at the University of Delaware

Osher Lifelong Learning Institute

Online registration available!





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Osher Lifelong Learning Institute

at the University of Delaware in Lewes

A program of the Division of Professional and Continuing Studies

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General Information

About Osher Lifelong Learning in Lewes

In 1989, the University of Delaware established the Southern Delaware Academy of Lifelong Learning. In 2010 the Academy received endowment support from the Bernard Osher Foundation. In recognition of that support, we joined similar organizations in 49 other states and became the Osher Lifelong Learning Institute at the University of Delaware in Lewes (OLLI-Lewes).

We operate a self-governing, cooperative education community that promotes and provides intellectual, cultural and art-of-living learning experiences in a supportive social environment for mature active adults in Southern Delaware under the aegis of the University of Delaware's Professional and Continuing Studies.

Membership

Membership is open to men and women 50 years of age or older and to members' spouses or partners at any age. Whether your formal education ended early in life, or includes advanced degrees, we welcome you. An interest in learning is all that is required.

The June 2013 Registration Form is at the back of the catalog and online.

Member Benefits

- Register for as many classes as you like.
- Participate in OLLI-Lewes sponsored trips.
- Internet access, an email account, and virus protection via the UD system (full year membership only).
- Audit of one UD credit course per semester for a \$30 registration fee on a space-available basis. (Not including associate degree program or online/distance learning courses).
- Discount on computer software.

Opportunities

We encourage you to offer new course ideas, serve as instructors, be committee members and contribute items for our newsletter, *The Tides: Breaking News from Lifelong Learning.* Your active participation is a great way to develop new friendships and be part of a dynamic team!

Course Registration

New! You will be able to register and pay online!

You may register for as many courses as you like, but please only sign up for those you intend to take and DO NOT sign up for multiple courses in the same time slot.

Select your courses in order of **priority** by clearly filling in the June 2013 Course Selection Form (page 22, 24). Be sure to put your course code, course title and day/time for each class.

Maximum class size is 65, but some courses will have smaller limits, so use your priorities wisely.

No course assignments will be made before the priority registration deadline, Thursday, **May 16**, 2 p.m. After the deadline, registrations will be processed in this order:

- Priority selections, in order of priority (by random draw, if selections exceed seats available);
- Registrations received after the priority deadline, Thursday, **May 16,** 2 p.m. and multiple registrations for the same time slot will be processed on a space-available basis.

Note: If you were wait-listed for a course during the previous semester, you receive preference this semester if (1) the identical course is offered again and (2) you indicate the course as your Priority 1.

How to Register

You may register and pay online at **www.lifelonglearning.udel.edu/lewes**, by mail or in person (Mondays through Thursdays, 9 a.m.–2 p.m.) with the June 2013 Registration Form, together with payment, at the OLLI-Lewes office, 820A Savannah Road, Lewes, DE 19958. Checks to be made payable to University of Delaware.

When to Register

You may register in the office from Mondays through Thursdays, 9 a.m. to 2 p.m., beginning **April 15**. The priority registration deadline is 2 p.m. on Thursday, **May 16**.

Fees

The membership fee is \$50 for the June 2013 session. Our program depends almost entirely on registration fees, which are applied to our operating expenses, including rent for use of the Lewes School, staff salaries and the cost of printing and postage.

Refunds

No membership refunds will be given after the end of the second week of the semester. You must submit any request for refund in writing to the OLLI-Lewes office. A \$15 charge will be deducted from **all refunds**.

Gifts

While we calculate membership fees to cover our operating costs, we always have a need for additional and upgraded audiovisual equipment, computers and classroom teaching aids such as maps, films and library materials. Many of those items are paid from the Gift Fund. We are happy to receive your donations to the Gift Fund for a specific use or, preferably, unrestricted so your Council can focus them on our greatest needs. You can include a gift with your registration. For more information on how to make these tax-deductible gifts, contact the OLLI-Lewes office, 302-645-4111.

Lunch

Social interaction is important to our community. We encourage you to continue class discussion or simply to chat and become better acquainted during the noon hour. Bring your brown-bag lunch and store it in the office refrigerator.

Textbooks, Supplies and Handouts

The catalog lists any textbooks or other supplies required for some courses and any charge for handouts beyond the allocation provided each instructor. You are responsible for these costs.

Location and Parking

Most courses are held at the Lewes School, 820A Savannah Road in Lewes. Member handicapped parking is available in the parking lot behind the Lewes School, where there is a handicapped ramp. Members may enter from the main entrance on Savannah Road or the side door on the circle.

From time to time, courses are held at other locations, including instructors' homes. Information about these locations is contained in the course descriptions.

Building Access

For everyone's safety, the Lewes School is secured by magnetic locks and keypads. We will provide you with information about building access before the beginning of the semester. The security code is confidential; **do not share it with nonmembers.** To access the building prior to the semester, call the OLLI-Lewes office at 302-645-4111.

Identification Badges

Because there are many groups, including young students, in the Lewes School, the Cape Henlopen School District requires everyone to wear an identification badge at all times. Member and guest badges (and temporary badges for those who forget) are available in the OLLI-Lewes office.

Guests

Visitors and prospective members who wish to become familiar with our program are welcome to visit on a single day. Please visit the office to pick up an ID badge.

Inclement Weather Policy

When Cape Henlopen School District classes are canceled because of inclement weather or an area-wide emergency, all lifelong learning classes at all locations are canceled. When the school district has a delayed opening, we will begin on time. Check for information at the following:

Phone: 302-645-4111 (recorded message) TV: WBOC Web: www.wboc.com, at Weather Closings

Travel

OLLI-Lewes sponsors trips to enhance our educational experience. Many are one-day trips associated with particular courses. Information about these trips, including sign-up dates, are posted on the travel bulletin board. Members have first priority, and a surcharge is required of nonmembers. Once final payments have been made, there are **no refunds.** Members who must cancel are encouraged to use the waiting list to find substitutes.

Questions about travel may be directed to Mary Folan, Joan Sciorra or to the OLLI-Lewes office at 302-645-4111.

June 2013 Catalog Online

- Visit **www.lifelonglearning.udel.edu/lewes** to view and print curriculum and the June 2013 Registration Form.
- June 2013—Lewes catalog may be downloaded for your use and convenience at **www.lifelonglearning.udel.edu/lewes**.

