at the University of Delaware

Osher Lifelong Learning Institute

25TH ANNIVERSARY 1989–2014

OSHER LIFELONG LEARNING INSTITUTE



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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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ELAWARE

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On the cover: Artwork by Carol Halloran

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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 (OLLI) at the University of Delaware in 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. Registration forms are at the back of the catalog and online.

Member Benefits

- Register for as many classes as you like.
- Participate in OLLI sponsored trips.
- Internet access, an email account and virus protection via the UD system (full year membership only).
- Audit of one UD credit course in fall and spring semester on a space available basis without paying tuition. Does not include online/distance learning courses, Associate in Arts program, Master of Arts in Liberal Studies courses, certificate programs or UD travel/study programs. All relevant fees apply.
- 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

You are now 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 classes in order of **priority** by clearly filling in the June 2014 Course Selection Form (page 20). Be sure to include your course code, course title and day/time for each class.

Maximum class size is 75, 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 15**, 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 15,** 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 2014 Registration Form, together with payment, at the OLLI office, Fred Thomas Building, 520 Dupont Avenue Lewes, DE 19958. Make checks payable to University of Delaware.

When to Register

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

Fees

The membership fee is \$50 for the June 2014 session. Our program depends almost entirely on registration fees, which are applied to our operating expenses, including rent for use of the Fred Thomas Building, 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 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, 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 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 Fred Thomas Building, 520 Dupont Avenue in Lewes. Member handicapped parking is available in the parking lot behind the Fred Thomas Building, where there is a handicapped ramp.

Members may enter from Dupont Avenue and park in the rear of the building. Additional onstreet parking is also available. Please do not park in the front of the Fred Thomas Building.

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

Identification Badges

We ask our members to wear an identification badge at all times. Members and guest badges (and temporary badges for those who forget) are available in the OLLI 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, Lewes lifelong learning classes are canceled. When the school district has a delayed opening, our activities will begin on time.

Check for information at the following: Phone: 302-645-4111 (recorded message) TV: WBOC

Web: www.lifelonglearning.udel.edu/lewes www.wboc.com, at weather closings.

Travel

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

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.

Fall 2014 Semester September 2–November 18

Fall 2014 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 2014 semester.

- Colonial America
- Basketry-Beginner and Intermediate
- English Country Dance
- Out and About
- Walk and Talk

June 2014 Online Catalog

- Visit **www.lifelonglearning.udel.edu/lewes** to view and print curriculum and the June 2014 Registration Form.
- June 2014—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. The advertisers are solely responsible for the contents of such ads.

Orientation

Instructor Orientation—

Thursday, May 29, 2014

10:30 a.m. - 11:30 a.m.

All instructors, new and current, are encouraged to attend.

June 2014 Calendar

Thurs., May 15: Priority Registration deadline.

Thurs., May 29: Instructor Orientation–10:30–11:30 a.m.

Mon., June 2: First day of classes. Thurs., June 26: Last day of classes.

June 2014 Courses

Classes begin Monday, June 2, 2014

ART

AA64 OIL AND ACRYLIC PAINTING INTERACTIVE WORKSHOP

Mondays, 9:30 a.m.–2 p.m. Dates: 4 Sessions, June 2–June 23 Instructors: Carol Halloran, Sandra Moore, Ellen 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 Osher Lifelong Learning in Lewes since 2004.

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.

AA99 BASKETRY WORKSHOP

Tuesdays and Wednesdays, 10 a.m.–3:30 p.m. Dates: 2 Sessions, June 3, June 4 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. Elaine enjoys weaving all types of baskets.

AA100 PAINTING HOUSES IN WATERCOLOR AND ACRYLIC

Wednesdays, 1:30 p.m.–3:30 p.m. Dates: 3 Sessions, June 11–June 25 Instructor: Robert Chu

You will learn to lay out buildings for painting, applying enough perspective for realistic viewing and add some essential details for regional situations. Basic color palette and some drawing history eases quick results. **Class is limited to 16 students.**

Robert Chu has a background in image formation applications in engineering and marketing, from aerospace to industrial photography. Painting and digital imaging complement globe-trotting adventures.

COMPUTER SCIENCE

CS63 CREATING A PICTURE CARD OR CALENDAR IN SHUTTERFLY

Wednesdays and Thursdays, 1:30 p.m.–3:30 p.m. Dates: 6 Sessions, June 4–June 25 Instructor: Barbee Kiker **No class June 19 or June 26**

We will create an online account at Shutterfly then upload our photographs. If you don't have digital photo files you can scan your paper photos on workshop days. We will edit your photos in Shutterfly then learn how to create a personalized greeting card and/or a calendar with your photo(s). If you choose to finish the project there is a printing cost. This is a handson class. Prerequisite: Basic keyboard and mouse skills, comfortable with Windows, experience with digital photographs helpful. **Class is limited to 16 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, Del., for 15 years. Her courses included introductory, intermediate and advanced classes in Microsoft Word, Excel, PowerPoint, Access and Outlook.

