



Central Tucson Fall 2019 Catalog

Mondays

[Book Discussion "American Nations" by Colin Woodard](#)

Subject Area: Literature/Writing/Language

Mondays: 11 Sessions 9:00 AM - 11:00 AM **Start:** Mon 9/16/19 **End:** Mon 12/9/19

Tucson Place: Palo Verde Room

American Nations: A History of the Eleven Rival Regional Cultures of North America (ISBN 978-0143122029) available in stores or online for \$24 or less

Course Description

A book discussion of "American Nations: A History of the Eleven Rival Regional Cultures of North America." by Colin Woodard. Members commit to buy the book, read 30 pages per class and contribute to the discussion. Woodard writes a history of North America's eleven rival cultural regions that were settled by people with distinct religious and political differences. These regional cultures have been at odds with one another ever since. The book (ISBN 978-0143122029) is available in stores or online for \$24 or less

Instructor(s): Kathleen Reeve

Kathleen has lead several OLLI Classes; from "How to Help Refugees in Tucson", Pompeii, The West, a book discussion on "Contested Will: Who Wrote Shakespeare", and a movie series, "Love Hurts, Love Heals, Love at the Movies" She was a photojournalist and worked for the Chicago Sun-Times for 13 years.

[eBay and Craigslist: Get Value from the Treasure in your Closet](#)

Subject Area: DIY/Self-Help

Mondays: 2 Sessions 9:00 AM - 11:00 AM **Start:** Mon 9/16/19 **End:** Mon 9/23/19

Tucson Place: Ocotillo Room

Course Description

You, too, can cash-in the treasure you have in your closet! Not only do you de-clutter, but you make money -- I have sold over \$18,000 of my cast-off stuff on eBay and Craigslist in the past 15 years, including 60-year old magazines and newspapers, 25-year old Kodachrome cartridges, non-working cell phones, printers, flat-screen TV's, and sports equipment. Most of it was used - in various conditions, but some items were new that I had never opened. This course explains what you can and can't sell; how to pick the selling format (fixed price, auction, Best Offer, Buy-it-Now). How do you search for similar items (your competition) being offered; choose a starting (or final) price; what info to put into an ad; how to take good photos and edit them to your best advantage; how to get paid; which shipping carrier (USPS, FedEx, and UPS) and service to use (Priority, Smart Post, media, etc.); and how much of your time it takes for each ad or sale. I explain the pros and cons of eBay and Craigslist. I cover how to sell by other methods (local and Internet); and what things to re-cycle, trash, or donate to charity. I demonstrate most of this on-line, and I also demo how to pack various sizes and shapes of items using various kinds of packing material. Come and ask questions or share your experiences in this new-fashioned way of making money!

Instructor(s): William Couchman

75 years old and not retired yet! Bachelor of Engineering from Yale University with an MBA from Carnegie-Mellon University. Mr. Couchman worked 33 years in management with the Ford Motor Company. Mr. Couchman served as an Adjunct Instructor for Northwestern University, a 13-year tax pro and Master Tax Advisor for BlockAdvisors (former H&R Block Premium) and a 9-year Enrolled Agent ("CPA for taxes"). He instructed for H&R Block for 7 years.

European Civilization 1648 - 1900

Subject Area: History/Current Events

Mondays: 11 Sessions 9:00 AM - 11:00 AM **Start:** Mon 9/16/19 **End:** Mon 12/9/19

Tucson Place: Saguaro Room

Course Description

European Civilization 1648 - 1900: History 202 is a course at Yale, available online at: <https://oyc.yale.edu/history/hist-202>. The first 12 of these 24 lectures form the basis for our course. Here's how it works: Yale's Professor John Merriman gets the first hour for each of our sessions. The second hour is used to elaborate and fill in some blanks, and talk about stuff that comes up.

Instructor(s): Jesse Frey

I am a "pretend perffesser", with sparse credentials. I do a lot of OLLI courses by outsourcing most of the work to real teachers who are scholarly, entertaining and available online.

Jazz Around the World

Subject Area: Travel/Entertainment

Mondays: 6 Sessions 9:00 AM - 11:00 AM **Start:** Mon 9/30/19 **End:** Mon 11/4/19

Tucson Place: Ocotillo Room

Course Description

I invite you to join me on a virtual musical journey around the world as we explore the linguistic and cultural influences that countries, near and far, have contributed to the global jazz sound. This six-session is a "leaner" revision of the trip we took a few years ago.

Before we embark on our excursion, we will start in the U.S., the birthplace of traditional AND Latin/Afro-Cuban jazz. Experience the evolution of Latin jazz in New York City, a fusion of Caribbean rhythms and American jazz, and follow along as it spreads to California.

We will then travel to the following international sites:

Brazil (who can forget the Bossa Nova?), West Africa (a vibrant new African musical experience), Europe (gypsy jazz, anyone?), New Zealand (Maori jazz), Mexico (klezmer jazz, I kid you not!) and India (a blend of traditional music and jazz). Bulgaria, Canada, France Norway and Scotland are also represented by individuals or combos infusing jazz with their culturally-dynamic sounds.

The pioneers of the memorable global jazz sub-genres, and those who followed in their footsteps, will be highlighted, as well as contemporary artists and lesser-known musicians whose performances have drawn rave reviews.

We will also delve into the composition of native (e.g., West African) instruments which create the unique and melodic sounds heard during some of our sessions.

Instructor(s): Jorge Tapia

I am a retired TUSD teacher, retired Master Sergeant-US Army, and spent 16 years as an adjunct faculty member of the NAU-Tucson campus. My interests are hiking, listening to all genres of music and traveling. I have been a member of OLLI since 2013.

[Beyond Studio 54: When Disco Ruled New York](#)

Subject Area: Arts/Culture

Mondays: 2 Sessions 9:00 AM - 11:00 AM **Start:** Mon 12/2/19 **End:** Mon 12/9/19

Tucson Place: Ocotillo Room

Course Description

New York City in the late 1970's was demoralized, debt-ridden and decaying. But a new musical movement was burgeoning in the gritty city as abandoned industrial spaces were transformed into discotheques.

In 1975, there were 500 disco clubs in and around Manhattan; four years later there were 1,000, according to Peter Shapiro, author of *Turn the Beat Around: The Secret History of Disco*.

In July 1978, radio station WKTU-FM suddenly, and without fanfare, switched from a mellow sound to all disco, using the same extended mixes and music heard in the clubs, and transformed Gotham's mood and mojo. No matter where you were—at the beach, in a store, in a cab, or on the streets—you heard WKTU Disco 92.

"It sounded like a party. And everyone wanted to keep the party going all day and all night," recalled station deejay Paul Robinson.

WKTU Disco 92 surged to the top of the field with an unprecedented market share that has never been duplicated. It was not the first station in the nation to "go disco," but it was unquestionably the most successful.

This course reveals the particular alchemy of time and place that propelled disco's success in New York City and recalls disco's irresistible sound and beat.

Instructor(s): Jodi Goalstone

Writer/editor and researcher with three-decade professional experience in New York City and Tucson. In New York, managed publicity for radio stations, networks and the industry.

Calling Bulls**t

Subject Area: Science/Math/Technology

Mondays: 4 Sessions 11:15 AM - 1:15 PM **Start:** Mon 9/16/19 **End:** Mon 10/7/19

Tucson Place: Saguaro Room

Course Description

This class will use content from a course at the University of Washington of the same title. (Yup. Calling Bullshit is the actual university course name.) It was developed to help students, regardless of their majors, be more savvy consumers of the massive amounts of information to which they are exposed, much of which deserves to be called out as bullshit. The goals of the class are to reveal how purveyors of content can mislead us with half-truths or outright falsehoods, to provide tools for effective analysis and argument, and to learn how and when to call bullshit - including on ourselves.

Instructor(s): Janice Burke

Janice is professor emerita of ophthalmology and cell biology at the Medical College of Wisconsin. She obtained a PhD at the University of Massachusetts, did a postdoc at the University of Washington and was on the research faculty at the UA medical school in the 1970s. She moved to Wisconsin in 1982, keeping her house in Tucson in the hope (now realized!) of returning to the desert after retirement.

Global Warming: How Serious Is It?

Subject Area: Social Sciences

Mondays: 2 Sessions 11:15 AM - 1:15 PM **Start:** Mon 9/16/19 **End:** Mon 9/23/19

Tucson Place: Ocotillo Room

Course Description

This talk is an up-to-date version of the global warming talk I did last year. It also shows how the Polar Vortex that affected the northern mid-west was global warming induced.

Instructor(s): Robert Strom

Professor Emeritus, Lunar and Planetary Laboratory, University of Arizona. I have served on several NASA missions including the Apollo, Mariner 10, Voyager, and MESSENGER missions. My specialty is planetary geology, impact cratering, exoplanets and climate change. I have been given several awards including Career Distinguished Teaching Award, and G. K. Gilbert Award from the Geological Society of America. I have given several classes at OLLI on climate change and possible existence extraterrestrial life. I will send a detailed Vita later if desired.

News and Views, Horn

Subject Area: History/Current Events

Mondays: 11 Sessions 11:15 AM - 1:15 PM **Start:** Mon 9/16/19 **End:** Mon 12/9/19

Tucson Place: Palo Verde Room

Course Description

News and views is a lively discussion of current events. Each week participants choose through a voting process those topics that they would like to discuss. Topics are taken in voting rank order. Local, state, national and international issues are covered.

Instructor(s): Steve Horn

After a 30-year career with IBM in the areas of Community Relations and Corporate Diversity Programs, I retired to take on the COO roles at both the Detroit Zoo and Michigan Humane Society. My partner David and I moved to Tucson from Detroit and shortly, thereafter, discovered OLLI.

Over the last four years I have lead the News and Views class. OLLI is a true asset to our community and I look forward to being part of the team that works so diligently to offer the best in classes to our members.

Origin and Evolution of Our Universe

Subject Area: Science/Math/Technology

Mondays: 6 Sessions 11:15 AM - 1:15 PM **Start:** Mon 9/30/19 **End:** Mon 11/4/19

Tucson Place: Ocotillo Room

Course Description

This is an improved and slightly expanded version of my successful Spring 2019 class. The story of the origin and evolution of our Big Bang universe as we currently understand it --- presented for laymen as a sort of conceptual flowchart. At a youthful 13.8 billion years old and still expanding, it is a beautiful astounding universe full of such oddities as black holes, neutron stars, dark matter, dark energy, etc.

We'll briefly discuss the tools we need for our story --- the common-sense-defying 20th century developments of Special Relativity, General Relativity, Quantum Mechanics, the Standard Model of Particle Physics, and a totally revised understanding of "space" --- with "easy", but weird conceptual examples of each.

Then we'll use these five tools to trace our universe through various stages, with particular emphasis on two stages:

- (1) early-on "Inflation" at ~ 10⁻³⁶ sec, when space apparently expanded crazily faster than the speed of light. Did this defy Einstein's Relativity? Nope --- his General Relativity predicted the possibility, and
- (2) the later Cosmic Microwave Background stage ~ 380,000 years after the Big Bang, which turned our universe's story from a mythical art form into Precision Cosmology.

We'll also discuss questions, alternatives, difficulties, and the possible extension into a "Multiverse". It should be fun.

Instructor(s): Charles Buchanan

Charles Buchanan has a BS from Reed College and a Ph.D. in experimental high energy particle physics from Stanford University. He was Professor of Physics at UCLA for 41 years, working at SLAC (Stanford), FermiLab (Illinois), CERN (Switzerland) and on a rare collaborative project between the USSR and UCLA in 1971. His specialty is the physics of electron-positron collisions. His continuing interest is in communicating frontier modern physics in laymen's terms. He also has interests in local Tucson and educational activities.

[What is a Quinoa: Getting to Know Healthful Foods](#)

Subject Area: Health/Wellness

Mondays: 7 Sessions 11:15 AM - 1:15 PM **Start:** Mon 10/14/19 **End:** Mon 12/9/19

Tucson Place: Saguaro Room

\$56 (cash only) materials fee, payable to the instructor/study leader at the beginning of the first class.

Course Description

Almost daily we are urged to eat healthier by adding more grains, beans and other healthy foods to our diets. However, most people have little or no exposure to such foods, let alone know how to prepare them or whether they will like the taste! The aim of this course is to give participants the opportunity to see, touch, smell and taste various healthy foods. Each class focuses on one of the following groups: grains, beans, soy/seitan, sea vegetables, nuts/seeds and fruits/vegetables. Classes include discussions, demonstrations and tastings, both plain and used in recipes. Numerous informational handouts and recipes are provided, plus we will be using many new recipes - and ingredients.

*Please be aware that it is beyond the scope of this course to accommodate allergies or personal diets as various known food allergens will be used.

**Additionally, due to the significant amount of materials necessary for this course (each food in its raw state, as a cooked plain tasting, ingredients required to make the recipes used for multiple tastings and samples, plus utensils etc.) there is a \$56 (cash only) materials fee, payable to the instructor/study leader at the beginning of the first class.

Instructor(s): Lynne Goewey

Ms. Goewey became a healthy gourmet personal chef in New York City thirty years ago. She taught healthy cooking classes at the Island Wellness Center in Key West. In addition, she started The Healthy Gourmet catering company, wrote a weekly column on healthy foods for the newspaper and created Island Evenings, a weekly dinner/wine tasting at different historic guest houses and inns in Key West. She has continued teaching, catering and creating healthy gourmet meals for private clientele in New York, Pittsburgh and Tucson.

