

SLL FALL VIRTUAL TERM OF CLASSES AND EVENTS SCHEDULE AND INFORMATION

A Life on the Road

Presented by David Keeling, Monday, Oct. 5 - 26 at 3:30 p.m.

Description: "A Life on the Road" is an illustrated talk about global travel experiences, curious destinations, and interesting discoveries.

traveled to over 2,000 unique destinations around the world, some of which are discussed in this illustrated talk.

A Look at Reading to Heal

Presented by Roxanne Spencer, Thursday, October 1st at 11:00 a.m.

Description: This one-shot session will be an introduction to bibliotherapy, using reading to explore problems and seek personal growth.

Instructor Bio: Roxanne is an Associate Professor and Coordinator of the Beulah Winchel Education Library at WKU. One of her research and longtime personal interests is the use of literature, poetry, writing, and art as tools for self-exploration and solace.

Alzheimer's Education and Care: What Should be in Your Toolkit

Presented by Elizabeth Downing, Thursday, Oct. 15 - Nov. 5 at 11:00 a.m.

Description: This class will cover the warning signs of Alzheimer's and other forms of dementia. Basic communication and interaction techniques and strategies will be discussed. You will learn about care options as well as important documents and decisions to have in place.

Instructor Bio: Elizabeth is a 1982 graduate of WKU. She found her passion in advocating and providing care for older adults and those with Alzheimer's and other forms of dementia. She has completed a Certificate of Care Management, is a Teepa Sno PAC Certified Independent Consultant, and facilitates a family caregiver support group each month.

Bird Identification

Presented by Blaine Ferrell, Tuesday, Oct. 6 - 20 at 9:00 a.m.

Description: Participants will learn how to identify Kentucky birds using distinguishing field marks and behavior.

Instructor Bio: Blaine is dean emeritus of Ogden College of Science and Engineering at WKU. He has served as President of the Kentucky Academy of Science and the Kentucky Ornithological society.

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Cemeteries of Warren County

Presented by Tonya Colley, Tuesday, October 20th at 3:30 p.m.

Description: The City-County Planning Commission has identified location of many cemeteries in Warren County. Learn about the Cemetery Board, the research, how these locations are identified, types of documentation, and how the information is used both in the development process and how the data is made available to the public. Learn how Planning Commission cemetery data can be a resource for genealogy research.

Instructor Bio: Tonya has been working for the Planning Commission for over 20 years. During that time, she has amassed a significant database on cemeteries and continues to identify additional resources as she combines her passion for cemeteries with genealogy and work duties with computer mapping and the Cemetery Board.

Cyber Security: The Good, the Bad, the Very Ugly

Presented by Ed Tivol, Wednesday, Sept. 23 - Oct. 21 at 1:30 p.m. (not meeting Oct 7th)

each and every one of us? More importantly, what can we do about it? Ed Tivol, who has more than thirty years of experience in this field, will lead a discussion that will answer these questions and more. The goal is for the participants to leave the class better prepared and armed to combat this ongoing and widening threat. We will discuss some famous "hacking" cases, examine the techniques used by the "threat" and identify some simple, but effective tools to minimize that threat.

Instructor Bio: Ed has 26 years of service in U S Army Military Intelligence and 25 years in the private industry doing intelligence related work. He is President and CEO of CYPhySecurity, LLC, a security consulting firm. Prior teaching experience includes three years at Westminster College in Fulton, MO and a senior level seminar at WKU.

Five Keys to Retirement Planning

Presented by Allen Costellow, Friday, Oct. 9 - Nov. 13 at 9:00 a.m.

Description: This six session class will cover the following topics: Increasing Retirement Income, Reducing Market Volatility, Tax Strategies for Retirees, Health Care Solutions, and Legacy Planning.

Instructor Bio: Allen is the president and founder of Southern Kentucky Advisors and has worked with retirees and their families to help grow and protect their wealth for more than four decades. He holds several professional registrations, licenses and certifications and is currently working on his second book, "Three Questions Every Investor Should Ask".

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Great Decisions

Presented by David Keeling, Wednesday, Sept. 23 - Nov. 11 at 3:30 p.m.

Description: (from proposal)The course provides background information and policy options for the eight most critical issues facing America in 2020 and serves as the focal point for discussion concerning the impact of these issues on the U.S. and the global community. A course textbook accompanies a set of eight short videos that sets the context for each discussion session.

Instructor Bio: David Keeling is the Distinguished Professor of Cultural Geography at WKU. He has traveled to about 2,000 unique destinations and visited most of the 200+ countries and territories of the world. He leads global expeditions on cruises and private jets.

History on the Hill: WKU and Its Heritage

Presented by David Lee, Wednesday, Oct. 7 - 28 at 5:30 p.m.

Description: This course will follow WKU from its roots as a small, private normal school in the late 19th century to the comprehensive public university that it is today. Class members will draw on their own memories and experiences as we trace the WKU story.

Instructor Bio: David has been a member of the WKU History Department since 1975, specializing in 20th century American history. He is currently serving as University Historian at WKU.

Human Rights Heroes: How They Helped Make Our World a Better Place

Presented by Sam McFarland, Thursday, Sept. 24 - Nov. 12 at 3:30 p.m.