NEW!

CS80 iPAD TROUBLESHOOTING

Tuesdays, 10 a.m.–Noon Dates: 3 Sessions, June 3–June 17 Instructor: Pat Brown

Troubleshooting first steps: odd behavior that can be resolved with just a few simple steps; iOS and App updates; power charging; restoring from iTunes and iCloud. Exploring settings: customize your experience, control functions and configure your iPad; key settings for the best iPad experience; Wi-Fi set up; general; iCloud; mail, contacts and calendars; notifications; privacy settings; maps; photo editing. Prerequisites: Bring your iPad with iTunes account and email account. **Class is limited to 15 students.** **Pat Brown** is retired from the United States Army and is a retired computer teacher. She taught computers to students from 2-1/2 to 93 years old. She taught high school computer and web design classes and taught at Virginia Community College. Pat is certified in computer operating systems.

NEW!

CS81 POWERPOINT BASICS

Mondays and Wednesdays, 10 a.m.–Noon Dates: 4 Sessions, June 16–June 25 Instructor: Susan Underwood

This course covers the basics of creating a PowerPoint presentation designed to increase the comfort level of current users and introduce and expand knowledge for non-users. If you present to groups of people, you may find this tool useful in increasing understanding of your content. Additionally you will increase effectiveness of your presentation for those of us who are visual learners. Prerequisite: Beginning Computer 1 or equivalent experience; comfort using the mouse and keyboard.

Class is limited to 14 students.

Susan Underwood earned a B.A. from McDaniel College, Westminster, Md. She spent the majority of her professional career working in the pharmaceutical industry with experience in sales, training, marketing and senior sales management.

NEW!

CS82 NAVIGATING WINDOWS 7

Mondays and Wednesdays, 10 a.m.–Noon Dates: 4 Sessions, June 2–June 11 Instructor: Susan Underwood

Have you ever saved a file and it seemed to go into a black hole somewhere? Would you like to learn some shortcuts using the keyboard and quick keys? Then this course may help build your confidence. Key components will include file management, creating folders, organizing files and navigating from one screen to another in Windows 7. This is a hands-on class. Prerequisite: Beginning Computer 1 or equivalent experience; comfort using the mouse and keyboard.

Class is limited to 14 students.

Susan Underwood. See course CS81 for instructor's information.

NEW!

CS83 PRIVATE TUTORING OF MICROSOFT PROGRAMS

The instructor will provide one-on-one PC tutoring in Microsoft Word, Excel and/or PowerPoint. Instruction will be tailored to your level of need. Please only sign up for one private tutoring session. **Each session is limited to one hour, one student.**

Thursday, June 5 **CS83-1** 10:30 a.m.–11:30 a.m. **CS83-2** 11:30 a.m.–12:30 p.m. **CS83-3** 1:30 p.m.–2:30 p.m.

Thursday, June 12 **CS83-4** 10:30 a.m.–12:30 p.m. **CS83-5** 11:30 a.m.–12:30 p.m. **CS83-6** 1:30 p.m.–2:30 p.m.

Tuesday, June 17 **CS83-7** 10:30–11:30 a.m. **CS83-8** 11:30 a.m.–12:30 p.m. **CS83-9** 1:30 p.m.–2:30 p.m.

Thursday, June 19 **C\$83-10** 10:30 a.m.–11:30 a.m. **C\$83-11** 11:30 a.m.–12:30 p.m. **C\$83-12** 1:30 p.m.–2:30 p.m.

Tuesday, June 24 **C\$83-13** 10:30 a.m.–12:30 a.m. **C\$83-14** 11:30 a.m.–12:30 p.m. **C\$83-15** 1:30 p.m.–2:30 p.m.

Thursday, June 26 **C\$83-16** 10:30 a.m.–11:30 a.m. **C\$83-17** 11:30 a.m.–12:30 p.m. **C\$83-18** 1:30 p.m.–2:30 p.m. **Howard Henn** has a master's degree in electrical engineering from Columbia University. He worked as a control systems engineer and a project manager for ExxonMobile. Since retiring in 2001, he has tutored Word, Excel and PowerPoint for various organizations.

ECONOMICS/FINANCE

EC07 SIMPLIFYING THE COMPLEXITIES OF RETIREMENT PLANNING

Wednesdays, 10 a.m.–11:30 a.m. Dates: 4 Sessions, June 4–June 25 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 and 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.

EC10 SOCIAL SECURITY MAXIMIZATION STRATEGIES—MAKING SENSE OF ANNUITIES

Thursdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 5–June 26 Instructor: David Bocchino

Your guide to maximizing your Social Security benefits. The foundation of retirement income planning for anyone who is about to retire. Social Security makes up an average of 64.8 percent of the total household income. It is one of the largest retirement assets, is the best annuity money can buy and might be the most important retirement decision one can make. We will also discuss how to close the gap between Social Security election and earning level while working now that you are retiring.