She has presented this course at the University of Pittsburgh Osher and University of Arizona Osher.

Regulation of Artificial Intelligence Technology

Subject Area: Science/Math/Technology

Mondays: 3 Sessions 11:15 AM - 1:15 PM **Start:** Mon 11/18/19 **End:** Mon 12/9/19

Tucson Place: Ocotillo Room

Course Description

This increasingly pervasive technology, along with other information system innovations, is making significant political, economic, and social impacts worldwide, some would say disruptions. Currently, there is much discussion of privacy, antitrust, and employment. Issues such as autonomous weapons and authoritarian governance are also receiving public attention.

There is, consequently, much activity in regulatory and political circles to find ways to minimize harmful effects and future uncertainties. We anticipate much activity in this domain to discuss.

Instructor(s): Glenn Bacon

Glenn Bacon's formal education is in electrical engineering and computer science. He has followed artificial intelligence technology since the '50s and has led several OLLI study groups on its recent progress.

Ancient Mysteries: Maps, Portolan Charts and Khipus

Subject Area: History/Current Events

Mondays: 4 Sessions 1:30 PM - 3:30 PM **Start:** Mon 9/16/19 **End:** Mon 10/7/19

Tucson Place: Ocotillo Room

Course Description

Some things that were made in the 14th, 15th and 16th centuries are still not understood. These include ancient maps, portolan charts and Khipus made by the Inkas. Portolan charts are very detailed charts of the coast of the Mediterranean Sea. Who, Venetian and Majorcan chart makers. What, nautical charts. When 1300 to 1550 AD. Where, the Mediterranean Sea. Why, to aid navigation. How, pen and ink on vellum integrating several smaller charts.

Papers and slideshows are available for download from my web site.

<http://www.sie.arizona.edu/sysengr/OLLI/PortolanCharts/>

In particular, please read Campbell (1987).

Instructor(s): Terry Bahill

Terry Bahill is an Emeritus Professor of Systems Engineering and of Biomedical Engineering at the University of Arizona in Tucson. He served as a Lieutenant in the United States Navy. He received his Ph.D. in electrical engineering and computer science from the University of California, Berkeley. He is the author of eight engineering books and over two hundred and fifty papers, over one hundred of them in peer-reviewed scientific journals. Bahill has worked with dozens of high-tech companies presenting seminars on Systems Engineering,

working on system development teams and helping them to describe their Systems Engineering processes. He holds a U.S. patent for the Bat Chooser, a system that computes the Ideal Bat Weight for individual baseball and softball batters. He was elected to the Omega Alpha Association, the systems engineering honor society. He received the Sandia National Laboratories Gold President's Quality Award. He is a Fellow of the Institute of Electrical and Electronics Engineers (IEEE), of Raytheon Missile Systems, of the International Council on Systems Engineering (INCOSE) and of the American Association for the Advancement of Science (AAAS). He is the Founding Chair Emeritus of the INCOSE Fellows Committee. His picture is in the Baseball Hall of Fame's exhibition "Baseball as America." You can view this picture at <http://sysengr.engr.arizona.edu/>.

TMA Docents Art Talks VII

Subject Area: Arts/Culture

Mondays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Mon 9/16/19 **End:** Mon 10/21/19

Tucson Place: Saguaro Room

Course Description

TMA Docents Art Talks VII is a continuation of the highly popular series. Docents from the Tucson Museum of Art give presentations of a variety of art subjects with beautiful illustrations. The talks are lively and each is new to OLLI.

Instructor(s): Richard Woodward

Dick is a frequent study group leader who has five previous versions of this class as well literature and drama classes.

The Evolution of Cryptology and Its Impact on American National Security

Subject Area: History/Current Events

Mondays: 3 Sessions 1:30 PM - 3:30 PM **Start:** Mon 10/14/19 **End:** Mon 10/28/19

Tucson Place: Ocotillo Room

Course Description

This 6-hour course (3 x two-hour sessions) examines the importance of secure communications in intelligence and counterintelligence operations. It provides an historical review of the development and implementation of various forms of codes, ciphers, and secret writing from ancient times to the present day, which includes terrorist organizations. The struggle between code makers and code breakers, those who preserve secrecy vs. those who destroy secrecy respectively, is examined. We study significant cryptologic developments and compromises during espionage operations impacting American national security during the Revolutionary War, the Civil War, World Wars 1 and 2, the Cold War, and the 21st Century.

Instructor(s): Constance Huff

Constance Huff, CW4 (retired), US Army, was recognized throughout the strategic counterintelligence (CI) community as one of the Army's premiere espionage investigators. She led the team for the US Army-Europe's highest priority espionage investigation during Desert Shield/Storm, which resulted in a conviction of the spy. Ms. Huff was named as the Department of Defense "Investigator of the Year."

Ms. Huff has taught intelligence professionals from all 16 members of the US Intelligence Community as well as private corporations.

She earned a Master of Education degree from Boston University. In 1995, she graduated from the FBI National Academy. Ms. Huff has received numerous awards including two Legion of Merit Awards and six Meritorious Service Medals.

[Introduction to Playwriting](#)

Subject Area: Literature/Writing/Language

Mondays: 5 Sessions 1:30 PM - 3:30 PM **Start:** Mon 10/28/19 **End:** Mon 12/9/19

Tucson Place: Palo Verde Room

Course Description

Developing characters with a concentration on dialogue, action, and creating compelling stories.

Instructor(s): Lynn Siefert

Lynn Siefert received her MFA in Playwriting from the Yale School of Drama. Her plays, Coyote Ugly, Little Egypt, and Hysterica Passion have been performed around the world. She has taught playwriting at Yale University, The New School for Social Research, and Indiana State University. Her film credits include Cool Runnings and Cousin Bette. She worked as a ghost-writer on What's Eating Gilbert Grape and The Handmaid's Tale. Her television credits include I'll Fly Away, Once and Again, and Sportsnight.

[An African Photo Safari](#)

Subject Area: Travel/Entertainment

Mondays: Single Session 1:30 PM - 3:30 PM **Start:** Mon 11/4/19

Tucson Place: Saguaro Room

Course Description

Explore the adventures of an African photo safari. Learn of the costs, activities, adventures and see many photos of lions and leopards and hippos and elephants. Hear about the best times to go, a good trip length and how long and how to get there. And finally what to expect to see and how to choose a bwana.

Instructor(s): William Wolfe

William L. (Bill) Wolfe was born near New York City and worked his way west. He got his bachelor's degree from Bucknell University in Lewisburg, PA and his master's degrees from the University of Michigan where he also worked as a Lecturer and Research Engineer. After a brief relapse to the Boston area where he worked for Honeywell as department manager and chief engineer, he moved to Tucson where he was Professor of Optical Science at the James Wyant College of Optical Sciences of the University of Arizona. He served as president of the International Society of Optics and Photonics and received its highest award, the gold medal, for his work with students and research. He has always enjoyed the outdoors, and the safari to Africa may have been the absolute highlight. He has been Professor Emeritus since 1995, so he could enjoy it and sharing it with you.

Code Breaking, Purple Magic and USN Security Group

Subject Area: Science/Math/Technology

Mondays: 4 Sessions 1:30 PM - 3:30 PM **Start:** Mon 11/4/19 **End:** Mon 12/9/19

Tucson Place: Ocotillo Room

Course Description

Terry will present basic history of codes and cyphers and show the difference between them. We presume that everyone knows all about the German Enigma machine: therefore we will not discuss it. Instead we will discuss in detail the breaking of the Japanese PURPLE code. Then, Larry will discuss the U. S. Navy Security group.

Instructor(s): Terry Bahill, Larry Bahill

Terry Bahill is an Emeritus Professor of Systems Engineering and of Biomedical Engineering at the University of Arizona in Tucson. He served as a Lieutenant in the United States Navy. He received his Ph.D. in electrical engineering and computer science from the University of California, Berkeley. He is the author of eight engineering books and over two hundred and fifty papers, over one hundred of them in peer-reviewed scientific journals. Bahill has worked with dozens of high-tech companies presenting seminars on Systems Engineering, working on system development teams and helping them to describe their Systems Engineering processes. He holds a U.S. patent for the Bat Chooser, a system that computes the Ideal Bat Weight for individual baseball and softball batters. He was elected to the Omega Alpha Association, the systems engineering honor society. He received the Sandia National Laboratories Gold President's Quality Award. He is a Fellow of the Institute of Electrical and Electronics Engineers (IEEE), of Raytheon Missile Systems, of the International Council on Systems Engineering (INCOSE) and of the American Association for the Advancement of Science (AAAS). He is the Founding Chair Emeritus of the INCOSE Fellows Committee. His picture is in the Baseball Hall of Fame's exhibition "Baseball as America." You can view this picture at <http://sysengr.engr.arizona.edu/>.

Larry Bahill was Minority Leader in the Arizona House of Representatives. He was a Commander in the U. S. Navy. He served 37 years in the U. S. Navy Security group. He knows a little bit about cryptology.

Tuesdays

Consequences of Global Warming

Subject Area: Science/Math/Technology

Tuesdays: 12 Sessions 9:00 AM - 11:00 AM **Start:** Tue 9/17/19 **End:** Tue 12/10/19

Tucson Place: Ocotillo Room

Course Description

The climatic repercussions of what humans are doing to Earth's atmosphere are an intriguing mix of science, policy and politics, economy, and human nature. Implications of what lies ahead are suggested by the unexpected surprises now encountered each year; weather events caused by only 0.8 degrees C of warming. Burning fossil fuels has changed storm intensity, ocean acidity, Arctic ice cover, hillslope plant cover and rainfall-runoff processes. Further warming of more than 2 degrees C is certain. With it will come increased hazards for your grandchildren as sea level rises, storm damage increases, and runoff from rain and snowmelt no longer matches what is needed to recharge ground-water reservoirs.

Instructor(s): Bill Bull

Bill Bull's Stanford PhD dissertation lead to landscape studies in the American Southwest, Israel, and New Zealand; and to teaching at the University of Arizona for 28 years. The impacts of human actions, and of Earth's changing climate, on streams and hillslope stability are discussed in his award winning book "Geomorphic Responses to Climatic Change".

Drawing for Fun

Subject Area: Arts/Culture

Tuesdays: 6 Sessions 9:00 AM - 11:00 AM **Start:** Tue 9/17/19 **End:** Tue 10/22/19

Tucson Place: Palo Verde Room

Course Description

Bring a drawing pad and pencils and enjoy the pleasure of drawing things of interest to you. You will learn about the elements of design and balance of line, dark and light and shapes.

Instructor(s): Mary Bull

I am an artist, teacher and writer. I have had varied talents and training. I took my first art lesson at age 9. I studied art at Fresno State College and at the University of Colorado where I received degrees in art, science and education. I got my California Elementary and Secondary Teaching Credentials. I have exhibited my art throughout the west and have received rewards. My Aunt and I opened Art Gallery called Hi-Rankin at Campbell and the River.

Twelve Weeks to Improved Health - Really?

Subject Area: Health/Wellness

Tuesdays: 12 Sessions 9:00 AM - 11:00 AM **Start:** Tue 9/17/19 **End:** Tue 12/10/19

Tucson Place: Saguaro Room

Course Description

The promises are everywhere. Eat this. Eat that. Lose weight. Gain weight. Cure this disease. Cure that disease. Live longer. Follow this diet. No, follow that diet. Unfortunately diets are term-limited. Finish the diet, or get tired of it, and most people go back to their old eating ways. Benefits are too often short-lived. There may be a magic key to success however. Don't go on a diet. Adopt a lifestyle you can follow and then "die young at a ripe old age". The emphasis in this course, a continuation of one taught in Summer 2019, is on the low-lectin Plant Paradox and Longevity Paradox lifestyle popularized by eminent heart surgeon Steven R. Gundry, MD. In addition to discussions, sessions will include PowerPoint presentations, videos and handouts. I'll share my personal Plant Paradox Longevity journey, including the fat photos and results of my beginning and most recent medical exams. I'll give you the information you need to decide whether you want to adopt a similar lifestyle. It's never too late to begin to live a healthier and more enjoyable lifestyle!

Instructor(s): Joanna Strohn

In Illinois and Ohio I was an advertising manager for a major pharmaceutical/nutritional products company. I was a Diet Failure despite having tried many diets. Today I no longer diet. I live the Plant Paradox low-lectin and longevity lifestyle. Among the medical benefits are losing (and maintaining) a loss of over 30 pounds. My A1c went from diabetic to normal. My doctor says I now have the medical test results of a teenager! I joined OLLI in 2018 and began volunteering in the Lounge. One volunteer role led to another. I am currently Treasurer for the Central Tucson site.

Putting your Money Where Your Heart Is: ESG Investing

Subject Area: DIY/Self-Help

Tuesdays: 2 Sessions 9:00 AM - 11:00 AM **Start:** Tue 10/29/19 **End:** Tue 11/5/19

Tucson Place: Palo Verde Room

Course Description

ESG investing (Environmental-Social-Governance), or sustainable, socially responsible, or mission-related investing is becoming increasingly popular. In this course, we will learn what exactly ESG investing is and attempt to answer questions like:

- What should the ultimate goal of a company be?
- Is it possible to invest to do good and earn a return at the same time?
- How do I get started in ESG investing? We will explore investing with ESG criteria in mind and discuss the ramifications to your portfolio when doing so.