University of Delaware Policies

Our members must comply with University policies, including those that prohibit sales or solicitations (except for designated activities where they are specifically permitted); sexual harassment; or disruptive behavior.

Advertisements

Ads in this catalog or on our bulletin boards do not reflect an endorsement by OLLI-Lewes. The advertisers are solely responsible for the contents of such ads.

T'ai Chi Chih Lunch Enthusiasts

T'ai Chi Chih enthusiasts meet Tuesdays from 12:30 p.m. to 1 p.m. throughout the year. Open to all members.



June 2013 Courses

Classes begin Monday, June 3, 2013

ART

AA10 BASKETRY

Tuesdays and Wednesdays, 10 a.m.–3:30 p.m. Dates: 2 Sessions, June 18, 19 Instructor: Elaine Stanhope

This will be a two-day class on making baskets. All basket making abilities are welcome. Students will make one basket. There will be a charge for the kit to cover handle and base costs. **Class is limited to 15 students.**

Elaine Stanhope holds a B.S. from Husson College in business education. She taught on the secondary level in Maine, Massachusetts, Maryland and Virginia, and was a day care director for Kinder Care Learning Centers. She retired from Hughes in data management; she enjoys weaving all types of baskets.

AA64 OIL AND ACRYLIC PAINTING INTERACTIVE WORKSHOP

Mondays, 9:30 a.m.–2 p.m. Dates: 4 Sessions, June 3–June 24 Instructors: Carol Halloran, Sandra Moore, Eileen Watkins

Oil and acrylic painting workshop for intermediate painters. Come join us for a cooperative workshop where we assist and critique each other's work. Gain knowledge from the experience and unique perspectives of three respected artists and learn the protocol of a formal open "crit" session, engaging the entire class in discussion and encouraging critical thinking. Students should bring their own supplies in oils or acrylic medium, and a lunch. Some floor easels will be available, but students are encouraged to bring their own set-up. Students may bring their own photographs and images for inspiration. Optional art and cultural expeditions may be scheduled once per session to nationally known museums in Baltimore, Washington or Philadelphia. Class is limited to 16 students.

Carol Halloran is a retired R.N. She has worked pencil sketch portraits and has taken photography classes. Carol now paints mostly landscapes in oil from her photos. She has been with Lewes lifelong learning for seven years.

Sandra Moore has an M.A. from Gallaudet University in education of the deaf and a B.A. from Moore College of Art in art education. Sandra taught art for five years at Gallaudet University. She retired after 33 years as a teacher of the deaf in Baltimore City public schools. Sandy is a member of the Rehoboth Art League and the Millsboro Art League.

Ellen Watkins has painted for over 30 years. She learned her craft through years at Fairfax Adult Education classes and Corcoran Art School.

NEW!

AA93 BEGINNING CROCHET

Thursdays, 10 a.m.–Noon Dates: 2 Sessions, June 20, 27 Instructor: Shirley A. Herndon

Crocheting has once again become popular. Learn to make articles for home or individuals. Projects will be chosen at the first class. A supply list will be available. Knitters are welcome. **Class is limited to 20 students.**

Shirley A. Herndon received a B.A. in interior design and an M.Ed. in curriculum. She is a retired interior designer and adjunct professor of art history at Wesley College. As a professional genealogist, Shirley is vice president of the Downstate Genealogical Society and charter member/historian of the Sussex County Genealogical Society. Shirley is a member of the Daughters of the American Revolution. She learned to crochet, knit and sew as a young girl.

COMPUTER SCIENCE

NEW!

CS71 BEGINNING COMPUTER I

Wednesdays, 10 a.m.–Noon Dates: 4 Sessions, June 5–June 26 Instructor: Mary Bernheisel

For the beginner or the person who is uncertain and wants to fill in the gaps. We will cover the Windows 7 desktop, show you how to use the mouse, and will discuss the difference between software and hardware. We will also have an introduction to the Internet and email. This is a hands-on class. **Class is limited to 14 students.**

Mary Bernheisel has enjoyed extensive travels with her husband, being the reference librarian and a volunteer at the Lewes Public Library and being an OLLI member since moving to Lewes. Previously she was a programmer/analyst for the federal government and retired from the Library of Congress. She holds a B.A. and M.L.S. from the University of Maryland.

NEW!

CS72 BEGINNING COMPUTER 2

Wednesdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 5–June 26 Instructor: Robert Porta

For the person with basic knowledge but who wants to build confidence. We'll introduce word processing and formatting, learn how to cut, copy and paste, take a look at Windows 7 file management and learn about anti-virus programs. We'll learn more advanced email features such as attachments, organizing mail and setting up address/contact groups. Finally, we'll continue working with the Internet to do searching, shopping and will learn how to save favorites. This is a hands-on class. Prerequisite: beginning computer 1 or equivalent experience. **Class is limited to 14 students.**



Robert Porta served 43 years with the Bell System and its offspring. During 38 of those years he worked on computers, beginning with punch card-oriented machines, through very large mainframe systems from IBM and Unisys (Univac) and finally to PCs. In 1983 Bob was designated as a Distinguished Member of Technical Staff at Bell Laboratories

NEW!

CS73 INTERMEDIATE COMPUTER 1

Tuesdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 4–June 25 Instructor: Barbee Kiker

For the person with basic skills who wants to go a little deeper. We will review security issues, backups and updates, learn about the Windows 7 control panel and how to use Help. We'll continue working with the Internet looking at interesting sites for seniors (including social networking), Internet options, Internet banking, etc. This is a hands-on class. Prerequisites: beginning computer 1 and 2 or equivalent experience. **Class is limited to 14 students.**

Barbee Kiker holds a B.A. and M.S.W. from the University of Georgia. She did computer training and course development for ONLC Training Centers based in Wilmington, DE for 15 years. Her courses included introductory, intermediate and advanced classes in Microsoft Word, Excel, PowerPoint, Access and Outlook.

NEW!

