



Green Valley Fall 2019 Catalog

Mondays

[Read the New Yorker With Us](#)

Subject Area: Literature/Writing/Language

Mondays: 8 Sessions 8:30 AM - 10:30 AM **Start:** Mon 9/30/19 **End:** Mon 11/18/19

Location: Community Learning Center - Room 205

Course Description

The New Yorker magazine includes something for everyone- commentary, reportage, profiles, criticism, essays, fiction, cartoons, and poetry. Class members will divide the current issue of the magazine and share a report with the class on a particular article. In addition, the entire class will read and discuss one of the articles. We may occasionally take a look at something from the rich history of the magazine. This popular class has been continually offered since Spring 2011. A subscription to the magazine is required. This class meets for two hours. Class will be held on Veteran's Day, Nov. 11th.

Instructor(s): Donald Kamin, Joan Ernst, John McCoy

Don Kamin has been class leader for several OLLI courses, and has been attending or leading the New Yorker class since Spring 2011.

Joan Ernst has a long history of loving non-fiction, The New Yorker, and OLLI classes. When not hiking with dogs, enjoying water and snow sports or procrastinating her flute practicing, she likes to sit around and talk to people.

John McCoy is retired from a career developing public financing for housing for low income families, and the structuring of public/private partnerships for economic development.

[Understanding China Today](#)

Subject Area: History/Current Events

Mondays: 8 Sessions 9:00 AM - 10:30 AM **Start:** Mon 9/30/19 **End:** Mon 11/18/19

Location: Community Learning Center - Room 203

Course Description

China is the land of superlatives. It is the world's most populous with a rapidly aging population. Its economy is world's largest (by purchasing power parity). With its Belt and Road Initiative, China seeks to be the world's dominant trading power. We will look at China's cultural, political, and economic history as a way of gaining insight into China's current complexity. Class will meet on Veteran's Day, Nov. 11th.

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 President of the Association of China and Mongolia International Schools, giving him an opportunity to travel widely in China. Since 2007, he has continued to follow events in China and its growing influence in the world.

[The Gospel of Airpower: The History of Strategic Bombing from 1670 to Today](#)

Subject Area: History/Current Events

Mondays: Single Session 11:00 AM - 12:30 PM **Start:** Mon 9/30/19

Location: Community Learning Center - Room 205

Course Description

This course will review the history of aerial bombardment from its speculation in 1670 to the current technological age with its destructive capability. We'll review the impact aviation had on the Great War of 1914 - 1918 and the impact the newly endowed Gospel of Airpower had on military theorists as they prepared for the next great war. We'll cover how the Gospel affected both the Axis and the Allies in World War II and subsequent conflicts. Finally, we will speculate on the future of this Gospel in an immensely technological and nuclear age.

Instructor(s): Don Cassiday

Commissioned in the USAF in 1956, Cassiday received his wings in 1957 and flew the B-47 in the Strategic Air Command and pulled nuclear alert against strategic targets in the Soviet Union until 1963. Following medical grounding, he became a maintenance officer and logistician with subsequent assignments in Headquarters Command USAF, The Royal Air Force Staff College, Headquarters United States Air Forces Europe and then to the Air War College. After graduation, he was retained on the faculty of the Air War College. He ended his career at the Pentagon in charge of Aircraft and Missiles logistic programs for Headquarters USAF. Following retirement in 1977, he served as Dean of Aurora University School of Business, Vice President of Merchants Bancorp, and Dean of the North Park University Business School. In 2004 he was appointed by the Speaker of the House of Representatives to serve as a commissioner on the Veterans Disability Benefits Commission to review all Veterans benefits and report to the Congress and President.

University of Arizona Psychology Lecture Series

Subject Area: Social Sciences

Mondays: 5 Sessions 11:00 AM - 12:30 PM **Start:** Mon 9/30/19 **End:** Mon 10/28/19

Location: Community Learning Center - Room 203

Course Description

Lecture & Discussion, run by Graduate Students from the Psychology department at the University of Arizona. All sessions will consist of a lecture followed by a discussion led by the speaker. List of speakers and topics:

1. Lindsey Crown: The dynamical brain: A simple guide to conceptualizing the most complex of systems.
2. Quentin Raffaelli: The imaginative brain or the creative brain.
3. Valeria Pfeifer: Literal and non-literal language and the brain.
4. Jack-Morgan Mizell: Stay curious! How decision-making changes as we go through our lives and what you should know as you get older.
5. Kiara Atkinson: Understanding the causes and consequences of gender stereotype restricted prosocial behavior.

John Steinbeck: His Life, Work, and Legacy

Subject Area: Literature/Writing/Language

Mondays: 4 Sessions 1:30 PM - 3:00 PM **Start:** Mon 9/30/19 **End:** Mon 10/21/19

Location: Community Learning Center - Room 205

Course Description

John Steinbeck was one of America's greatest writers of the 20th century, and, perhaps the most influential. Using one archetypal family, the Joads, "The Grapes of Wrath" told the horrific dust bowl story of the hundreds of "Okies" who fled western Kansas, eastern Colorado, and the panhandles of Oklahoma and Texas in quest of a starvation-free life in California, a state that did not want them. We will be viewing the John Ford-Henry Fonda movie version of the book. We will also read his short masterpiece "Of Mice and Men" which also tells a painfully personal story of two men, one a drifter and one mentally challenged, friends looking for work in the dust bowl era. No book is required.

Instructor(s): Marilyn Jameson, Mike Moore

As an educator of 40 years that include child development education, elementary education, elementary school administrator, special education teacher and college instructor (school law, methodologies) I feel qualified to conduct a class in an area of which I hold my degrees (Northern Arizona University) knowledge and experience.

Mike Moore, a retired newspaper and magazine editor, published "Twilight War: the Folly of U.S. Space Dominance" in 2008. That year it won a national Benjamin Franklin Award in the Political/Current Events category. Arthur C. Clarke, the author of "2001: a Space Odyssey" called it "riveting and disturbing."

[The Gay Proconsuls](#)

Subject Area: History/Current Events

Mondays: Single Session 3:30 PM - 5:00 PM **Start:** Mon 9/30/19

Location: Community Learning Center - Room 203

Course Description

Given at two previous academic events, this presentation discusses hidden sexualities among the imperialists of the 19th and early 20th centuries.

Instructor(s): Stephen Stillwell

Stephen Stillwell is an historian and a librarian. He has led study groups at each of the OLLI-UA campuses. His courses have included Middle Eastern history, British history, and British culture. Some of his most popular classes have concentrated on British mysteries.

[Eccentricity](#)

Subject Area: Social Sciences

Mondays: Single Session 11:00 AM - 12:30 PM **Start:** Mon 10/7/19

Location: Community Learning Center - Room 210

Course Description

It was around the 18th century that the term quirkiness appeared in the literary arts. It is now labelled as eccentricity. Both sociologists and psychologists have researched this to find out exactly what prompts eccentric psychosocial behavior. Depictions of eccentricity have ranged from "gifted" to "gonzo." We will look at the traits, behaviors, and attitudes of these individuals and see how they compare to the "normalcy" of standard society. You will also take an eccentricity measure and find out, "Are you eccentric?"

Instructor(s): Mark Meadows

Mark has his Ph.D. in Sociology with interests in spirituality, virtues, aging, and comparative worldviews. He has lived and/or worked in Asia, the Middle East, Africa, India, and Mexico. His myriad of human experience were working with Arun and Sunanda Gandhi at the Gandhi Institute for the Study of Non-Violence; teaching at the historically black university Bethune-Cookman; teaching water babies; acting and modeling in Hollywood (was on Three's Company & Welcome Back Kotter), study with an Indian guru and a Navajo Medicine Woman; taxi driver; a college professor and administrator; and was a kindergarten teacher.

The News Business and the Meaning of "Truth"

Subject Area: History/Current Events

Mondays: 4 Sessions 11:00 AM - 12:30 PM **Start:** Mon 10/7/19 **End:** Mon 10/28/19

Location: Community Learning Center - Room 205

Course Description

Don't get discouraged by that daunting phrase, "the meaning of truth." Folks have been trying to define "truth" for thousands of years, and it is still an elusive term. In this discussion class -- and yes, it will be a no-holds-barred discussion group -- we'll try to get at the meaning of truth in the Age of the Smartphone. Smartphones may be one of humankind's most useful inventions; but it also may prove to be the most dangerous.

Instructor(s): Mike Moore

Mike Moore, a retired newspaper and magazine editor, published "Twilight War: the Folly of U.S. Space Dominance" in 2008. That year it won a national Benjamin Franklin Award in the Political/Current Events category. Arthur C. Clarke, the author of "2001: a Space Odyssey" called it "riveting and disturbing."

Keeping Your Marbles - Better Brain Health in the 21st Century

Subject Area: Health/Wellness

Mondays: 6 Sessions 9:00 AM - 10:30 AM **Start:** Mon 10/14/19 **End:** Mon 11/18/19

Location: Community Learning Center - Room 210

Course Description

Our brains are complicated. We tend to think of them as mechanical structures that wear out over time. In reality, a brain can be updated and reprogrammed to be quite functional for a long time. In this program, we'll cover the latest in brain research and a variety of free and helpful methods that can be put into practice immediately. Each class is interactive and included self-discovery for keeping your marbles. Class will be held on Veteran's Day, Nov. 11th.

