

THE LOURIE CENTER PRESENTS



OCTOBER 2023 CLASSES
MEETING IN-PERSON AT THE LOURIE CENTER



THE LOURIE
LECTURES

...

a lifelong learning series



The Role of Nutrition and Diet in Healthy Aging

Mondays 11 am - 12 pm

October 2/9/16/23

This course with Dr. Hébert and colleagues will focus on the importance of nutrition across the entire lifespan, with special emphasis on aging gracefully. Topics include: the role of diet in modulating inflammatory response; diet and immune response; the importance of physical activity in energy flux and dietary decision-making; using diet to improve musculoskeletal health and reduce muscle loss with age; dietary prescriptions to improve recovery after exercise and wound healing; income and cost constraints related to healthy eating; cooking for one/cooking with friends; and using diet to improve mental health and reduce social isolation. Dr. Hébert will share from professional and personal experiences and participants will be encouraged to ask questions.

James R. Hébert MSPH, ScD, Health Sciences Distinguished Professor and Director of the Cancer Prevention and Control Program, Department of Epidemiology and Biostatistics, Arnold School of Public Health, University of South Carolina. With over 900 publications, Dr. Hébert is one of the most well-published nutritional epidemiologists in the world. He has lived and worked with individuals in over 70 countries

Collaborative Songwriting

Tuesdays 11 am - 12 pm

October 3/10/17/24

How are songs crafted? In this creative course, you will learn the basics of songwriting, including harmony, melody, rhythm, and lyrics. You will work with the facilitator and each other to create new songs based on



previous models, as well as some of your original ideas. No prior musical knowledge is required—just an appreciation for music and a willingness to have fun!

J. Daniel Jenkins is an associate professor of music theory at the University of South Carolina. He holds a Ph.D. in music theory from the Eastman School of Music, University of Rochester, an M.M. in music theory and composition from the University of Louisville, and a B.M. in music education from the University of Kentucky. He is also an accomplished author, editor, teacher, community volunteer, composer, band director, and singer.

Birds of South Carolina

Tuesdays 1 –2 pm

October 3/10/17/24

This fascinating course will cover bird identification for common South Carolina bird species, understanding backyard bird habitat, bird sounds, modern technology that can help us with bird ID and more! Presented by John Tjaarda and Friends of the Columbia Audubon Society

John Tjaarda started birding in 2012 while preparing to teach the Bird Study Merit Badge at the local Boy Scout camp, Camp Barstow. His love of birds grew as both of his grandfathers and Uncle were already avid bird enthusiasts. In 2018, his wife gifted him with a camera and he has been photographing birds ever since. He joined the Columbia Audubon Society Board in 2021.

From Slavery to Civil Rights: South Carolina's Long, Long Struggle for Racial Justice

Wednesdays 11 am - 12 pm

October 4/11/18/25

This course begins in 1526 when Africans were forcibly brought to the colony of South Carolina and explores how a dependence on slavery led to the bloodiest war in our history. We will discuss how Emancipation and Reconstruction offered promise for racial justice, the Jim Crow era, and how the NAACP and a few black lawyers kept the hope for justice alive from 1876 until 1940. We will discuss their role in voting rights cases, the establishment of SC State law school, and *Briggs v. Elliott*. Sit-ins, marches, desegregation, the Orangeburg Massacre, the Lamar riot, the corridor of shame, the Confederate flag and the Emanuel Nine.

W. Lewis Burke, Distinguished Professor Emeritus U.S.C. School of Law graduated from Mississippi State University in 1970, served two years as a VISTA volunteer in Andrews, S.C., then attended and graduated from USC School of Law in 1975. After working as a legal aid attorney in Columbia, he joined the faculty at USC School of Law, retiring in 2015 having served as a full professor, department chair and Associate Dean. W. Lewis Burke has authored and edited six books and written multiple articles. His book "All For Civil Rights" covers the African American Bar in South Carolina from Reconstruction to the modern civil rights era. "At Freedom's Door" (co-edited) chronicles the struggle for civil rights in the 19th century (co-edited) "Matthew J. Perry: The Man, His Times and His Legacy".

Let's Talk American Democracy: The Critical Role of the Electoral Process

Wednesdays 1 - 2 pm

October 4/11/18/25

The electoral process in American Democracy is far more than the mere casting and counting of ballots. We will discuss what is critical to the flourishing of American Democracy, essential characteristics of

a democracy, how does the United States measure up as a democracy, and what is the significance of elections in American Democracy? We will review the historical and current role of elections and the electoral process in America. While we will focus primarily on federal elections, we will look at the importance of state and local elections as well.

Morris "Moss" Blachman is a Distinguished Clinical Professor Emeritus, USC. Moss taught Latin American politics, U.S. foreign policy and international relations in U of SC's politics department for 23 years. He then served an additional 24 years as Associate Dean for Continuous Professional Development and Strategic affairs for the USC School of Medicine. Moss received his Ph.D. from New York University, his MA from U of SC and his BA from Brandeis University. Moss also served as an intelligence officer in the United States Air force, including a tour in Vietnam for which he was awarded the Bronze Star.



THE
LOURIE
CENTER

THE LOURIE LECTURES provide engaging discourse for adults over 50. Taught by academics and content experts, topics explore the arts and humanities, science, culture and more. Satisfy your thirst for learning through these weekly and bi-weekly talks, presented by the Lourie Center, a 501(c)(3) organization.

COST PER COURSE:

\$10 FULL MEMBERS

\$20 ASSOCIATE MEMBERS

\$30 NON-MEMBERS

FREE! Bring a friend as your guest.

www.LourieCenterSC.com/Lourie-Lectures

**LOURIE
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1650 Park Circle
Columbia, SC 29201
(803) 799-1971

www.LourieCenterSC.com