CS74 INTERMEDIATE COMPUTER 2

Mondays and Tuesdays, 10 a.m.–Noon Dates: 4 Sessions, June 3, 4, 10, 11 Instructor: Jon Woodyard

This is an intermediate-level course in computer skills and assumes the student has a working knowledge of Windows 7 and Internet Explorer. It will consist of four class sessions, two each week for two weeks. The student will be instructed how to access and develop basic skills using each of the three basic Microsoft Office 2010 programs: Word, Excel and PowerPoint. Students will be provided computers but may use their own providing they have Windows 7, Internet Explorer and an anti-virus program. Prerequisite: intermediate computers 1 or equivalent experience. **Class is limited to 14 students.**

Jon Woodyard has been teaching at the Osher Lifelong Institute for eight years. He regularly uses Microsoft Office to prepare lesson plans, write documents for the City of Lewes and manage expenditures and presentations for both the lifelong learning program and the City of Lewes.

NEW!

CS75 HOW TO USE WINDOWS EXPLORER ON THE PC

Thursdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 6–June 27 Instructor: Gary Lippe

Many of us try to use the PC and have problems at times wondering "what to do." For example, "I want to save the instructions to my gizmo that I found on the Internet, but, ???..." or "What happened to the pictures of my grandchildren in Disney World?" Basic knowledge of files, the different types of files, where they are located and managed is a big help making the PC more enjoyable. One of the most useful tools in the PC is Windows Explorer, (not to be confused with Internet Explorer) which is available on all PCs using Microsoft Windows. This class will introduce students to this tool and files that can help alleviate some of the anxiety we sometimes experience and give us a bit more confidence to further explore the computer. We will also cover the file hierarchy (the "map" of where files are located) and downloading and uploading of files. Prerequisites: some knowledge of PC operation. Also helpful will be knowledge of the concepts of cut, copy and paste.

Class is limited to 14 students.

Gary Lippe holds a B.S. from Thomas Edison State College. Over 30 years' experience in the information technology field. Programmer/ system analyst and corporate instructor at regional education center for a major computer manufacturer. He has more than 15 years teaching computer and ancillary subjects for an adult proprietary school. Gary has been accredited as a CompTIA Certified Technical Trainer (CTT+).



NFW!

CS76 SOCIAL MEDIA: WHAT YOUR KIDS AND GRANDKIDS DON'T WANT YOU TO KNOW

Tuesdays, 10 a.m.-Noon Dates: 2 Sessions, June 18–June 25 Instructor: Roberta Fauntroy

Social media is one of the hottest technology revolutions of our era. Everyone you know is on Facebook and Twitter including your kids, grandkids and the family pet. The kids are tweeting, in-boxing in Facebook and video chatting while you are just dumbfounded by it all. Your colleagues even ask you all the time "Are you on LinkedIn?" You feel completely overwhelmed. So you are invited to come tackle the social media challenge with others in a relaxed and fun environment led by a very patient instructor. This course will give you the inside track with hands-on experience with social media tools such as YouTube. Facebook. Twitter and LinkedIn. (Please note this course is not designed for business users). Participants must purchase the required workbook, \$5 payable to the instructor.

Class is limited to 14 students.

Roberta Fauntroy holds an M.B.A. and M.S. She has had a dynamic professional career spanning nearly 30 years. She is a professional national speaker and experienced adjunct faculty member in e-business, social media, new media communications, digital marketing and branding. With master's level study and research in both marketing and e-business, Roberta has developed integrated digital media and marketing strategies for diverse clients. She advises and educates on topics of social, digital and mobile media through blogs, podcasts, Twitter, Facebook, iTunes, eBooks, LinkedIn and YouTube.

ECONOMICS/FINANCE

EC07 SIMPLIFYING THE COMPLEXITIES OF RETIREMENT PLANNING

Wednesdays, 10 a.m.-Noon Dates: 4 Sessions, June 5-June 26 Instructor: Michael Loftus

Course topics will include understanding Social Security, Medicare, extending your IRA after death, reducing risk in retirement, and estate planning concepts.

Class is limited to 30 students.

Michael Loftus is a seasoned professional with 25 years of broad and varied business experience with 15 of those years focused on the financial services industry. Michael has held senior level positions involving sales, marketing and product development for multibillion-dollar financial institutions. He is a member of the Ibbotson Associates Advisory Board, a leading asset allocation firm. In 2009 he took this experience and started his own financial planning and wealth management firm, Loftus Wealth Strategies. Mr. Loftus is a graduate of Villanova University and has his series 7, 66, 63, 26 registrations along with life and health licenses.

NEW!

EC10 ANNUITIES—GUIDE TO UNDERSTANDING

Thursdays, 1:30 p.m.-3:30 p.m. Dates: 4 Sessions, June 6–June 27 Instructor: David Bocchino

Annuities are the most maligned financial vehicle. The instructor will discuss the ABCs of annuities including addressing the great debate: are annuities good or bad?

Class is limited to 65 students.

David Bocchino is a professional with over 25 years of comprehensive business, sales management and financial consulting experience in fast-paced small businesses and international Fortune 500 companies. He has a strong combination of education, hands-on leadership and practical experience skills. Retired Commander, U.S. Navy. Licensed Financial Consultant completed the American College Certified Financial Planner (CFP[®]) certificate program courses. B.S. in economics (honors program) Villanova University. M.B.A. Wharton School. Adjunct professor at Burlington County Community College in NJ and Old Dominion University in Norfolk, VA. Financial coach for Dave Ramsey Financial Peace University and Crown Ministries. Financial coach at Eagle's Nest Church in Milton, DE.

HISTORY

HX109 DELAWARE'S NAVAL HERITAGE

Thursdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 6-June 27 Instructor: William Manthorpe

The course highlights the history of the Navy involving Delawareans, Delaware locations and the waters of the Delaware Bay and Cape Henlopen. It will consist of four fully-illustrated lectures: Delaware's Naval Heroes and Battles; Delaware Ships and Shipbuilding; The Navy at Cape Henlopen: 1898-1966; and Submarines at the Cape: Friend and Foe.

Class is limited to 65 students.

William Manthorpe is a retired naval captain, senior government executive and university adjunct professor and lecturer. He is currently researching, writing and speaking on the history of the Navy as it relates to Delaware.

NEW!

HX123 CHARLEMAGNE—HIS LIFE AND TIMES

Wednesdays, 10 a.m.–Noon Dates: 4 Sessions, June 5–June 26 Instructor: Winfried Mroz

Who was he? French, German? Was he the first European? We will try to answer these questions. **Class is limited to 65 students.**

Winfried Mroz is a retired gynecologist with an interest in history and music. He is co-founder of the Dover Symphony Orchestra, now in its 43rd year and co-founder of the Dover English Country Dancers. His courses at Osher Lifelong Learning range from the Crusades, German and Benjamin Franklin to the history of musical instruments. Dr. Mroz has played string instruments since the age of five.