Instructor(s): Matt Haertzen

Matt is an Investment Advisor for WT Wealth Management and former founding partner of Four Peaks Wealth Management. He teaches finance for the Eller College of Management at the U of A and is a CFA Charterholder. Matt has over 25 years experience in the investment industry. He loves helping people learn more about investing, budgeting, and financial planning so they can achieve their financial, retirement, and life goals.

[Investing 101](#)

Subject Area: DIY/Self-Help

Tuesdays: 2 Sessions 9:00 AM - 11:00 AM **Start:** Tue 11/12/19 **End:** Tue 11/19/19

Tucson Place: Palo Verde Room

Course Description

Want to increase your knowledge of investing? This class will cover the different types of investments, investment costs, asset allocation, diversification, the importance of compounding and overall investment knowledge. It will be taught by an investment professional who also teaches at the University of Arizona.

Instructor(s): Matt Haertzen

Matt Haertzen is an Investment Advisor for WT Wealth Management and former founding partner of Four Peaks Wealth Management. Matt also teaches finance for the Eller College of Management at the University of Arizona and is a CFA Charterholder. Matt has over 25 years of experience in the investment industry and has been teaching college-level investments courses since 2004. He loves helping people learn more about investing, budgeting, and financial planning so they can achieve their financial, retirement, and life goals. Matt also started the Oro Valley Investing Club which meets regularly with the goal of exploring and discussing investing.

[All About Ancestry.com DNA](#)

Subject Area: DIY/Self-Help

Tuesdays: 2 Sessions 9:00 AM - 11:00 AM **Start:** Tue 12/3/19 **End:** Tue 12/10/19

Tucson Place: Palo Verde Room

Course Description

In the first hour we will cover what to put on your profile, privacy concerns, how to add ancestors to your tree, and how attach documents and photos, as well as etiquette when contacting other Ancestry members for additional information. The second hour will cover how to maximize the three components of Ancestry.com's DNA: the ethnicity report, DNA Matches, DNA Circles & Thrulines.

Instructor(s): Kathleen Carter

Kathleen Carter is an instructor for the Pima County Genealogy Society's "Genetic Genealogy in Practice" study group. She specializes in genetic genealogy and methodology, and speaks about historical and genetic genealogy topics. Kathleen is also a member of the National Genealogical Society, the New England Historic Genealogical Society, and the Association of Professional Genealogists.

Exploring Shakespeare

Subject Area: Literature/Writing/Language

Tuesdays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Tue 9/17/19 **End:** Tue 12/10/19

Tucson Place: Ocotillo Room

Course Description

William Shakespeare left us a legacy of plays and poetry unequalled in the English language. We will look at the nature of that legacy with particular attention to six plays and some of the poetry. The plays, tentatively, will be Hamlet, Romeo and Juliet, Othello, the first part of King Henry IV, A Midsummer Night's Dream and A Winter's Tale. For the poetry, we will read and discuss some of the sonnets and the epic poem, Venus and Adonis. Classes will consist of reading selections aloud, reviewing some of the fine performances available on video, and considering the history of performance and understanding of his works in the 400 years since Shakespeare's death.

Instructor(s): Bill Sohn

Bill Sohn is a retired pension actuary who is interested in economics, finance, literature, hiking, cycling, family and amiable conversation.

News and Views, Furman

Subject Area: History/Current Events

Tuesdays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Tue 9/17/19 **End:** Tue 12/10/19

Tucson Place: Palo Verde Room

Course Description

A lively discussion of current topics and concerns on the local national and international levels. Open dialogue with ALL viewpoints is encouraged to meet today's challenging national and global fronts. Each week participants determine topics for the day's discussion. Some topics may have a special, brief presentation by a study group member. Outside speakers / resources may also be utilized.

Instructor(s): Marian Schwalm Furman

Retired 25 year PA lawyer. Her post JD graduate public administration studies, extensive political experience and occasional federal and state lobbying have instilled a lifelong analytical interest in government process. Was an active participant in the early 1970's consumer protection movement. Listed in Who's Who Among Students in American Universities and Colleges 1948-1950, member of Dickinson Law Review Board 1958-59.

Poetry Writing

Subject Area: Literature/Writing/Language

Tuesdays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Tue 9/17/19 **End:** Tue 12/10/19

Tucson Place: Saguaro Room

Course Description

Please join this creative and fun class for new and experienced poets. We will be following Steve Kowitt's book, *In the Palm of Your Hand*, writing poems weekly, critiquing our work and advancing our writing skills. Jump in! It's a lot of fun!

Instructor(s): Tom Speer, Kathleen Roberts

Tom Speer is a published poet and longtime writing teacher. He taught poetry writing at OLLI after the passing of Dan Gilmore and will return in the fall to continue this valuable work.

Kathleen has been writing poetry for 25 years, studied with Dan Gilmore and now assists Tom Speer.

Documentaries to Make You Think

Subject Area: Social Sciences

Tuesdays: 12 Sessions 1:30 PM - 3:30 PM **Start:** Tue 9/17/19 **End:** Tue 12/10/19

Tucson Place: Ocotillo Room

\$10.00 for documentaries and movie snacks, paid at the first class

Course Description

The documentaries shown in this class are diverse, thought-provoking, educational and informational. If you have a documentary or topic that you would like to see, please contact me at mallory@rieggers.com. Stay tuned for the exact listing TBD. Please participate in the documentaries that you find stimulating. I attempt to get Documentaries with English Subtitles.

Class may go until 4:30pm as some videos are more than 2 hours and we would like to have a discussion.

NOTE: One-time fee of \$10.00 for documentaries and movie snacks, paid at the 1st class.

Instructor(s): Mallory Riegger, Maureen Metcalf

Mallory Riegger has a BS in Accounting from University of Arizona and is a CPA. She worked in Accounting and Management for 12 years, 9 years in Copper Mining in Arizona and 3 years in Banking in Belgium, before becoming a stay at home mother of 3 and volunteer in various charitable organizations. Mallory has handled various jobs over the years, including webmaster, treasurer, secretary, newsletter editor, among many other positions. Since joining OLLI-UA, Mallory has worked with Beverly Jordon in the Documentaries to Make You Think, been the librarian for the DVD library, Curriculum Committee member primarily working with Bob Sklar and Meg Hovell on scheduling starting in February 2017 and was elected to OLLI-UA's Council in March 2017.

Maureen Metcalfe is a retired RN who worked primarily in areas of behavioral health/substance abuse. She grew up in western Pennsylvania, land of coal furnaces, steel mills and great ethnic diversity. Prior to moving to Tucson in 1979, she completed training as a Physician Assistant (a job that had no future in southern AZ at the time). She knows a little bit about a lot of things and is happy to share!

Living Life in Balance: Creating a Realistic Plan for Everyday Life

Subject Area: Health/Wellness

Tuesdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Tue 9/17/19 **End:** Tue 10/22/19

Tucson Place: Saguaro Room

Course Description

Most struggle to balance our multiple "to-do" lists in life. Whether that "to-do" is to lose 10 pounds, get more sleep, clean out our clutter, or have more "me" time. The key is to understand that true balance has little to do with time management and more to do with meeting our core values, appreciating our existing strengths and developing a healthy support system. When we lead from our strengths and are clear in our priorities, our effectiveness and satisfaction with life increases.

This interactive and reflective life in balance study group will help you examine your present satisfaction with core wellness areas in your life and provide a road map to help you prioritize and achieve individual goals. Following several initial assessments during the first and second session, you will create a core vision and develop a personal action plan. The group collective will provide weekly support and encouragement for each individual member. Discussion topics will address body image/self-worth, healthy eating behavior, stress resilience, among others that the group defines.

Each session will offer an opportunity to:

learn techniques to enhance your present skill set, understand how to utilize your strengths, and provide strategies to overcome everyday challenges

Instructor(s): Lauve Metcalfe

Lauve Metcalfe, M.S., FAWHP, NBC-HWC is an educator, a national board certified health and wellness coach and a Founding Fellow and advisor for the Institute of Coaching, a Harvard Medical School affiliate.

A faculty member of the University of Arizona College of Medicine from 1993-2010, I currently work with the Integrative Health Coaching program, a part of the Andy Weil Center for Integrative Medicine. My interests include developing a healthy weight and body image philosophy and valuing your existing strengths. I am the author of *Reshaping Your Body, Rethinking Your Mind* and co-authored *The BEST Exercise Program for Osteoporosis Prevention*.

Anglo-Saxons After the Romans Left

Subject Area: History/Current Events

Tuesdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Tue 10/29/19 **End:** Tue 12/10/19

Tucson Place: Saguaro Room

Course Description

This course will explore the period of English history from the Roman Empire until the Norman conquest the angle Saxon.

I will use a variety of media including lectures, videos, audios, and presentations by class members.

We will examine The Arthurian legend as well as "Beowulf" as they reflect the culture of their time.

Archaeology has played an important part in our understanding of this period, so we will look at artifacts such as the Sutton Hoo treasures to expand our understanding of this period.

Instructor(s): Louise Renault

I have an EDD from Indiana University. I have taught 27 years in a community college and have also taught undergraduate and graduate students at the university level. I have also led several seminars at OLLI-UA.

Where You Were / Who You Were in 1989

Subject Area: History/Current Events

Tuesdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Tue 10/29/19 **End:** Tue 12/10/19

Tucson Place: Palo Verde Room

Course Description

As OLLI-UA celebrates its 30th year as a lifelong learning organization this discussion group will explore the lives we were living 30 years ago - in 1989. For many of us this was close to the mid point of our adult life to date. Historically, we will look at current events of the time, and personally at what brought each of us to OLLI. Each attendee will be expected to make a presentation during the course of the class.

Instructor(s): Meg Hovell

Meg has been in leadership positions at OLLI for the last nine years and is interested in exploring the community-building aspects of lifelong learning.

Wednesdays

Getting Active in Local Politics

Subject Area: History/Current Events

Wednesdays: 6 Sessions 9:00 AM - 11:00 AM **Start:** Wed 9/18/19 **End:** Wed 10/23/19

Tucson Place: Saguaro Room

Course Description

It's time to stop yelling at the TV, get off the couch and get active! "Getting Active in Local Politics" is a discussion group for people who follow current events and have decided to do something about it. Since election day 2019, many Americans have become energized to be politically active, but they don't know where to start.

The class will decide which races to investigate, and members will research and report on particular candidates. Class members will also attend local political meetings and report on them. Politics is an activity, not a spectator sport.

We'll also dig into the many local and statewide public initiatives like Outlaw Dirty Money, Tucson Sanctuary City and the Pima County Preschool Investment Proposal

The incumbents are all up for election in 2020 and the campaigns to keep or replace them have already started. We'll examine these races, who's running and what the issues are. Class members will discover the events that only political insiders hear about. We'll find out where the money comes from and which candidates are getting it. OLLI members will be inspired to conduct their own research and report on it in class.

It's fun and rewarding to make a difference in your own community. At the very least, knowing what works and what doesn't in politics is very satisfying. If you're ready to be engaged, this is the class for you.

Instructor(s): Larry Bodine

Journalist and attorney Larry Bodine enjoys being politically active and helping candidates get elected. As a Democratic precinct captain he attends many live political events and reports on them for the Blog For Arizona -
- See <http://blogforarizona.net/author/larry-bodine>.

He is the editor of News.Law, a news site for attorneys and write a marketing blog at
<https://www.larrybodine.com/blog>

His 44-year career includes writing for the New York Daily News, where he won 7 awards for investigative journalism while covering numerous beats for the News, which was the largest-circulation US newspaper at the time.

So, What IS Buddhism?

Subject Area: Philosophy/Religion

Wednesdays: 6 Sessions 9:00 AM - 11:00 AM **Start:** Wed 9/18/19 **End:** Wed 10/23/19

Tucson Place: Palo Verde Room

Course Description

We hear a lot in Western Media about Mindfulness, Meditation, Nirvana and the Dali Lama, but we may not appreciate or understand the rich traditions they arise out of. In this study group, we will explore the basic principles of Buddhist philosophy, such as the Four Noble Truths, the Eightfold Path (which includes Mindfulness and Meditation), Karma, Impermanence and Clinging, Emptiness, and Enlightenment. Because many of these concepts can present challenges to Western-trained minds, questions and discussion will be encouraged. We will compare the major Buddhist schools, explore Buddhist practices, and perhaps take a look at Buddhist art and architecture along the way.

Instructor(s): Curt Matuna

Curt received his B.S. Degree in Botany in 1974 from the University of California, Davis. After a few years working in casino hotel management in Reno and Las Vegas, Curt attended the CU Law School in Boulder, CO, where he received his J.D. in 1985, and followed that up with a 20-year career as a commercial real estate attorney at one of Denver's larger law firms. When his stint as managing partner just about did him in, he and Cheryl moved to Tucson in 2005 to travel and pursue their favorite outdoor sports and activities. A committed lifelong learner, Curt finally discovered OLLI in 2015, and has been a class fixture since then. While pursuing his wanderlust, Curt discovered and has been studying Buddhism since he and Cheryl were traveling in SE Asia in 2008.