Class is limited to 75 students.

David Bocchino holds an M.B.A. from the Wharton School (University of Pennsylvania) and a B.S. in economics (honors) from Villanova University. He is a licensed professional financial advisor since 2002 and has a strong combination of education, hands-on leadership skills and practical experience. He has been an instructor at Osher in Lewes and Dover since January 2013. He is an adjunct professor of business at Wesley College and also an adjunct professor at Wilmington University's Georgetown Campus teaching M.B.A. courses in financial accounting and financial management. He serves as a financial coach at Eagle's Nest Church in Milton. Del. David is a retired naval officer with the rank of commander. David is a member of the Jack Keeter Study Group, a national select group of some of the top financial advisors in the country.

HISTORY

HX99 WELCOME TO SUSSEX COUNTY DELAWARE

Tuesdays, 10 a.m.–Noon Dates: 1 Session, June 17 Instructor: Nick Foery

Welcome to a unique place called Sussex County, Delaware. We will explore various facets that make Sussex County what it is today. This course is for both new arrivals and people who have lived here awhile and who would like to share their experiences.

Class is limited to 75 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.

HX109 DELAWARE'S NAVAL HERITAGE

Wednesdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 4–June 25 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 75 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.

HX125 A DELAWARE WOMAN'S EXPERIENCES OF WWII

Tuesdays, 10 a.m.–Noon Dates: 1 Session, June 3 Instructors: Michele 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 correspondence and art, this course will describe that era as experienced through the life of a young Delaware woman studying art in Washington D.C. and Philadelphia. She met and married a B-17 bomber pilot who flew 35 missions over Germany. Course includes a description of one heroic B-17 mission.

Class is limited to 75 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 also conducted creative writing workshops 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 off and on at Osher since 1995.

HX130 'TIS ALL ABOUT RAILROADS-PART 1.1

Thursdays, 10 a.m.–Noon Dates: 4 Sessions, June 5–June 26 Instructor: Louise Archdeacon

Using Herb Archdeacon's vast collection of railroad DVDs, this course will cover the jobs performed to make railroads work, the history of the Pennsylvania Railroad, the Pennsylvania's K-4 steam engines, the Baltimore and Ohio "Power of Steam," the history of steam trains and how steam engines work, the building of the transcontinental railroad, etc. Enjoy that intangible wonder that is associated with the colossus engine and everything about it. This course is a repeat of eight of the videos shown during the spring semester.

Class is limited to 75 students.

Louise Archdeacon holds an undergraduate degree in business education and a graduate degree in library and information science from Drexel University. She taught business subjects at Ridley Park High School, was an executive medical secretary at Sun Oil Company in Philadelphia and a reference librarian at Temple University at Ambler, Pa. She has also been a lifelong volunteer.

NEW!

HX166 WOMEN SPIES OF WORLD WAR II

Tuesdays, 10 a.m.–Noon Dates: 1 Session, June 10 Instructor: Michelle Rumble

"Rosie the Riveter" is the iconic image of women

who played an important role during WWII in support of the war effort. However, the participation of women in clandestine operations behind the scenes was a role that few could have imagined at the time. That information was held in classified files in national archives for many years following the war. Through lecture, historical footage of the era and interview of women who risked their lives to aid in the allied effort, this course will introduce women spies and resistance fighters unsung heroes—whose selfless efforts helped the allies win the war.

Class is limited to 75 students.

Michelle Rumble. See course HX125 for instructor's information.

NEW!

HX167 COLONIAL FOLKWAYS— THEN AND NOW

Wednesdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 4–June 25 Instructor: Donna Beecher

Based on David Hackett Fischer's book, *Albion's Seed,* we will examine four distinct waves of pre-Revolutionary immigration from England to America: Puritans, Cavaliers, Friends and Borderers. Their "folkways" profoundly shaped regional cultures in New England, the Mid-Atlantic, the South and the West. Were your ancestors a part of the migrations? To what degree are these distinct folkways at play today? **Class is limited to 75 students.**

Donna Beecher retired from the federal government and became a full-time resident of Lewes in 2002. She holds an M.P.A. from Syracuse University, a B.A. from Drew University and a certificate in executive coaching from Georgetown University. She has been an OLLI member since 2004 and serves as co-chair of the Academic Affairs Committee.

NEW!

HX168 SKEPTICS OF AMERICAN HISTORY

Wednesdays, 10 a.m.–Noon Dates: 4 Sessions, June 4–June 25 Instructor: Philip Fretz

Our knowledge of American history is built on a set of long-accepted beliefs. But what if those beliefs-however familiar-don't really tell the whole story? What we believe to be history is the lens through which we view the world. And when that lens is distorted with misleading information, it has powerful effects on everything from how we vote to how we interpret the news. Now you can reexamine many commonly held myths and half-truths about U.S. history in this DVD course from The Great Courses. Delivered in 24 lectures by award-winning Professor Mark A. Stoler of the University of Vermont, this bold course will make you consider what actually happened in the nation's past—as opposed to what many believe happened. More than merely debunking accepted accounts, you'll be able to replace these misconceptions with insightful truths. There will be limited discussion in this course. Class is limited to 75 students.