NEW!

HX124 SUSSEX COUNTY PERSPECTIVES

Wednesdays, 1:30 p.m.–3:30 p.m. Dates: 1 Session, June 19 Instructors: Nick Foery and John Schroeder

John Schroeder will present information about growing up in Lewes and having a renowned artist as a father. He also worked as a banker and served as a representative in the Delaware State House of Representatives. Nick will present information about Sussex County and Delaware history, politics and economics. **Class is limited to 65 students.**

Nick Foery is a graduate of Millersville and West Chester State Universities. He taught middle school social studies from 1970-2000 in the Cape Henlopen School District. He has been a Lewes lifelong learning member for many years.

John Schroeder graduated from Lewes High School and the University of Delaware. He was a Democrat in the Delaware State House. He lives in the Lewes area where he hunted as a youth.

NEW!

HX125 A DELAWARE WOMAN'S EXPERIENCES OF WWII

Thursdays, 10 a.m.–Noon Dates: 1 Session, June 13 Instructors: Michelle Rumble and Wes Rumble

Life was both unsettling and exciting for those who lived through the period leading up to and during World War II. Using memoir, correspondence and art, this course will describe the era as experienced through the life of a young Delaware woman studying art in Washington D.C. and Philadelphia. She met and married a bomber pilot who flew 35 missions over Germany. Course includes description of one heroic B-17 mission.

Class is limited to 65 students.

Michelle Rumble holds an M.L.S. from Long Island University and a B.A. in English from Dowling College. She is a retired English teacher and reference librarian. Michelle has a keen interest in history and conducts courses about the role of women during World War II for the Road Scholar program. She has taught creative writing courses for students of all ages, including those at Osher.

Wes Rumble holds an M.A. from Goddard College and a B.A. from Pomona College. He is a retired Air Force pilot with an interest in military history. Wes has been teaching at Osher since 1995.

HUMANITIES

NEW!

HU169 A LIFE OF MONTAIGNE

Thursdays, 10 a.m.–Noon Dates: 4 Sessions, June 6–June 27 Instructor: David A. Whalen

How to Live: Or A Life of Montaigne in One Question and Twenty Attempts at an Answer, by Sarah Bakewell. This course takes on a literary giant whose great subject was himself. Bakewell's book makes the task a pleasure. Michel Eyquem de Montaigne's world comes alive with the free-roaming explorations of his inner thoughts during the Renaissance which affect most people's lives today. We meet a very charming man on a very personal level and with him we share our own thoughts on a wide range of subjects. A more believable host and interlocutor would be hard to imagine. This book is the most literate self-help book you could ever find. The class is limited due to the fact that conversation among the group is the best way to understand how we can enrich ourselves through his enlightened wisdom. Welcome to a field trip into the mind of one of the great humanists in all of literature. Required text: How to Live: Or A Life of Montaigne in One *Question and Twenty Attempts at an Answer*, by Sarah Bakewell. Class is limited to 15 students.

David A. Whalen holds an A.B. and M.A. from Seton Hall University in modern European history and philosophy. He taught full time in the Parsippany School District in New Jersey and was an adjunct professor at the County College of Morris.

NEW!

HU170 AMERICA IN CULTURAL DECLINE?

Tuesdays, 10 a.m.–Noon Dates: 2 Sessions, June 4, 11 Instructor: Mary E. Boyd

Is America in a cultural decline? Readings and discussion regarding the philosophical foundations of America's culture and whether these foundations are still relevant to the social order. **Class is limited to 65 students.**

Mary E. Boyd is retired from the private practice of law. She taught Uniform Commercial Code and constitutional law at Gettysburg Community College and high school history and English. She is a former investment adviser and current real estate developer and restorer of historic houses.

NEW!

HU171 AN INTRODUCTION TO ANCIENT GREEK TRAGIC DRAMA: ANTIGONE

Tuesdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 4–June 25 Instructor: William Zak

Using *Antigone* as illustration, this class will reexamine the traditional notion of ancient tragedy as a depiction of the heroic individual pitted against destructive and questionable forces, both social and divine, dooming the heroic victims to a pitiful and fearful ruin. Please have read both the play and Plato's *Euthyphro* before the first class meeting. After a brief period to frame some preliminary issues, the course will proceed to directed discussions. Required texts: *Antigone* and *Euthyphro*.

Class is limited to 65 students.

William Zak Ph.D., University of Michigan; professor emeritus of literature at Salisbury University. He has published books on King Lear and the Greek tragic drama of Aeschylus



and Sophocles. In February, his third book, a study of Shakespeare's sonnets, entitled *A Mirror for Lovers: Shakespeare's Sonnets as Curious Perspective* was published by Lexington Books (Rowan and Littlefield).

LANGUAGE

NEW!

LA08 ITALIAN IS FUN—BEGINNING COURSE

Thursdays, 10 a.m.–Noon Dates: 4 Sessions, June 6–June 27 Instructor: Annie Gilmour

This is a beginning course in which we will learn Italian pronunciation, vocabulary, grammar and useful expressions for the traveler. We will also learn sentence formation and reading and listening comprehension. Emphasis will be on Italian culture and music. Suggested text: *Italian is Fun*, available from Amazon.com. **Class is limited to 30 students.**

Annie Gilmour holds a B.S. in Spanish and French from the University of Delaware. She studied Italian at West Chester University and at Puccini Institute in Viareggio, Italy. Annie taught Spanish, French and Italian for 30 years. Her hobbies include reading and watching Italian and French films.

LIFE SKILLS

LS05 KITCHEN KAPERS XXI—SUMMER DELIGHTS—FRESH AND SIMPLE

Fridays, 10 a.m.–1 p.m. Dates: 3 Sessions, June 14, 21, 28 Instructors: Bernard Fiegel and Dolores Fiegel **Held at the Fiegels' home.**

Stroll down the culinary trail with the "two figs" and create fresh, simple, delightful and healthy meals. To whet your appetite here's a sneak preview of what you and your fellow OLLI chefs might be making and enjoying the fruits of your labor-look at it as eating your weekly exam! Menus could include salmon and melting cherry tomatoes with Israeli couscous, grilled pork tenderloin with apricot or nectarine salad, or maybe a surprise pasta dish, or a warm mushroom salad. (Menus subject to change due to market availability.) Students will gather in the instructors' home kitchen, outdoor grill and on their screened-in porch to view and participate in food preparation and tasting your prepared dishes with appropriately selected wines. Learn cooking techniques, collect recipes and socialize. Food and wine expenses will be divided among the students. Estimated cost is \$10 each session. Directions to the Fiegels' home in Edgewater Estates, Lewes, will be provided by phone or email.