Instructor(s): Joyce Hansen

Joyce Hansen, a graduate of the University of Wisconsin, relocated to New York to live a corporate life until she switched mid-career to spend 25 years in a private mind-body strategies practice and retired as a community college adjunct professor. She now writes and conducts training programs on health and aging issues.

Individualizing Your Fitness and Nutrition

Subject Area: Health/Wellness

Mondays: 2 Sessions 11:00 AM - 12:30 PM **Start:** Mon 10/14/19 **End:** Mon 10/21/19

Location: Community Learning Center - Room 210

Course Description

Learn how a fitness model based on an Olympic athlete formula can decrease the boredom that can accompany routine exercise and facilitate your fitness goals. This applies to any exercise- cycling, walking, strength training or swimming, yoga. This class is applicable from beginner to advanced exercisers. Think your fit? Learn the variables that define fitness. Find out why there is so much conflicting data on nutrition. Each of us are a unique bio-chemical organism with varying needs. No one nutrition fits all.

Instructor(s): Mark Meadows

Mark has his Ph.D. in Sociology with interests in spirituality, virtues, aging, and comparative worldviews. He has lived and/or worked in Asia, the Middle East, Africa, India, and Mexico. His myriad of human experience were working with Arun and Sunanda Gandhi at the Gandhi Institute for the Study of Non-Violence; teaching at the historically black university Bethune-Cookman; teaching water babies; acting and modeling in Hollywood (was on Three's Company & Welcome Back Kotter), study with an Indian guru and a Navajo Medicine Woman; taxi driver; a college professor and administrator; and was a kindergarten teacher.

Sociology 101

Subject Area: Social Sciences

Mondays: 2 Sessions 11:00 AM - 12:30 PM **Start:** Mon 10/28/19 **End:** Mon 11/4/19

Location: Community Learning Center - Room 210

Course Description

Sociology is the study of group behavior. It looks at how social forces shape and influence what we do, think, believe, and create. Think you have free-will? Do you act differently when within a group? Is romantic love universal? Are prostitution or smoking marijuana functional for a society? What is white privilege? Where does your sense of self originate? Are economic inequities inevitable in a capitalist society? These questions will be answered along with discussing the social forces that shape the U.S. institutions of politics and religion. Leave this class being able to look at the world through the sociological lens.

Instructor(s): Mark Meadows

Mark has his Ph.D. in Sociology with interests in spirituality, virtues, aging, and comparative worldviews. He has lived and/or worked in Asia, the Middle East, Africa, India, and Mexico. His myriad of human experience were working with Arun and Sunanda Gandhi at the Gandhi Institute for the Study of Non-Violence; teaching at the historically black university Bethune-Cookman; teaching water babies; acting and modeling in Hollywood (was

on Three's Company & Welcome Back Kotter), study with an Indian guru and a Navajo Medicine Woman; taxi driver; a college professor and administrator; and was a kindergarten teacher.

[The National Park Service -- History, Mission and Its Future](#)

Subject Area: History/Current Events

Mondays: 3 Sessions 1:30 PM - 3:00 PM **Start:** Mon 10/28/19 **End:** Mon 11/11/19

Location: Community Learning Center - Room 203

Course Description

The National Park Service manages almost 500 parks in the United States and its Territories. In 1916 it was created with a philosophical Mission to leave parks "unimpaired for the future". Now, with just over 100 years of protection and growth under its belt, we find that society, culture and technology have significantly changed. Many past practices and successful policies, that worked in the past, are now either irrelevant or in need of updating. Gil will speak about the history and mission of the NPS as well as talk about the future as written about in his new book, "National Parks / Our Living National Treasures / A Time For Concern."

Instructor(s): Gil Lusk

Dr. Gil Lusk is a retired National Park Service employee with 35 years of experience (1962-1997), mostly serving as a Superintendent of several National Parks such as Glacier, Big Bend, Wolf Trap Farm and Valley Forge. He has served on the Montana Nature Conservancy Trust Board, the Sonoran Institute in Tucson, and on the Board of the Governor's Flathead Basin Commission in NW Montana.

Today, he serves as Town Councilman for Sahuarita, AZ and as a member of the Green Valley Council Executive Council. He and his wife Catherine have lived in Quail Creek since 2003.

[Estate Planning: Everything You Ever Wanted to Know](#)

Subject Area: DIY/Self-Help

Mondays: Single Session 3:30 PM - 5:00 PM **Start:** Mon 11/4/19

Location: Community Learning Center - Room 203

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.

The Geology of Sabino Canyon

Subject Area: Science/Math/Technology

Mondays: Single Session 9:00 AM - 12:00 PM **Start:** Mon 11/18/19

Location: Sabino Canyon

\$5 per day per vehicle, though some passes are accepted

Course Description

Sabino Canyon in the Santa Catalina Mountains provides a beautiful slice through millions of years of Earth history. There is evidence of volcanic processes, metamorphic change, faulting and present day erosional processes. During this field trip, we will walk a three-mile round trip along the road into the canyon and look at the geology of the area. The walk will be slow-paced and will include numerous stops to look at the geological features. No previous geological knowledge is required. Please note that there is a fee to enter the canyon. Please note that there is a fee to enter the canyon. At the time of writing this study group description, the cost is \$5 per day per vehicle, though some passes are accepted. Full details are available online here: <https://www.fs.usda.gov/recarea/coronado/recarea/?recid=80532>.

Instructor(s): Nicola Richmond

Nicola Richmond is the Assistant Vice Chancellor of Institutional Research, Planning and Effectiveness at Pima Community College. She oversees strategic planning, institutional and operational effectiveness, federal and state reporting and ad hoc reporting at the institution. She has an extensive data analysis and research background that most recently focuses on higher education, but her experience also includes the analysis of magnetometer data for the moon and Mars, and the application of cellular automata models to coastal environments. She has a PhD in Geology from University College London. Her doctoral research focused on the incorporation of aluminum and iron into deep Earth magnesium silicate minerals using numerical modeling approaches from quantum mechanics and solid state physics. Nic has a strong interest in cross-disciplinary research approaches, taking techniques from the sciences and bringing them to higher education research.

Benefits of Using Dowsing in your Daily Life

Subject Area: Health/Wellness

Mondays: Single Session 11:00 AM - 12:30 PM **Start:** Mon 11/18/19

Location: Community Learning Center - Room 210

Course Description

Dowsing is an ancient art of connecting your intent for an outcome, through using a dowsing tool, such as a pendulum or L-rod to define the answer or result. Dowsing can be beneficial in your daily life to determine what is most beneficial for you, such as food or supplements, to find underground water, to find negative and positive energy fields in your home or on your land, balance your chakra system, and to get yes/no answers about everyday life questions. In this class, you will learn the basic philosophy, history, and protocols of how to

use a dowsing pendulum and L-rod to get the best result to match your intention. Examples of map dowsing and dowsing charts will be provided. Energetic device-less dowsing will also be discussed. Bring your own pendulum. L-rods will be provided to practice with.

Instructor(s): Debra Peterson

Debra Peterson has been in the holistic field of health and healing for many years, as well as having a scientific background of higher education degrees and employment in the engineering technology field. She has an understanding of the traditional scientific physical world, as well as the alternative health and metaphysical world. Deb has taught many health and energy related classes at community education schools and in private class offerings. She is experienced in this field as a trained energy therapist and health practitioner.

Tuesdays

Understanding Alzheimer's Disease

Subject Area: Health/Wellness

Tuesdays: 1 Session 9:00 AM - 10:30 AM **Start:** Tue 10/1/19 **End:** Tue 10/1/19

Location: Community Learning Center - Room 205

Course Description

ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

Join us to learn about:

- >> The impact of Alzheimer's.
- >> The difference between Alzheimer's and dementia.
- >> Alzheimer's disease stages and risk factors.
- >> Current research and treatments available to address some symptoms.
- >> Alzheimer's Association resources.

Instructor(s): Emerald Welch, Morgen Hartford

Emerald is a graduate of the University of Kansas with a Bachelor's degree in Cognitive Psychology and a Master's degree in Administrative Social Welfare. She has experience working with the Parkinsons community and has a history of program and resource development. Emerald recently moved to Tucson from Kansas City with her fiancé. Her passions are mental health, nutrition and exercise.

Morgen Hartford is the Southern Arizona Regional Director for the Alzheimer's Association Desert Southwest Chapter where he provides dementia education throughout Southern Arizona; coordinates over 25 support groups across five counties; and implements unique family programs for care partners and people with

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dementia. Morgen received his Master's of Social Work from the University of Montana and has done wide-ranging work on issues of homelessness and housing, child welfare, positive youth development, food security, and sustainable agriculture. He is former farmer and avid outdoors-man who has fallen in love with the Southwest.

Border Patrol 101

Subject Area: History/Current Events

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Tue 10/1/19 **End:** Tue 11/5/19

Location: Community Learning Center - Room 203

Course Description

The purpose of this course is to teach the general public about the day to day operations of a US Border Patrol Agent. Students will learn a general overview of what a Border Patrol Agent does to protect our borders.

The United States Border Patrol is a federal law enforcement organization responsible for preventing the entry of terrorists and terrorist weapons from entering the United States between official U.S. Customs and Border Protection ports of entry. Their traditional mission is to enforce immigration laws and to detect, interdict and apprehend those who attempt to illegally enter or smuggle people or contraband across U.S. borders between official ports of entry. The Border Patrol has a workforce of over 21,000 agents assigned to patrol the more than 6,000 miles of America's land borders.