Philip Fretz, originally from Philadelphia, retired here after 37 years in the computer services industry. He holds a B.A. in political science and an M.B.A. in computer science. He loves to travel, has lived in London and Bologna as a college student, West Africa as a Peace Corps volunteer and overseas in the U.S. Army.

HUMANITIES

HU121 INTERESTING ISSUES IN CONSTITUTIONAL LAW

Mondays, 10 a.m.–Noon Dates: 2 Sessions, June 2, June 9 Instructor: Mary Boyd

Discussion and reading of the U.S. Constitution. The course emphasizes context and relevance to both history and current political thought. **Class is limited to 30 students.**

Mary Boyd is an attorney and teacher of U.S. constitutional and education law. Her background includes business and finance and historic preservation.

LANGUAGE

LA08 ITALIAN FOR BEGINNERS

Tuesdays, 10 a.m.–Noon Dates: 3 Sessions, June 3–June 17 Instructor: Annie Gilmour

This is a beginning course in which you will learn Italian pronunciation, vocabulary, grammar and useful expressions for the traveler. Also included: sentence formation and reading and listening comprehension. Emphasis will be on Italian culture and music. Text: *Living Language Italian Essential*, available from Amazon.com, ISBN 978-0-307-97156-2.

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.

NEW!

LA10 READING IN RUSSIAN

Thursdays, 10 a.m.–Noon Dates: 4 Sessions, June 5–June 26 Instructor: Harry Banks

Students will learn to read, write and pronounce Cyrillic print related to current events, Osher courses and community encounters with native Russian speakers.

Class is limited to 15 students.

Harry Banks is a retired early childhood, elementary, middle school and high school

educator. He earned a B.S. in early childhood elementary education and an M.Ed. in human development education at the University of Maryland and a Ph.D. in curriculum and instruction education at Catholic University of America, Washington, D.C.

LIFE SKILLS

LS05 KITCHEN KAPERS XXIII—SALAD GALORE MEETS CAPTAIN PROTEIN

Fridays, 10 a.m.–1 p.m. Dates: 3 Sessions, June 6–June 20 Instructors: Bernard Fiegel and Dolores Fiegel **Held offsite at instructors' home.**

Stroll down the salad and protein trail with the "two figs" and create fresh, simple, delightful and healthy lunch-time salads. Here is a sneak preview to whet your appetite of what you and your fellow OLLI chefs might be making and enjoying-look at it as eating your weekly exam! Menus may include, but are not limited to, crunchy noodle salad, a chef's special lunch salad, an oriental inspired salad, fresh veggie and citrus salad and a protein to complement each salad, and maybe more! You will gather in the instructor's home kitchen, outdoor grill and screened-in porch to view and participate in food preparation and taste 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 \$8-\$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 are active members of the Four Seasons, a local progressive food group established in 2001 and founders of the Happy Gourmands founded in 1976. Instructors of Kitchen Kapers, a continuing hands-on cooking course series introduced to Osher Lifelong Learning in 1997 and Wine 101/102/ Grape Adventures, wine-tasting courses first introduced to Osher Lifelong Learning in 1998.

LS112 FAMILY AND FRIEND SUPPORT USING THE "COACH APPROACH"

Tuesdays, 1:30 p.m.–3:30 p.m. Dates: 3 Sessions, June 3–June 17 Instructor: Deborah E. Brown

This class is for people who would like to find ways to better support family, friends and colleagues themselves using the basic skills of coaching. Coaching can help people take steps toward a dream or move out of the story (and, at times, the drama) of a difficult situation and 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 see happen in their lives.

Class is limited to 6 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. Deborah currently has a business as a life coach.

LS115 iPHONE—U PHONE

Tuesdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 3–June 24 Instructor: Robert Porta

Workshop format—maybe someone in class knows the solution to your iPhone problem. Maybe you know the solution to one of mine. Let's trade ideas and apps. Prerequisite: Bring your iPhone. **Class is limited to 30 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 both IBM and Unisys (Univac) and finally to PCs. In 1983 Bob was designated as a distinguished member of technical staff at Bell Laboratories.

NEW!

LS126 GARDEN SMART—GARDEN EASY

Tuesdays, 10 a.m.–Noon Dates: 1 Session, June 24 Instructor: Bob Williams

This workshop will include ideas on removing barriers to gardening through creative adaptations of tools, techniques and garden layout. A display of adaptive tools will be available for gardeners to explore. The goal of Garden Smart—Garden Easy is to encourage gardeners to continue to enjoy the physical, emotional and social aspects of gardening with a few simple modifications.

