OLLI-UA Spring 2022 Catalog

- Classes In-Person and Online
- Central Tucson Campus
- Green Valley Campus
- Field Trips and More!

Curiosity Never Retires
12 Weeks: Jan. 24 to Apr. 15
Welcome to OLLI-UA Spring 2022!

We continue to find our way to our new normal this spring and are excited to offer expanded in-person offerings at both our Central Tucson and Green Valley Campuses along with a few field trips. We continue to offer robust online Zoom programs and are piloting shared Zoom classes with other Osher programs.

Please note our updated OLLI-UA 501(c)(3) COVID-19 policy for in-person activities at our campus locations below.

Spring Session Overview

- There are 150+ offerings across OLLI-UA.
- Spring runs for 12 weeks from January 24 to April 15.
- Central Tucson Campus offerings primarily run Tue / Wed / Thurs for 12 weeks.
- Green Valley Campus offerings run Wed / Thurs for 8 weeks ending March 17.
- Online classes run Mon – Fri for 12-weeks.

Registration

- Priority Request Registration (PRR) ends, Sunday, Dec 19 and runs Monday, Dec 20.
- Registration confirmation emails will be sent after PRR runs on the 20th.
- Open Registration – Begins after PRR runs on Monday, Dec 20. During open registration you can continue to add (and drop) classes with availability first come, first serve throughout the rest of the term.

What is Priority Request Registration (PRR)?

PRR is a stress-free pre-registration process that allows you to prioritize and request the classes you most want to attend. At the end of PRR, our registration system officially enrolls members in classes, filling each seat based on the priority of the request. This is most helpful for classes with limited capacities like those that are in-person or purposely keep the class size small. It is important to give small capacity classes a higher priority if they are important to you. If a class fills to capacity a waiting list is started and ordered by the next priority assigned. More detail on this process can be found our registration planner materials on our homepage at www. oligi.arizona.edu

Memberships and Registration

What you can register for depends on the membership you purchased. OLLI-UA offers two membership options outlined below:

The All OLLI / Central Tucson Campus (CT) Membership allows you to register for all classes across OLLI.

The Greater Tucson / Green Valley (GTGV) Membership allows you to register for online classes, in-person Green Valley classes and field trips for spring. (Central Tucson classes are not included with this membership).

Complete membership purchase details can be found at www. oligi.arizona.edu

In-person COVID-19 Policy: Vaccine and Masking Requirements.

OLLI-UA 501(c)(3) is taking steps to help ensure the health and well-being of our members, study group leaders, and staff, but please know members need to decide for themselves if they are comfortable attending in-person activities and assume any personal risk involved. We also ask you to think of our collective membership and act in the best interest of all participants when deciding to attend in-person activities. OLLI-UA continues to provide robust online offerings for those who cannot meet the requirements for in-person activities.

To protect our highly vulnerable learning community, the Board of Directors of OLLI-UA 501(c)(3) is now requiring members be fully vaccinated per CDC guidelines to attend in-person activities at our campus locations. We are also requiring masks to be worn in our facilities and classrooms. You may be required to present proof of vaccination and are strongly encouraged to follow the latest CDC recommendations for COVID-19 including booster shots.

Read our full policy at: https://olli.arizona.edu/page/covid19
In-person Campus Locations / Facilities

Central Tucson Campus (CT)

4485 N 1st Avenue, Tucson AZ, on the NW corner of 1st Avenue and Wetmore Road. The facility includes three large classrooms, a member lounge with coffee service for eating or just gathering and ample parking.

Green Valley Campus (GV)

The Green Valley Campus is located at the Community Learning Center at 1250 W. Continental Road, Green Valley, AZ, and has spacious classroom space in a former community college facility operated by Pima County with ample parking and a small lounge area.

Online Classes

Online classes are hosted using Zoom. There is no cost or account needed for members to use Zoom. Zoom is generally easy to use and works across many different devices and operating systems. Learn more on our Zoom resources page: https://olli.arizona.edu/page/zoom

Volunteerism

As a member-run, volunteer-led organization OLLI-UA is dependent on members stepping up to help in ways big and small. Please consider giving your time and expertise to OLLI-UA. It is also a great way to meet fellow members and develop lasting friendships! Watch for requests along the way to help.

Planning Tools

Keep in mind all offerings are subject to change. See the OLLI-UA registration system for the latest information.

Clicking on the Class Titles in this catalog will take you to the OLLI-UA registration page for each class.

Along with this catalog we offer additional class registration planners that can be found on our homepage at olli.arizona.edu

Need Help?

You can always email the office at ollimail@arizona.edu or call 520-626-9039 Mon – Fri, 9 AM to 4 PM

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Central Tucson Campus (CT): In-Person
Requires: All OLLI / Central Tucson Campus Membership

All Classes at 4485 N 1st Avenue, Tucson AZ

Tuesdays

Alliances in the Asian Century

Subject Area: History/Current Events, Social Sciences

Tuesdays: 6 Sessions 9:00 AM - 10:30 AM  Start: Tue 1/25/22  End: Tue 3/1/22
Location: Ocotillo Room  Class Size: 45

Course Description
Alliances in the Asian Century is a course examining international relations in Asia in the 21st century. The course is a continuation of Invisible China and the Asian Century from the Fall Semester. Specific content depends on what has happened in the recent past and in the ongoing future. Three countries that will be looked at in the course are Myanmar, Pakistan, and Iran. All three are in turmoil and deeply affected by the rise of China.

Members are encouraged to subscribe to the magazine Foreign Affairs, but it is not required. Neither is enrollment in the Fall course Invisible China. What is needed is an interest in international relations in a diverse Asian region that is likely to be affected by the rise of China, India, and Southeast Asia.

Instructor: David Shawver
Dr. David Shawver lived, worked, and studied in Iran, Pakistan, India, Bangladesh, Burma (Myanmar), and China in Asia and in Zaire (Congo), Tanzania, and Tunisia in Africa over a four-decade international school career. He served as President of the Association of China and Mongolia International Schools (ACAMIS) and as President of the Association of International Schools in Africa (AISA).

Death with Dignity: Arizona End-of-Life Options

Subject Area: Civic Engagement/Community/Government, History/Current Events

Tuesdays: 3 Sessions 9:00 AM - 10:30 AM  Start: Tue 1/25/22  End: Tue 2/8/22
Location: Saguaro Room  Class Size: 45

Course Description
This class will begin by briefly exploring the rich history of the death with dignity movement in Arizona over the last 20 years. Bringing it to the present, it will cover current end-of-life options including the misconceptions and realities surrounding advance directives, palliative care, and hospice.

Regarding medical aid in dying (aka MAID or physician-assisted dying), we will explore where we stand in relation to other states that have passed laws permitting this particular end-of-life option.
We'll take a deep dive into the details of the law including the "Oregon Model" vs. what the newest version looks like that was passed in New Mexico in 2021, the safeguards and qualifications, the views of the proponents and the voice of the opposition.

This is not a liberal or conservative issue. It's an individual rights issue. It's about patient autonomy, education and choice. Some see it as the last civil right. It's a topic often misunderstood by voters and lawmakers alike. Let's explore the slogan "your life, your death, your choice".

Medical aid in dying is available in ten states plus Washington DC to nearly 74 million Americans, but not those residing in Arizona. Although a bill is proposed every year, it doesn't even get a hearing by our legislators. Great advances have been made in healthcare but the mortality rate is still 100%. Let's enjoy some stimulating conversations about our end-of-life options.

Instructor: Mary Ganapol

Mary Ganapol has attended many OLLI classes and enjoys the level of expertise and lively discussions that ensue. She is retired, volunteers for four local non-profits and enjoys being active in community events. She is the Southern Arizona Lead for an all-volunteer grassroots non-partisan group advocating for a medical aid in dying law for Arizona residents and has made presentations to a variety of groups on the topic of end-of-life options.