Instructor(s): Jonathan Hulog

I am originally from San Diego, CA. After high school, I served in the US Marine Corps, then graduated from the University of Southern California. I rejoined the military after 9/11, and deployed to both Iraq and Afghanistan. I have been with the US Border Patrol since 2010.

The Art of Contemplation - Exploring Our Inner Being

Subject Area: Philosophy/Religion

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Tue 10/1/19 **End:** Tue 11/5/19

Location: Community Learning Center - Room 205

Course Description

The class on the "Art of Contemplation" is an exploration of our inner being through the wisdom of Teilhard De Chardin, Meister Eckhart, Thomas Merton, and St Francis of Assisi. We will explore together the following: Does life have an inherent meaning?, What or who is God and how does it shape how we live?, What is the difference and importance of being Older or Elder?, How do we make an important transformation from the first half of life to the second half of life?, Why is contemplation an Art form?, How then shall we live in a difficult world today?

We will explore in depth the wisdom of the above individuals, find the common thread between them, and bring forward their message that could be inspirational to our daily lives.

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 Ocean from Space

Subject Area: Science/Math/Technology

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Tue 10/1/19 **End:** Tue 11/5/19

Location: Community Learning Center - Room 210

Course Description

The Ocean influences all life on earth. Half the oxygen we breathe comes from microscopic plants in the ocean. Floods, droughts, hurricanes and tornadoes are all tied to ocean processes. For example oscillations in the Atlantic and Pacific control drought frequency in the U.S. Space based observations can monitor the ocean on a nearly continuous global scale. Biological activity, heat transport by ocean currents and ocean oscillations such as El Nino / La Nina can all be measured from space. Emphasis is on how the oceans drive short and long term weather patterns. Videos and slides are used to present information. No prior knowledge is needed.

Instructor(s): Bob Barry

Bob has had three "careers." He was a traditional Navy Line officer for 8 years serving on two Destroyers and River Patrol Boats. After receiving an M.S in Oceanography, he became a Navy Oceanography specialist for 16 years. His primary focus was on how to use the complexity of the ocean to improve Anti-Submarine Warfare efforts. After the Navy, he was a program manager at Ball Aerospace and worked on several environmental satellite programs.

Adventures in Music

Subject Area: Arts/Culture

Tuesdays: 8 Sessions 1:30 PM - 3:00 PM **Start:** Tue 10/1/19 **End:** Tue 11/19/19

Location: Community Learning Center - Room 210

Course Description

Adventures in Music is a series of video classical music presentations along with lecture. Each semester every program is designed to explore a mix of compositions, styles and musical subjects from the familiar to less known works. Class will be held on Veteran's Day, Nov. 11th.

Instructor(s): Charles McClellan

Charles McClellan has presented numerous OLLI classes utilizing his expertise in music history and in Climatology. His personal interest in music led to classes at UCLA in music theory, composition and music history.

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

Subject Area: Social Sciences

Tuesdays: 6 Sessions 1:30 PM - 3:00 PM **Start:** Tue 10/1/19 **End:** Tue 11/5/19

Location: Community Learning Center - Room 203

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

The American Political Scene--A Circus?

Subject Area: History/Current Events

Tuesdays: 8 Sessions 1:30 PM - 3:00 PM **Start:** Tue 10/1/19 **End:** Tue 11/19/19

Location: Community Learning Center - Room 205

Course Description

We will briefly survey the government crafted in the Constitutional Convention and examine how it functions today. We will explore the primaries, the impact of lobbyists, how conventions have changed, gerrymandering of districts, super delegates, congressional oversight, tribal politics, and search for what went wrong, why it occurred and when it happened. We will view several DVD lectures, read articles and view video presentations. Class involvement is expected and essential for a good learning experience. And, we will have fun at every class meeting.

Instructor(s): Don Laws, Grant Stitt

Don Laws is a retired instructional dean emeritus and has taught political science and history seminars for adults since 2002.

B. Grant Stitt received his Bachelor's, Master's and Ph.D degrees from the University of Arizona. During his career he served on the faculty at Memphis State University, the University of Michigan-Flint and the University of Nevada, Reno for the last 23 years. He has published 60 articles and chapters in various journals and collected editions. As an academic criminologist his areas of expertise include the relationship between casinos and crime, victimless crime and the general etiology of crime.

[American History for Skeptics](#)

Subject Area: History/Current Events

Tuesdays: 8 Sessions 3:30 PM - 5:00 PM **Start:** Tue 10/1/19 **End:** Tue 11/19/19

Location: Community Learning Center - Room 205

Course Description

This course is part one of a three-part series on American History for skeptics. We will cover the colonial period through the Civil War which includes religious tolerance, how revolutionary was our War of Independence, the constitution that didn't create a democracy, confusions about Jefferson and Hamilton, the second great awakening, and a Civil War that wasn't all about slavery. We will view a 30 minute lecture from The Great Courses followed by a discussion with support, criticism and skepticism for all material. A lively discussion is essential for a good learning experience. The main goal will be to have fun at every meeting.

Instructor(s): Don Laws

Don Laws is a retired instructional dean emeritus and has taught political science and history seminars for adults since 2002.

Discuss the Science News

Subject Area: Science/Math/Technology

Tuesdays: 8 Sessions 3:30 PM - 5:00 PM **Start:** Tue 10/1/19 **End:** Tue 11/19/19

Location: Community Learning Center - Room 210

Course Description

We will be using several scientific news websites, science publications, and broadcast sources. Each week, a few study group members will summarize a current science news story and then lead the rest of the group members in a discussion of that article. Class sessions will be augmented by videos and additional materials; this is intended to be a discussion class rather than a traditional lecture class.

Instructor(s): Bob Schaffer, Chuck McClellan

Bob Schaffer completed the PhD from Arizona State with doctoral areas in Marketing, Quantitative Methods, and Experimental Psychology. Taught at ASU, Whittier College, CSU, Fullerton, before switching over to Cal Poly, Pomona in 1983 where he remained until retirement in 2010. He had a somewhat normal academic career: wrote textbooks, published papers, delivered academic presentations, chaired three international conventions, was instrumental in the creation of two new academic programs (Music Business and E-Commerce), advised student clubs, won some teaching awards, and in general, just had a great time. In addition to the US and Canada, academic travel included Europe and Asia; he was lucky to teach one quarter in Africa. Consulting assignments included clients in the Manufacturing, Service, Health Care, Entertainment, and Financial sectors. Moved to Green Valley in 2011.

Charles McClellan has presented numerous OLLI classes utilizing his expertise in music history and in Climatology. His personal interest in music led to classes at UCLA in music theory, composition and music history.

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

Subject Area: Philosophy/Religion

Tuesdays: 3 Sessions 9:00 AM - 10:30 AM **Start:** Tue 10/15/19 **End:** Tue 10/29/19

Location: Community Learning Center - Room 205

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.

[The Harvard Slave Daguerreotypes--Who Owns Them?](#)

Subject Area: Arts/Culture, History/Current Events

Tuesdays: Single Session 9:00 AM - 10:30 AM **Start:** Tue 10/15/19

Location: Community Learning Center - Room 203

Course Description

In 1977, a curator at Harvard's Peabody Museum discovered a cache of 15 Daguerreotypes which proved to be the oldest known photographs of American Slaves, unusual in that they displayed mostly nude individuals posed in anatomical positions. Further research showed that they had been taken at the behest of Professor Louis Agassiz, a world famous Swiss scientist who was Harvard's first Professor of Zoology and Geology to prove that God had created three different races of human beings, Black, White and Yellow, a view enthusiastically received by Southern slave owners that justified slavery. This view also contradicted the Biblical origin of mankind as descendants of Adam. Three years ago, a woman in Norwich Connecticut realized, and with genealogical consultation found that one of the slaves, Renty, was her great-great-grandfather, and his pictured daughter, Delia, her great-great-Aunt. In March of this year, three important Civil Rights law firms acting pro bono, have sued Harvard to regain possession of her ancestor's images. This case raises many issues: Ivy League Colleges and their historic connections to slavery, constitutional issues about the rights of slaves after emancipation, white society's obligations to the descendants of slaves. This question was explored in recent articles in the NY Times, the Arizona Star, and the Washington Post, and is the subject of a PBS documentary now being produced. In the interest of full disclosure, I have to inform you that the Harvard Curator who discovered and first researched the photos was my late wife, Ellinor Reichlin.

Instructor(s): Seymour (Si) Reichlin

Professor of Medicine, Emeritus, Tufts University; Formerly Research Professor, University of Arizona; Director Clinical Research Center, New England Medical Center; Chief, Endocrine Division, Tufts Medical School; Chairman Dept. of Medicine, University of Connecticut.

[Assessing the Trump Administration Foreign Policy](#)

Subject Area: History/Current Events

Tuesdays: Single Session 9:00 AM - 10:30 AM **Start:** Tue 11/5/19

Location: Community Learning Center - Room 203

Course Description

This session will review what President Trump, Secretary Pompeo and others in the current administration have said and done about U.S. relations with the world. We will look at the potential benefits and risks of actions taken, promised or threatened. We will try to identify those U.S. interests that our foreign policy should be promoting and, then, discuss whether our current foreign policy is advancing or damaging those interests. Finally, we will weigh what we should be doing against the resources currently available. This is an ambitious agenda so we can only skate quickly over the surface in a single session. I anticipate an hour lecture and thirty minutes of discussion.