Class is limited to 75 students.

Bob Williams is a Sussex County Master Gardener, class of 2005. He is chairman of the accessible gardening committee and Master Gardener of the Year for 2013. After back surgery and gardening in a table garden he realized others might have the same challenges so the Garden Smart–Garden Easy program was developed.

NEW!

LS127 LANDSCAPE DESIGN

Wednesdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 4–June 25 Instructor: Eddie Filemyr

Bring pictures of your landscape to class. Through class discussion and instructor insight learn new ideas and new plants to refresh your landscape. Four students will be interviewed each class. Design principles, planting needs, new cultivars and personalized design will be addressed. Contribute your knowledge to your classmate's landscape dilemmas through class discussion. Learn design concepts and quick fixes from the instructor. Come and participate, revolutionize your garden and enjoy! **Class is limited to 16 students.**

Eddie Filemyr worked as a landscape designer for Stadler Nursery in Montgomery County, Md., and then as a freelance landscape designer in northern Idaho and Sussex County, Del. She also completed the master gardener course in Washington, Idaho and Delaware. Her passion for design and knowledge of plant material recommended her to design and plant the Osher Lifelong Learning garden at the Fred Thomas building in fall 2013 with lifelong learning volunteers. She frequently gives master gardener design workshops and talks. She went to Skidmore College for the B.S. and Antioch for her M.F.A. in design.

PERFORMING ARTS

NEW!

PA62 BEL CANTO DUO

Mondays, 1 p.m.–3 p.m. Dates: 4 Sessions, June 2–June 23 Instructor: Patricia Mossel

We will view and discuss two operas exemplifying the "bel canto" style of singing, Gaetano Donizetti's *Lucia di Lammermoor* starring Anna Netrebko, Piotr Beczala and Ildar Abdrazakov and conducted by Fabio Armiliato at the Metropolitan Opera and Joan Sutherland's performance of the "mad scene" from an earlier Met production of *Lucia;* Gioachino Rossini's rarely-performed *La Donna del Lago* starring June Anderson, Rockwell Blake and Chris Merritt and conducted by Riccardo Muti at La Scala Opera.

Class is limited to 75 students.

Patricia 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.

NEW!

PA63 THE COMPOSER'S MANUSCRIPT: THE CALLIGRAPHY OF MUSIC

Tuesdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 3–June 24 Instructor: Jon Newsom

Musical notation can be a calligraphic art beyond its necessary function as a composer's only way of showing performers what he wants them to play. Music written in its composer's hand offers to both the expert and the untrained amateur the pleasures of seeing a graphic representation in the composers' hands of the visible form of their musical masterpieces. Without even knowing the craft of musical notation, you can be drawn into the musical creative process. We will explore the manuscripts and the music they represent from the Middle Ages to Stravinsky and Gershwin. We will hear the sounds of great music first presented in performances from calligraphic masterpieces. Handouts will include color reproductions of samples of manuscripts from the Library of Congress and many other collections whose treasures have been published in faithful facsimiles. Come and see and hear. Materials for this course are provided by Winslow Media, LLC. Class is limited to 75 students.

When **Jon Newsom** retired as chief of the Music Division of the Library of Congress in

2005, he headed for OLLI so he could do what he always wanted to do: teach. There is hardly anything in the arts that he doesn't love, so, succumbing to the temptation to teach literature with musical connections, he offered a summer course on *The English Patient*. That done, someone asked for another such course so he eventually did a 20-week course on Tolstoy's *War & Peace*. Now, he wants to get back to music and with the resources he has gathered from his Library of Congress career, he wants to show manuscripts of Bach, Beethoven and Brahms, along with other usual suspects from the Middle Ages to Gershwin.

NEW!

PA64 THE ST. MATTHEW PASSION BY JOHANN SEBASTIAN BACH

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

This course is a portion of the previously taught "Bach and the High Baroque." All four lectures will feature the *St. Matthew Passion* by Johann Sebastian Bach. There will be lectures by Dr. R. Greenberg, comments by the presenter and DVDs of the whole composition by two different orchestras.

Class is limited to 75 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, Benjamin Franklin and the history of musical instruments. Dr. Mroz has played various string instruments all his life.

PSYCHOLOGY/SOCIAL STUDIES

NEW!

PS34 DYING, DEATH AND BEREAVEMENT: EXPLORING DIFFICULT ISSUES

Tuesdays, 1:30 p.m.–3:30 p.m. Dates: 4 Sessions, June 3–June 24 Instructor: Madeline Lambrecht

We meet death every day via the media-TV, web, newspapers, movies, etc. We are bombarded with death and grief, yet at the same time, are distanced from it. While we've moved death "out of the closet" to some degree, discussion of death at the personal level remains elusive and difficult. The format of this class will be mini-lecture followed by lively discussion. The agenda of topics will be selected from suggestions offered by participants and the instructor at the first class meeting. Examples of possible topics include: Are there gender differences in the way grief is experienced? What is the difference between palliative care and hospice? How do you initiate a discussion about end-of-life issues with family/significant others? What are the important questions to ask before joining a grief support group? Participants will receive handouts and resources for continued exploration of class topics. Class is limited to 14 students.