Writing for Self Discovery

Subject Area: Literature/Writing/Language

Tuesdays: 6 Sessions 9:00 AM - 10:30 AM  Start: Tue 1/25/22  End: Tue 3/8/22 - No Class Feb 15

Location: Palo Verde Room  Class Size: 10

Course Description

In this study group we will write short essays (900 word max), on topics such as:

1. something that stands out in your childhood
2. a dramatic event that happened in your life
3. something you are dealing with now or have dealt with recently
4. an important decision that influenced, or perhaps even changed, your life.

We will discuss each essay and provide feedback about how it is written. What typically happens in this class is that as people share their experiences and talk about their writing, they gain a deep appreciation for each other.

Register only if you are committed to attending every session of the class, writing weekly essays, and are open to receiving constructive feedback about your writing. You will also need to be able to email your essays to the other students in the class.

Instructor: Bruce Goldstein

Bruce Goldstein received the Chancellor's Distinguished Teaching Award from the University of Pittsburgh for his classroom teaching and textbook writing, and has also taught psychology courses at the University of Arizona.

Bruce has written two widely used college textbooks, Sensation and Perception, and Cognitive Psychology. He
Faith and/or Reason? (Philosophy of Religion)

Subject Area: Philosophy/Spirituality/Religion
Tuesdays: 12 Sessions 11:00 AM - 12:30 PM  Start: Tue 1/25/22  End: Tue 4/12/22
Location: Saguaro Room  Class Size: 45

Course Description
A historical examination of the dynamics between faith and reason in Western Culture, starting with the Greeks and tracking through the Medieval and Modern times to the Contemporary period. My new book "Faith and Philosophy" will provide the framework, but it is very expensive and is not necessary to follow the course outline. John Hick's "Philosophy of Religion" is cheap on Amazon.

Instructor: Jerry Gill
Long-time college professor, Ph.D. Duke University, teaching a wide spectrum of Humanities courses, mostly in philosophy and religious studies, most recently at Pima Community College. Widely travelled and have led numerous semester abroad programs in Greece, Finland, and Mexico. 30 books and over 100 scholarly articles published. Semi-retired.

Ireland: History Culture and Literature

Subject Area: History/Current Events
Tuesdays: 12 Sessions 11:00 AM - 12:30 PM  Start: Tue 1/25/22  End: Tue 4/12/22
Location: Ocotillo Room  Class Size: 45

Course Description
Using videos from the Great Courses as a basis, we will follow the history and development of a small and rebellious English colony, from prehistoric times to the beginning of the twentieth century.

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

**Subject Area:** Social Sciences  
**Tuesdays:** 12 Sessions 11:00 AM - 12:30 PM  
**Start:** Tue 1/25/22  
**End:** Tue 4/12/22  
**Location:** Palo Verde Room  
**Class Size:** 30

**Course Description**

News and Views is an interactive sharing of your views on news or social issues. This is a class participation course, with a wide range of issues you bring to class. The best part is the humor we find.

**Instructor:** Terry Coleman  
Terry has been a resident of Tucson for 35 years and an OLLI member. He is retired from the local school system, having been a school counselor. He has served overseas as a Peace Corps volunteer in India and later as a Foreign Service officer in South Vietnam.

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**Adam Bede**

**Subject Area:** Literature/Writing/Language  
**Tuesdays:** 12 Sessions 1:00 PM - 2:30 PM  
**Start:** Tue 1/25/22  
**End:** Tue 4/12/22  
**Location:** Palo Verde Room  
**Class Size:** 25

**Course Description**

George Eliot was 40 years old when she published her first full-length novel Adam Bede, a story set in her native Warwickshire, England. In this work she fully establishes her extraordinary ability to intertwine the lives of people of disparate interests and social classes. Their approaches to life and the consequences of their actions provide an especially rewarding reading experience. Class members are expected to read approximately 40 pages per week and contribute to class discussions.

The text is ADAM BEDE, Oxford World Classics edition, introduction and notes by Carol Martin  
As the publisher suggests, do NOT read the introduction before reading the novel.

**Instructor:** Suzanne Peters  
Sue Peters is an experienced study group leader.
Discussion and Examination of Civil War Causation in the Ante-bellum Era

**Subject Area:** History/Current Events, Social Sciences

**Tuesdays:** 6 Sessions 3:00 PM - 4:30 PM  **Start:** Tue 1/25/22  **End:** Tue 3/1/22

**Location:** Saguaro Room  **Class Size:** 20

**Course Description**
This course is designed as a discussion-based class to investigate and examine the causes of the American Civil War. No occurrence in United State's history has been as disruptive to the political, social, and economic system as this event. Historians have debated the causes for 150 years. Some claim the Civil War was a result of Northern aggression, while others denounce it as purely Southern treason. A number of authorities argue that it was inevitable, while others regard it as a preventable mistake. Earlier historians insisted that the war resulted from economic differences between North and South, but more recent scholars claim that the cause stemmed from Northern opposition to Southern slavery. These questions continue to be debated, and this class will examine some of these arguments in a discussion-based approach, with an emphasis on its ramifications in the 20th and 21st century, specifically the 2nd Reconstruction era and the most recent 1619 Project and its 1620 critique.

Instructor: John Hosmer
Dr. John Hosmer received his Ph.D. from the U of Arizona with postdoctoral work at the University of Oxford in American Political Theory. He was the Arizona Governor's choice to serve on the Arizona State Board of Education and has been in the education field for over 35 years, teaching at both the college and secondary level. He served as the chair of the Charter School Subcommittee while on the State Board. Dr. Hosmer's papers and publications are centered on the field of American political and intellectual ideas stemming from the Civil War/Reconstruction era.

Gods of the Upper Air - Anthropology in One Book

**Subject Area:** Literature/Writing/Language

**Tuesdays:** 12 Sessions 3:00 PM - 4:30 PM  **Start:** Tue 1/25/22  **End:** Tue 4/12/22

**Location:** Ocotillo Room  **Class Size:** 45

**Course Description**
Gods of the Upper Air: How a circle of Renegade Anthropologists reinvented race, sex, and gender in the 20th century - is a book by Charles King published in 2019. King tells the story of Franz Boas, head of the Anthropology Dept. at Columbia University and a critic of white supremacists during his tenure there. He had a profound influence on three students who became influential in the cultural anthropology of the 20th century. Margaret Mead, Ruth Benedict, and Zora Neale Hurston, plus Native American Linguist Ella Cara Deloria. In prose that reads like a novel, King gives the background of the formative years of how cultural anthropology became a discipline based on scientific principles. King's book is in paperback @ $17.00 new (ISBN 9780525432326) and in many used booksellers at various prices.

Instructor: Charles Peters
Chuck is an experienced study group leader.
**Introduction to the Japanese Language**

**Subject Area:** Literature/Writing/Language  
**Tuesdays:** 12 Sessions 3:00 PM - 4:30 PM  
**Start:** Tue 1/25/22  
**End:** Tue 4/12/22  
**Location:** Palo Verde Room  
**Class Size:** 20

**Course Description**

This is an introductory class for students who know no Japanese. A reasonable goal for this twelve-week course is to be able to pronounce Japanese words correctly and to speak and understand simple Japanese phrases that will help you navigate through a visit to Japan. If visiting Japan is on your bucket list, this will be a fun way to learn a little about the language and culture. We will also learn hiragana, the phonetic characters used to represent all the sounds in this polysyllabic language.

The course will use the textbook "Japanese From Zero" volume 1 by George Trombley and Yukari Takenaka, as well as the many youtube videos by Trombley which support the text. If you decide to continue your study of Japanese, there are four more volumes of the textbook, all supported by more videos. The textbooks are $10 in electronic form and about $20 in paperback. The youtube videos are free.