Instructor(s): David Dunford

Dave Dunford retired from the U.S. Foreign Service in 1995 following completion of his assignment as Ambassador to the Sultanate of Oman. He also served in Egypt and Saudi Arabia. He is an Adjunct Instructor at the University of Arizona where he teaches courses on the Arab-Israeli Conflict and the Middle East Business Environment. From April to June of 2003, he worked for the Organization of Reconstruction and Humanitarian Assistance, and later the Coalition Provisional Authority in Baghdad as Senior Ministerial Liaison to Iraq's Ministry of Foreign Affairs. He has co-authored a book about this experience: Talking to Strangers: The Struggle to Rebuild Iraq's Foreign Ministry.

US Immigration - The Basics

Subject Area: History/Current Events

Tuesdays: Single Session 9:00 AM - 10:30 AM **Start:** Tue 11/12/19

Location: Community Learning Center - Room 203

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.

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.

Instructor(s): Alyson Ball

BA Cornell University, MBA Wharton University of Pennsylvania

Career in Private Sector (Marketing and International Business), Microfinance, Consulting and Teaching Nonprofit Boards

Self-Study re: Immigration Laws, History, Organizations, Situation, etc

Winter in Green Valley (November - February)

Last Updated: 10/7/2019 8:43 AM

Tucson Electric Power Home Energizer Workshop

Subject Area: DIY/Self-Help

Tuesdays: Single Session 11:00 AM - 12:30 PM **Start:** Tue 11/12/19

Location: Community Learning Center - Room 203

Course Description

Want to learn how to save energy (and money) at home? Want to receive a kit filled with energy efficiency devices for FREE? Attend a TEP Home Energizer Workshop! Learn free and low cost energy efficiency measures you can implement at home to save energy and money. All workshop participants will receive a free Energy Efficiency Kit worth more than \$40 that includes LED light bulbs, a low-flow showerhead, an LED nightlight, and more. The workshop is offered free, courtesy of TEP.

Instructor(s): Adam Kingery

Adam Kingery was a classroom teacher in Arizona for 13 years before joining the Exchange as an outreach presenter in 2016. For many of those years, Adam's students benefitted from the programs offered by the Exchange. Adam holds a Master's Degree in Educational Leadership and has an undergraduate degree in Political Science from the University of Arizona, as well as a teaching certificate from Prescott College. He manages the logistics and team of energy presenters for the Bright Students middle school program and the Home Energizer Workshop for both Tucson Electric Power and Unisource Energy Services. Adam also assists with curriculum revisions and new program development.

Introduction to the CASA Program - I Am For The Child

Subject Area: Social Sciences

Tuesdays: 2 Sessions 1:30 PM - 3:00 PM **Start:** Tue 11/12/19 **End:** Tue 11/19/19

Location: Community Learning Center - Room 203

Course Description

There are over 2,500 children in out-of-home care in Pima County and over 14,000 children in out-of-home care statewide. The system is overburdened, and children are getting lost within it. Studies have shown that children in foster care suffer secondary trauma from being away from the only home they've known (even if it was unsafe), they suffer loss because they no longer have their family, friends, or even sometimes their siblings. They lose connections with their schools and activities they had previously participated in. They lack support because most people in their current lives are strangers.

The Court Appointed Special Advocate (CASA) Program began in 1977 when a Judge felt that decisions regarding families' lives were difficult to make because she had no way of knowing how the children felt in the situation. Volunteers were asked to establish a relationship with the child(ren), sit in meetings regarding the child's education/medical needs, etc., and to report back to the Judge about the best interest of the children. The CASA program was successful and still is because it gives the child a consistent and positive adult in their life. A CASA volunteer is able to advocate to the Judge about what is needed for the child(ren). The CASA volunteer brings a

neutral perspective of the situation, brings their true self because they are volunteering, and they bring a consistent person into a child's life in a scary world of foster care.

Instructor(s): Diana Ouillette, Amy Brandhuber

Diana Ouillette is a transplant to Tucson, but has been here for some time. She joined the CASA program at the beginning of March as a recruiter. Her experience is in social work; 7 years at COPE Behavioral Health, and 13 years with the Department of Child Safety. She has a Bachelors in Psychology and am working on her Master's in Counseling.

Amy Brandhuber has been working as the CASA Supervisor for more than a year. Her background is working with DCS as an investigator and supervisor.

Positive Benefits of Guided Imagery and Hypnotherapy

Subject Area: Health/Wellness

Tuesdays: Single Session 11:00 AM - 12:30 PM **Start:** Tue 11/19/19

Location: Community Learning Center - Room 205

Course Description

CAM (complementary and alternative medicine) is a group of medical and health care systems which advocate gentle, natural therapies. A subset of CAM therapies is called mind-body medicine, which uses a variety of techniques to enhance the mind's capacity to affect bodily function, promote health, and improve the quality of life. Examples of these therapies are guided imagery and hypnosis. This class will give an explanation of how these therapies can positively affect your life, plus let you experience how they feel.

Guided Imagery techniques are used to help calm the mind, reduce physical tension, relieve stress and promote emotional well-being. It uses a form of conscious meditation. Guided Imagery uses your imagination to produce bodily changes. Hypnotherapy is a safe and effective therapy for stress relief, stop smoking, weight reduction, and some medical conditions. It also has a therapeutic spiritual component when using past life regression to understand unresolved life issues.

Instructor(s): Debra Peterson

Debra Peterson has been in the holistic field of health and healing for many years, as well as having a scientific background of higher education degrees and employment in the engineering technology field. She has an understanding of the traditional scientific physical world, as well as the alternative health and metaphysical world. Deb has taught many health and energy related classes at community education schools and in private class offerings. She is experienced in this field as a trained energy therapist and health practitioner.

Wednesdays

Becoming a Better Investor

Subject Area: DIY/Self-Help

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

Location: Community Learning Center - Room 203

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.

Hatha Yoga

Subject Area: Health/Wellness

Wednesdays: 8 Sessions 9:00 AM - 10:30 AM **Start:** Wed 10/2/19 **End:** Wed 11/20/19

Location: Community Learning Center - Room 200

Course Description

This is a series of eight 1 1/2 hour classes focused on alignment, grounding, range of motion, and balancing the body's energies to leave you at the end in a state of relaxed awareness. We achieve this by practicing sitting and lying postures, plus standing and balancing postures. Bring a yoga-specific mat and any yoga equipment you have like blocks, straps, and blankets. Eat a light breakfast early.

Instructor(s): Helen Boyd, Matthew Boyd

Helen has been teaching Hatha yoga, the form of yoga that includes concentrating, breathing exercises, and postures, for 25 years, and has been certified with Yoga Alliance since its inception. Other styles of yoga she also offers are Yin, Vinyasa, and Restorative. She has taught in classrooms, in gyms, community college, and workshop settings to all age groups.

Matthew Boyd has practiced yoga for 40 years starting when he was running marathons. He got certified to teach in 1995 with YogaFit.

"Madame Bovary" (in English): Dreams and Adultery

Subject Area: Literature/Writing/Language

Wednesdays: 4 Sessions 11:00 AM - 12:30 PM **Start:** Wed 10/2/19 **End:** Wed 10/23/19

Location: Community Learning Center - Room 203

Additional Cost: Participants will need to purchase their own copy of the English version of Madame Bovary.

Course Description

In what is arguably the greatest novel in French literature, Flaubert's "Madame Bovary" portrays the life of an adulteress woman. How could a provincial homemaker, with a strict religious and moral education, a mother to a beautiful daughter, married to a caring and loving doctor, have indulged in two extramarital affairs? The story shocked mid nineteenth century French society, not only for the topic treated, but especially for the skillful manner it was narrated. In other words, it was too convincing.

Flaubert created a powerful psychological, sociological and completely credible setting and narrative of how this came to be. Indeed, the setting was so common and the story so convincing, that Flaubert was put on trial, less for the topic treated and more for the dangers in his use of literary realism to convey the topic of adultery.

The object of our class discussions, then, will be to discover and discuss how Flaubert created a form of literary realism that so vividly conveyed the theme of adultery. Indeed, Madame Bovary served as a blueprint in western literature for treating not only this theme, but a variety of others as well.

Note: Participants will need to purchase their own copy of the English version of Madame Bovary.

Instructor(s): Vincent Remillard

Born, raised and educated in a 'Little Canada' community of Western Massachusetts, Dr. Remillard spoke only French until he began school. While completing his language requirement as an undergraduate major in Political Science at the University of Massachusetts, Amherst, he developed a passion for French writers and an absorbing interest in Linguistics. Dr. Remillard then went on to major in French, to complete an MAT in French language and culture at Assumption College and a Ph.D in French literature at Penn State. Dr. Remillard taught Linguistics and all levels of French for 40 years at Saint Francis University, Pennsylvania, where he retired as Professor emeritus.