Madeline Lambrecht, professor emeritus, University of Delaware, has been an educator, counselor and consultant on loss-related issues for over 30 years. She is a past president of the international Association of Death Education and Counseling (ADEC) and the Delaware End-of-Life Coalition. Madeline received the Death Educator Award from ADEC in 2011 and in 2003 and 2010, she received an Excellence in End-of-Life Care Award from the American Association of Colleges of Nursing. In 2009, she was a recipient of a Jefferson Award for Public Service for end-of-life initiatives in Delaware. She is a frequent presenter, both nationally and internationally on death related issues, including suicide. Her publications include articles and multimedia works, one of which, *Bereavement Counseling: Theoretical and Clinical Perspectives*, was awarded a Bronze Medal at the New York Film Festival in the 1990s.

NEW!

PS35 RELATIONSHIP ENHANCEMENT IN RETIREMENT

Tuesdays, 10 a.m.–Noon Dates: 4 Sessions, June 3–June 24 Instructor: Claudia Contessini

Many people fear retirement and especially dread its impact on their intimate relationship/ marriage. This four-session class offers the opportunity to make retirement a time for your relationship to rejuvenate, grow and flourish. Classes comprise input from the presenter and relaxed and easy group discussions (no pressure to participate). Course content is based in part on interviews with local retired heterosexual, gay and lesbian long-term couples. We'll learn from each other! This course is for retired couples and those approaching retirement of all sexual orientations. Single people welcome. The only prerequisite is a heartfelt desire to improve your relationship or future relationship in retirement! Class is limited to 30 students.

Claudia Contessini, Ph.D. is a trained psychotherapist and relationship therapist, now practicing as a life and relationship coach. She is passionate about helping people improve their relationships and has been doing so for around 40 years.

RECREATION

RR02 ENGLISH COUNTRY DANCE

Thursdays, 10 a.m.–11:30 a.m. Dates: 4 Sessions, June 5–June 26 Instructor: Carol West

Come and enjoy the dance form America grew up

with. It's been fun for more than three centuries, it's still fun and we think you'll like it. It's easy to learn! If you can walk and smile, you can do this kind of dance. The caller will explain all the moves and walk you through the dance before it starts, then continue to prompt you as the dance goes on. The dances focus on the group, not the individual. We customarily change partners after each dance, so we get to dance with lots of different people. We're a friendly group! It's easy and there's the music! It's NOT to be missed! **Class is limited to 30 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 all forms and plays violin and handbells.

SCIENCE/HEALTH/MATH

SS76 THE ASTROLABE

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

The astrolabe was by far the most popular astronomical instrument before the telescope. This brief lecture includes nontechnical descriptions of how the astrolabe is used to solve astronomical problems and an overview of its history. Prerequisites: Some background in astronomy helpful but not required.

Class is limited to 75 students.

James 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.

SS77 OBSERVATION OF THE 1769 TRANSIT OF VENUS IN LEWES

Thursdays, 1:30 p.m.–3 p.m. Dates: 1 Session, June 12 Instructor: James 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 75 students.

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

SS79 USING FLOWER ESSENCES TO BALANCE YOUR EMOTIONS

Thursdays, 10 a.m.–Noon Dates: 3 Sessions, June 5–June 19 Instructor: Mary Anne La Torre

At the beginning of the 20th century a doctor and researcher named Edward Bach explored the role that emotions play in disease and developed a system to heal and balance the emotions using flowers and plants to create healing remedies. This course will explore these remedies in depth as well as give participants an opportunity to create their own flower remedy bottle. There will also be opportunities to learn how to use your garden to create a healing remedy.

Class is limited to 25 students.

Mary Anne La Torre is an R.N. with an M.A. in psychiatric nursing and training in acupressure, Reiki (Japanese method for stress reduction and relaxation) and homeopathy. For the past 20 years, she has had a private counseling practice that consolidated these approaches, integrating psychotherapy with various wellness and stress management techniques. Semi-retired; she is currently focused on teaching these holistic skills in a wide range of settings.

SS85 T'AI CHI CHIH

Tuesdays, 10 a.m.–Noon Dates: 4 Sessions, June 3–June 24 Instructor: Glenn Garner

T'ai Chi Chih is a slow, gentle exercise program of 19 separate movements. It is easy to learn

and practice. T'ai Chi helps maintain good health, improves joint movement, flexibility and balance and promotes relaxation and reduces stress. Students of any age and most fitness levels can practice T'ai Chi. No special equipment or clothes are needed.

Class is limited to 25 students.

Glenn Garner is a retired Pennsylvania teacher, high school administrator and guidance counselor. He has been practicing T'ai Chi forms for 15 years and teaching T'ai Chi Chih for 12 years.