World Music

Subject Area: Arts/Culture

Wednesdays: 12 Sessions 9:00 AM - 11:00 AM **Start:** Wed 9/18/19 **End:** Wed 12/11/19

Tucson Place: Ocotillo Room

Course Description

An introductory course on music from around the world, using case studies and recordings of primarily non-Western based musics.

Instructor(s): Andy Bade

Dr. Andy Bade is the weekday afternoon music announcer for Classical 90.5, KUAT-FM, in Tucson. He earned his doctoral degree in music (Conducting) from the UA, with a minor in musicology, and taught Music Appreciation at the UA and at Central Arizona College. As a conductor, Dr. Bade has led musicians from elementary school to college and community, in instrumental and choral ensembles.

Becoming a Better Investor

Subject Area: DIY/Self-Help

Wednesdays: 2 Sessions 9:00 AM - 11:00 AM **Start:** Wed 10/30/19 **End:** Wed 11/6/19

Tucson Place: Palo Verde Room

Course Description

Costly withdrawal mistakes. Exchange traded funds, mutual funds or both. Exchange traded notes, pitfalls and promises. When to buy or sell. Chasing performance and the average investor. Fund evaluation and risk. Portfolio construction strategies. Overview of Behavioral Finance. Hiring a Financial Advisor or going it alone.

Instructor(s): John Goordman

My career began in mid-town Manhattan and the financial district of N.Y.C. in 1987. After transferring to Tucson I joined Smith Barney where I spent 21 years prior to joining Raymond James Financial Services Inc. as an independent advisor in June 2009. In April 2015 I left RJFS Inc. to establish an RIA practice. I received my B.S. and Certificate in Entrepreneurship from Excelsior College in Albany, N.Y. In my spare time I like to workout, travel and spend time with my dog Chloe.

UA Sarver Heart Center Presents

Subject Area: Health/Wellness

Wednesdays: 6 Sessions 9:00 AM - 11:00 AM **Start:** Wed 10/30/19 **End:** Wed 12/11/19

Tucson Place: Saguaro Room

Course Description

A six-week series of lectures on emerging topics in heart disease science and patient care. Faculty of the UA College of Medicine - Tucson and members of the UA Sarver Heart Center will present topics including:

Health Disparities - Is unconscious bias affecting your medical care? - Khadijah Breathett, MD, MS, assistant professor of medicine; advanced heart disease cardiologist who specializes in researching provider bias in health-care decision making.

Growing Your Own Heart Disease Cure - What's the realistic potential of stem cell therapies? - Jared Churko, PhD, assistant professor of cellular and molecular medicine at the UA College of Medicine - Tucson; director of the University of Arizona iPSC Core.

Heart Rhythm Disorders - What's the role of medications, technology and the Apple Watch? - Peter Ott, MD, associate professor of clinical medicine and heart rhythm specialist.

Amyloid Heart Disease - An update on heart failure - Nancy K. Sweitzer, MD, PhD, professor of medicine and chief of cardiology; director of the UA Sarver Heart Center.

Instructor(s): Katie Maas

Great Structures of the World

Subject Area: Science/Math/Technology

Wednesdays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Wed 9/18/19 **End:** Wed 12/11/19

Tucson Place: Saguaro Room

Course Description

Based on Professor Steven Ressler's "understanding the world's greatest structures" from the Great Courses we look at structures from the pyramids to the 21st century and the science and engineering behind them. No math or science background beyond high school basics is needed. This is a repeat from 2014.

Instructor(s): Michael Devine

My educational and professional background is scientific: meteorology (BA) and oceanography (PhD). Most of my professional career was spent with NOAA as a research scientist.

Inuit, Igloos and Ice: Eskimo Traditional Adaptations and Contemporary Interpretations of Environmental Change

Subject Area: Social Sciences

Wednesdays: 6 Sessions 11:15 AM - 1:15 PM **Start:** Wed 9/18/19 **End:** Wed 10/23/19

Tucson Place: Ocotillo Room

Course Description

An examination of the origins, distribution, and cultural adaptations of North America's northernmost peoples - the Eskimos! From Siberia to Greenland they have survived and flourished, having developed remarkable responses to a variety of ecosystems.

The class will proceed utilizing some of the very best ethnographic film, depicting and discussing material responses to the unique arctic ecologies, considering the structure of their languages, and contents of their considerable literatures. The insights of Inuit traditional and contemporary knowledge will be central.

Each session will include a video presentation and materials available to participants and prepared by the instructor.

Instructor(s): Thomas Correll

Lived among Inuit peoples in arctic Canada 1950s-60s

Speak Inuktitut, maintain relationships

Anthropology, Linguistics - PhD (Minnesota)

Arctic Studies, Inuit (Eskimo) ethnography, culture history

Middlemarch

Subject Area: Literature/Writing/Language

Wednesdays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Wed 9/18/19 **End:** Wed 12/11/19

Tucson Place: Palo Verde Room

Middlemarch (ISBN 978-1-59308-023-5) available at Barnes and Noble or online for \$10.95 or less.

Course Description

Middlemarch is often cited as George Eliot's most illuminating and profound novel of human understanding. Her characters exhibit a vast array of personality traits leading us to realize that although the novel is set in 1830's England it actually can be the story of any place or time period. Participants are expected to read each week's assignment to prepare for class discussion. It is not necessary to read the entire book before the class begins. I am using the Barnes and Noble Classics edition ISBN 978-1-59308-023-5, available new for \$10.25 or used on-line or through electronic devices. Other editions will probably suffice.

Instructor(s): Suzanne Peters

Sue Peters is an experienced study group leader.

The Reverse Bible: Religious Diversity in Ancient Israel

Subject Area: Philosophy/Religion

Wednesdays: 2 Sessions 11:15 AM - 1:15 PM **Start:** Wed 10/30/19 **End:** Wed 11/6/19

Tucson Place: Ocotillo Room

Course Description

Everyone knows, or at least knows about, the Ten Commandments. Some people can even list the commandments they regularly break. Who devised those and the other commandments included in the Bible? And who gave them the authority to enforce them? Most importantly, why did they craft those commandments and not others? In this course we will read portions of the Bible in reverse. That is to say, if the biblical editors forbade something, they did so to stop people from doing something they liked but that the Bible's editors found offensive. Why did they do that, and who were they attempting to influence? By reading the Bible in reverse - and a bit between the lines as well - we can reconstruct "the other" in ancient Israel. This study will offer a nuanced picture of the diverse religious marketplace that existed in ancient Israel and how the biblical editors sought to control it.

Instructor(s): Ed Wright

J. Edward Wright is Professor of Hebrew Bible and Early Judaism and has served as the Director of the Arizona Center for Judaic Studies at The University of Arizona since 2000. Wright received his Ph.D. from Brandeis University and did additional graduate study at The Hebrew University of Jerusalem and the Harvard Divinity School.

Following the Rogue Theatre 6, part I

Subject Area: Arts/Culture

Last Updated: 10/30/2019 8:42 AM

Wednesdays: 4 Sessions 11:15 AM - 1:15 PM **Start:** Wed 11/13/19 **End:** Wed 12/11/19

Tucson Place: Ocotillo Room

Course Description

The Rogue Theatre is one of the preeminent and engrossing theatre companies in Tucson. It consistently produces high quality outstanding productions of exceedingly rich, thought provoking plays. In this course, we will read and delve into the plays being produced in the 2019-2020 season. Two sessions will be devoted to each play: the first reading the play as a piece of literature, and the second discussing the production aspects with the artistic and managing directors of the Rogue Theatre, Cindy Meier and Joe McGrath. In Part 1 we will discuss the first 2 plays of the season. Part 2, for the remaining 3 plays, will be offered in the Spring.

Instructor(s): Peter Hirschman

Peter Hirschman worked previously at the Lutheran Immigration and Refugee Resettlement Agency in Tucson. He is currently a volunteer with the Karnes Pro Bono Project, and the Florence Project, both of which are pro bono legal assistance organizations that serve refugees and asylum seekers in America. Peter volunteered a second time in May 2017 at the Karnes family detention center in Texas, helping families, women with children, with the asylum application process.

[TED: Ideas Worth Considering](#)

Subject Area: History/Current Events

Wednesdays: 7 Sessions 1:30 PM - 3:30 PM **Start:** Wed 9/18/19 **End:** Wed 10/30/19

Tucson Place: Palo Verde Room

Course Description

TED is a media organization that posts to the internet talks on a wide variety of subjects by a wide range of presenters. My plan is for us to watch 2 talks per class session, each followed by discussion. I will choose the first two for our first meeting but after that will depend on class members to choose the talks and either lead or help lead the discussions. Drawing on the diverse interests of people in the class--and their willingness to use google to identify good talks related to them--is what has made the course so successful in the past.

Instructor(s): Lesley Bailey

Lesley Bailey has a BA and MA in English Studies, a diverse work background that includes innovative higher education, and a wide variety of interests with emphasis on the humanities and social sciences.

[The Art of Contemplation - Exploring Our Inner Being](#)

Subject Area: Philosophy/Religion

Wednesdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Wed 9/18/19 **End:** Wed 10/23/19

Tucson Place: Ocotillo Room

Course Description

Have you ever wondered how all of us are to live in today's difficult world?

The course Art of Contemplation is an exploration of our inner being through studying the writings of Teilhard de Chardin, Meister Eckhart, Thomas Merton, and St Francis of Assisi. In this process, we will discuss life's big questions, including: Does life have an inherent meaning? What or who is God, and how does our answer shape how we live? How do we make an important transformation from the first half of life to the second half? What is the importance of being either Older or Elder?

We will contrast and compare the wisdom of the above contemplative philosophers, bringing forward their message that may be inspirational to our daily lives.

All are welcome, including "beginner" students unfamiliar with contemplative philosophy and "advanced" ones who have taken previous course on this topic. Through bringing in de Chardin and Eckhart, the course expands on and introduces new themes that we can explore and discuss together.

Instructor(s): William Joseph

I have taught classes for Olli for four years with good attendance. I have been a secondary school teacher in Colorado and New Mexico and retired in Tucson. My passions are living sustainably, practicing the Art of Contemplation, and interacting with others on deep and meaningful topics.

[The Feast of the Goat by Mario Vargas Llosa](#)

Subject Area: Literature/Writing/Language

Wednesdays: 12 Sessions 1:30 PM - 3:30 PM **Start:** Wed 9/18/19 **End:** Wed 12/11/19

Tucson Place: Saguaro Room

The Feast of the Goat (ISBN 978-0-312-42027-7) available in bookstores or online for \$20.00 or less

Course Description

The Feast of the Goat is a fictional account of the Dominican Republic under the rule of the dictator Rafael Trujillo who governed from 1930-1961. Vargas Llosa's novel describes how Trujillo kept the support of the U.S. government through his anti-communist opposition while exercising dictatorial power over every facet of life in the Dominican Republic. As Trujillo aged he became more dictatorial and his power diminished both sexually and politically. The dictatorship in the guise of a democracy failed. The country was thrown into chaos because of the corruption in all aspects of Dominican life. Vargas Llosa narrates a story of how personal failings and political corruption go together. The book is available from a variety of sellers from \$20.00 to \$2.00. The ISBN is 978-0-312-42027-7

Instructor(s): Charles Peters

Chuck is an experienced study group leader.

Painting America

Subject Area: Arts/Culture

Wednesdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Wed 10/30/19 **End:** Wed 12/11/19

Tucson Place: Ocotillo Room

Course Description

This class will be a leisurely survey of landscape painting as it crossed the Atlantic from its European roots, became truly American, and traveled west, evolving as the country expanded, and into the modern era. Here is a brief outline of major topics we will explore:

- Europe to America: The Hudson River School of painters
- American Impressionists
- Building a nation: the regionalists, idealists, industrialization
- Landscapes of the American West
- The Canadians: the Group of Seven and Emily Carr
- The Modern era

Participants will be offered the opportunity to do some research on their own and report to the class on a particular artist or topic that interests them.

Instructor(s): Isabel Aaronson

Isabel Aaronson is a former art teacher, museum buff and longtime member of OLLI-UA Tucson. She has led several previous art-related study groups.

Advertising and Consumer Psychology

Subject Area: Science/Math/Technology

Wednesdays: 4 Sessions 1:30 PM - 3:30 PM **Start:** Wed 11/13/19 **End:** Wed 12/11/19

Tucson Place: Palo Verde Room

Course Description

This course reviews: 1) the understandings advertisers have developed of the consumer's psychology and behavior and 2) the strategies they use based on these understandings to influence the consumer's perceptions, knowledge, attitudes and actions towards the brands/products they sell. Attention is paid to the science/research that underpins these understandings/strategies. Central to this approach is the view that a key role of advertisers/marketers is to bridge the "gaps" that inevitably exist between the seller and the buyer. These include, as an example, the gap in experience and perspective that a 45-year-old marketer has in trying to "reach" and sell a product to either a 20 year- old or a 70 year- old. Classes will be guided by power point presentations with print ads and TV commercials used extensively to illustrate the points covered.