Amphibians and Reptiles of Arizona

Subject Area: Science/Math/Technology

Wednesdays: 4 Sessions 11:00 AM - 12:30 PM **Start:** Wed 10/2/19 **End:** Wed 10/23/19

Location: Community Learning Center - Room 210

Course Description

Arizona has a rich diversity of amphibians and reptiles. In this study group, we will survey the herpetofauna and summarize some of what is known about the natural history of various species. This is not as straightforward as one might expect. Variation within a species can be bewildering. Males and females are often distinctly different, and juveniles can have coloration and patterns that make them look, unlike their parents. Populations are often selected for the coloration of the background they live on, so two populations may be close

geographically but living on rock and soil of different colors. We will focus on species that are likely to be encountered in Southeastern Arizona and emphasize spadefoot toads, leopard frogs, tiger salamanders, the Desert Tortoise, the Gila Monster, colubrid snakes, and rattlesnakes. The four sessions will be divided into an Introduction, Amphibians and Turtles, Lizards, and Snakes. The presentation is based around the book, "Arizona's Amphibians and Reptiles", a natural history and field guide.

Instructor(s): John Murphy

John C. Murphy is a retired science educator and zoologist. He spent most of his life in the Chicago area before relocating to Southeastern Arizona. He has studied reptiles in North America, Asia, the Eastern Caribbean, and South America.

[Open the Door to Tai Chi](#)

Subject Area: Health/Wellness

Wednesdays: 8 Sessions 11:30 AM - 1:00 PM **Start:** Wed 10/2/19 **End:** Wed 11/20/19

Location: Community Learning Center - CPAC Rehearsal Room

Course Description

Open the Door to Tai Chi, (Yang 24 Style), introduces a gentle form of Tai Chi to the beginner. Derived from a martial art fighting style that originated in China in approximately the 5th century, Tai Chi is an internal martial art that unifies the body and the mind with the natural energy, or chi, found in the body. Tai Chi is practiced while standing, and focuses on connecting each movement to the next while calming the mind and incorporating slow, uniform breathing. The list of physical and emotional health benefits provided by Tai Chi are too numerous to name, and it is the most popular exercise in the world today. Medical and word of mouth referrals are growing rapidly.

Please note that missing classes will reduce the benefits to participants, as the movements learned and practiced flow from one to the next throughout the class.*****SPECIAL NOTE: Class will be at 11:30 - 1:00 on Wednesday's in order to use the Rehearsal Hall****. A suggested manual is entitled Open the Door to Tai Chi, authored by Ms. Dianne Bailey and available through Amazon for \$7.99.

Instructor(s): Dean Curd

The study group leader is Dean Curd, retired to Green Valley from Colorado. Dean is a retired state patrol officer and professional trainer, and has practiced martial arts including Tai Chi for many years. He was certified to teach the Open the Door to Tai Chi course in 2015, and continues to study with his teacher, the creator of the national Open the Door to Tai Chi system.

[Astrophysics for People in a Hurry](#)

Subject Area: Science/Math/Technology

Wednesdays: 8 Sessions 1:30 PM - 3:00 PM **Start:** Wed 10/2/19 **End:** Wed 11/20/19

Location: Community Learning Center - Room 205

Astrophysics for People in a Hurry by Neil deGrasse Tyson - ISBN: 978-0393609394 available for \$18.95 or less in bookstores and online

Course Description

We will read and discuss "Astrophysics for People in a Hurry" by Neil deGrasse Tyson - ISBN: 978-0393609394. Please read Chapter One of the book before the first class session; available in bookstores and online for \$18.95 or less. Class sessions will be augmented by videos and additional suggested readings. The branch of physics/astronomy we are studying this term is called Cosmology. It is concerned with the beginning, evolution, and growth of the Universe; its large-scale structures and dynamics, the scientific laws that govern these areas, and eventual fate of the universe. The field itself is highly quantitative and theoretical whereas we are going to employ a descriptive approach to the subject matter. As a result, we will eschew some of the finer nuances in favor of general comprehensibility.

Instructor(s): Bob Schaffer

Completed the PhD from Arizona State with doctoral areas in Marketing, Quantitative Methods, and Experimental Psychology. Taught at ASU, Whittier College, CSU, Fullerton, before switching over to Cal Poly, Pomona in 1983 where I remained until retirement in 2010. Had a somewhat normal academic career: wrote textbooks, published papers, delivered academic presentations, chaired three international conventions, was instrumental in the creation of two new academic programs (Music Business and E-Commerce), advised student clubs, won some teaching awards, and in general, just had a great time. In addition to the US and Canada, academic travel included Europe and Asia; was lucky to teach one quarter in Africa. Consulting assignments included clients in the Manufacturing, Service, Health Care, Entertainment, and Financial sectors. Moved to Green Valley in 2011.

[Sonoran Desert Tortoise](#)

Subject Area: Science/Math/Technology

Wednesdays: Single Session 1:30 PM - 3:00 PM **Start:** Wed 10/2/19

Location: Community Learning Center - Room 203

Course Description

The course will cover the hibernation habits of the Desert Tortoise, their longevity, hydration, growth, maturation, mating rituals, and behavioral attributes. Aspects of endangerment to the species and the attempts to preserve them, including legal protections, will be explained. Participants will be introduced to Tito, a desert tortoise legally in protection with Phil and Margie.

Instructor(s): Phil Schilke

Phil Schilke is a retiree of Ford Motor Company after 30 years of service. He has both a BS and a MS in Mechanical Engineering. He retired in 2002. He and his wife, Margie, have been full-time residents of Green Valley for 14 years. He is a former race car driver with SCCA Road Racing, was a Trackside Indycar official for 22 years, and a Manager for Fork Offroad Racing. His current avocation is as an artist, working in Mesquite with turquoise inlay and decorative metal. He is the custodian of a desert tortoise and has experience with preserving this threatened species.

[Birding for Everyone, Everywhere](#)

Subject Area: Travel/Entertainment

Wednesdays: 6 Sessions 9:00 AM - 10:30 AM **Start:** Wed 10/16/19 **End:** Wed 11/20/19

Location: Community Learning Center - Room 210

Course Description

Have you ever considered trying Birding (aka "bird-watching")? Or are you an experienced birder with a long "Life List"? This delightful lifetime practice is a great way to enhance your appreciation some of nature's most beautiful creatures, of being outdoors, and of traveling. This class will focus on techniques, tools, knowledge, and practices for bird identification and appreciation (not including ornithology or bird photography). Bill and Laura Couchman, a married couple who have been happily birding together for 15 years, will co-lead the class and cover topics including binoculars, paper/electronic field guides, how to spot and find birds using your eyes and ears, implications of habitat and range, organizations and festivals available for birders, birding travels, keeping track of what you see, backyard birding, and more. We'll show lots of pictures of birds to help you learn the local favorites and more, and the class will include one or two field trips in the local area so we can go birding together. The class is designed for beginners/novices, but we welcome experienced birders to join us and share their knowledge. The optional field trip/s will be discussed in class to decide the date, time and location.

Instructor(s): Laura and Bill Couchman

Bill Couchman started birding at age 7 in Nature Camp, and has passed on his skills and enthusiasm to his family and friends. Laura Couchman, Bill's wife, picked up her passion for spotting and identifying birds from Bill when they met over 15 years ago, and they have seen birds together locally and all over the world when they travel. Bill and Laura have lived in Tucson since 2014 and have been with OLLI since 2016. Both have enjoyed taking and leading OLLI study groups.

Tales from the Inquisition: Religious Heterodoxy and (In)Tolerance in Colonial Mexico

Subject Area: History/Current Events

Wednesdays: 4 Sessions 9:00 AM - 10:30 AM **Start:** Wed 10/23/19 **End:** Wed 11/13/19

Location: Community Learning Center - Room 203

Course Description

The Inquisition is notorious in Spanish and Spanish American history as a secretive and often violent instrument of religious and ethnic persecution, used first against Muslims and Jews in Castile and then against native peoples, African slaves, free people of color, and Protestant interlopers in the Americas. In four lectures, drawing on case studies from the archives of the Holy Office in Mexico City, this class will explore the history of the Inquisition in the viceroyalty of New Spain, starting in 1536, with the trial for idolatry of the Nahua lord of Texcoco, don Carlos Ometochtzin. These cases-these tales from the Inquisition-are richly descriptive and often dramatic, vital sources for historians who work to understand histories of families and communities in colonial Latin America and the limits of royal and ecclesiastical authority. We will use them to consider a variety of topics: religious heterodoxy and practices of religious toleration; sexual nonconformity; women and the history of medicine; and religion and political struggle. Classes are lecture-based, invite lively discussions, and feature lots of visual images and some music, to highlight the cultural history of the Inquisition and its interplay with popular forms of religious expression and practice.

Instructor(s): Kevin Gosner

Kevin is Associate Professor of Latin American History at the University of Arizona, where he teaches classes on Colonial Spanish America, World History, and Historical Concepts and Methods. The author of *Soldiers of the Virgin: The Moral Economy of a Colonial Maya Rebellion*, his research examines the impact of the Spanish conquest and colonial rule on indigenous communities in southern Mexico and Guatemala. His interests also include music and popular culture, and natural history--topics that will be included in this class.

Astronomy in the News

Subject Area: Science/Math/Technology

Wednesdays: 4 Sessions 11:00 AM - 12:30 PM **Start:** Wed 10/30/19 **End:** Wed 11/20/19

Location: Community Learning Center - Room 210

Course Description

Our knowledge and understanding of the universe has expanded at an unprecedented rate in recent years. New discoveries are frequently reported in the news media. In this class we will discuss the background to some of these new discoveries and their significance in our bigger picture of the universe. Topics will depend on what is covered in the media before and during the class but may include such things as what we can see in the night sky, recent discoveries about Jupiter from the Juno space probe, planets that are being discovered orbiting other stars, dark matter and dark energy, and super massive black holes. The students will be encouraged to suggest

topics as we go along. No background in science will be assumed by the instructor. This class was offered in the winter term of 2019 but different topics will be discussed this time.