Class is limited to 10 students.

Bernard and **Dolores Fiegel** began teaching cooking classes at lifelong learning in 1997. They enjoy cooking and pairing wines with well prepared food and sharing their kitchen and knowledge with others. The Fiegels are active members of The Four Seasons, a local progressive dinner group, established in 2001.

LS107-1 CRASH COURSE IN PLANT-BASED EATING

Tuesdays, 10 a.m.–2 p.m. Dates: 1 Session, June 25 Instructor: Dorothy P. Greet

LS107-2 CRASH COURSE IN PLANT-BASED EATING

Wednesdays, 10 a.m.–2 p.m. Dates: 1 Session, June 26 Instructor: Dorothy P. Greet

In one, four-hour class using the most current scientific and medical information, we will critique the Standard American Diet (SAD) and will explore why and how to move toward whole food plant-based eating with NO added oil. Through discussion, film and tastings, we will learn about the extraordinary health benefits of plant-based eating. This course is based on the research of T. Colin Campbell, Ph.D. (Cornell), *China Study;* and Caldwell Esselstyn, MD (Cleveland Clinic) *Prevent and Reverse Heart Disease*. Additional fee of \$5 per section. **Class is limited to 25 students.**

Dorothy P. Greet holds a certificate in plantbased nutrition from Cornell University and degrees from the University of Pittsburgh (M.Ed.) and Yale University (M.Div.). She is a retired clergy having served parishes and hospitals in Connecticut, New York City and Delaware where she was Beebe Medical Center's first director of chaplaincy services. Dorothy is a heart attack survivor and is reversing her heart disease through plant-based eating (heartattackproof.com).

LS112 FAMILY AND FRIEND SUPPORT THROUGH COACHING

Tuesdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 4–June 25 Instructor: Deborah E. Brown

This class is for people who would like to find ways to better support family, friends and themselves by learning the basic skills of coaching. Coaching can help people move out of the story (and the drama) of a difficult situation to start to look at their choices and opportunities. Coaching can also help people learn to trust their own intuition and imagination in order to see the potential of what they want to emerge in their lives.

Class is limited to 8 students.

Deborah E. Brown is a recent graduate of the Center for Transformational Presence where she learned about a coaching model used by life coaches to help people use their internal intuition and imagination to make the choices and find the opportunities they are seeking to lead the life they want. She graduated from the International Coach Academy in 2011 as a life coach. She has a master's degree in education with a counseling specialty from George Mason University in Virginia. She has been working with nonprofits in the human services field for the past 20 years and has recently retired from full-time work. Deborah currently has a business as a life coach.

LS116 AUTOMOTIVE/TRUCK: UNDERSTANDING OF VEHICLE MAINTENANCE & REPAIR FOR THE NON-MECHANIC

Tuesdays, 10 a.m.–Noon Dates: 4 Sessions, June 4-June 25 Instructor: John Engle

Course will cover the basics of maintenance, repair and warranty for most domestic and foreign vehicles. Students must have desire to maintain vehicle and communicate with persons who may repair and maintain vehicle in order to avoid costly repairs.

Class limited to 15 students.

John Engle is a 30-plus year mechanic actively engaged in repair of cars and light trucks; experienced with private dealers including Ford, Lincoln and Mercury dealerships. Automotive Safety Excellence (ASE) certifications in seven categories, attending 10 classes.

NEW!

LS120 AGING IN PLACE

Thursdays, 10 a.m.–Noon Dates: 1 Session, June 6 Instructors: Barbara Vaughan and Carol Wzorek

Are you interested in staying in your own home while you age? Learn more about the nationwide village movement and how you can join your neighbors and friends, staying active, healthy and socially engaged. Share your experiences and learn from others. Informative, engaging and fun! **Class is limited to 30 students.**

Barbara Vaughan has taught several courses at lifelong learning in Lewes. She served eight years on the Lewes, City Council. Barbara currently serves as vice-president of the Greater Lewes Community Village.

Carol Wzorek taught leadership at the Department of State in Washington, D.C. She holds an M.Ed. in counseling and psychology and is a certified executive coach. Carol is copresident of the Great Lewes Community Village.

PERFORMING ARTS

PA14 INTERMEDIATE RECORDERS— LET'S TAKE THE "A" TRAIN FROM BREATH PAST SOUND TO SYNCOPATION

Thursdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 6–June 27 Instructor: Nikki Roberson

Let's take the "A" train from breath past sound and syncopation. Many of you are not new to playing the recorder, but how much time do you spend listening to your sound? The time has come to learn how to improve your sound. In order to do this, you also have to improve your breath control. This is done by learning how to use your diaphragm. We will look at doing sighs, swoops, arches, long and short tones. By doing this, you will be able to create movement and add warmth to your sound. Playing music using syncopated notes can also be challenge. Finding that evasive upbeat will be the job you will undertake by learning to keep a steady beat. The train will leave Breath on schedule. If we have no delays, we should arrive at Syncopation on time. Make sure you buy your tickets ahead of time. In your luggage, please bring your recorder, proficiency in playing scales with ease and a good sense of humor. There is a \$5 fee for music and notes. Class is limited to 12 students.

Nikki Roberson graduated from Villa Julie College in Baltimore. She retired after 20 years in the banking industry. In high school she studied voice for three years and played the piano and trumpet. She sang with the Harford Choral Society before moving to Lewes. She taught herself the Irish penny/tin whistle and recorder to keep her little brain cells active and her arthritic hands nimble.