Instructor(s): Marvin Goldberg

Marvin E. Goldberg is the Emeritus Bard Professor of Marketing, Penn State University where he served as Interim Dean in 1999-2000 and Chairman of the Marketing Department from 2000 to 2006. From 1971-1991 Dr. Goldberg was a Professor of Marketing at McGill University. He holds a Ph.D. in Marketing from the University of Illinois, an M.A. in Sociology from Columbia University and a B.A. from McGill University. He serves as a board member of the Tucson Committee for Foreign Relations (TCFR) and the Arizona Friends of Chamber Music (AFCM). He works with challenged elementary students through Literacy Connects.

Thursdays

Intermediate Conversational Spanish

Subject Area: Literature/Writing/Language

Thursdays: 12 Sessions 9:00 AM - 11:00 AM **Start:** Thu 9/19/19 **End:** Thu 12/12/19

Tucson Place: Palo Verde Room

Course Description

Study Group members who have taken beginning Spanish will improve reading, writing, and conversational skills with stories, poems, plays, songs, and hands-on activities.

Instructor(s): Josephine Kelleher, Mallory Rieggers, Marianne Vanzyl

Dr. Josephine Kelleher is a retired educator who has been studying Spanish for the past year at OLLI. In addition to teaching at the university level, Dr. Kelleher has been a science and mathematics teacher at the middle school level, a high school assistant principal and principal, and superintendent of schools in three school districts. Dr. Kelleher earned a bachelor's degree in science and mathematics education and a master of arts in teaching in biological sciences from Rhode Island College, and a doctorate in educational leadership from the University of Connecticut.

Mallory Riegger has a BS in Accounting from University of Arizona and is a CPA. She worked in Accounting and Management for 12 years, 9 years in Copper Mining in Arizona and 3 years in Banking in Belgium, before becoming a stay at home mother of 3 and volunteer in various charitable organizations. Mallory has handled various jobs over the years, including webmaster, treasurer, secretary, newsletter editor, among many other positions. Since joining OLLI-UA, Mallory has worked with Beverly Jordon in the Documentaries to Make You Think, been the librarian for the DVD library, Curriculum Committee member primarily working with Bob Sklar and Meg Hovell on scheduling starting in February 2017 and was elected to OLLI-UA's Council in March 2017.

Marianne Vanzyl was born and raised in Holland. Speak five languages, lived in Switzerland for 1 yr. before coming to the US. I married a widower with four kids so I had an instant family. Two yrs. into our marriage we moved to southern Spain where we lived for 8 yrs. After returning to CT. we moved to AZ (to stay warm). I've been a volunteer with the AZ Cancer center for over 27 yrs. I love to travel, photography, opera, theater, gardening and of course my volunteering plus much much more.

Understanding China

Subject Area: History/Current Events

Thursdays: 10 Sessions 9:00 AM - 11:00 AM **Start:** Thu 9/19/19 **End:** Thu 11/21/19

Tucson Place: Ocotillo Room

Course Description

China is the land of superlatives. It is the world's most populous with a rapidly ageing population. Its economy continues to post growth rates that will shortly make it the world's largest economy. With its Belt and Road Initiative, China seeks to establish itself as the dominant trading partner in the world. We will look at China's cultural, political and economic history as a way of gaining insight into its current complexity. (Please note that this course is a repeat of one offered in Spring, 2019.)

Instructor(s): David Shawver

Dr. David Shawver worked in China from 1998-2007 as the Director of the American International School of Guangzhou. He had the opportunity to experience first hand China's transformation economically and politically. He served as the President of the Association of China and Mongolia International Schools which gave him the opportunity to travel widely in China. Since 2007, he has continued to follow events in China and its growing influence in Southeast Asia, Africa, and the world.

Walk 'N Talk

Subject Area: Health/Wellness

Thursdays: 12 Sessions 9:00 AM - 11:00 AM **Start:** Thu 9/19/19 **End:** Thu 12/12/19

Tucson Place: Saguaro Room

Course Description

Phys Ed comes to OLLI! The goal of this class is to take advantage of the paved walking path along the Rillito River to get some exercise and enhance the experience by talking. Each week we will select a discussion topic, walk for about an hour with a partner who matches your pace, then convene back in our meeting room to share our discussions with the group. Requirements are a comfortable pair of walking shoes, the ability to walk for an hour at a reasonable pace, a water bottle, and an interest in good conversation.

Instructor(s): Doug Johnson

Doug has a BS in Physical Education/Health Education. Like most kids he played many sports; always good enough to play but never a star. He enjoys the chemistry of teams and coaching, and worked for years at the YMCA and other health clubs directing all kinds of activities.

Introduction to Genealogy and DNA

Subject Area: DIY/Self-Help

Thursdays: 2 Sessions 9:00 AM - 11:00 AM **Start:** Thu 12/5/19 **End:** Thu 12/12/19

Tucson Place: Ocotillo Room

Course Description

Learn about the methods, standards, and considerations when working on your family tree. Avoid the pitfalls of climbing the wrong family tree. In the second hour, we'll cover basic DNA knowledge, and how to select a DNA test that's right for you.

Instructor(s): Kathleen Carter

Kathleen Carter is an instructor for the Pima County Genealogy Society's "Genetic Genealogy in Practice" study group. She specializes in genetic genealogy and methodology, and speaks about historical and genetic genealogy topics. Kathleen is also a member of the National Genealogical Society, the New England Historic Genealogical Society, and the Association of Professional Genealogists.

Are We Alone in Our Galaxy?

Subject Area: Social Sciences

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 9/19/19

Tucson Place: Ocotillo Room

Course Description

This talk discusses the possibility of extraterrestrial technological life in our Milky Way galaxy. It uses a modified Drake equation and the current estimate of Earth-like planets in the habitable zone of Sun-like stars.

Instructor(s): Robert Strom

Professor Emeritus, Lunar and Planetary Laboratory, University of Arizona. I have served on several NASA missions including the Apollo, Mariner 10, Voyager, and MESSENGER missions. My specialty is planetary geology, impact cratering, exoplanets and climate change. I have been given several awards including Career Distinguished Teaching Award, and G. K. Gilbert Award from the Geological Society of America. I have given several classes at OLLI on climate change and possible existence extraterrestrial life. I will send a detailed Vita later if desired.

Reading the New Yorker

Subject Area: Literature/Writing/Language

Thursdays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Thu 9/19/19 **End:** Thu 12/12/19

Tucson Place: Palo Verde Room

Course Description

The New Yorker carries extraordinary information on a vast array of topics on a weekly basis. Join us for a lively and highly insightful discussion class where you need to be heard. You can subscribe as a student to twelve weeks for six dollars and get a swell new tote bag as a gift.

Instructor(s): Ronald Peterson, Marcia Nedland

Ron Peterson has been a UA OLLI-UA member since 2012 following a career as a broker and investment banker in Washington, DC. He served as a VP at Paine Webber and Prudential Securities and headed a financial futures unit for Merrill Lynch. He is the author of "Solomon's Wishes", a book on investment strategies and tactics, won two investment contests and lectured on markets for banks and individual investors. He holds two masters' degrees and four graduate certificates.

Marcia Nedland is an urban planner and principal of Fall Creek Consultants, a national advisor to nonprofits, neighborhood associations, government, funders and other policymakers on neighborhood revitalization and housing market re-building. Her summer home is in Ithaca, New York, and she was born and raised in the rural Midwest. Interests include politics, sociology, birding, watercolor painting, and food.

What a State We're In: Arizona's Quirky Constitution and Us

Subject Area: Arizona History/Culture

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 9/19/19

Tucson Place: Saguaro Room

Course Description

Arizona has a quirky history that affects us all. Its Constitution gives us lots of direct democracy and a fourth branch of government, among other oddities. Find out why Arizona was declared "morally unfit" to become a state and other strange facts. A few good scandals and colorful characters also appear.

Instructor(s): Gail Kamaras

Gail worked as an attorney and bureau chief for the New York State Department of Environmental Conservation and later as Energy Program Director for the Legal Environmental Assistance Foundation in Florida. She has a longstanding interest in US Revolutionary War period and constitutional history.

Leonard Cohen -- Beyond "The Future"

Subject Area: Arts/Culture

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 9/26/19

Tucson Place: Ocotillo Room

Course Description

Leonard Cohen's 1992 album, THE FUTURE, sounded unlike anything in his catalog, or anything else in music. It was the beginning of an incredible creative rebirth that continued right up to his recent death. We will listen to the best songs from his final albums and watch his best music videos. We'll also hear other artists doing stellar versions of Leonard's songs. There will be musical analysis and guitar demonstrations, plus a discussion of Leonard's great late period.

Instructor(s): John "Nemo" Nemerovski

John Nemo is a lifelong musician and educator who has immersed himself in folk, early rock, blues, jazz, and classical music. He plays guitar and provides a fascinating playlist for his music appreciation courses.

Birds of the Southwest-Part 2

Subject Area: Arts/Culture

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 10/3/19

Tucson Place: Saguaro Room

Course Description

Continued Photography and Descriptions of Birds in the Southwest. Follow-up on Class given Spring 2019

Instructor(s): Henry Johnson, Robin Kirk

Henry Johnson M.D. is a retired Internist who is an avid "Birder" and Photographer who has given wonderful presentations to OLLI members in the past. You can find his "Blog" at: mtlemmonazimages.com

Google Maps and Apple Maps on iPhone and iPad

Subject Area: Science/Math/Technology

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 10/3/19

Tucson Place: Ocotillo Room

Course Description

Get lost. Get found. Get everywhere you can using the amazing Google Maps and Apple Maps apps on your iPhone and iPad. Learn the basics and the hidden features of these wonderful navigational gems, including massive amounts of helpful information on places worldwide.

Instructor(s): John "Nemo" Nemerovski

John Nemo uses his iPad, iPhone, and MacBook Pro every day. He is an experienced Mac, iPad, and iPhone instructor who leads the monthly iPad and iPhone Basics class at Tucson's Macintosh User Group in addition to his small group and private tutorial workshops.

Mass Appeal: Overview of the Compositional Form of the Ages

Subject Area: Arts/Culture

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 10/10/19

Tucson Place: Ocotillo Room

Course Description

The Mass has been the vehicle for composers to express the fullness of their musical creativity, resulting in many masterpieces from the Renaissance to today. The group will survey some of the most significant settings over the centuries, including those by Bach and Beethoven.

Instructor(s): Eric Holtan

Founding music director of True Concord, Eric Holtan, earned a doctorate in conducting from the University of Arizona. For many years, he was assistant director of Tucson Symphony Orchestra Chorus, and since 2002 has been director of music and liturgical arts at Dove of Peace Lutheran Church. Under his direction, True Concord has presented many of the most significant choral masterworks in the canon, and has commissioned and premiered numerous works by leading and emerging composers.

The History, Culture and Benefits of Ballroom Dance

Subject Area: Arts/Culture

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 10/10/19

Tucson Place: Saguaro Room

Course Description

With the popularity of reality TV shows such as "Dancing with the Stars", interest in ballroom dancing has soared! Come learn about the various types of ballroom dance and how these dances evolved. Learn the lingo and culture of this growing community. Finally, participate in a discussion of the many health and social benefits of ballroom dance.

Instructor(s): Louisa Guise

Louisa Guise retired from her role as a Senior Fellow at Raytheon in 2018. Since then, she has been pursuing her passion for ballroom dance as an instructor at Dream Dance. Louisa has been dancing for 30 years and has competed as an amateur in New England and Arizona.

Can It! Recycling Made Easy (and Why It's Important)

Subject Area: Science/Math/Technology

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 10/17/19

Tucson Place: Saguaro Room

Course Description

Recycling can appear to be a mass of disconnected facts and advice: take your batteries HERE. Recycle THIS 'paper cup' but not THAT 'paper cup'. It can feel daunting.

This workshop aims to make recycling simpler by answering three questions:

Why should I recycle? China and India are refusing our recycling. Landfills are expensive and incineration causes pollution. Some cities are even shutting down their recycling programs in the face of this crisis. But the sky is not falling in Tucson - not yet. Our city is doing a lot right, and the success of local recycling depends now on the daily choices we make.

How should I recycle? Items must be clean - but why? They must not be crushed - but why? Once we understand the reasons, it becomes easier to do the right thing.

What should I recycle?

There are principles that help make sense of it all, for example, the 'tear test' for paper. Take a glossy paper plate: if you can tear it easily, it's recyclable. But that glossy Starbucks cup? Very hard to tear. So it's not recyclable. Discovering these principles takes a lot of the mystery out of recycling.

Participants will receive a handout with these principles and clear lists of what and what not to recycle, as well as a comprehensive list of how to recycle items that can't go in the blue bins.

We can and will do better!

Instructor(s): Laurel Pollard

I am an experienced workshop leader with an international reputation for my work helping teachers not burn out. Now retired, I am a City of Tucson 'Master Recycler'. I lead workshops in Tucson about why, how, and what to recycle.

A Cartoonists Perspective in 2019

Subject Area: Arts/Culture

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 10/24/19

Tucson Place: Ocotillo Room

Course Description

My program will include a power point presentation. I will focus on a number of themes:

- Why and how freedom of speech insures the survival of democracy
- A history of social protest art with an emphasis on how political cartooning came to emerge as an art form
- The endangered state of political cartooning today
- My philosophy: How humor helps individuals, communities, nations and political theories to endure
- Today's struggle: The global survival of journalism in an age of ever growing censorship
- Writing comedy: My cancer experience

Instructor: David Fitzsimmons

Dave Fitzsimmons, is the Cartoonist, and Columnist, for The Arizona Daily Star, where he began drawing cartoons back when Geronimo was just a paperboy. Right around 1986. A Pulitzer Finalist, Fitz' cartoons are syndicated to over 800 news publications around the world. Last year the Arizona Press Club voted him the best columnist in the state. What do they know. No one in the news or in his audience is safe when his pen is uncapped. Described as a "Flaming moderate at the fringe of America's center", Fitz is a snappy dresser who loves reading hate mail from readers and making his kids laugh.