Instructor(s): Edward Schmidt

Ed Schmidt was a professor of astronomy at the University of Nebraska for four decades. He taught a variety of astronomy classes ranging from introductory classes for non-science majors to junior-senior classes for students majoring in physics. He has conducted research with the telescopes at Kitt Peak National Observatory as well as at other observatories all over the world (Nebraska, Texas, California, Australia, Canada, Chile, England, Israel) and in space. Following his retirement in 2012, he often taught OLLI courses in Nebraska and, more recently, in Green Valley. He also volunteers as a tour guide at Whipple Observatory.

[How to Connect with Beneficial Nature Spirits](#)

Subject Area: Philosophy/Religion

Wednesdays: Single Session 11:00 AM - 12:30 PM **Start:** Wed 10/30/19

Location: Community Learning Center - Room 205

Course Description

Spirits of Nature are ready and willing for humans to interact with them, and in some instances, will request human assistance. The best way for people to interact with these spirits is to be reverent, humble, loving, and compassionate in the communication exchange. We must also trust in our internal process of listening and being open to nature spirit communication and guidance.

When you open up to the divine communication that is possible between you and the spirits of nature, you gain a deeper appreciation of and reverence for Mother Earth and all of creation. These experiences help open you up to the oneness of all that is. I will explain various types of nature spirits. And you will learn specific protocols and steps on how to connect with and communicate with nature spirits. You will also be guided in a meditation to experience connecting with nature spirits.

Instructor(s): Debra Peterson

Debra Peterson has been in the holistic field of health and healing for many years, as well as having a scientific background of higher education degrees and employment in the engineering technology field. She has an understanding of the traditional scientific physical world, as well as the alternative health and metaphysical world. Deb has taught many health, energy and metaphysical related classes at community education schools and in private class offerings. She is experienced in this field as a trained energy therapist and health practitioner.

Exploring the Human Energy Field and Energy Therapy

Subject Area: Health/Wellness

Wednesdays: Single Session 11:00 AM - 12:30 PM **Start:** Wed 11/6/19

Location: Community Learning Center - Room 203

Course Description

The human electromagnetic field contains energy patterns which define our spiritual, mental, emotional and physical makeup. Indigenous cultures and sensitive individuals have described these subtle energies for a long time, but science could not explain them. 1920s research suggested that diseases could be detected in the energy field of the body before physical symptoms appeared. Now, the understanding of this energy field is becoming recognized by mainstream science, as well as the role of energy therapy. This change happened because sensitive instruments have been developed that can detect these subtle energy fields.

Energy therapy involves the balancing of subtle life force energy fields, which can positively affect the body and health. This class provides an understanding of the human energy field, the history of scientific awakening to it, and explanation of various energy therapies. I will demonstrate how to balance the chakra system, and provide helpful techniques on how to help balance your own energy field for increased well-being.

Instructor(s): Debra Peterson

Debra Peterson has been in the holistic field of health and healing for many years, as well as having a scientific background of higher education degrees and employment in the engineering technology field. She has an understanding of the traditional scientific physical world, as well as the alternative health and metaphysical world. Deb has taught many health and energy related classes at community education schools and in private class offerings. She is experienced in this field as a trained energy therapist and health practitioner.

Health Benefits of Sound Therapies

Subject Area: Health/Wellness

Wednesdays: 2 Sessions 11:00 AM - 12:30 PM **Start:** Wed 11/13/19 **End:** Wed 11/20/19

Location: Community Learning Center - Room 205

Course Description

The idea that sound affects the health of the mind and body is not a new concept. The use of sound is an ancient therapy, and more recently, scientific research has linked sound therapy to a number of health benefits. Sound therapy presumes that specific sound frequencies resonate with the body to support body health and to improve your emotional and physical well-being. It is part of a growing number of subtle-energy therapies that make up the field of vibrational medicine. Sound vibrations can positively affect your body's functions, reduce stress, promote relaxation, elevate one's mood, alter biochemical beta-endorphin levels, and stimulate therapeutic results.

The first class will give the historical, scientific, and modern use of sound therapy, including a broad overview of some different types of sound therapy. The different types of sound therapy each produce different benefits. The second class will delve into being able to experience certain types of sound therapy, such as Tibetan singing bowls, therapeutic drumming, and tuning forks. In order to best understand something, it is beneficial to directly experience it.

Instructor(s): Debra Peterson

Debra Peterson has been in the holistic field of health and healing for many years, as well as having a scientific background of higher education degrees and employment in the engineering technology field. She has an understanding of the traditional scientific physical world, as well as the alternative health and metaphysical world. Deb has taught many health, energy, and metaphysical related classes at community education schools and in private teachings. In the private sector, she is a trained energy therapist and metaphysical practitioner.

Art and Science: Ways of Knowing the Sonoran Desert

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

Wednesdays: Single Session 1:30 PM - 3:00 PM **Start:** Wed 11/20/19

Location: Community Learning Center - Room 210

Cost \$65 for optional ½ day workshop at Desert Discovery Center

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.

Optional Field Trip: "Art As a Way of Knowing the Sonoran Desert" held at Desert Discovery Center, 7798 W. Gates Pass Road, Tucson or Historic Hacienda de la Canoa Ranch, 5375 S. I-19 Frontage Rd, Green Valley. Multiple dates available. Cost \$65 for a ½ day workshop. More info at www.ecoartexpeditions.com

Instructor(s): 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

Last Updated: 10/7/2019 8:43 AM

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

Every Day Self Awareness & Situational Defense Options

Subject Area: Health/Wellness

Wednesdays: Single Session 1:30 PM - 3:00 PM **Start:** Wed 11/20/19

Location: Community Learning Center - Room 203

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. We will also 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 danger (rather than reacting when it's too late)

Reviewing every-day habits of awareness & safety

Learning methods for discouraging an attack

Putting it all together in real-life scenarios

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.

Thursdays

[Re-discovering Creativity and Meaning at Midlife and Beyond](#)

Subject Area: DIY/Self-Help

Thursdays: 8 Sessions 9:00 AM - 10:30 AM **Start:** Thu 10/3/19 **End:** Thu 11/21/19

Location: Community Learning Center - Room 205

Course Description

Julia Cameron, author of the bestselling *The Artist's Way*, has updated her work in *It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond*. This study group will explore how to access a higher path to creativity in all fields including writing, art, crafts, theater, film and fully being human. Participants will be asked to begin the recovery process through daily journal writing and trying new experiences. The focus is on PROCESS not product. We will share what we have learned about the creative process and getting free from "Writers' Block." Being creative brings a sense of vulnerability and severe self-criticism. This Study Group will work to affirm each participant's journey toward re-connecting with the creative process.

It is not necessary to buy *It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond*, but participants are required to bring a 3-part writing notebook and pen to every class. A small donation for copied materials will be encouraged (NOT required) at approximately 10 cents per page. The book (ISBN 978-0399174216) is available in bookstores and online for \$17 or less.

Instructor(s): Judith Vandewater

Judith Vandewater has enjoyed the creative process from writing poetry, exhibiting her watercolor paintings in juried shows and galleries and for 25+ years, being active both on stage and behind the scenes with the Flagstaff community theater, Theatrikos. She has a BA degree in sociology from UC-Santa Barbara and earned an MA in English: Creative Writing from San Francisco State University in 1982. She has taught English, creative writing, and sociology at the secondary, college and adult education levels. NOW, she would like to re-connect with her own creative self as well as to help others do the same.

[eBay & Craigslist: Cash for Your Closet Treasure](#)

Subject Area: DIY/Self-Help

Thursdays: 2 Sessions 11:00 AM - 12:30 PM **Start:** Thu 10/3/19 **End:** Thu 10/10/19

Location: Community Learning Center - Room 203

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 TVs, 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.

Options for Non-Violent Communication

Subject Area: DIY/Self-Help

Thursdays: 4 Sessions 11:00 AM - 12:30 PM **Start:** Thu 10/3/19 **End:** Thu 10/24/19

Location: Community Learning Center - Room 205

Course Description

Gandhi said, "Be the change you wish to see in the world." Our world continues to become increasingly violent, physically and emotionally. Utilizing Marshall Rosenberg's "Non-Violent Communication: A Language of Life" as a springboard for discussion, participants will explore non-violent communication options. These alternative ways of interacting combine head and heart language, are compassionate and assertive, and allow persons to move beyond power struggles to build trust and cooperation in relationships. While reading the book is not required, it could provide helpful in furthering participant's practice of non-violent communication. Both new and used copies of either the 2nd and 3rd editions are available from most major booksellers.

Please bring your experiences, insights, and wisdom to share in this discussion.

Instructor(s): Mary Ellen Klawiter

Mary Ellen lived her first fifty years in Philadelphia, Pennsylvania where she worked as an educator, a Director of Religious Education, and a Hospice Chaplain. Since moving to Sahuarita, Mary Ellen received an M.S. in Mental Health Counseling and counseled at-risk teens, pre-teens, and people struggling with loss. Her undergraduate work was in History and Theology and her graduate theological studies were in Religious Education and Clinical Pastoral Education.