**Instructor:** Ray Baxter  
Ray Baxter has an MA in Japanese Area Studies from the University of Michigan, and he lived and worked in Japan for four years.

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**Long Term Trends Which May Affect the Financial Future - UPDATE**

**Subject Area:** History/Current Events  
**Tuesdays:** 2 Sessions 9:00 AM - 10:30 AM  
**Start:** Tue 2/15/22  
**End:** Tue 2/22/22  
**Location:** Saguaro Room  
**Class Size:** 45

**Course Description**

In the Spring of 2020, I offered a class entitled "Long Term Trends Which May Affect the Financial Future," where I talked about seven trends that I believe are and will continue to affect our finances. This is an update to that class, where we will look at how the past two years have affected each of the trends, and possible financial consequences. The trends in alphabetical order are AI/Automation, Demographics, Education/Student Debt, Federal Expenditures, Health Care Costs, Natural Disasters, Social Media.

**Instructor:** Doyle Ranstrom  
Doyle Ranstrom is a CFP, who also has a Masters in Financial Planning and 40+ years of experience in the financial service industry. He sold his firm at the end of 2016 and started a consulting company. His website www.doylearanstrom.com both contains his bio and articles written primarily by himself.
Cosmology: Fundamentals and Latest Advances

Subject Area: Science/Math/Technology

Tuesdays: 5 Sessions 9:00 AM - 10:30 AM  Start: Tue 3/8/22  End: Tue 4/5/22
Location: Saguaro Room  Class Size: 45

Course Description
This course offers an introduction to cosmology including Einstein's gravitation equations, expansion of the universe, dark matter, dark energy, horizons, black holes, big bang, inflation and more. We will also cover the latest advances in understanding these and other phenomena, especially the current major discoveries and theoretical explanations, remaining major issues in the field and leading-edge research. The level of the course will be "Scientific American." Curiosity is required; math is not.

Instructor: Lockwood Carlson
Dr. Carlson did research for his PhD in theoretical cosmology at Princeton and the University of Wyoming He retired from 3M Company where he was a Corporate Scientist and is retired from the faculty in the Management of Technology program at the University of Minnesota.

Dr. Carlson currently teaches courses in science and technology in the Osher Lifelong Learning Institute (OLLI) program at the University of Arizona and in Saddlebrooke's ILR. He also does consulting work for emerging technologies in nuclear and solar energy as well as serving on corporate boards.

The U.S./Mexico Border: Enforcement, Migration and Citizenship

Subject Area: Civic Engagement/Community/Government, History/Current Events, Social Sciences

Tuesdays: 6 Sessions 9:00 AM - 10:30 AM  Start: Tue 3/8/22  End: Tue 4/12/22
Location: Ocotillo Room  Class Size: 45

Course Description
The group leader explores complex border issues such as enforcement, migration, and questions involving citizenship. As a retired Border Patrol agent, the group leader is well-placed to discuss the current border crises from a law enforcement perspective. Additionally, the leader will focus on language and rhetoric that shapes our current discourse about our borderlands and what it means to be a citizen.

Instructor: Christopher Montoya
Christopher is a retired Border Patrol agent and holds an M.A. in Latin American Studies from the University of Arizona.
Wednesdays

Cognition and Aging

Subject Area: Health/Wellness, Science/Math/Technology, Social Sciences

Wednesdays: 7 Sessions 9:00 AM - 10:30 AM  Start: Wed 1/26/22  End: Wed 3/16/22 - No Class Feb 16
Location: Saguaro Room  Class Size: 45

Course Description
Do you feel as if your memory isn't what it once was? Are you finding it more difficult to pay attention to what's happening on the road while you're driving? If that's the case, join the club. You're aging! But although negative changes in memory, attention and other cognitive functions do occur as we age, the amount of change differs for different people, and it is possible to optimize your cognitive functioning by engaging in "critical lifestyle activities."

This seven-session course tells a story through lecture, short videos, and class discussion, which begins by considering questions such as "What is the mind?" "How does memory work?" and "How does aging affect memory?"

In the second half of the course, we consider techniques for achieving better memory, and how critical lifestyle activities - eating right, getting sleep, exercising body and mind, controlling the mind, meditating, being mindful, and being social - can help keep your mind sharp as you age.

Instructor: Bruce Goldstein
Bruce has taught this course as well as Your Amazing Mind, The Social Mind, and The Mystery and Science of Shadows for OLLI at Pitt, CMU and the University of Arizona. While teaching in the psychology department at Pitt he received the Chancellor's Undergraduate Teaching Award for his teaching and textbook writing He is the author of two college textbooks: "Sensation and Perception" and "Cognitive Psychology" and a book for general readers titled "The Mind," which is based on his OLLI course "Your Amazing Mind."

Introduction to Constitutional Law

Subject Area: Social Sciences

Wednesdays: 8 Sessions 9:00 AM - 10:30 AM  Start: Wed 1/26/22  End: Wed 3/16/22
Location: Ocotillo Room  Class Size: 45

Course Description
This course presents a brief historical introduction to the Constitution, including federalism, the separation of powers, and the theoretical limitations on federal power. It explores the nature of Constitutional jurisprudence, as the ultimate arbiter of Constitutional meaning.

Topics will include limitations on congressional legislative authority, the doctrine of judicial review, the nature and extent of individual constitutional rights, including rights to due process, to equal protection of the laws, to freedom from unreasonable search or seizure, to free speech, and to free exercise of religion.

It explores the difference between substantive due process (arguably the foundation of the constitutional right to privacy, and the constitutional right to abortion) and procedural due process.

More at: www.oli.arizona.edu  Email ollimail@arizona.edu  call 520-626-9039 – Ver: 12/15/21 Page 11 of 91
Students will read excerpted Supreme Court decisions, and we will together watch the movie "Separate But Equal," which accessibly explains the 1954 case of Brown v. Board of Education, (holding school segregation unconstitutional): how it began, the obstacles it faced, and how the unanimous decision was hammered out.

Instructor: Maggie Cohen

Maggie Cohen has taught college-level courses in law, philosophy and labor studies for more than 30 years. She holds a Ph.D. in Philosophy, specializing in theoretical and applied ethics. She is a lawyer, specializing in labor and employment law, who loves the study of law and is intent on demystifying it for anyone who wants to learn.

**Film Discussion Group**

**Subject Area:** Arts/Culture

**Wednesdays:** 12 Sessions 11:00 AM - 12:30 PM  **Start:** Wed 1/26/22  **End:** Wed 4/13/22

**Location:** Saguaro Room  **Class Size:** 45

Course Description

We will meet weekly to discuss a film that has been watched by the class. The film selection will be assigned to or voted upon by class members. A class member will lead the discussion for the movie. This class has been ongoing for several years and generates lively and controversial discussions as members dissect and compare films, frequently calling upon their own personal and professional experiences. Please consider volunteering to lead the discussion. A guide to how to lead the discussion will be given out prior to the first session. Currently due to the pandemic movies will be from Netflix and Amazon, and occasionally from the Loft Streaming service, all at additional cost.

Instructor: Rob Getlan

Rob has always been an avid film enthusiast. This class has been a great way to see and discuss the new releases from Netflix, Amazon and the Loft (streaming).

**Introduction to Western Philosophy**

**Subject Area:** Philosophy/Spirituality/Religion

**Wednesdays:** 12 Sessions 11:00 AM - 12:30 PM  **Start:** Wed 1/26/22  **End:** Wed 4/13/22

**Location:** Palo Verde Room  **Class Size:** 20

Course Description

An introductory survey of Western Philosophical Thought, focusing on the Theory of Knowledge, The Nature of Reality, Ethics, and Political/Social Philosophy.