PA40 SCORE WRITER

Thursdays, 10 a.m.–Noon Dates: 4 Sessions, June 6–June 27 Instructor: Cissy Johnson

Making music arrangements used to be a time consuming task. Now, in just four weeks you can learn to write, play back and print music! It's fun! It's easy! Score Writer is the affordable notation software that makes recording, editing, arranging and printing your music easy, fast and enjoyable. You can quickly enter notes on-screen with your mouse or computer keyboard, or record a MIDI performance. Score Writer's intuitive interface puts powerful editing tools and symbol palettes at your fingertips, so you spend time composing music instead of searching through menus. For band and small orchestral arrangements, lead sheets, choral parts or even simple notation examples, there's no easier way to create professional notation than Score Writer. For this class you will need to purchase the Score Writer program and install it on your home computer before the first class. (\$59 for retail download version; \$42 for academic version.) One hour homework each week is expected. Prerequisites: Must be able to read music and work with PCs. Class is limited to 4 students.

Cissy Johnson has taught classes at the Osher Lifelong Learning in Wilmington for many years. Her computer lab classes on how to use the software program Score Writer were very popular and many music students there learned to use the music notation program to write music for church choirs, instrumental ensembles, dance bands and other music classes like the recorder ensemble at the Wilmington Osher. Many music students use Score Writer's play back feature as a practice tool. Cissy continues to compose music with Score Writer; and all the sheet music for her recorder classes are created by her using Score Writer. She also utilizes the easy file transfer to/from other music formats, e.g., MIDI files, Finale and Sibelius in digitizing her string bass parts for the Rehoboth Concert Band.

PA57 TWO OPERAS ABOUT TRAGIC LOVE

Mondays, 1 p.m.–3 p.m. Dates: 4 Sessions, June 3–June 24 Instructor: Patricia L. Mossel **Held at Cadbury at Lewes**

Two operas about tragic love: Madame Butterfly by Puccini and Romeo and Juliet by Gounod. We will view and discuss these two popular and beautiful operas. Madame Butterfly stars a young, realistic and vocally stunning cast: soprano Shu-Ying Li, tenor James Valenti and baritone Michael Chioldi in a performance from 2008 at the New York City Opera. Selected scenes from the Metropolitan Opera production of 2009 starring Patricia Racette and Marcello Giordani will also be shown for comparison. Roberto Alagna and Leontina Vaduva star as Romeo and Juliet and Robert Lloyd as Friar Lawrence in Gounod's opera based on the Shakespeare play in a 1994 performance at Covent Garden. Class is limited to 100 students.

Patricia L. Mossel holds an M.A. from Yale University in English literature and a B.A. from the University of Rochester in English literature. She taught college level English literature and Shakespeare honors; was director of development for San Francisco Opera; was the executive director of the Washington National Opera, resident company of the Kennedy Center for the Performing Arts in Washington, D.C.; and has served on boards, including the National Society of Fund Raising Executives and Opera America. Pat currently serves on the board of the Dallas Morse Coors Foundation for the Performing Arts.

RECREATION

RR02 ENGLISH COUNTRY DANCE FOR ALL

Thursdays, 10 a.m.–11:30 a.m. Dates: 4 Sessions, June 6–June 27 Instructor: Carol West

Come and enjoy the dance form America grew up with. It's fun and easy to learn. The caller will explain all the moves and walk you through the dance before it starts, then continues to prompt you as the dance continues. It's a great social mixer! We customarily change partners after each dance so we get to dance with lots of different people. It's easy and never boring and then there's the music. It's not to be missed. Wear soft-soled shoes.

Class is limited to 24 students.

Carol West was a high school math teacher in Maryland for 25 years. She is a beginner caller for English Country Dance. She enjoys music in any form and plays violin and hand bells.

RR16 MAH JONGG CLUB

Wednesdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 5–June 26 Instructor: Ann Nolan

Students must know how to play Mah Jongg. Time is set aside for those who enjoy the game to get together and play. Students must obtain their own Mah Jongg Official Hands and Rules Card. Please state on application if you are willing to bring an American Mah Jongg set for use in class. We will need a set for each group of four students. **Class is limited to 20 students.**

Ann Nolan loves the game of Mah Jongg and is enthusiastic about sharing her knowledge.

RR23 SCRABBLE WITH FRIENDS

Tuesdays and Thursdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 4, 6, 11, 13 Instructor: Donna Beecher

Learn tips to raise your score when playing Scrabble or Words with Friends. Play 1-2 games per session. Have fun with friends who enjoy word games. **Class is limited to 20 students.**

Donna Beecher is a Scrabble enthusiast. She has taken two courses under Joe Edley, three time National Scrabble champion. She serves on the Lewes Osher Council, has an M.P.A. from the Maxwell School at Syracuse University and a certificate in executive coaching from Georgetown University.



SCIENCE/HEALTH/MATH

NEW!

SS74 HOW THE BRAIN WORKS

Wednesdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 5–June 26 Instructor: Paul Gorrin

Introductory discussions of what happens in our brains that enables us to move, see and perceive the world around us, to have emotions, to think, to remember, to speak and all the other wondrous things we are able to do. With the evolution of that cell to all of the animal species of this earth, nature's answer to the coordination of that cell's vital functions step by step became the brain. Understanding the brain in this way, may enable participants to come away with the beginnings of understanding how the brain works. **Class is limited to 65 students.**

Paul Gorrin is a specialist in internal medicine and has practiced medicine for more than 40 years, 25 of which have been in Delaware. A graduate of Columbia College and the Albert Einstein College of Medicine, he completed a post-doctoral fellowship in cancer immunology at the University of Vermont. He exchanged the wonders and rigors of New York City and the Green Mountains for those of the Delaware shore when he came here with his wife of 32 years.

NEW!

SS75 TRADITIONAL CHINESE MEDICINE—A COMPLEMENTARY APPROACH TO WESTERN MEDICINE

Tuesdays, 10 a.m.–Noon Dates: 4 Sessions, June 4–June 25 Instructor: Robert Yuan and Yuan Lin

Traditional Chinese medicine (TCM) has a long history dating over many centuries. TCM is directed toward maintaining health and preventing disease by combining lifestyle practices (e.g., diet, exercise, meditation), physical manipulations (e.g., massage and acupuncture) and herbal formulations. This is in sharp contrast to science-based Western medicine which has made rapid progress mainly through sensitive diagnostic methods, novel drugs and gene therapy. More than a comparison between two systems of medicine, the course is designed to look at two philosophies of wellness and treatment, TCM practices, the regulatory process for drugs and the economics of health care as applicable to TCM. The course is not intended to look at TCM treatments for specific diseases. Prerequisites: familiarity with science and health. Additional fee of \$6 for handouts.