From Brooms to Roses - British History Two

Subject Area: History/Current Events

Thursdays: 8 Sessions 1:30 PM - 3:00 PM **Start:** Thu 10/3/19 **End:** Thu 11/21/19

Location: Community Learning Center - Room 203

Course Description

Review the history of the British Isles from Richard I to Richard III.

Instructor(s): Stephen Stillwell

Stephen Stillwell is an historian and a librarian. He has led study groups at each of the OLLI-UA campuses. His courses have included Middle Eastern history, British history, and British culture. Some of his most popular classes have concentrated on British mysteries.

Reading the Economist with Non-Economists

Subject Area: History/Current Events

Thursdays: 8 Sessions 1:30 PM - 3:00 PM **Start:** Thu 10/3/19 **End:** Thu 11/21/19

Location: Community Learning Center - Room 205

A print or digital subscription is required - currently \$12 for 12 weeks.

Course Description

Join with us to read and think about the news as reported in the world's most influential weekly news magazine. The Economist has an international perspective, examining countries and current developments on a wide range of topics. Written for the general public, the magazine has something for everyone - reportage, commentary, profiles, criticism, statistics and even cartoons. Articles are typically 1-2 pages. A background in economics is NOT necessary.

Each week 4 or 5 class members volunteer to take a different article from the current issue and prepare a short summary and commentary for the class the following week. In addition the entire class will read a major article for discussion. A print or digital subscription is required - currently \$12 for 12 weeks.

Expect to participate in lively discussions on current topics!

Instructor(s): Charles Wright, Jack Burks

Charles is a retired Architect. During his career he was involved in a number of projects for International Organizations in Europe, Africa, Asia, South America and the Caribbean. Join us for some interesting discussions.

Jack received a classic liberal arts education topped off with an MBA. Natural inclination and professional necessity have led him to a life of encyclopedic reading in order to hang some flesh of understanding on the bones of education. He hopes the excitement of that adventure will infect this class, too.

Another Round of British Mayhem

Subject Area: Literature/Writing/Language

Thursdays: 8 Sessions 3:30 PM - 5:00 PM **Start:** Thu 10/3/19 **End:** Thu 11/21/19

Location: Community Learning Center - Room 205

Course Description

We will discuss the following books in this order: Peter Lovesey's "Bertie and The Tinman"; Ngaio Marsh & Stella Duffy's "Money in the Morgue", Agatha Christie's "The Secret of Chimneys", Alexander McCall Smith's "The Sunday Philosophy Club", Peter Lovesey's "The Last Detective", Dorothy L Sayers & Robert Eustace's "The Documents in the Case", Agatha Christie's "The Man in the Brown Suit", and Nancy Atherton's "Aunt Dimity's Death".

Instructor(s): Stephen Stillwell

Stephen Stillwell is an historian and a librarian. He has led study groups at each of the OLLI-UA campuses. His courses have included Middle Eastern history, British history, and British culture. Some of his most popular classes have concentrated on British mysteries.

Geological Hazards

Subject Area: Science/Math/Technology

Thursdays: 4 Sessions 3:30 PM - 5:00 PM **Start:** Thu 10/3/19 **End:** Thu 10/24/19

Location: Community Learning Center - Room 203

Course Description

Planet Earth is a dynamic place that presents a number of hazards across its surface. These include mass wasting processes such as rock falls or landslides, earthquakes that can be locally (or regionally) damaging and volcanic eruptions that can be so large that they have planet-wide consequences. Join me for this four-part class during which we will look at each of these processes and study examples from across the world. In the final week, we will look through geological history and leverage recent research to investigate the mass extinctions that have occurred through Earth history. We will uncover the cause of those events and discuss the implications for today's society.

Instructor(s): Nicola Richmond

Nicola Richmond is the Assistant Vice Chancellor of Institutional Research, Planning and Effectiveness at Pima Community College. She oversees strategic planning, institutional and operational effectiveness, federal and state reporting and ad hoc reporting at the institution. She has an extensive data analysis and research background that most recently focuses on higher education, but her experience also includes the analysis of magnetometer data for the moon and Mars, and the application of cellular automata models to coastal environments. She has a PhD in Geology from University College London. Her doctoral research focused on the incorporation of aluminum and iron into deep Earth magnesium silicate minerals using numerical modeling

approaches from quantum mechanics and solid state physics. Nic has a strong interest in cross-disciplinary research approaches, taking techniques from the sciences and bringing them to higher education research.

[Get to know the Buenos Aires NWR](#)

Subject Area: Travel/Entertainment

Thursdays: Single Session 1:30 PM - 3:00 PM **Start:** Thu 10/10/19

Location: Community Learning Center - Room 210

Course Description

I will present a Powerpoint lecture describing the history of the refuge, the refuge missions with emphasis on the quail program, and recreational opportunities on the refuge. There is no prior knowledge or materials required. Anyone can participate.

Optional field trip the following Saturday, October 5th, at the refuge headquarters. Instructor will provide information, including driving directions, on first day of class.

Instructor(s): Joshua Smith

I am a Wildlife Refuge Specialist with the US Fish and Wildlife Service at Buenos Aires National Wildlife Refuge. I've worked for the federal government as a Biological Sciences Technician, an Ecologist, and now a Refuge Specialist. My duties include public outreach and education, volunteer coordination, and biology. I enjoy sharing my knowledge of the outdoors and wildlife with diverse audiences.

[Perspectives on Aging: Research & Resources](#)

Subject Area: Health/Wellness, Social Sciences

Thursdays: Single Session 9:00 AM - 10:30 AM **Start:** Thu 10/17/19

Location: Community Learning Center - Room 203

Course Description

This presentation will offer insights into the way people view and react to the process of aging, and how by capitalizing on research-based activities and utilizing appropriate services they can foster their life skills, avoid or delay costly high-levels of care and maintain optimal independence. Through lecture and discussion, attendees will be introduced to current research related to healthy aging and learn ways to make life plans that include options for maintaining optimal independence. The presentation includes how to recognize roadblocks to utilizing services that can help individuals as they age.

Instructor(s): Bill McCreery

Bill McCreery has a M.A in Educational Psychology, a Licensed Professional Counselor, and is the Director of Community Programs at Posada Life Community Services in Green Valley. He is an experienced social services agency leader whose current management responsibilities include behavioral health services, adult day services, caregiver support, early childhood education and a senior/community center with nutrition, lifelong learning and social activities components. An innovative leader, Mr. McCreery has developed or been part of teams that have created collaborative initiatives for healthy aging, community connections to care services, and a fee-for-service wellness program for seniors. He is a Licensed Professional Counselor.

Chinese Music Appreciation

Subject Area: Arts/Culture

Thursdays: 6 Sessions 1:30 PM - 3:00 PM **Start:** Thu 10/17/19 **End:** Thu 11/21/19

Location: Community Learning Center - Room 210

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, Bios 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 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.

Exploring Three Movements of the Spiritual Life

Subject Area: Philosophy/Religion

Thursdays: 4 Sessions 11:00 AM - 12:30 PM **Start:** Thu 10/31/19 **End:** Thu 11/21/19

Location: Community Learning Center - Room 205

Course Description

There are many definitions of spirituality. In "Reaching Out: The Three Movements of the Spiritual Life", Henri Nouwen proposes three movements of this journey: from loneliness to solitude, from hostility to hospitality, and from illusion to prayer. Utilizing Nouwen's concepts as a springboard for discussion, participants will explore what spirituality means to them through connection with their inner selves, with others, and with the transcendent / universe. While reading the book is not required, it could provide helpful in furthering participant's understanding of these movements. Both new and used copies are available from most major booksellers.

Please bring your beliefs, experiences, insights, and wisdom to share in this discussion.

Instructor(s): Mary Ellen Klawiter

Mary Ellen lived her first fifty years in Philadelphia, Pennsylvania where she worked as an educator, a Director of Religious Education, and a Hospice Chaplain. Since moving to Sahuarita, Mary Ellen received an M.S. in Mental Health Counseling and counseled at-risk teens, pre-teens, and people struggling with loss. Her undergraduate work was in History and Theology and her graduate theological studies were in Religious Education and Clinical Pastoral Education.

Desert Dangers: Venomous Creatures of the Southwest

Subject Area: Science/Math/Technology

Thursdays: Single Session 11:00 AM - 12:30 PM **Start:** Thu 11/7/19

Location: Community Learning Center - Room 203

Course Description

Danger, Poison, Venom! Arizona is considered the venomous creature capitol of the United States, with more rattlesnake bites per capita than any other state. The Arizona Poison and Drug Information Center specializes in bites and envenomations, and is here to help you prevent and treat venomous encounters. In this course, participants will identify the venomous creatures of the Arizona desert, from rattlesnakes to Gila monsters. Participants will learn animal behavior, bite and sting prevention, and first aid in case of envenomation. There will be an "up close and personal" look at a couple of our native creatures, including a live scorpions and Colorado River toad. No prior knowledge is necessary to participate. The instructor will use slides as visual aids for delivering information. There are no additional costs for the class

Instructor(s): Laura Morehouse

Laura Morehouse conducts education and outreach for the poison center. Ms. Morehouse is a certified health education specialist with interest in curriculum development, program design and evaluation. She holds a master's degree in public health with an emphasis in health behavior and health promotion from the University of Arizona. As the educator for the poison center, she is available for presentations on poisoning prevention, venomous desert creatures, elder adult concerns, and is a resource for toxic hazard concerns.