Instructor: Jerry Gill

Long-time college professor, Ph.D. Duke University, teaching a wide spectrum of Humanities courses, mostly in philosophy and religious studies, most recently at Pima Community College. Widely travelled and have led numerous semester abroad programs in Greece, Finland, and Mexico. 30 books and over 100 scholarly articles published. Semi-retired.
Pima County Justice For All

Subject Area: Arizona History/Culture, Civic Engagement/Community/Government

Wednesdays: Single Session 11:00 AM - 12:30 PM  Start: Wed 1/26/22  End: Wed 1/26/22

Location: Ocotillo Room  Class Size: 45

Course Description
Pima County Justice For All is a 501(c)4 organization. We would like to establish an office of legal representation to help people going through Immigration Court to have an attorney with them when they go to Court. As of now, none is provided and unless they can afford an attorney, they go to Court alone. Everyone is entitled to due process.

The current system tears families apart. These are our friends, neighbors, cleaning people, landscapers, etc. They are residents of Pima County who have been here an average of 16 years. They work and pay taxes, but never receive the benefit of those taxes. We want to institutionalize the right to counsel.

We need 70,000 signatures for our Ballot Initiative, to get it on the ballot next year.

Instructors: Margo Cowan, Moira Silverman

Margo Cowan is a Public Defender at the Pima County Public Defender's Office. She specializes in criminal defense and immigration law. Ms. Cowan is a member of the American Immigration Lawyers Association and is a recognized speaker on immigration law and policies. She was mentored by Cesar Chavez and Dolores Huerta as a young organizer with the farmworker union. Her life's work is in advocacy and activism. Since 2012 she has coordinated Keep Tucson Together, a project of No More Deaths, which is a legal pro-bono organization to stop deportations and assist Deferred Action for Childhood Arrivals.

Moira Silverman has been a campaign coordinator with Pima County Justice For All since the Ballot Initiative was started in December of 2019. She set up the Organization's office and runs all the business aspects of the campaign.

Great American Directors and Their Films

Subject Area: Arts/Culture

Wednesdays: 12 Sessions 1:00 PM - 2:30 PM  Start: Wed 1/26/22  End: Wed 4/13/22

Location: Saguaro Room  Class Size: 45

Course Description
Phil Wenstrand and Rob Getlan have put together a blockbuster of American Film Directors and their movies. We will look at four American film directors, John Huston, Orsen Wells, Alfred Hitchcock and John Ford. Session one of each director will be led by Phil who will do a complete biography of the director. Sessions two and three of the director will be led by Rob and we will watch two different movies from that director over the course of two weeks. There will be a $2 fee for this 12-week class to pay for the film rental and popcorn ($2 for all 12 weeks, NOT $2 a week).

Instructors: Rob Getlan, Phil Wenstrand

Rob has always been an avid film enthusiast. He leads the Film Discussion Group at OLLI-UA.
Phil spent most of his life in the media. For 30 years he worked in commercial television news and documentary production. He is a graduate of Linfield College and the Brooks Institute.

Great Decisions 2022 - Central Tucson

Subject Area: History/Current Events

Wednesdays: 9 Sessions 1:00 PM - 2:30 PM  Start: Wed 1/26/22  End: Wed 3/23/22

Location: Ocotillo Room  Class Size: 45

Course Description

Great Decisions 2022 Topics include:
Changing Demographics
Outer Space
Climate Change
Russia and the US
Myanmar and ASEAN
Quad Alliance
Drug Policy in Latin America
Industrial Policy
Biden's Agenda

There is a required Great Decisions book for this class. Roughly $30.

Instructor: Susan Ward

MA in Comparative Politics, int'l election observer, leader of overseas trips to Asia and Europe, Discussion leader for Great Decisions program since 1982. Delegate to 4th World Conference for Women in China in 1994, 24-year Educ. leader for UN Assoc. of Southern AZ.

Digital Movie-Making with Your Apple iPhone or iPad

Subject Area: Science/Math/Technology

Wednesdays: 6 Sessions 3:00 PM - 5:00 PM  Start: Wed 1/26/22  End: Wed 3/2/22

Location: Ocotillo Room  Class Size: 45

Course Description

iMovie on your iPhone or iPad is a powerful video-editing app that helps you turn your videos and photos into stunning 4K-resolution movies and Hollywood-style trailers that tell your story with style. You can then upload your finished projects to social media, or share them with friends who can watch them on any device.

The iMovie app comes pre-installed on iPhones and iPads. This surprisingly versatile application, exclusive to Apple devices, is surprisingly easy-to-learn and use. In the 2019 update of the app, Apple included many new features that were previously only available on the more comprehensive desktop version. The app is perfect for
beginners or those who want to be able to make professional-style movies, but don't care to spend big for professional-grade movie-making software.

In this 6-session class using only the touch interface (finger, not mouse), participants will learn to fully utilize this app to make slick movies on-the-go and in no time. Participants will need iMovie on an iPhone 10 or later, or an iPad with the current IOS installed. The first 5 sessions cover the steps for capturing good raw material, all the essential editing tasks, and both basic and advanced tools to transform personal media into share-worthy custom movies. In the 6th session, participants get to show off their movie projects at the class's Film Festival.

Instructor: Ann Baxter

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

**Change A Child's Story - CASA of Pima County**

**Subject Area:** Civic Engagement/Community/Government

**Wednesdays:** Single Session 11:00 AM - 12:30 PM  
**Start:** Wed 2/2/22  
**End:** Wed 2/2/22

**Location:** Ocotillo Room  
**Class Size:** 45

**Course Description**

Over 3,000 Pima County children are in foster care through no fault of their own. Too often, these children are shuffled through our current system without experiencing a consistent, positive, adult relationship - someone who truly knows and understands them. Research has confirmed that just one positive adult relationship changes a child's outcome dramatically, thus providing for a brighter future.

We know that every child in foster care deserves a Court Appointed Special Advocate (CASA) volunteer, but unfortunately not everyone will be lucky enough to have one. CASA Volunteers are everyday people who are doing extraordinary things to help change a child's story. In this class, participants will learn about the child welfare system in Arizona, the realities of children in foster care, and ways that everyone can help these children succeed. Explore the potential of helping change a child's story!

Instructors: Amy Brandhuber, Natasha Sterzinger

Amy Brandhuber is the CASA of Pima County Program Supervisor. She has been in this role for over four years. She has worked in child welfare for over 20 years. She has earned her Masters in Public Administration and Policy from American University in Washington, D.C. Amy is committed to improving the lives of Pima County's most vulnerable children, abused and/or neglected foster children and understands the difference one caring adult can make in a child's life now and in the future.

Natasha Sterzinger has earned her Ph.D. in Educational Psychology from the University of Arizona and currently the Training Coordinator for Pima County CASA. She is a member of the American Psychological Association (APA), American Education Research Association (AERA), and the Western Positive Psychology Association (WPPA). She is passionate about making positive change in her local community.
5 Musical Seasons of Vivaldi

Subject Area: Arts/Culture

Wednesdays: Single Session 11:00 AM - 12:30 PM  Start: Wed 2/9/22  End: Wed 2/9/22
Location: Ocotillo Room  Class Size: 45

Course Description
Antonio Vivaldi is best known for his Four Seasons concertos. In this enjoyable and informative single session we will listen and learn about Vivaldi and his compositions. He was a real character. Bach was a fan. There is a lot more to this master of the concerto than just his fabulous foursome. No previous musical experience is necessary.

