-term. Any SLL member may serve on the committee.

Scott Nehm, Chair
John Forman

Membership Relations Committee

The Membership Relations Committee supports SLL by recruiting and retaining members through speaking engagements, social gatherings, day trips, events, and other activities. The committee provides opportunities for members and their guests to gather outside of spring and fall terms. These include taking tours (wineries, historic sites, breweries, church renovations, distilleries, and more), attending events as a group (concerts, performances, sporting events, etc.), and other educational and social activities. Any SLL member may serve on this committee.

Debbie Breen, Chair

Cathy Fox

Terri Hinton

Mike Morgeson

JoAnn Ryan

Patsy Sloan

Mary Travelsted

Ann Esterle

Vicki Gregory

Kathee Morgeson

Joan Norris

Robert Ryan

Sharon Spall

Chrys Wilson

Volunteer Committee

The Volunteer Committee provides classroom assistance to instructors, helps with onsite events, and assists with activities and functions of the SLL. Assistance may be in the form of table decorations for events, taking photos during classes and events, coordinating activities with the Membership Relations Committee, and more. Any SLL member may serve on this committee.

Jane Barthelme

Becky Cann

Pam Coe

John Forman

Sue Meyer

Linda O'Brien

Ernie VanHooser

Brenda Bush

Sidney Cann

Lisa Dalporto

Cathy Fox

Audrey Neely

Judy Tabor

Molly Wilson

	9:00 – 10:30	11:00 – 12:30	1:30 – 3:00	3:30 – 5:00	5:30 – 7:00
MONDAY (OFFSITE)			Hot Rods Stadium Tour April 22 (1 session) BGPD Citizen's Police Academy: Abridged April 29 (session 3 of 4) NOTE: 1 – 3 pm (ext. time)	Metal Forging April 22 (1 session) NOTE: 4:30 – 6:30 (ext. time)	
TUESDAY	Unexpected Things About Kentucky in the War of 1812 March 12 & 19 (2 sessions) Business Showcase: New Horizons at the Nashville Airport April 2 (1 session) U. S. Political Polarization April 9 – 30 (4 sessions) Birding in the Field April 9 – 30 (4 sessions)	Birding Identification for Beginners March 12 – 26 (3 sessions) The Epic of Gilgamesh: A Mix of Poetry and History April 9 – 30 (4 sessions)	Dialogue as a Means of Conflict Resolution March 12 – April 2 (4 sessions) Exploring Black and White Racial Identity April 9 – 30 (4 sessions)	Memoir Writing March 12 – April 16 (6 sessions)	Understanding the Stranger in You March 19 (1 session) The Hitchhiker's Guide to Natural Living: Quick Start April 9 – 30 (4 sessions)
WEDNESDAY	Celebration of Discipline: The Path to Spiritual Growth March 13 – April 3 (4 sessions) Introduction to Stage Combat: The Reason Behind the Action April 10 (1 session)	Basics of Plant Identification March 13 and 20 (2 sessions) Common Estate Planning Mistakes March 27 & April 3 (2 sessions) 1970s Rock and Roll: The Good, Bad, and Inbetween April 10 – May 1 (4 sessions)	Travel Journal: Discovering North Georgia Mountains March 13 (1 session) Business Showcase: CROWN Cork & Seal March 20 (1 session) Introduction to Parkinson's and Alzheimer's March 27 (1 session) Kentuckians Everyone Should Know April 3 (1 session) Emigration: A sensible Climate Change Adaption April 10 (1 session) Wendell Berry: Agrarian Prophet April 17 (1 session) BGPD Citizen's Police Academy April 24 and May 1 (sessions 3 & 4) 1 – 3pm	Tall Tales of a Peace Corps Volunteer in Afghanistan March 27 & April 3 (2 sessions) Travel Journal: Now I'm a Belizer! April 10 (1 session) Family Genealogy: One Person's Experience April 17 (1 session) Find Yourself in the 1950 Census (and maybe the 1940) April 24 & May 1 (2 sessions)	Easy Yoga March 13 – April 3 You Checked the Box... Now What? Organ Donation in the U. S. April 10 – May 1 (4 sessions)
THURSDAY	Business Showcase: Logan Aluminum March 14 (session 1 of 2)	Social Psychologist Jonathan Haidt March 14 & 21 (2 sessions) Easter Island: A Tragic Story March 28 (1 session) Navigating Your Senior Years April 4 – 18 (3 sessions)	From Zero to Infinity (with a few stops along the way) March 14 (1 session) Rainbows: Fiction and Fact March 28 (1 session) Shakespeare Behind Bars April 11 & 18 (2 sessions)	An Afternoon at the Movies: Oscar Contenders and Winners March 14 – April 18 (6 sessions) NOTE: ext. time 3:30 – 6:00 Travel Journal: Visit Vento, Italy to Explore Vicenza: Jewel of the Renaissance May 2 (1 session)	Travel Journal: The Holy Land and the Israeli-Hamas War April 25 (1 session)
FRIDAY (OFFSITE)	Business Showcase: Logan Aluminum Fieldtrip March 22 (session 2 of 2) NOTE: 9:00 – 2:00 ext. time Bowling Green Fire Department March 29 (1 session) Genealogy 101 April 19 (1 session) NOTE: ext. time 8:30 – 11:30 a.m. Guided Tour of Aviation Heritage Park Museum April 26 (1 session)	Story of the Land: What We Learned from Our Farm April 12 (1 session) 10:30 (8:30 for hikers) Place-Based Development with HOTEL INC April 12 (1 session) Local Food Production: Tour WKU Farm April 26 (1 session)	Behind the Scenes at the Baker Arboretum April 5 – 26 (4 sessions) BGPD Citizen's Police Academy: Abridged April 19 (session 1 of 4) NOTE: 1-3pm (extended time)		Putting Some Iron into Your Golden Years April 5 – 19 (3 sessions)