Class is limited to 20 students.

Robert Yuan and **Yuan Lin** have degrees in chemistry and doctorates in molecular biology and biochemistry from the Albert Einstein College of Medicine and University of California—Davis. Robert Yuan has done basic research at Harvard University, Edinburgh University, University of Basel (Switzerland), the National Cancer Institute and the University of Maryland College Park. Yuan Lin has done research at the Scripps Institute, University of Illinois, National Cancer Institute, DuPont Co. and the Food and Drug Administration. Robert Yuan has more than 30 years of teaching experience at undergraduate, graduate and



postgraduate levels. They have done research on TCM for three years and taught an honors course on TCM at the University of Maryland College Park.

NEW!

SS76 THE ASTROLABE

Wednesdays, 1:30 p.m.–3:30 p.m. Dates: 1 Session, June 5 Instructor: James E. Morrison

The astrolabe was by far the most popular astronomical instrument before the telescope. This brief lecture includes nontechnical descriptions of how astrolabes are used to solve astronomical problems and an overview of its history. Prerequisite: some background in astronomy helpful but not required. **Class is limited to 65 students.**

James E. Morrison is retired from a 37 year career in computing. He is the author of *The Astrolabe,* the most complete astrolabe treatise available. He has a B.S. in physics from Oklahoma State University and an M.S. in systems engineering from Southern Methodist University.

NEW!

SS77 OBSERVATION OF THE 1769 TRANSIT OF VENUS IN LEWES

Wednesdays, 1:30 p.m.–3:30 p.m. Dates: 1 Session, June 12 Instructor: James E. Morrison

The American Philosophical Society sent a team to observe the 1769 transit of Venus. This lecture is a slight expansion of the version presented to the Lewes Historical Society on May 25, 2012. It includes the scientific basis for the expedition and describes the equipment and methods used to pinpoint the observatory location.

Class is limited to 65 students.

James E. Morrison. See course SS76 for instructor's information.



NEW!

SS78 OUT AND ABOUT

Tuesdays, 2 p.m.–4:30 p.m. Dates: 3 Sessions, June 4, 11, 18 Instructor: Tom Lord

Casual hikes on firm trails along forest tracks, meadow paths and wooden bridges over marshlands. Walks will be guided by an experienced naturalist, cover approximately two miles or more and take place in and around Sussex County. Throughout the hike, the instructor will identify various plant and animal signs. Participants will be encouraged to share factual and folksy tales passed on to them by teachers, family and friends concerning things seen along the route. Walkers will be given details about the hike prior to departure. **Class is limited to 30 students.**

Tom Lord is a retired college professor. He holds a doctoral degree in biology from Rutgers University and has taught science classes for over 40 years. He has presented over 50 papers at professional meetings and written over four dozen articles in juried science journals. The National Association of Biology Teachers honored Tom with the outstanding biology researcher/instructor award in 2004 and he was presented with the distinguished professorship in teaching honors in 2006 from Indiana University of Pennsylvania.

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	CS74	Interm. Comp 2 *	HU170	HU170 America in Decline	HU171	HU171 Greek Drama	EC07	Retire. Planning	RR16	Mah Jongg	HU169	HU169 Montaigne	EC10	Annuities	
1	PA57	Opera * +	LS116	Auto Maintenance	LS112	Family & Friends	HX123	Charlemagne	SS74	How Brain Works	LS120	Aging in Place	HX109	DE Navy	
			SS75	Chinese Medicine	RR23	Scrabble *			SS76	The Astrolabe	PA40	Score Writer	PA14	Recorder	
					SS78	Out & About * +					RR02	Eng. Co. Dance*	RR23	Scrabble *	*
	AA64	Painting Wkshop *	CS74	Interm. Comp 2	CS73	Interm. Computer 1	CS71	Beg. Computer 1	CS72	Beg. Computer 2	LA08	Italian is Fun	CS75	Window	Windows Explore
	CS74	Interm. Comp 2 *	HU170	HU170 America in Decline	HU171	Greek Drama	EC07	Retire. Planning	RR16	Mah Jongg	HU169	HU169 Montaigne	EC10	Annuities	
7	PA57	Opera * +	LS116	LS116 Auto Maintenance	LS112	Family & Friends	HX123	Charlemagne	SS74	How Brain Works	HX125	DE Women WWII	HX109	HX109 DE Navy	
			SS75	Chinese Medicine	RR23	Scrabble *			SS77	Venus in Lewes	PA40	Score Writer	PA14	Recorder	
					SS78	Out & About * +					RR02	Eng. Co. Dance *	RR23	Scrabble *	*
	AA64	Painting Wkshop *	AA10	Basketry *	AA10	Basketry *	AA10	Basketry *	AA10	Basketry *	AA93	Beg. Crochet	CS75	Window	Windows Explore
	PA57	Opera * +	CS76	Social Media	CS73	Interm. Computer 1	CS71	Beg. Computer 1	CS72	Beg. Computer 2	LA08	Italian is Fun	EC10	Annuities	
3			LS116	Auto Maintenance	HU171	Greek Drama	EC07	Retire. Planning	HX124	Sussex County	HU169	HU169 Montaigne	HX109	HX109 DE Navy	
			SS75	Chinese Medicine	LS112	Family & Friends	HX123	Charlemagne	RR16	Mah Jongg	PA40	Score Writer	PA14	Recorder	
					SS78	Out & About * +			SS74	How Brain Works	RR02	Eng. Co. Dance *			
	AA64	Painting Wkshop *	CS76	Social Media	CS73	Interm. Computer 1	CS71	Beg. Computer 1	CS72	Beg. Computer 2	AA93	Beg. Crochet	CS75	Window	Windows Explore
	PA57	Opera * +	LS107-1	LS107-1 Plant Based Eating *		HU171 Greek Drama	EC07	Retire. Planning	LS107-2	LS107-2 Plant Based Eating *	LA08	Italian is Fun	EC10	Annuities	
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			SS75	Chinese Medicine	LS112	Family & Friends	LS107-2	LS107-2 Plant Based Eating *	SS74	How Brain Works	PA40	Score Writer	PA14	Recorder	
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We	ek 1:,	Week 1: June 3–7	We	Week 3: June 17–21	7–21			* Check Course Descr + Course held Offsite	ours held	* Check Course Description for Exact Time(s) and Date(s) + Course held Offsite	ı for	Exact Time(s	s) and	d Date((s)
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]

JUNE 2013 COURSE SCHEDULE



* Please use your priorities wisely:

- The smaller the class limit the greater likelihood of waiting lists.
- If a class had a waiting list in the past, it probably will this semester as well.