Instructor: John "Nemo" Nemerovski

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

Osteopathic Manipulative Medicine

Subject Area: Health/Wellness

Wednesdays: Single Session 9:00 AM - 10:30 AM  Start: Wed 2/16/22  End: Wed 2/16/22
Location: Saguaro Room  Class Size: 45

Course Description
Learn about Osteopathic Medicine and the hands-on application of these principles, known as Osteopathic Manipulative Medicine (OMM). This is a powerful approach for a wide variety of conditions, ranging from pain and injury to digestive disorders and challenges to the immune system. We will explore the relationship of structure and function through a series of case studies and self-assessment. Learn how osteopathy is able to treat the root cause of disease and maximize self-healing with manipulation of bones, organs, tissues and fluids of the body. We will conclude with a demonstration of osteopathic screening and treatment.

Instructor: T. Carmine Van Deven

T. Carmine Van Deven, D.O., is a graduate of the Arizona College of Osteopathic Medicine in Glendale, AZ after receiving a B.S. in Computer Science from Illinois State University.
Dr. Van Deven completed a Family Medicine Residency in Mount Vernon, WA, and NMM Fellowship in Pittsfield, MA. He is dual board-certified in Family Medicine and Osteopathic Manipulative Treatment (FM/OMT) and Neuromusculoskeletal Medicine/Osteopathic Manipulative Medicine (NMM/OMM).
Dr. Van Deven is in private practice in Tucson, AZ where he provides multidimensional medicine. In his free time, he enjoys time with his Rhodesian Ridgeback, Bo, and connecting with the nature world.
Investing Wisely and Safely for Your Retirement and Beyond

Subject Area: Civic Engagement/Community/Government, DIY/Self-Help, Social Sciences

Wednesdays: Single Session 11:00 AM - 12:30 PM  Start: Wed 2/16/22  End: Wed 2/16/22
Location: Ocotillo Room  Class Size: 45

Course Description
Join Carol Lally, an attorney from the Los Angeles Regional Office of the U.S. Securities and Exchange Commission, to learn strategies for smart investing, tips to avoid fraud, and how to plan for diminished capacity. Hear about the SEC's mission, its responsibilities and organization, and how you can use the SEC's resources to inform and protect yourself. Q&A to follow the presentation.

Instructor: Carol Lally
Carol Lally is the Supervisory Attorney of the Complaints and Inquiries Branch of the Los Angeles Regional Office of the Securities and Exchange Commission. She serves as the office's lead liaison to the enforcement and examination programs at other agencies, helps the office set its enforcement and examination priorities by managing the evaluation of all tips, complaints, and referrals, and oversees the office's investor outreach programs. Carol is a graduate of the Colorado College and Duke University School of Law.

Advance Directives, Informed Consent, Assisted Suicide, and Medical Aid in Dying

Subject Area: DIY/Self-Help, Health/Wellness

Wednesdays: Single Session 11:00 AM - 12:30 PM  Start: Wed 2/23/22  End: Wed 2/23/22
Location: Ocotillo Room  Class Size: 45

Course Description
Patients have the right to make medical and legal decisions for themselves, provided they are of legal age and are of sound mind, i.e., they have legal capacity, and they are giving informed consent. But what constitutes informed consent? When a patient's capacity or mental acuity declines because of age, mental infirmity, or a critical illness, doctors may look to others to make medical and financial decisions for the patient. Sometimes they rely on a designated agent or family member, even when a patient is able to consent to treatment. When must the healthcare team rely solely on the patient? When may it rely on another to make healthcare or other decisions? When may the healthcare team or a medical proxy terminate care or treatment? Can you ask your doctor to help end your life if you have a terminal illness?

Instructor: Vicki Gotkin
Vicki Gotkin graduated cum laude from both ASU's College of Law and the UA's Eller College of Management. She practiced law from 1981-2018. Her legal career included private practice, being ethics counsel to the Arizona State Bar, an Assistant Attorney General, and Senior Associate General Counsel at the U of A. Currently, she volunteers at the State's vaccination POD, and at the Pima County Attorney Office's fraud unit. She has been a Reading Seed coach, an SGL for OLLI, has served on the Boards of NAMI and Mobile Meals of Southern Arizona and delivered meals for MMSA before COVID-19.
Best Musicians Born in 1936

Subject Area: Arts/Culture

Wednesdays: Single Session 11:00 AM - 12:30 PM  Start: Wed 3/2/22  End: Wed 3/2/22  Location: Ocotillo Room  Class Size: 45

Course Description
When the Wichita lineman picked up his pretty woman, they went to hear the New York Philharmonic and Montreal Symphony where they met Bobby McGee, the king of the road. Where have all the flowers gone, she asked the Mayor of MacDougal Street? Makes me want to paint it black and commit Murder on the Orient Express. That'll be the day, shouted Mack the knife. It was the first time I met the blues.

What do Roy Orbison, Zubin Mehta, Glen Campbell, Mary Travers, Buddy Holly, and Bobby Darin have in common with Kris Kristofferson? Join our enjoyable and informative single session to listen and learn about the extraordinary musicians born in 1936.

Instructor: John "Nemo" Nemerovski

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

Staying Safe on Your Next Travel Adventure

Subject Area: DIY/Self-Help, Health/Wellness, Travel/Entertainment

Wednesdays: Single Session 11:00 AM - 12:30 PM  Start: Wed 3/9/22  End: Wed 3/9/22  Location: Ocotillo Room  Class Size: 45

Course Description
This seminar looks at what you can do to keep yourself and your possessions safer whether traveling across town, out of state, or going abroad. You will leave the seminar ready for your next adventure, aware of dangers yet empowered to take responsibility for your own safety, including knowing options for self-defense if the need arises.

Discussion, activities, and scenarios will cover:
- Expanding your Habits of Awareness
- Identifying possible dangers ahead of time
- Methods for discouraging attackers
- Dealing with unwanted verbal or physical advances
- Understanding laws, culture, and behavior differences
- Creating an emergency plan ahead of time (rather than reacting under stress)
- "Stun & Run" self-defense options for escaping an attack
- How & where to get help in an emergency
Who to contact after a situation occurs

Instructor: Dawn Armstrong

Founder of ThinkSafe Seminars, Dawn Armstrong recognized that a lack of situational awareness was contributing to people getting hurt, and even killed. Dawn drew from her early experiences living and traveling as a single woman and combined those life lessons with research, training with security professionals, and the knowledge gained from a life-long passion for the martial arts.

Dawn's seminars support people and organizations concerned about personal safety. Her goal is to help people live with more confidence, and less fear, by increasing situational awareness, improving conflict management, and utilizing "Stun & Run" physical defenses when necessary.

What is Critical Race Theory and How Does it Impact Us?

**Subject Area:** History/Current Events

**Wednesdays:** 3 Sessions 3:00 PM - 4:30 PM  **Start:** Wed 3/9/22  **End:** Wed 3/23/22

**Location:** Ocotillo Room  **Class Size:** 45

**Course Description**

What is Critical Race Theory (CRT)?

Over three weeks we will look at Critical Race Theory.

Week One - we will listen to proponents of CRT, primarily through Youtube videos of speeches by individuals actively engaged in CRT studies and advocacy.

Week Two - we will listen to opponents of CRT, primarily African American academics, but also African Americans beyond the academic community.

Week Three - we will discuss what we have heard, what we think about it, and what we should support or oppose going forward.

Instructor: Ray Baxter

Ray Baxter has been an OLLI member and SGL since 2009. He has a BA in Political Science and an MA in Japanese Area Studies for the University of Michigan, and an MBA from Harvard Business School. He has taught classes in economics, political science, the influence of culture on human behavior, critical thinking, and Hopi kachina.

Nuclear Power - Hope Despite 80 Year Unresolved Waste Issues?