SS88 T'AI CHI CH'UAN—YANG SHORT FORM—BEGINNER'S INTRO LEVEL

Thursdays, 9 a.m.–10 a.m. Dates: 4 Sessions, June 5–June 26 Instructor: Sally Fintel

If you are curious to find out what T'ai Chi Ch'uan is all about, this is the class for you. This class will provide an opportunity to begin to learn an age-old Chinese martial art that emphasizes relaxation, deep breathing and balance while utilizing slow, fluid, gentle movements.

Students can expect the following:

- Slow class pace
- Ample repetition and practice in class
- Exposure to DVDs of the masters demonstrating the form
- Commitment to practice at home.

Wear loose fitting, comfortable clothes and flatsoled shoes. Socks are OK.

Class is limited to 12 students.

Sally Fintel has been practicing T'ai Chi since 2001 and was taught by Mark Blaskey (now retired), Beebe Medical Center, department of integrative health. She is a graduate of both Oberlin College and Columbia University. Professionally she has always been active in the field of education.

SS92 CREATIVE COOKING WITH A HEALTHY TWIST

Mondays, 9:45 a.m.–12:30 p.m. Dates: 4 Sessions, June 2–June 23 Instructor: Robin Kost **Held off-site.**

Are you interested in eating better to improve your health and maybe lose a few pounds? Would you like to learn about vegetables, spices and herbs in a friendly, supportive and fun environment? Robin Kost will teach you how to take more traditional dishes and make them more delicious with lower calorie content. Together we will prepare a meal to share. We will gather at a private home just outside of Lewes. Address and directions will be provided upon registration. Cost: \$20 per class to cover cost of food and wine.

Class is limited to 8 students.

Robin Kost is a home cook interested in taking traditional recipes and making them healthier. She has owned a small gourmet shop, managed food related businesses and loves to cook for family and friends.

SS95 CRASH COURSE IN PLANT-BASED EATING

Tuesdays, 10 a.m.–2 p.m. Dates: 1 Session, June 10 Instructor: Dorothy 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, M.D. (Cleveland Clinic) *Prevent and Reverse Heart Disease*. There is an additional \$5 fee for course supplies. **Class is limited to 25 students.**

Dorothy Greet holds a certificate in plant-

based 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).

NEW!

SS96 BIRDS AND NATURE ON SEVEN CONTINENTS

Wednesdays, 10 a.m.–Noon Dates: 4 Sessions, June 4–June 25 Instructor: Bill Fintel

This will be a travelogue covering highlights of Bill and Sally Fintel's visits to such locations as Bhutan, Madagascar, Papua New Guinea, Namibia, Antarctica, Chile, Alaska and more. While birds will be featured, the programs will also include many other types of wildlife and spectacular outdoor scenery. Each program will run about an hour followed by half an hour for discussion. Requests to cover particular locations will be honored if possible. **Class is limited to 30 students.**

Bill Fintel has been an avid birder for over 40 years, and with his wife Sally, they lead birding field trips for many organizations, including the Sussex Bird Club, Prime Hook NWR, OLLI and Road Scholar. Bill and Sally have traveled extensively, and Bill has taken many photos of their experiences.

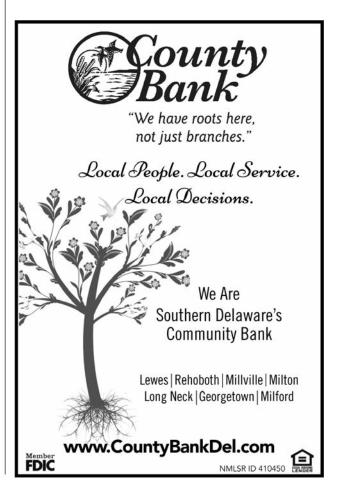
NEW!

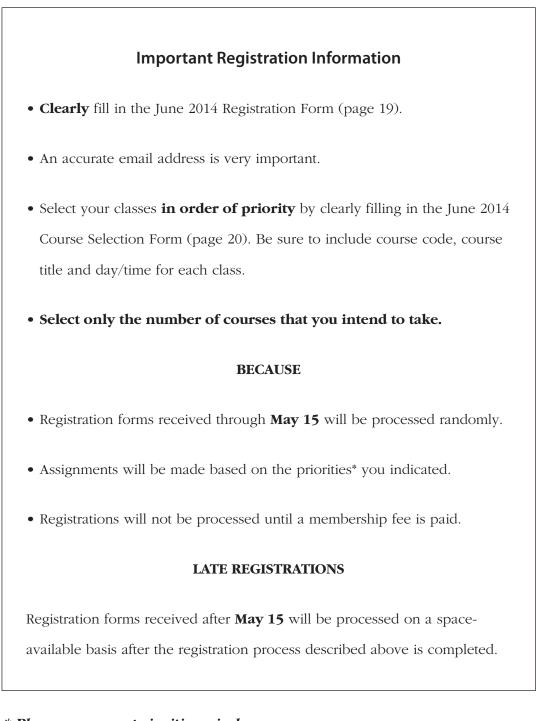
SS97 OUT AND ABOUT IN SUMMER

Mondays, 1:30 pm.–3 p.m. Dates: 4 Sessions, June 2–June 23 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 animals, plants and peculiar items seen along the route. Walkers will be given details about the hike prior to departure. **Class is limited to 20 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.