Fridays

[Climate Conundrum](#)

Subject Area: History/Current Events

Fridays: 4 Sessions 9:00 AM - 10:30 AM **Start:** Fri 10/4/19 **End:** Fri 10/25/19

Location: Community Learning Center - Room 210

Course Description

Humanity is facing an unprecedented challenge. What is happening and why? Why aren't we dealing with it? What does it mean for the story of our place in the world? How then shall we respond? This series investigates the climate emergency through science, psychology, history, current events, and philosophy.

Instructor(s): Connie Williams

Connie Williams, retired math/science/environment teacher, has been asking these questions and looking for answers for 30 years. She has a background in geology, a master's degree in multicultural education, and a deep love for and connection with the Sonoran Desert. She is a Climate Reality presenter (trained in Chicago, 2013) and co-facilitates the Santa Cruz Valley Climate Coalition with Connie Aglione.

[Finding Fulfillment in Retirement](#)

Subject Area: DIY/Self-Help

Fridays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Fri 10/4/19 **End:** Fri 11/8/19

Location: Community Learning Center - Room 210

Course Description

A fun, fast-paced participation-based class with group discussions on what is working for you and others in retirement. There will be heavy emphasis on what you'd like to achieve to have a more satisfying and productive second chapter of life.

Based on my book "Sea Change: A Story About Realizing Your Dreams in Retirement".

The class is an opportunity to net work with other positive like-minded people who are looking for ways to experience enriched living.

Last Updated: 10/7/2019 8:43 AM

The goal of the class is for every participant to leave with a concrete plan for the future.

Instructor(s): Byron Thompson

Author, Build Your Dream 12 Essential Tools for Successful Living and soon to be released 5000 Years of Wisdom: Finding Happiness in Retirement. As an independent businessman, Byron owned and operated the franchise in Oregon for the world-wide Dale Carnegie organization, presenting management, leadership and sales training.

[How the U.S Supreme Court Works and 10 Key Decisions Dissected](#)

Subject Area: History/Current Events

Fridays: 8 Sessions 11:00 AM - 12:30 PM **Start:** Fri 10/4/19 **End:** Fri 11/22/19

Location: Community Learning Center - Room 203

Course Description

This study group will begin with an explanation of how the United States Supreme Court works, how it gets the cases it decides, how opinions are written and by whom, the nature and extent of the interaction between a Justice and their staff, as well as with the other Justices, and how the Court fits into our Constitutional system of checks and balances. The SGL will select approximately 10 key decisions of the Court which have substantially impacted life and government in the United States, particularly our society as it is today. The SGL will advise the study groups' members how they can access and read each of the selected opinions. During each of the last 7 weeks of the group, a group member will be asked to take responsibility for a particular opinion and to present to the group a "briefing of the case" explaining the underlying facts, the ruling of the lower court, and the decision reached by the court, as well as the position of any dissenting Justices. The balance of the class time after the "briefing" will be devoted to discussion of the reasoning of the majority opinion, the strength of any dissents, and what impact (favorable or unfavorable) the decision has had on citizen's lives, as well as upon our political and governmental systems.

Instructor(s): Richard Sievers

I am educated as a lawyer, and practiced civil trial law in Lincoln, Nebraska, for 19 years, until my appointment in 1992 as the first Chief Judge on the newly formed Nebraska Court of Appeals. I served on the Court until May 31, 2013, during which time I authored approximately 1600 appellate opinions. Upon my retirement I joined a Lincoln law firm as Of Counsel focusing mainly on arbitration and mediation, which I continue to do from Green Valley. From 1988 to 2000 I taught Trial Advocacy as an adjunct faculty member at the University of Nebraska College of Law.

Current Wildlife and Natural Resource Conservation Topics at the UA

Subject Area: Science/Math/Technology

Fridays: 5 Sessions 1:30 PM - 3:00 PM **Start:** Fri 10/4/19 **End:** Fri 11/1/19

Location: Community Learning Center - Room 203

Course Description

Research at the School of Natural Resources and the Environment at the University of Arizona is diverse and focuses on the ecology of wild plants and animals as well as understanding how our complex ecosystems respond to environmental or human pressures. It also develops management strategies for sustainable solutions. In this study group session, we will focus on conservation issues of concern for Arizona and beyond. We highlight question-oriented research, topics of interest, and innovative tools and methodology presented by current and former graduate students in The School of Natural Resources and the Environment (SNRE) at the U of A. Our course content is accessible to anyone and the format is interactive lecture (with power point presentation) and discussion with some hands-on activities. No outside research or work is required, however additional materials can be provided if participants wish to learn more about a topic.

Oct. 4th: Susan Washko, Aquatic Macroinvertebrates of Desert Rock Pools

Oct. 11th: Miguel Grageda, Sonoran Pronghorn in the Pinacate Biosphere Reserve

Oct. 18th: Diana Githu, Pastoralism in a Variable Climate

Oct. 25th: Xian Wang, Natural Resource Conservation and Management Through Integration of Remote Sensing Techniques

Nov. 1st: Matt Roby and Blake Steiner, Impact of Climate on Phenology and the Breathing of the Biosphere

Instructor(s): Susan Washko

I am a PhD student at the University of Arizona's School of Natural Resources and the Environment, and on the board for the Natural Resources Graduate Student Organization.

Presidential Nominating Process

Subject Area: History/Current Events

Fridays: 4 Sessions 9:00 AM - 10:30 AM **Start:** Fri 11/1/19 **End:** Fri 11/22/19

Location: Community Learning Center - Room 203

Course Description

With the 2020 Presidential election fast approaching, you may want to understand how presidential primaries, caucuses and National conventions work in both parties. I will offer a non-partisan view of the processes the Democratic and Republican parties use in selecting their nominees, writing a platform and adopting their rules.

Instructor(s): Carol Casey

I have over 30 years working in Washington D.C. in politics and government. I was head of the Political Processes Section of the Government Division, Congressional Research Service. I have attended four National Conventions. In the 1970s and 1980s I was highly respected as an expert on nomination and election processes, credentialing, rules adoption and platform creation of both the Democratic and Republican Parties, and have been published on the topic of national party rules. I served as staff on a Credentials Committee and as a member of the Rules Committee on two different National Conventions.

Pima Air & Space Museum Field Trip in Tucson

Subject Area: History/Current Events

Fridays: Single Session 10:00 AM - 2:00 PM **Start:** Fri 11/8/19

Location: Pima Air & Space Museum

cost of \$19.50 for admission to the museum and the tram tour. Lunch in the Grill costs approximately \$8 to \$10 and is optional.

Course Description

This will be a personalized tour of Hangars 3, 4, and 5 in the Pima Air & Space Museum. These three hangars focus on WWII aircraft. A tram tour of the post-WWII aircraft starts at 12:00 and lasts about one hour. Visitors may lunch in the Grill after the tram tour and or visitors may explore on their own in Hangars 1 and 2 and the Space Gallery for an hour. This field trip will take approximately 4 hours, beginning at 10:00 AM and ending at approximately 2:00 PM. People who enroll for this field trip may car pool from Green Valley or meet your hosts at the Pima Air & Space Museum in front of the Gift Shop at 9:45 AM. There is a total cost of \$19.50 for admission to the museum and the tram tour. Lunch in the Grill costs approximately \$8 to \$10 and is optional.

Instructor(s): Jerry Howell, Patricia Howell

Jerry Howell has 46 years of teaching experience at the high school and college level. He received his B.A. from San Jose State University, M.S. from Cal Poly, San Luis Obispo and Ph.D. from Oregon State University. His teaching experience has included graduate-level courses and Advanced Placement in U.S. History, Human Geography and World History.

Patricia Howell, Ed.D., has 40 years of teaching and education administration experience at the high school and college levels. She has served as a high school assistant principal and principal, assistant superintendent of curriculum and instruction, and superintendent of schools. Patricia and her husband, Jerry, have been volunteers at the Pima Air & Space Museum since 2015.

First Things First and Healthy Brain Development, Prenatal to 5 Years

Subject Area: Health/Wellness

Fridays: 2 Sessions 11:00 AM - 12:30 PM **Start:** Fri 11/15/19 **End:** Fri 11/22/19

Location: Community Learning Center - Room 210

Course Description

This course will focus on critical aspects of early brain development, and identify ways that individuals, communities and systems can support the healthy brain development that is required for optimal school and life success. Keys include protection from prenatal teratogens and post-natal toxic stress, and generous first-year offerings of touch, holding and engaging "serve and return" and in-person verbal communication. Well-supported parents, an ample supply of books and accessible high quality early child centers and preschools are important to the growing toddler and preschooler.

An important resource for Arizona is First Things First (FTF), the product of a 2006 voter initiative. FTF partners with families and communities under the guidance of 28 Regional Partnership Councils, funding evidence-based strategies "to help our states infants and young children be ready for success in kindergarten and beyond". The first session will focus on prenatal development and the first year of life. The second session will include language development, pre-school, and First Things First resources.

You may access information about brain-supporting resources on the First Things First website, <https://www.firstthingsfirst.org/>, and on the Make Way for Books app. You can download the latter from the app store on your mobile device. Other references for the talk are Worth Publisher's, "The Developing Person through the Life Span" and "Invitation to the Life Span", both by Kathleen Stassen Berger.

Instructor(s): Dorothy Johnson

PCC Adjunct Instructor teaching Human Development and Relations, FTF Pima North Council Member & retired Developmental-Behavioral Pediatrician.