**Subject Area:** Science/Math/Technology

**Wednesdays:** 2 Sessions 9:00 AM - 10:30 AM  **Start:** Wed 3/23/22  **End:** Wed 3/30/22

**Location:** Ocotillo Room  **Class Size:** 45

**Course Description**

Possible new nuclear reactors are on the horizon. Bill Gates and Warren Buffett are funding a molten salt reactor in Wyoming. Small Nuclear Reactors (SNRs) are planned in Idaho. But is nuclear waste the achilles heel?
More than 80 years ago the U.S. started generating nuclear waste. Each of our 99 nuclear-powered generating stations generates 10 tons of waste yearly. The making of WW 2 atomic weapons and subsequent "Cold War" operations generated and still generates enormous amounts of nuclear waste.

Nuclear waste is highly radioactive for thousands of years and requires isolation from human contact. Waste from our nuclear power generating stations must now be stored underwater for 5 years and isolated in on-site holding containers "forever." A growing number of states prohibit the construction of additional nuclear plants until the waste issue is resolved.

Numerous sites in the U.S. are homes of major nuclear waste repositories from our "cold war" operations - the largest in Washington State, where 56 million gallons of high-level nuclear waste is stored in frequently-leaking underground tanks.

Since 1970's technology has existed to reduce the volume of nuclear waste by 90% and encapsulate "toxic" waste in ceramic capsules for burial in deep shaft mines. But the U.S. for political, nuclear proliferation and "not in my back yard" reasons has refused to adopt any long-term waste management solutions.

Join us in a spring OLLI discussion on these topics, also remember that nuclear waste in the United States doubles every 30 years. Help us find a trash can.

Instructor: Gerald Geise

Gerald Geise is a Chemical Engineering graduate from Montana State University. He spent 25 years in the nuclear industry field with General Electric and United Nuclear in increasingly responsible engineering and management positions. Those include being the operations manager for Hanford, Washington nuclear reactors producing Plutonium for nuclear weapons, and the operations manager for the largest dual purpose Plutonium and electrical generation nuclear reactor. He was also president of a United Nuclear division that manufactured nuclear reactors for the US Navy. He also has an extensive public speaking background on the risks and benefits of nuclear power.

**Thursdays**

**Life According to Charles Schulz**

**Subject Area:** Arts/Culture

**Thursdays:** 4 Sessions 9:00 AM - 10:30 AM  **Start:** Thu 1/27/22  **End:** Thu 2/17/22

**Location:** Saguaro Room  **Class Size:** 45

**Course Description**

Charles Schulz is perhaps the most popular and prolific cartoonist in American history. In his career, he published over 18,000 strips worldwide in addition to 40+ television specials, movies, and a Broadway musical. This class will chronicle the development of his cartoon characters and unique accomplishments. We will review his philosophy of life through his memorable characters, video strips, interviews and merchandising.

**Instructor:** Arnie Bianco

Long-time retired educator as a teacher, school principal and adjunct instructor at Chapman University, NAU, Brown Mackie College, and Brookline College. I am an active OLLI member. I have been a teacher for a number of years and have done relationship workshops in more than 10 states. I am a published author who has always
loved to teach. My wife is presently a teacher.

The Life and Politics of Thomas Jefferson

**Subject Area:** History/Current Events  
**Thursdays:** 6 Sessions 9:00 AM - 10:30 AM  
**Start:** Thu 1/27/22  
**End:** Thu 3/3/22  
**Location:** Ocotillo Room  
**Class Size:** 45

**Course Description**  
Participants will explore Jefferson's early life, contradictions regarding slavery and racism, the VP and Presidency years, Louisiana, Church and State, and Post-Presidency years. Themes will tie into other U.S. historical periods and presidencies, and current issues.

**Instructor:** Ron Rude

Ron Rude has been a student of presidential history for over 30 years. He has taught several OLLI classes on this subject, as well as classes on the interplay between science and theology. His interests include hiking, music, history, and travel. His most recent book was published October 2021. Title is "Amending the Christian Story" (Resource Publications, 2021).

Mammals of the Santa Catalina Mountains

**Subject Area:** Science/Math/Technology  
**Thursdays:** 3 Sessions 11:00 AM - 12:30 PM  
**Start:** Thu 1/27/22  
**End:** Thu 2/10/22  
**Location:** Saguaro Room  
**Class Size:** 45

**Course Description**  
The Santa Catalina Mountains on the north side of Tucson contain a diverse array of animal life. Join naturalist and camera trap videographer David Dean for a discussion of general mammalian biology, then through the use of videos captured by motion-activated cameras, an up close and personal (and often humorous) look into the lives of the fascinating animals who call these mountains home. Are you curious about the wildlife that inhabits your property? David will also tell you what you need to know in terms of selecting and using a trail camera.

**Instructor:** David Dean

David retired and relocated to Tucson in the summer of 2015 after having served for 25 years on the faculty of the Department of Biology at Spring Hill College in Mobile, Alabama. He is very active in two volunteer groups, the Sabino Canyon Volunteer Naturalists and the Santa Catalina Volunteer Patrol, which support the Santa Catalina Ranger District of Coronado National Forest. His hobby is capturing the wildlife of the Santa Catalina Mountains on video using motion-activated cameras.

Winners and Losers at Trump's Supreme Court

**Subject Area:** History/Current Events  
**Thursdays:** Single Session 11:00 AM - 12:30 PM  
**Start:** Thu 1/27/22  
**End:** Thu 1/27/22
Central Tucson Campus (CT) In-person Offerings

**Location:** Ocotillo Room **Class Size:** 45

**Course Description**
This looks like the end of the era in which federal courts saw as their mission the protection of the less powerful. Using voting rights as a primary example, we will examine the new winners and losers in the Court's current cases. We will also touch on some related topics, such as the shadow docket and the attempts of various justices to deny that the Court is a "political" institution.

**Instructor:** Judy Brown

Judy Brown is Professor Emerita at Northeastern Law School in Boston, where she was a faculty member for 30 years. She taught and wrote about the United States Constitution and the Supreme Court. Northeastern recently honored her by naming her office after her. Since Judy retired she has taught numerous classes in her field at Olli Chapters at Dartmouth and the University of Arizona.

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**Ageless: at the Confluence of New Science and Ancient Wisdom**

**Subject Area:** DIY/Self-Help, Health/Wellness, Philosophy/Spirituality/Religion

**Thursdays:** 6 Sessions 1:00 PM - 2:30 PM  **Start:** Thu 1/27/22  **End:** Thu 3/3/22

**Location:** Palo Verde Room  **Class Size:** 20

**Course Description**
You can't turn the clock back, but you can wind it up again!

In this experiential class, we will learn the newest scientific research on aging - from Blue Zones, to telomeres, to the new science of getting older without getting old. At the same time, we will explore the ancient wisdom of the elders. We will address the physical aspects of aging, while weaving in the gifts of the mind and spirit. Come prepared to participate, experiment and play.

**Instructor:** Gretchen Breyller Hegeman

Blending scientific knowledge with spiritual wisdom, Gretchen Breyller Hegeman seeks to enhance human health and potential. Through education, an M.S. in counseling psychology and a Ph.D. in Integrative Health Care, and experience, serving as a psychotherapist, a consultant in the health care industry and a civilian contractor for the Department of Defense, Gretchen has been at the forefront of the changing health paradigm.

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**Occupied France 1940 - 1944**

**Subject Area:** History/Current Events

**Thursdays:** 4 Sessions 1:00 PM - 2:30 PM  **Start:** Thu 1/27/22  **End:** Thu 2/17/22

**Location:** Ocotillo Room  **Class Size:** 45

**Course Description**
This is about France in World War II after the Nazi conquest. After the war a mythology developed about the nature of French resistance against the Germans, and about French collaboration. To a large degree this mythology persists in the popular imagination. The consensus of historians is quite different from what most of us grew up believing. The purpose of this course is to bring us up to date on what has been learned in recent decades about the thoughts and deeds of leaders and ordinary people in the occupied area and under the Vichy
government.