The Tucson Botanical Gardens - An Urban Oasis

Subject Area: Arizona History/Culture

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 10/24/19

Tucson Place: Saguaro Room

Course Description

Adrienne T. Boggs will be joining Tucson Botanical Gardens formally the third week of August as the Director of Education and Public Engagement Adrienne and her family live in Farmington, New Mexico where she is the Education Coordinator for the Farmington Museum. Prior to her work at the Farmington Museum, she was the Education Director for the High Desert Museum and the Douglas County Museum of Culture and Natural History in Oregon. She is the President of the New Mexico Association of Museums and comes to the Gardens with a MA in Art History and Museum Studies.

Instructor: Josephine Kelleher

Dr. Josephine Kelleher is a retired educator who has been studying Spanish for the past year at OLLI. In addition to teaching at the university level, Dr. Kelleher has been a science and mathematics teacher at the middle school level, a high school assistant principal and principal, and superintendent of schools in three school districts. Dr. Kelleher earned a bachelor's degree in science and mathematics education and a master of arts in teaching in biological sciences from Rhode Island College, and a doctorate in educational leadership from the University of Connecticut.

[Advance Directives, Informed Consent, Assisted Suicide, and the Slippery Slope](#)

Subject Area: Health/Wellness

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 10/31/19

Tucson Place: Saguaro Room

Course Description

Patients have the right to make medical and legal decisions for themselves, provided they are of legal age and have mental capacity. But, when that capacity is challenged or becomes limited because of age, mental infirmity, or critical illness, doctors look to others to make those decisions for the patient. Sometimes they rely on a designated agent or family member even when the patient is able to consent to treatment. When must the healthcare team rely solely on the patient? When may it rely on another to make healthcare decisions? When may the healthcare team or a medical proxy terminate care or treatment? May your doctor help you commit suicide if you have a terminal illness and request such assistance? And what is informed consent, anyway?

Instructor(s): Vicki Gotkin

Vicki Gotkin graduated cum laude from both ASU's College of Law and the UA's Eller College of Management. She practiced law from 1981-2018. She served as Ethics Counsel to the Arizona State Bar, was an Assistant Attorney General, a Senior Associate General Counsel at the UA, and concluded her law career in private practice. She has served on the Boards of the National Alliance on Mental Health and Mobile Meals of Southern Arizona, and now delivers meals for that organization. She is also a Reading Seed Coach and a study group leader for OLLI.

[Discover your Wildlife Refuge - Buenos Aires NWR](#)

Subject Area: Social Sciences

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 10/31/19

Tucson Place: Ocotillo Room

Course Description

The Buenos Aires National Wildlife Refuge in southern Arizona encompasses 118,000 acres and extends from the international border with Mexico north 24 miles toward Three Points. There are 200 miles of dirt roads to explore by vehicle, bicycle, horseback, ATV or on foot. You can wander through grasslands, foothills, bosques,

creek sides, seasonal ponds and more. You can have a small group tour of the Brown Canyon in the Baboquivari mountains.

There is a photography/viewing blind near the Visitor Center for people who want to watch nature or pursue photography and so much more.

You have to drive a bit to get there but it is a wonderful, different world where you can hear the wind blowing through the grass, watch Mule Deer and Pronghorn and maybe see a Bobcat or Gila Monster. Each day is different and magical. Come learn what there is to discover.

Instructor(s): Reta Rutledge

I worked as a librarian at the Indianapolis Public Library for 24 years. I have traveled with my husband throughout the US to enjoy the outdoors and bird watch. We came to Arizona in 1985 on a birding tour and then wintered here in 2013 as volunteers at the Buenos Aires National Wildlife Refuge. We moved here in 2015. I enjoy hiking, biking, gardening to attract wildlife to my yard and volunteering at the Refuge.

[2020 Pima County Medicare Update](#)

Subject Area: Health/Wellness

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 11/7/19

Tucson Place: Saguaro Room

Course Description

We will review the basics of Medicare focusing on changes in Medicare Plans for Pima County in 2020. We'll cover the changes in Medicare Advantage Plans and how to make your best choice for a Part D Drug Plan for those on Original Medicare. Open enrollment when those currently on Medicare can make changes is October 15th to December 7th.

Instructor(s): John Lowy, Connie Lowy

John has been a member of Olli for 5 years. He is a volunteer Medicare Counselor at the Pima Council on Aging and helps people enroll in Medicare or with issues. He also volunteers at the Saguaro National Park.

Connie has been a member of Olli for the past 6 years. She had a career as a pharmaceutical representative and is now a volunteer Medicare Counselor at PCOA.

[Art and Science - Ways of Knowing the Sonoran Desert](#)

Subject Area: Arizona History/Culture, Arts/Culture, Science/Math/Technology, Social Sciences

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 11/7/19

Tucson Place: Ocotillo Room

Course Description

When scientists and artists work together, the environmental challenges of the 21st century-notably loss of habitat and biodiversity-result in creative and innovative collaborations with the potential for eye-opening

solutions. Learn how the arts, specifically Art-Based Perceptual Ecology (ABPE) research methods when practiced in collaboration with Western science methods are a way to study biodiversity and non-traditional ways of knowing ecological systems.

In this lecture, audience members will learn concepts key to ABPE as Dr. Woolery shares stories of her field research conducting biodiversity inventories in the Sonoran Desert.

Why is this work important? By learning pluralistic ways of perceiving the landscape, we may come to know the place in which we live, and find connections with the local habitat. Achieving this multi-dimensional sense of place may contribute to a deeper ethic of caring about the environment, leading us to be good stewards of our ecological and cultural communities.

Instructor(s): Lee Ann Woolery

Dr. Lee Ann Woolery: With a focus on divergent ways of knowing, Dr. Woolery pioneered Art-Based Perceptual Ecology, a unique research methodology used in collaboration with Western science methods to study the environment. Woolery is an interdisciplinary scholar, researcher, a practicing artist, and educator of over 30 years. Dr. Woolery has taught art-based environmentally focused workshops at Saguaro National Park, AZ; Red Butte Gardens, UT; and IslandWood, Bainbridge Island, WA. Woolery has also taught "Art and the Environment" classes at University of Washington- IslandWood, University of North Carolina-Asheville and The School of the Art Institute of Chicago. Woolery holds a Doctorate in Environmental Studies from Antioch University New England and a graduate degree from The School of the Art Institute of Chicago. Her doctoral field study in Desert Ecology was conducted in the Sonoran Desert in Arizona and Mexico. Dr. Woolery's dissertation: Art-Based Perceptual Ecology as a way of knowing the language of place, and additional information on her research, workshops and field expeditions can be found at EcoArt Expeditions. www.ecoartexpeditions.com

Estate Planning: Everything You Ever Wanted to Know

Subject Area: Social Sciences

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 11/14/19

Tucson Place: Saguaro Room

Course Description

What is it you need to do to have your estate plan in order? Are you current on all that you need: Wills, Trusts, Living Wills, Powers of Attorney, Titling of Property, Avoiding Estate Tax, Avoiding Probate and Trusts for Grandchildren. Attorney Kay Richter will discuss the documents you should have in place and any changes you need due to new law or your situation. Bring all of your questions.

Instructor(s): Kay Richter

Kay Richter is Past President of the National Academy of Elder Law Attorneys - Arizona. She chairs the State Bar Elder Law / Estate Planning Attorney lunch group with these areas being the areas of her law practice. She served on the board of Pima Council on Aging for 12 years. She has the highest rating possible by the largest evaluator of attorneys. Her sole legal focus has been estate planning since 1986.

US Immigration - The Basics

Subject Area: History/Current Events

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 11/14/19

Tucson Place: Ocotillo Room

Course Description

Did you ever wonder how the U.S. immigrant population has changed over time? Are you curious about the history and consequences of our shared border with Mexico? Do you know how U.S. policy has affected our immigration situation today?

Join us for a fact-based presentation and discussion of the history of U.S. immigration, our current laws and procedures, and the national immigration questions we face today.

Instructor(s): Alyson Ball

Alyson Ball is a resident of Charlottesville, Virginia and spends her winters in Green Valley, Arizona. Alyson volunteers for the International Rescue Committee and makes presentations about refugees throughout Central Virginia. Having studied the broader topic of U.S. immigration, Alyson is eager to provide the general public with an overview of this important topic.

Iran - Rise and Decline

Subject Area: History/Current Events

Thursdays: 3 Sessions 11:15 AM - 1:15 PM **Start:** Thu 11/21/19 **End:** Thu 12/12/19

Tucson Place: Saguaro Room

Course Description

An overarching tour of Persian culture, history and politics with particular emphasis on the events that shaped the country in the 20th century.

Instructor(s): Monica Body

BA in International Affairs, MA in Institutional Administration, JD, LLM,

Languages: English, French, German, Persian, Dari

President of Gurdjian Management Consulting, expertise in cross-cultural training, capacity building, international security issues. Worked in the Middle East, Afghanistan, Tajikistan, Pakistan.

Employment: Canadian Security Intelligence Service (Counter Terrorism, Immigration and Refugee Screening, Security Screening)

Lecturer: University of Victoria (Continuing Education), Canadian Government Institutions (Foreign Affairs, International Development Agency, Immigration and Citizenship Canada, Security Intelligence Service) Heirs of the Republic (Tucson), University of Phoenix on line, Great Decision (JCC).

[A Funny Thing Happened on the Way to the Voting Booth](#)

Subject Area: History/Current Events

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 11/21/19

Tucson Place: Ocotillo Room

Course Description

This class will discuss one of the recent Supreme Court decisions.

Instructor(s): Ronald Cohen, Judy Brown

Ron is a retired pharmacist and an experienced SGL who has taught numerous OLLI-UA classes.

Judy Brown is Professor Emerita at Northeastern Law School in Boston, where she taught and wrote about Constitutional Law for thirty years. She has taught numerous OLLI classes at the University of Arizona and at Dartmouth.

[Approaching Poetry “On Little Cat Feet”](#)

Subject Area: Literature/Writing/Language

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 12/5/19

Tucson Place: Ocotillo Room

Course Description

Join Gene for a brief, painless, non-threatening approach to reading and writing poetry.

Fog By Carl Sandburg

The fog comes

on little cat feet.

It sits looking

over harbor and city

on silent haunches

and then moves on.

Instructor(s): Eugene Twaronite

Gene Twaronite is a Tucson poet, essayist, and author of seven books, including two juvenile fantasy novels, two short story collections and the poetry book Trash Picker on Mars, winner of the New Mexico-Arizona Book Award for Arizona poetry. His latest book of poems, The Museum of Unwearable Shoes, was published by Kelsay Books in 2018.

Film Discussion Group

Subject Area: Arts/Culture

Thursdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Thu 9/19/19 **End:** Thu 12/5/19

Tucson Place: Saguaro Room

Course Description

Every other week we will meet to discuss 2 movies playing locally that have been assigned to, or voted upon by class members. One class member will lead the discussion for each movie. This class has been ongoing for several years, and generates lively and controversial discussions as members dissect and compare films frequently calling upon their own personal and professional experiences.

Instructor(s): Rob Getlan, Kathleen Roberts

Rob Getlan has always been an avid film enthusiast. This class has been a great way to see and discuss the new releases in the theaters.

Kathleen Roberts has been writing poetry for 25 years and studied with Dan Gilmore for the past year as an OLLI member. With Dan Gilmore's absence, I am continuing the writing class with the assistance of other class members as well as experienced poets from the community. My career background is in social services and personal coaching, I have led and facilitated many groups over the years and currently also lead a memoir writing group.

Poetry Reading & Discussion Class

Subject Area: Literature/Writing/Language

Thursdays: 8 Sessions 1:30 PM - 3:30 PM **Start:** Thu 9/19/19 **End:** Thu 11/7/19

Tucson Place: Palo Verde Room

Course Description

The Fall 2019 Poetry Reading & Discussion Class will approach discussing poetry by exploring two poets and samples of their work each class period. The goal will be to attain more information and in-depth understanding of various poets, leading to greater insight and appreciation of their poems. Study Group Leaders will send out website links to class participants that provide information and poems to review prior to class. Class time will include discussing the poets' lives, reading their poems, and discussing how their poetry resonates with us. The class will run for eight weeks with a limit of 20 participants.

Instructor(s): David Van Houten, Nan Rubin

David is a retired educator from Michigan who began taking classes with Dan Gilmore in 2015. He has found reading and writing poetry makes a significant impact on his personal life and has enjoyed facilitating the Poetry Reading and Discussion this year.

Nan Rubin is a retired psychotherapist who has been writing poetry for 20+ years. However, since studying with Dan Gilmore at OLLI, she has become a more avid reader of poetry and looks forward to discussion that deepens her writing and appreciation of the genre.