June 2013 Registration Form

Osher Lifelong Learning Institute at the University of Delaware in Lewes

University of Delaware, Lewes School, 820A Savannah Road, Lewes, DE 19958 • 302-645-4111 • LLL-lewes@udel.edu

PLEASE CLEARLY FILL IN ALL INFORM	IATION
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DATE OF BIRTH	Do you use a handicapped parking permit? 🗌 Yes 🗌 No
2. IN CASE OF EMERGENCY OR ILLNE	SS CALL:
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0 01 0	is a cooperative educational community, members have the its objectives through participation in committees, planning as class leaders and instructors.
I WOULD LIKE TO BE ACTIVELY INVO	DLVED IN:
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\$ Total (Make check(s) payable □ Credit card: □ American Express	aber Returning member Donation to Gift Fund \$ Donation to Kirilla Scholarship Fund to University of Delaware.) Check # s Discover MasterCard Visa
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NEW MEMBERS: HOW DID YOU LEAR	N ABOUT THE LIFELONG LEARNING PROGRAM?
\Box Newspaper article \Box Friend \Box	🛾 Library display 🛛 Radio ad 🗌 TV 📄 Internet 🗌 Other
responsibility for my physical welfare while I a Delaware in Lewes or a participant of any prog cancel a course due to insufficient enrollment. and agents harmless for any claims for persona	University of Delaware, its Trustees, employees and agents have no legal im a member of the Osher Lifelong Learning Institute at the University of gram-sponsored trip. Osher Lifelong Learning in Lewes reserves the right to I, therefore, agree to hold the University of Delaware, its Trustees, employees al injury or damage arising out of my association with the program. I also cord and photograph my image and/or voice, for use by the University hal programs and material.
SIGNATURE REQUIRED	DATE

June 2013 Course Selection Form

Please choose your courses in order of priority.

COURSE CODE	COURSE TITLE	DAY/TIME
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Don't waste your priority selections... Use them wisely!

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I WOULD LIKE TO BE ACTIVELY INVOL	VED IN:
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NEW MEMBERS: HOW DID YOU LEARN	ABOUT THE LIFELONG LEARNING PROGRAM?
🗌 Newspaper article 🛛 Friend 🔲	Library display 🗌 Radio ad 📄 TV 📄 Internet 🗌 Other
responsibility for my physical welfare while I am Delaware in Lewes or a participant of any progra cancel a course due to insufficient enrollment. I, and agents harmless for any claims for personal i	niversity of Delaware, its Trustees, employees and agents have no legal a member of the Osher Lifelong Learning Institute at the University of un-sponsored trip. Osher Lifelong Learning in Lewes reserves the right to therefore, agree to hold the University of Delaware, its Trustees, employees injury or damage arising out of my association with the program. I also rd and photograph my image and/or voice, for use by the University l programs and material.
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Don't waste your priority selections... Use them wisely!

Fall 2013 Semester

September 9-November 19, 2013

Fall 2013 is shaping up to be an exciting and full semester. Many new courses will be offered in addition to courses continued or repeated from the Spring 2013 semester.

- Basketry—Beginner & Intermediate
- Crash Course in Plant-Based Eating
- Financial Workshop: Investors' Source for Financial Education
- Maritime History: Age of Colonization
- Opera
- Walk & Talk



Acknowledgements

Thanks to these friends and neighbors of our program who have provided support to the Osher Lifelong Learning Institute at the University of Delaware in Lewes.



Cadbury at Lewes for providing the Kalmar Nyckel Auditorium for lifelong learning classes for the Spring 2013 semester at no cost; and also for partially underwriting the Lewes June 2013 catalog.



County Bank for supporting Osher Lifelong Learning—Lewes.



Special thanks to **Fielden Institute of Lifelong Learning at Indian River State College** in FL for sharing their computer training materials.



Osher Lifelong Learning Institute at the University of Delaware in Lewes

Lewes School 820A Savannah Road Lewes, DE 19958 Nonprofit Org. U.S. POSTAGE PAID University of Delaware

www.lifelonglearning.udel.edu/lewes 302-645-4111

The University of Delaware does not discriminate on the basis of race, color, national origin, sex, disability, religion, age, veteran status, gender identity or expression, or sexual orientation in its programs and activities as required by Title IX of the Educational Amendments of 1972, the Americans with Disabilities Act of 1990, Section 504 of the Rehabilitation Act of 1973, Title VII of the Civil Rights Act of 1964, and other applicable statutes and University policies. The University of Delaware prohibits sexual harassment, including sexual violence. The following person has been designated to handle inquiries regarding the Americans with Disabilities Act, the Rehabilitation Act, and related statutes and regulations. Tom Webb, Director, Office of Disabilities Support Services, 240 Academy Street, Alison Hall Suite 119, University of Delaware, Newark, DE 19716, 302-831-4643. The following person has been designated to handle inquiries regarding the non-discrimination policies and to serve as the overall campus coordinator for purposes of Title IX compliance: Bindu Kolli, Chief Policy Advisor, Office of Equity and Inclusion, 305 Hullillen Hall, University of Delaware, Newark, DE 19716, 302-831-8063. The following individuals have been designated as deputy Title IX coordinators: for Athletics, Jennifer W. Davis, Vice President for Finance and Administration, 220 Hullihen Hall, University of Delaware, Newark, DE 19716, 302-831-2769, and for Student Life, Dawn Thompson, Dean of Students/AVP for Student Life, 101 Hullihen Hall, University of Delaware, Newark, DE 19716, 302-831-8939. Inquiries concerning the application of anti-discrimination navs may be referred to the Title IX coordinators or to the Office for Civil Rights, Unite States Department of Education. For further information on notice of nondiscrimination, visit http://wdcrobcolp01.edugov/CFAPPS/OCR/contactus.cfm for the address and phone number of the U.S. Department of Education office that serves your area, or call 1-300-421-3481. CEP