Instructor: Jesse Frey
Jesse Frey graduated from Cal Berkeley in 1957, joined the army, then became a Special Agent in counterintelligence. He attended Defense Language Institute twice, for German and Greek, earned a master's degree in International Relations, and served in Germany and Vietnam. He resigned his Regular Army commission in 1972 and founded a small business. He stayed active in the Army Reserve and returned to active duty in 1980. After retirement from the army he was self-employed as a financial consultant. He has been a member of OLLI-UA from the day it was founded.

**Film Photography with Medium and Large Format Cameras**

**Subject Area:** Arts/Culture

**Thursdays:** 6 Sessions 3:00 PM - 4:30 PM  **Start:** Thu 1/27/22  **End:** Thu 3/3/22

**Location:** Palo Verde Room  **Class Size:** 10

**Course Description**

About the instructor.
Jim Andrada's interest in photography started when, at the age of three, he was fascinated by the "magical" appearance of a photo on blank paper when his father printed photos on the kitchen table. He's been an avid photographer for over 77 years. Jim began using large format cameras in 1970 and has studied with several photographers, including Ansel Adams. He's equally at home with film and digital and has had several gallery shows.

About the class.
We'll start with some of the most basic principles of how light forms images and why it's called a camera and progress to discussions of some ways in which people began to capture images from nature. We'll touch briefly on glass plate photography, demonstrate the use of manual light meters including reflected and incident light measurement and the use of large cameras and explain how camera "movements" such as shifting and tilting the parts of the camera can be used to control the area of sharp focus.

The class will be hands-on and everyone will have a chance to handle and load film and use the medium and large format cameras provided by the instructor. We'll also demonstrate film development.

But mostly we'll have fun "playing" with cameras and film and discussing and demystifying technical and artistic aspects of photography, both film and digital. Active curiosity is the only class prerequisite. Because of the hands-on nature of the class the ideal class size would be six to ten participants.

Instructor: James Andrada

Originally from Boston, Jim majored in Chemistry and Physics at Harvard and started working as a scientific programmer in 1959. He's had a 62-year career in IT /CS and is now working on an AI application. He lived and worked in Japan for six years where he met his wife-to-be, and, despite living 200 miles apart and initially having no language in common, they've been together 30+ years, speak both English and Japanese at home, and have lived in Tucson for 15 years.
Stand-Up Comedy 101 And/Or 102 And/Or 103

**Subject Area:** Arts/Culture, Literature/Writing/Language, Travel/Entertainment  
**Thursdays:** 6 Sessions 3:00 PM - 5:00 PM  
**Start:** Thu 2/3/22  
**End:** Thu 3/10/22  
**Location:** Saguaro Room  
**Class Size:** 20

**Course Description**
In this class, students will have fun by learning some fundamentals that will enable them to write, rehearse, and perform a short stand-up comedy "set" around 5 minutes long. This workshop moves stand-up comedy from solitary to collaborative in a safe, comfortable, supportive environment. It includes not only writing skills and techniques, but even physical centering, positive body language, and even how to correctly use a microphone. This is a performance-oriented group. The class will culminate in a live (either in-person or virtual) performance for friends and family. Both new and return students are welcome.

**Instructor:** Ron Reid

I have been teaching stand-up comedy workshops to people of all ages since 2013. I was a touring comedian for almost 15 years and appeared on national television. I was the General Manager of The Comedy Underground in Seattle and the Producer of The Seattle International Comedy Competition - the world's largest touring comedy festival - from 1994-2016. Currently I am Managing Partner at Artists West Entertainment LLC, recently voted one of America's Top 30 Comedy Agencies http://www.artistswest.com I am also the co-writer and co-star of the feature film "Stages/The Montana Run" currently streaming on Amazon Prime.

Cycling 101

**Subject Area:** Health/Wellness  
**Thursdays:** Single Session 3:00 PM - 4:30 PM  
**Start:** Thu 2/3/22  
**End:** Thu 2/3/22  
**Location:** Ocotillo Room  
**Class Size:** 45

**Course Description**
A crash course (pun intended) in all you need to know about rediscovering the joys of cycling, including such topics as types of cycling (recreational, social, exercise, touring, etc.), types of bikes (including e-bikes), accessories, safety, tour companies, where and how to shop, etc. The main goal of the course is to introduce, or re-introduce, you to the many variables about cycling so you can then make an informed decision if you wish to get on the saddle, plus know enough to ask the right questions about how to best get involved.

**Instructor:** Norm Land

Norm received his two degrees from Colorado University by 1969, followed by 10 years in various careers before opening the Good Earth Restaurant & Bakery here in 1979. After a 20-year run, he switched to management consulting, but was recruited by Shaanxi University, Xi’an, China in 2010 to teach business for the next 7 years. Over the past 40 years, he has indulged in his passion for travel, including 50+ trips outside America, including Asia, Oceania, and Europe, 44 of them via his 2nd passion, cycling (currently averaging 1,000-1,300 mi./mo.), combined with his 3rd passion, touring wineries around the world.
Mountain Lions and Black Bears: Apex Predators of the Santa Catalina Mountains

**Subject Area:** Science/Math/Technology

**Thursdays:** 2 Sessions 11:00 AM - 12:30 PM  
**Start:** Thu 2/17/22  
**End:** Thu 2/24/22  
**Location:** Saguaro Room  
**Class Size:** 45

**Course Description**
An up-close and personal look into the lives of the two top-tier or apex predators of the Santa Catalina Mountains just north of Tucson. The course content will be presented via a combination of PowerPoint slides and videos captured by camera trap videography.

**Instructor:** David Dean
David retired and relocated to Tucson in the summer of 2015 after having served for 25 years on the faculty of the Department of Biology at Spring Hill College in Mobile, Alabama. He is very active in two volunteer groups, the Sabino Canyon Volunteer Naturalists and the Santa Catalina Volunteer Patrol, which support the Santa Catalina Ranger District of Coronado National Forest. His hobby is capturing the wildlife of the Santa Catalina Mountains on video using motion-activated cameras.

Peer or Patient

**Subject Area:** DIY/Self-Help, Health/Wellness

**Thursdays:** 2 Sessions 11:00 AM - 12:30 PM  
**Start:** Thu 2/17/22  
**End:** Thu 2/24/22  
**Location:** Ocotillo Room  
**Class Size:** 30

**Course Description**
Who doesn't have boundary issues? From feeling uncomfortable with the ideas of having a boundary to not wanting to protect them without have to suit up for battle, learn ways to stay heart-centered and be completely safe. This lesson is broken up into case studies concepts, and exercises from my relationship workshop that is designed to help you if you have difficulty with balancing your responsibilities to those you love and your own self. The ultimate goal is to give you the tools to apply discernment in all your relationship choices be a family, friends, romantic love, or business. There will be a follow up class to get together for all those who want to discuss what they've learned and ask questions.