State of US Science Today and High Energy Physics after the CERN LHC

Subject Area: Science/Math/Technology

Thursdays: 2 Sessions 1:30 PM - 3:30 PM **Start:** Thu 9/19/19 **End:** Thu 9/26/19

Tucson Place: Ocotillo Room

Course Description

Briefly, I'll talk about the state of science in the US today from the perspective of scientists. The only sources considered for this talk are numerous reports published, in the last couple of years, by scientific organizations.

Next, I'll give an overview of the several plans for High Energy Physics as possible follow-ups to the present CERN Large Hadron Collider (LHC) and concentrate on:

Who are the proponents?

What type of collider is proposed and why?

Where has it been proposed to be built?

Instructor(s): Juan Gallardo

A retired physicist from Brookhaven National Laboratory (NY) since 2012. I have been an SGL for the last 3 1/2 years. I have led study groups on literature and physics.

OLLI at the Movies - the Marx Brothers

Subject Area: Arts/Culture

Thursdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Thu 9/26/19 **End:** Thu 12/12/19

Tucson Place: Saguaro Room

\$1 to cover the cost of popcorn/snacks and the movie rentals

Course Description

The Marx Brothers brought more than comedy to the silver screen. They brought chaos and commentary about social inequality and injustices as well. Movies to include: Duck Soup, A Night at the Opera, Animal Crackers, Horse Feathers, A Day at the Races and The Cocoanuts. "One morning I shot an elephant in my pajamas. How he got in my pajamas, I'll never know". Join me and all the brothers, Groucho, Chico, Harpo, Zeppo and Gummo.

\$1 contribution is requested to cover the cost of popcorn/snacks and the movie rentals.

Instructor(s): Rob Getlan

I have always been an avid Marx Brothers fan.

Physics: The Time History of the Periodic Table of Chemical Elements

Subject Area: Science/Math/Technology

Thursdays: Single Session 1:30 PM - 3:30 PM **Start:** Thu 10/3/19

Tucson Place: Ocotillo Room

Course Description

There are more than 100 chemical elements in the Mendeleev Periodic Table, of which 91 are naturally found on Earth. What are their origins? Did the table always look like the present one? We will discuss, briefly, the time evolution of how the slots were filled out.

Instructor(s): Juan Gallardo

A retired physicist from Brookhaven National Laboratory (NY) since 2012. I have been an SGL for the last 3 1/2 years. I have led study groups on literature and physics.

Physics: Experimental Tests of Einstein's General Relativity

Subject Area: Science/Math/Technology

Thursdays: Single Session 1:30 PM - 3:30 PM **Start:** Thu 10/10/19

Tucson Place: Ocotillo Room

Course Description

During the last 100 years, Einstein's General Theory of Relativity has been tested repeatedly without finding any crack in the theoretical edifice that it constructs to explain gravitational forces.

We'll discuss several performed experiments, their results and conclusions. The discussion will be qualitative; the main purpose is to emphasize the resilience of the theory and to stress the incredible accomplishment of the human mind that this theory represents.

Instructor(s): Juan Gallardo

A retired physicist from Brookhaven National Laboratory (NY) since 2012. I have been an SGL for the last 3 1/2 years. I have led study groups on literature and physics.

The Regional Transportation Authority - Working Together for a Better Future

Subject Area: Arizona History/Culture

Thursdays: Single Session 1:30 PM - 3:30 PM **Start:** Thu 10/17/19

Tucson Place: Ocotillo Room

Course Description

More than 800 Regional Transportation Authority projects have been completed across the region, including roadway improvements, bike lanes/paths, bus pullouts, signalized pedestrian crossings, drainage features, transit expansion, wildlife crossings and much more.

The Regional Transportation Authority continues to deliver projects from the 2006 voter-approved plan, but the current plan and funding source will expire in 2026. So what's next? Pima Association of Governments' Community Relations Specialist Mindy Blake will provide an update on the region's transportation funding climate and what steps the RTA is taking to set the wheels in motion to develop a new set of transportation investments with citizen involvement to support our region's long-term economic vitality.

Discussion will include Pima Association of Governments' efforts to facilitate strategic transportation planning to enable global competitiveness, productivity and efficiency in our region.

Instructor(s): Mindy Blake, James McGinnis

Mindy joined Pima Association of Governments in May 2016. As outreach coordinator she makes connections with the community to increase awareness and understanding of the Regional Transportation Authority plan. Prior to PAG she enjoyed a 30-year career as a journalist, including many years at KOLD-TV. She also served as community relations director at Amphitheater Public Schools before coming to PAG. She has served on several boards and enjoys volunteering for Arizona Public Media. Mindy earned a bachelor degree in English from Western State Colorado University.

James has worked as a Transit Planner at the Regional Transportation Authority (RTA) since 2012. He manages operational contracts for RTA's fixed-route and ADA dial-a-ride services, oversees long and short-range regional transit planning, and administers local and federal transit funding for operations and planning. James holds a Master of Science in Urban and Regional Planning from the University of Arizona.

Supreme Court 2019-20: Politics, Preference and Principle

Subject Area: History/Current Events

Thursdays: 3 Sessions 1:30 PM - 3:30 PM **Start:** Thu 10/31/19 **End:** Thu 11/14/19

Tucson Place: Ocotillo Room

Course Description

University of Cincinnati Political Science Professor Emeritus Howard Tolley will preview the major cases and issues likely to be decided by the US Supreme Court in the 2019-20 term that begins Monday Oct. 7. In addition

to many critical issues accepted for argument in the fall, the court will also be asked to take on disputes arising from the Presidential election and more. A review of the prior term's judgments will include cases involving partisan gerrymanders, the death penalty, immigration travel bans, native American treaty rights, Executive power, critical habitat, foreign policy, the census questionnaire, asset forfeiture, states' rights, racism in juror selection. Justice Kavanaugh's first year on the bench triggered fresh analysis of how political ideology, legal principles and personal preference impact the appointment of Justices and the decisions they reach.

Instructor(s): Howard Tolley

Prior to retirement in 2011, Howard Tolley served as a Professor of Political Science and Adjunct Professor of Law at the University of Cincinnati where for 27 years he taught undergraduate and graduate public law courses including classes on the U.S. legal system, Supreme Court, civil liberties, and international human rights. After service to a faculty union and as an ACLU cooperating attorney, he joined rosters of the Federal Mediation and Conciliation Service, the American Arbitration Association and the Ohio State Employment Relations Board as a neutral labor relations arbitrator, mediator and fact finder.

Raising and Keeping the Healthiest and Best Behaved Pet

Subject Area: DIY/Self-Help

Thursdays: 3 Sessions 1:30 PM - 3:30 PM **Start:** Thu 11/21/19 **End:** Thu 12/12/19

Tucson Place: Palo Verde Room

Course Description

After running a full service veterinary hospital in St. Louis for 33 years, I sold my clinic and moved to Tucson where I limit my practice to house calls and enjoy spending a lot of time with each of my clients. A few years ago I had a book published: LAUGHTER AND TEARS, A Veterinarian's Memoir and Advice. The first two-thirds of the book is an autobiography of my years in practice; the last third of the book is what these classes are all about. These are the 13 lessons I found myself teaching year after year to client after client. These range from picking the right pet, to training and taking the best care of that pet to saying goodbye to your cherished pet. I look at these classes as a win for you and for your veterinarian because you will be spending less at the vet, but when your pet gets sick, you'll spend anything to take care of him because he will be the best pet you ever had!!

Instructor(s): Kenneth Cohn, Sharon Cohn

I've been practicing veterinary medicine for 40 years. In St. Louis I ran a full service hospital where every client had my home phone number. I sold my practice 7 years ago and now consider myself semi-retired but continue to do house calls on a part time basis. About a year ago I had a book published, Laughter and Tears, A Veterinarian's Memoirs and Advice. The first 2/3rd of the book is my story as a veterinarian, and the last 1/3rd of the book is dedicated to what I consider to be the most important advice I've given out over these years.

Traveling Off (and sometimes on) the Beaten Path

Subject Area: Travel/Entertainment

Thursdays: 3 Sessions 1:30 PM - 3:30 PM **Start:** Thu 11/21/19 **End:** Thu 12/12/19

Tucson Place: Ocotillo Room

Course Description

We traveled by expedition ship, 4x4 in the Outback, hut to hut trekking, as well as car, train, and a traditional bus tour to Iceland, Norway, Australia, New Zealand to explore small islands, mountains, and volcanoes and see penguins, polar bears, and walrus and met many interesting people along the way. Learn how small modifications to your travel plans can often lead to being the only Americans on your tour.

Instructor(s): Carol Hubbard

Carol loves travel and the experiences of foreign lands and people. She especially loves sharing her adventures with others and encouraging them to try something new.

Fridays

Intellectual History of the West Part II - Medieval

Subject Area: History/Current Events

Fridays: 12 Sessions 9:00 AM - 11:00 AM **Start:** Fri 9/20/19 **End:** Fri 12/13/19

Tucson Place: Saguaro Room

Course Description

This is the second in a planned 4-part course, Intellectual and Cultural History of the West. Last fall we did the Greeks and Romans. This fall the focus will be the 1000 year stretch from the collapse of the Roman Empire to the Reformation and Renaissance. This period witnessed a huge shift from the heavily intellectual culture of the ancients to one based around a bargaining relationship with a accessible God. Far from being a cultural black hole, the Middles Ages are rife with contributions in logic, ethics, science, and language. We will try to discover how these contributions are still practiced today. We will also examine the influence of neighboring cultures on the West including Islam and Judaism.

Instructor(s): Robert MacArthur

I worked for 32 years at UA in the College of Agriculture as an IT guy. I have a Ph.D. in Cultural and Intellectual History from UA. Although I have not taught a course such as this before, I have spent the last two years of my retirement working on the subject.

Intermediate Advanced Spanish

Subject Area: Literature/Writing/Language

Fridays: 12 Sessions 9:00 AM - 11:00 AM **Start:** Fri 9/20/19 **End:** Fri 12/13/19

Tucson Place: Palo Verde Room

Course Description

This class continues to explore Spanish grammar. All students should feel comfortable with the Present Indicative, Preterit Indicative, Imperfect Indicative and command forms. Using readings (Stories That Must Not Die, Juan Sauvageau) and a grammar text (Barron's E-Z Spanish Grammar, second edition) the class will explore grammar by reading stories that are part of traditional Mexican and Mexican American oral tradition. Both texts are available on Amazon.

Instructor(s): Susan Sotelo

Hi, I love to teach Spanish. I've taught at the U of A, Pima College, Catalina Foothills, and at Sun City Vistoso. I've published a work of literary criticism "Chicano Detective Fiction".

The Development of Religions in America

Subject Area: Philosophy/Religion

Fridays: 12 Sessions 9:00 AM - 11:00 AM **Start:** Fri 9/20/19 **End:** Fri 12/13/19

Tucson Place: Ocotillo Room

Course Description

It has been said that "religions do not convert people, people convert religions." Most of the early colonists who came to America were imbued with a spirit of exceptionalism derived from Calvinism. These 12 lectures are the story of how Americans shaped their religions to conform to what they thought themselves to be...as well as to what they wanted to become.

Instructor(s): Jack Gallagher

Jack holds degrees in biochemistry, theology, counseling and education and did his doctoral work in psychology at New York University. He has the ability to speak knowledgeably on a wide variety of subjects due to his varied academic background. Jack held licenses in both counseling and mediation in the State of Idaho. In retirement, Jack has become an avid reader of American and world history. His professional career includes 30 years as an educator and 40 years as a mental health professional.

12 Rules for Life - the Jordan Peterson Phenomenon

Subject Area: Philosophy/Religion

Fridays: 6 Sessions 11:15 AM - 1:15 PM **Start:** Fri 9/20/19 **End:** Fri 10/25/19

Tucson Place: Ocotillo Room

Course Description

Over the last 2 years, Canadian clinical psychologist and lecturer Jordan Peterson has become a YouTube sensation as well as a best-selling author. His most recent book, 12 Rules for Life - an Antidote for Chaos, has sold millions of copies world wide, and sparked a widespread discussion on the pursuit of meaning. This course will examine the rules, and discuss what is behind this seemingly universal appeal.

Instructor(s): Bill Martin, Greg Ziebell

Bill Martin has a Bachelor's Degree in Religion and Social Ethics from University of Southern California 1986. He has been a professional musician since 1985. He last taught "A Conflict of Visions" at OLLI last spring.

Greg Ziebell Taught social studies, Sierra Vista Buena high school, 1978-1980

Masters degree in Counseling, 1982

Worked as an educator and administrator for student housing at the University of Arizona, 1980-2017

-Taught leadership development, 1984-1995

-Conference presentations and staff development workshops, 1982-2016

-President of the Association of Intermountain Housing Officers, 1990

Intermediate Spanish

Subject Area: Literature/Writing/Language

Fridays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Fri 9/20/19 **End:** Fri 12/13/19

Tucson Place: Palo Verde Room

Course Description

This class continues using Spanish the Easy Way, fourth edition, available on Amazon. If you are a new student this is not a beginning class, but it is a great class for re-familiarizing yourself with the Spanish you studied decades ago. This class asks you to do homework and to speak in Spanish. But we do have fun"even joke in Spanish.