Description: In London in 1765, Granville Sharp saw a young slave, beaten close to death, and launched the campaign that ended slavery. In 1977, Azucena Villaflor created the Mothers of the Plaza de Mayo to protest those “disappeared” in Argentina and helped make enforced disappearance a crime against humanity. We will tell the stories of little-known persons who struggled for human rights -- who they were, what they did, and how they improved our world.

Instructor Bio: Sam is Professor Emeritus of the Department of Psychology. He also taught an Honors seminar on human rights for many years. He is currently finishing a text on the persons who will be covered in this course.

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Insurance Clinic: Tips and Hacks for Savvy Consumers

Presented by Mike Breen, Tuesday, October 27th at 11:00 a.m.

Description: It's hard to live with it or without it, but you have to have it: insurance. This seminar covers the common types of insurance (health, disability, auto, and homeowner's) and gives you the inside scoop on how to assess risks and maximize coverages to get the best value for your premium dollars. Learn how to protect yourself against risks and some important self-help tips on dealing

Instructor Bio: Mike is an attorney who has been handling cases against insurance companies and corporations for 37 years. He has presented dozens of seminars to judges and lawyers on insurance claims strategies and written the leading book in Kentucky on insurance company claims misconduct. Many of his cases have led to breakthroughs.

Plant Kentucky Proud - Landscaping with Native Plants

Present by Janeen Grohsmeyer, Tuesday, Sept. 22 - Oct. 20 at 11:00 a.m.

Description: Learn how—and why—to create an oasis for birds, butterflies, and other creatures by landscaping with native plants. Decide which plants would suit your site and then plan to bring some of the incredibly rich and beautiful ecosystem of Kentucky right into your own back yard, and into your front yard, too! Optional: field trips to a native plant nursery and local garden.

Club. She designed and created the Steiner Memorial Garden at the Goodnight Library and the Veteran Plaza at the Franklin Post Office, and she helps her club with the Monarch Waystation and other gardening projects.

Practical Personal Finance

Presented by Andrew Head, Wednesday, Sept. 30 - Nov. 11 at 9:00 a.m.

Description: The course will assist participants in becoming informed, financially independent citizens, regardless of background. Practical applications in personal financial planning will be explored, including: consumer psychology, credit and debt management, spending plans, major purchases, taxation, savings optimization, estate planning, and insurance/risk management. While the material is kept basic in nature, the course is designed so that participants of all experience levels will find valuable new tools, techniques and insights.

Instructor Bio: Andrew is an Assistant Professor of Finance at WKU. He also serves as Director of the WKU Center for Financial Success and is a Managing Partner of Journey Financial Management, LLC, Insurance Planning, Income Tax Planning, Financial Planning, Practice Management and Financial Plan Development.

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Stretch and Relax with Yoga

Presented by Bonita Paul, Tuesday, September 29th - November 10th at 1:30 p.m.

Description: This class will introduce the basic stretching and breathing methods of yoga. For those who may be uncomfortable working from the floor, a chair option will be demonstrated as well.

Instructor Bio: Bonita is a Certified Personal Trainer who holds a degree in Exercise Science. She has been teaching yoga for nearly ten years.

Virginia Creeper Trail: One of the Most Beautiful Trails on the Continent

Presented by Ernie VanHooser, Tuesday, November 10th at 1:30 p.m.

picturesque scenery in the Eastern United States. Learn why it's worth a 5 and 1/2 hour drive to get there.

Instructor Bio: Ernie is an amateur photographer and outdoor enthusiast, who has visited numerous national and state parks and historic venues all over the country.

Wendell Berry: Kentucky Hall of Fame Writer

Presented by Sue Wilson, Thursday, Oct. 1 - Nov. 5 at 1:30 p.m.

insights into modern-day concerns with farming, the further environment, humanity, sense of community, religion, ethics, and other issues. His stories are set in a small town of rural Henry County, Kentucky, yet they deal with topics of worldwide concern. The class will seek to discern Berry's profound messages and their relevance to our own modern-day issues. Required Text: *That Distant Land: The Collected Stories of Wendell Berry*, 2004, Shoemaker & Hoard, ISBN 1-59376-027-2, 440p. Also available as an E-book and audiobook.

Instructor Bio: Sue Wilson is a retired language arts and gifted studies teacher. she holds a Masters degree in speech and debate from WKU and advanced degrees in English and gifted studies from Nova Southeastern University. She is also a long-time tutor for ACT and SAT standardized tests. She has taught several literature classes for SLL and looks forward to shared thoughts on Wendell Berry, one of Kentucky's most renowned authors.

VIRTUAL FOOD FOR THOUGHT EVENTS

Zoom Basics, Tips & Tricks

Presented by Erin Holderman, Wednesday, September 16th at Noon

Old School Methods to Cope with a Brand New Crisis

Presented by Karl Laves, Wednesday, September 23rd at Noon

Hilltopper Haunts

Presented by Tamela Smith, Wednesday, October 28th at Noon

VIDEO LECTURE AND PERFORMANCE

America's Beethoven - Anthony Philip Heinrich (pre-recorded)

Presented by Janet Bass Smith, Pre-recorded: link will be sent to all members