* 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 2014 Registration Form

Osher Lifelong Learning Institute at the University of Delaware in Lewes

Fred Thomas Building, 520 Dupont Avenue, Lewes, DE 19958 • 302-645-4111 • LLL-lewes@udel.edu

PLEASE CLEARLY FILL IN ALL INFORM	IATION
NAME (Please print)	TELEPHONE
ADDRESS	EMAIL
CITY	STATE ZIP CODE
DATE OF BIRTH	Do you use a handicapped parking permit? 🗌 Yes 🗌 No
IN CASE OF EMERGENCY OR ILLNESS	CALL:
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I WOULD LIKE TO BE ACTIVELY INVO	LVED IN:
Serving on the following committee	:] Library] Planning] Social] Travel] Office Volunteer
_	A.A. B.A., B.S., R.N. M.A., M.S. Ph.D., M.D., J.D., Ed.D.
Credit card: American Express	Donation to Kirilla Fund to " University of Delaware .") Check # Discover Date: MasterCard Visa Amount \$ Exp. Date:
NEW MEMBERS: HOW DID YOU LEAR	N ABOUT THE LIFELONG LEARNING PROGRAM?
] Library display 🗌 Radio ad 🗌 TV 🗌 Internet 🗌 Other
responsibility for my physical welfare while I as	University of Delaware, its Trustees, employees and agents have no legal m a member of the Osher Lifelong Learning Institute at the University of gram sponsored trip. I, therefore, agree to hold the University of Delaware, its

Trustees, employees and agents harmless for any claims for personal injury or damage arising out of my association with the program. I also authorize the University of Delaware to record and photograph my image and/or voice, for use by the University or assignees in educational and promotional programs and material.

SIGNATURE REQUIRED

DATE

June 2014 Course Selection Form

Please choose your courses in order of priority.

COURSE CODE	COURSE TITLE	DAY/TIME
1		
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Don't waste your priority selections... Use them wisely!

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-	AA64 Oil Painting* CS82 Windows 7* HU121Constitution Law * PA62 Bel Canto Duo * SS97 Out & About *+	AA99 Basketry * CS80 iPad HX125 DE Women LA08 Italian Begin PS35 Relationship SS85 T'ai Chi Chih	AA99 Basketry * LS112 Family/Friends LS115 iPhone PA63 Composer's PS34 Dying, Death	AA99 Basketry * CS82 Windows 7 * EC07Retirement Plan * HX168 Skeptics-History SS96 Birds & Nature	AA99 Basketry * CS63 Picture Card * HX109 DE Naval HX167 Colonial Folkway LS127 Landscape Design	CS83 Tutoring * HX130 Railroads LA10 Reading Russian PA64 St. Matthew RR02 English Dance * SS79 Flower Essences SS88 T'ai Chi Chuan *	CS63 Picture Card * CS83 Tutoring * EC10 Social Sccurity SS76 Astrolabe *
7	AA64 Oil Painting* CS82 Windows 7 * HU121Constitution Law * PA62 Bel Canto Duo * SS97 Out & About *+	CS80 iPad HX166 Women Spies LA08 Italian Begin PS35 Relationship SS85 T'ai Chi Chih SS95 Plant-Based*	LS112 Family/Friends LS115 iPhone PA63 Composer's PS34 Dying, Death SS95 Plant-Based*	CS82 Windows 7 * EC07 Retirement Plan* HX168 Skeptics-History SS96 Birds & Nature	AA100 Paint Houses CS63 Picture Card * HX109 DE Naval HX167 Colonial Folkway LS127 Landscape Design	CS83 Tutoring * HX130 Railroads LA10 Reading Russian PA64 St. Matthew RR02 English Dance * SS79 Flower Essences SS88 T'ai Chi Chuan *	CS63 Picture Card * CS83 Tutoring * EC10 Social Sccurity SS77 Transit Venus *
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> >	Week 1: June 2 - 6 Week 2: June 9 - 13	Week 3: June 16 - 20 Week 4: June 23 - 27	Tai Chi Enthusiasts Tuesdays, 12:30 p.m.		* Check Course Description for Exact Time(s) and Date(s) + Course held Offsite Fridays, LS05 Kitchen Kapers * + - Held June 6, 13, 20	r Exact Time(s) and] n Kapers * + - Held J	Date(s) une 6, 13, 20



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Fred Thomas Building 520 Dupont Avenue Lewes, DE 19958



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