Instructor(s): Susan Sotelo

Hi, I love to teach Spanish. I've taught at the U of A, Pima College, Catalina Foothills, and at Sun City Vistoso. I've published a work of literary criticism "Chicano Detective Fiction".

Western Philosophy

Subject Area: Philosophy/Religion

Fridays: 10 Sessions 11:15 AM - 1:15 PM **Start:** Fri 9/20/19 **End:** Fri 11/22/19

Tucson Place: Saguaro Room

Course Description

Examination and discussion of the major topics and thinkers in Western philosophical history following the outline provided by the text "The Enduring Questions" by Jerry H. Gill. Please purchase The Enduring Questions, 7th Edition. ISBN: 978-0155016972.

Instructor(s): Jerry Gill

Ph.D. Duke University, many years as a college professor teaching philosophy and religious studies. Over 30 books published and 100 articles. Currently teaching at Pima Community College. Led several Semester Abroad programs in Finland, Greece, and Mexico.

Growing Economic Inequality in the US - the Facts and Solutions

Subject Area: History/Current Events

Fridays: 6 Sessions 11:15 AM - 1:15 PM **Start:** Fri 11/1/19 **End:** Fri 12/13/19

Tucson Place: Ocotillo Room

Course Description

A byproduct of the free market economic system (as it operates in the US today) is growing economic inequality. Growing economic inequality is a serious problem in that it could lead to social unrest. How to preserve the free market economic system and deal with its byproduct requires a society in which a significant majority tells the same stories and shares the same cultural values. It may be that those days have long since gone. This class will explore this premise as well as provide an update to information provided in last year's OLLI Course, "Understanding Capital in the Twenty-First Century by Thomas Piketty."

Instructor(s): Jamie McMillin

Jamie has a BA degree in Political Science and Sociology, an MS in Financial Services, and an AS in Microcomputer Technology Management. He likes sports and politics, and follows a spiritual path guided by A Course In Miracles.

Everyday Self-Defense - Habits of Awareness & Physical Defense Options

Subject Area: DIY/Self-Help

Fridays: 2 Sessions 11:15 AM - 1:15 PM **Start:** Fri 12/6/19 **End:** Fri 12/13/19

Tucson Place: Saguaro Room

Course Description

What if you could increase awareness, reduce fear, live safer and feel more empowered? This seminar covers specific ways to increase personal and situational awareness as well as how to use basic physical defense options. Explore a variety of effective strategies to help you recognize and prevent violence before it happens, including:

- Identifying risky people and situations early and often
- Preparing responses for potential dangers (rather than reacting when it's too late)
- Everyday Habits of Awareness & safety
- Methods for discouraging an attack

Because life doesn't always go as planned, this seminar addresses how to defend yourself physically when needed. The strategies covered in this basic self-defense class include:

- Using the natural weapons you already have at all times
- Targeting the best parts of the body to disable and discourage an attacker
- Understanding ranges of combat, stances and blocking techniques
- Putting it all together in real-life scenarios with opportunity for hands-on practice in a controlled, safe environment

You will leave this seminar with the knowledge you need to navigate risky situations, and the skills you need to escape if things go wrong.

Instructor(s): Dawn Armstrong

Founder of ThinkSafe Seminars, Dawn Armstrong is a 3rd Degree Black Belt, an avid traveler and lifelong student of the martial arts. Having experienced sexual violence, assault and harassment early in life, Dawn created her comprehensive program to equip teens & adults (of all genders and ages) with specific situational awareness skills and other preventive strategies needed to recognize and avoid, or respond to, verbal conflict and physical altercations. She earned her BFA in Ad Design from Syracuse University and spent the first 30 years of her career helping businesses and non-profits grow via marketing and business development.

Astronomy / Geosciences

Subject Area: Science/Math/Technology

Fridays: 8 Sessions 1:30 PM - 3:30 PM **Start:** Fri 9/20/19 **End:** Fri 11/8/19

Tucson Place: Ocotillo Room

Course Description

Our exploration of the Earth, the Solar System, and the Universe continues.

This semester our emphasis will be the Periodic Chart and its building block relationship to Astronomy and the Geosciences.

In addition our Geosciences' emphasis will be "The Oldest Rocks on Earth". This will take us to Northern Canada, Greenland, and Australia to study where they are, how old they are, how they are dated, and how they formed.

In addition we will discuss on-going discoveries in Astronomy, Planetary Sciences, and Earth Sciences. Information will be conveyed using short videos, awesome photographs, understandable/fun graphics, and class discussions.

We will also have several guest speakers from the University of Arizona's Astronomy, Planetary Sciences, and Geosciences Departments.

Instructor(s): Guy Jette, John McCauley

Guy, retired from the U.S. Air Force after 37 years, working in Research and Development in both the aeronautics and space fields. He holds MBA and MS degrees, and is an Associate Fellow of the American Institute of Aeronautics and Astronautics. He currently works in astronomy outreach as a docent at Kitt Peak National Observatory. For the past three years he has given lectures at the University of Hawaii Institute for Astronomy on Maui. Guy also is a member of the Arizona Astronomy Board, which supports the Astronomy Department at the University of Arizona.

John retired from IBM after 43 years working in the development of Computer Mainframe Systems and Enterprise Storage Systems. John worked for NASA at the Marshall Space Flight Center in Huntsville, Alabama while an undergraduate student at Purdue University. John's formal education is in Electrical Engineering and Computer Science. Since retirement, John has been active in developing science courses at OLLI-UA.

Chinese Music Appreciation

Subject Area: Arts/Culture

Fridays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Fri 9/20/19 **End:** Fri 10/25/19

Tucson Place: Saguaro Room

Course Description

Chinese Music Appreciation Class is designed to provide OLLI members in-person enjoyment with traditional Chinese musical instruments and knowledge of how to appreciate Chinese music from different periods of time and regions in China. Each class includes lecture, music demonstration and hands-on practice with Chinese

music instruments. The study group leader will bring different instruments each time to introduce their history, structure, aesthetics, and well-known music works. Group members will have the opportunity to learn how to read and play a short Chinese music piece on these Chinese music instruments. OLLI members who take this class are invited to come to the Chinese Mid-Autumn Festival in September at the University of Arizona.

Instructor(s): Dr. Zhao Chen

Dr. Zhao Chen is director of the Confucius Institute at the University of Arizona. She is Professor of Epidemiology and director of the Division of Epidemiology and Biostatistics at the Mel and Enid Zuckerman College of Public Health (MEZCOPH). She is an affiliated faculty member of the School of Anthropology and a faculty member of the Arizona Center on Aging, Bio5 Institute and Arizona Cancer Center. Chen has a Bachelor of Science degree in Biology from Beijing Normal University, China and a Master's degree in Physical Anthropology from the Institute of Vertebrate Paleontology and Paleoanthropology, Chinese Academy of Sciences, also in Beijing. In mid-1990s, Chen received a PhD degree in Anthropology with a minor in Nutritional Science, and a Master of Public Health degree, both from the University of Arizona. She received extensive training in epidemiology during her postdoctoral work facilitated by a National Institute of Health (NIH) career development award. Dr. Chen's research has focused on on the epidemiology of genetic and environmental risk factors of complex chronic diseases, including osteoporosis, sarcopenia, anemia, cancer and obesity in aging and minority populations. She directs the UA's Healthy Aging Lab, which has been supported by multimillion dollar research funding from the NIH, the Department of Defense and private foundations. She is one of the leading researchers of the Nationwide Women's Health Initiative longitudinal study. Chen has collaborated with researchers in China on body composition research in minority populations, including the Tibetan people. She has been invited to hold body composition workshops and give keynote speeches at national and international conferences in China.

"I am Dynamite" An Introduction to the Life and Thought of Friedrich Nietzsche

Subject Area: Philosophy/Religion

Fridays: 3 Sessions 1:30 PM - 3:30 PM **Start:** Fri 10/11/19 **End:** Fri 10/25/19

Tucson Place: Palo Verde Room

Course Description

Friedrich Nietzsche is one of the most enigmatic figures in philosophy, and his concepts - the *Übermensch*, the will to power, slave morality - have fundamentally reshaped our understanding of the human condition. But what do most people really know about Nietzsche - beyond the mustache, the scowl, and the lingering association with nihilism and fascism? Come and discover, perhaps for the first time, this revolutionary thinker.

Instructor(s): Mark Horton

Dr. Mark A. Horton has taught Humanities/Philosophy for the last 20 years at Western Connecticut State University. His interests include Ethics and the Search for Meaning along the life cycle. He is married and has one adult daughter and two wonderful grandsons. Mark moved to Green Valley this January.

Digital Movie-Making on iPhone/iPad and Mac Laptop

Subject Area: Arizona History/Culture

Fridays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Fri 11/1/19 **End:** Fri 12/13/19

Tucson Place: Palo Verde Room

iMovie for Apple Devices available at the App Store for approximately \$5

Course Description

Apple's iMovie is a powerful video-editing program that can turn iPhone- and iPad-recorded video and photos into stunning movies and Hollywood-style trailers. Finished projects can then be shared to the iMovie Theater to watch on any device, or shared to Facebook, Instagram, Vimeo, and YouTube.

If you have video clips or photos from a holiday, a birthday party, or a day trip, you might be wondering how you can turn them into a movie that you can share with friends and family. The good news is you can easily create a movie on your Mac or IOS device (iPhone, iPad, or even your iPod touch) using iMovie.

If you don't have a Mac or an IOS device, you are out of luck as Apple doesn't make iMovie for Windows or Android devices. However, once you create your movie on an Apple device and export it, your Windows-and Android-using friends and family will be able to view it.

Though designed for amateur users, iMovie has features that make your productions look expert. After attending this class, you will be able to put together a movie, add quite a bit of polish to your clips, spiffing them up with titles, transitions, slow and fast motion, sound effects, and even background music.

For this class you should OWN and BRING an iPhone 6 (or later) or an iPad with the iMovie app already loaded. If it is not already loaded on your device, it is available through the App Store for approximately \$5. There will be a session on advanced editing. For this session, you must bring a portable Mac computer with iMovie.

Instructor(s): Ann Baxter

Ann Baxter retired in 2014 after a business career with a variety of companies, working in public relations, sales management, training, and consulting. In both her business career and in retirement she has traveled extensively. To record her adventures she has mastered the iPhone camera, iPad, Mac computer and the iMovie app to turn her still photos and video clips into creative movies that capture both the images and the spirit of her travels.

Optics in Your Life

Subject Area: Science/Math/Technology

Fridays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Fri 11/1/19 **End:** Fri 12/13/19

Tucson Place: Saguaro Room

Course Description

Optics is all around us. Learn the optics of bluer skies, red sunsets, rainbows, mirages, pit vipers, mosquitoes and humming birds. Hear how your cell phone is made, telescopes are designed and will be used, why the Hubble was myopic and fixed, how good the spy satellites are, and your thermal windows and auto glass. What

is a one-way mirror and how big must a vanity mirror be? What do they do with your blood at the medical lab and how good is telemedicine and other techniques for analysis and treatment? Hear how optics is used in satellites and drones to improve agriculture. The present and future of autonomous vehicles, solar roads, augmented/virtual aircraft landing, CAT detection and even your kids and grandkids future as optikers!

Instructor(s): William Wolfe

William L. (Bill) Wolfe was born near New York City and worked his way west. He got his bachelor's degree from Bucknell University in Lewisburg, PA and his master's degrees from the University of Michigan where he also worked as a Lecturer and Research Engineer. After a brief relapse to the Boston area where he worked for Honeywell as department manager and chief engineer, he moved to Tucson where he was Professor of Optical Science at the James Wyant College of Optical Sciences of the University of Arizona. He served as president of the International Society of Optics and Photonics and received its highest award, the gold medal, for his work with students and research. He has always enjoyed the outdoors, and the safari to Africa may have been the absolute highlight. He has been Professor Emeritus since 1995, so he could enjoy it and sharing it with you.

Separation of Powers and the Theory of the Unitary Presidency

Subject Area: History/Current Events

Fridays: 4 Sessions 1:30 PM - 3:30 PM **Start:** Fri 11/15/19 **End:** Fri 12/13/19

Tucson Place: Ocotillo Room

Course Description

As colonies of Great Britain, the founding fathers considered that the American states had suffered abuse due to the broad powers of parliamentarism and monarchy. As a remedy, the US Constitution limits the powers of the federal government through various means, primarily separation of powers (the three branches of the federal government are divided by exercising different functions, and the executive and legislative powers are separated in origin by separate elections) and the system of checks and balances (where each branch controls the actions of others and balances its powers in some way).

The extent of Presidential power has been a subject of discussion since before the Constitution. In post-WW II America all Presidents have been protective of their authority, and have yielded little. The theory of the Unitary Presidency has been developing over the last half century or so on the conservative end of the political spectrum, and in its two forms, strong and weak, present views of presidential power that challenge more traditional views of the balance of powers among the branches of government

We will begin with the Federalist Papers, move forward through the efforts of various Presidents to broaden their authority, and examine the present day, where the current administration strongly believes in executive power, and is actively moving to make that view the law. With no guiding Supreme Court case on the books, we will do our best to understand the debate, and get ready for the next few terms of the Supreme Court.

Instructor(s): Paul Winick

I am a practicing attorney and a recovering small time politician with a belief in the value of law and government that somehow has survived all my personal experience with both of them. I teach courses that try to examine and explain current legal issues.