**Instructor:** Lesley Lupo
After a stampede of horses nearly killed Lesley, she experienced a profound near-death experience (NDE) resulting in her inspiring and poignant new book, Remember, Every Breath is Precious. Her experience offers a unique glance into the afterlife and invites the reader to venture beyond everyday life into understanding the undying reality of their Soul. For the last 23 years, she has been a highly-sought after Intuitive Therapist at Canyon Ranch Resort and, for three of those years, as the Spiritual Programs Coordinator. Lesley is also a certified NLP (neuro-linguistic programming) therapist and a Reiki Master.
The Mystery, Science and Art of Shadows

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

Thursdays: 7 Sessions 9:00 AM - 10:30 AM  Start: Thu 3/3/22  End: Thu 4/14/22
.Location: Saguaro Room  Class Size: 45

Course Description
Shadows happen when an object blocks light. But they are much more than that. They are multifaceted, as evidenced by the following: (1) Shadows are personal: As they follow you around, they change size during the day, from a small baby at noon, walking just beneath your feet, to a stretched-out 40-foot-tall giant near sunset. (2) Shadows are mythical and cultural: Described by Plato, part of psychiatrist Carl Jung's theory of personality, and central to myths (shadow people), metaphors (shadow cabinet), stories (Peter Pan losing his shadow), and popular culture ("Only the Shadow knows"). (3) Shadows are functional: Important for establishing biological habitats. Used to measure time, the heights of pyramids and the circumference of the earth. Creating eclipses, used to discover craters on the moon and to create x-ray images. (4) Shadows are cognitive and perceptual: Helping us perceive the locations, shapes and textures of features of our environment. Providing information about how the mind and brain works. (5) Shadows are artistic: Involved in painting (Leonardo, Monet, Warhol), photography, architecture, puppetry and films. These lectures will enhance your appreciation of the science, mystery, and artistry of shadows.

Instructor: Bruce Goldstein

Bruce Goldstein received the Chancellor's Distinguished Teaching Award from the University of Pittsburgh for his classroom teaching and textbook writing, and has also taught psychology courses at the University of Arizona. Bruce has written two widely used college textbooks, Sensation and Perception, and Cognitive Psychology. He teaches OLLI courses on the mind; cognition and aging; and writing at the U of A, Carnegie-Mellon University, and the University of Pittsburgh.

Letter to God

Subject Area: DIY/Self-Help, Health/Wellness

Thursdays: 2 Sessions 11:00 AM - 12:30 PM  Start: Thu 3/3/22  End: Thu 3/10/22
.Location: Saguaro Room  Class Size: 45

Course Description
Many people race along in a relationship until they hit an unmovable block that they think they didn't see, having missed the little red warning flags along the way. This is an exercise to turn hindsight into foresight and goes across the board from intimate love, to family and friends, even to business relationships. We also are going to work on the science of focusing and creating a solid pathway to the goal. Learning to focus is accentuated by deep self-discovery: what do we truly want? I will be handing out a questionnaire that will help you dig out all the core requirements, what we need in any relationship, and the secondary requests, the "icing on the cake" aspects, of what we would like.

We will also do a follow-up class to discuss what we have learned and have time for questions.

Instructor: Lesley Lupo
After a stampede of horses nearly killed Lesley, she experienced a profound near-death experience (NDE) resulting in her inspiring and poignant new book, Remember, Every Breath is Precious. Her experience offers a unique glance into the afterlife and invites the reader to venture beyond everyday life into understanding the undying reality of their Soul. For the last 23 years, she has been a highly-sought after Intuitive Therapist at Canyon Ranch Resort and, for three of those years, as the Spiritual Programs Coordinator. Lesley is also a certified NLP (neuro-linguistic programming) therapist and a Reiki Master.

**Today's Animal Shelter: It's Not Just the Dog Pound Anymore**

**Subject Area:** Arizona History/Culture, Arts/Culture, Civic Engagement/Community/Government, History/Current Events, Social Sciences

**Thursdays:** Single Session 11:00 AM - 12:30 PM **Start:** Thu 3/3/22 **End:** Thu 3/3/22

**Location:** Ocotillo Room **Class Size:** 45

**Course Description**
The Humane Society of Southern Arizona (HSSA) has served pets and their people for more than 77 years, but is moving boldly into the future with a variety of new and improved programs to carry out our mission more fully. Find out about how this independent, community-supported nonprofit agency is leading the way with a comprehensive range of innovative initiatives designed to meet human needs as well as pet needs.

Instructor: Steve Farley

Steve Farley brings a lifetime of vision, leadership and public service to his position as CEO of the Humane Society of Southern Arizona. Many Tucsonans know him as the artist behind the popular tile murals along the Broadway Underpass (using a process he invented) or as a long-time Arizona legislator (elected six times to office and known for his dedication to healthcare and education). He brought the Modern Streetcar to Tucson, and founded his own graphic design firm. Farley graduated from Williams College and is the proud dad of two daughters and three rescue dogs - Ralphy, Luna, and Ziggy.

**Continuing Exploration of Eastern Wisdom Traditions: Comprehensive India**

**Subject Area:** Arts/Culture, DIY/Self-Help, Health/Wellness, History/Current Events, Philosophy/Spirituality/Religion, Social Sciences, Travel/Entertainment

**Thursdays:** 3 Sessions 9:00 AM - 10:30 AM **Start:** Thu 3/10/22 **End:** Thu 3/24/22

**Location:** Ocotillo Room **Class Size:** 45

**Course Description**
In this version of our ongoing Eastern Philosophy theme we continue with Himalayan countries: India. Her 5,000+ years of history, geography, current economy and politics, and vicariously traveling her Subcontinent as a tourist, we come to know India rather comprehensively. We complete our fascinating journey next semester - Fall 2022 - with travels in her South followed by a more penetrating discovery of her ancient Hindu Religion and Vedic Culture.

Instructor: Gordon McCall
BA, MA, 30 years professional educator in Health Science, Psychology, Counseling, and World History, World Traveler and student of world cultures, Videographer and producer of quality educational travel videos, trained to teach meditation.

What is a Good Death?

Subject Area: DIY/Self-Help, Health/Wellness, History/Current Events

Thursdays: 3 Sessions 1:00 PM - 2:30 PM  Start: Thu 3/10/22  End: Thu 3/24/22

Location: Saguaro Room  Class Size: 45

Course Description
The way most of us die in this country is not good. It is expensive, needlessly prolonged, and fraught with difficulties. Our society, unlike previous times, has no standard, no widely held concept of what constitutes a virtuous death, or a dignified death.

The American way of dying is an agonized and prolonged imprisonment in an intensive care unit, pinned down under a maze of tubes and machines, enduring one medical procedure after another, unable to hold or be held by loved ones.

"The art of living well and dying well are one." -- Epicurus

Many of us, having seen family and friends go through death (and having heard stories about others), have a fear about living near the end. Too often, medical care is confused with love. They're not the same. Sometimes the best thing one can do is to stop the medical care.

We need a new approach to death, and the debate has provided a clarion call: I believe it is time to break the taboo and to take back control of an area which has been medicalized, professionalized, and sanitized to such an extent that it is now alien to most peoples' daily lives.

Choice and Dignity, Inc. ~ End-of-Life Advocacy

C&D is an Arizona membership-based nonprofit organization. C&D believes that everyone has the right to information about death and dying. Everyone has the right to make their own end-of-life plans. Everyone has the right to have their individual end-of-life plans respected and honored.

Instructor: John Abraham

John Abraham, Episcopal Priest and Certified Fellow in Thanatology, has 40+ years working in death education as counselor, therapist, patient-care advocate, and health care administrator. He helped to establish the second hospice in the U.S.A. and has served hospices as everything from bedpan changer to president.

Mt. Abraham is the author of How To Get the Death You Want: A Practical And Moral Guide (2017) and of many articles in OMEGA - Journal of Death and Dying, and numerous journals, newsletters, magazines and newspapers, reflecting his commitment to the disciplines of death, dying, and bereavement. He approaches these topics with a holistic perspective, taking into account the physical, psychological, and spiritual dimensions of these challenging issues. He speaks and presents to doctors, nurses, general medical staff, assisted-living workers, educators, hospices, community and religious groups, emergency caregivers, and others.

Mr. Abraham is founder and president of Choice and Dignity, Inc., a right-to-die nonprofit organization offering end-of-life advocacy. Their website, www.ChoiceAndDignity.org, provides support and information about life's end and how to avoid the "bad death" that many people experience, enabling everyone to obtain a "good death."
Central Tucson Campus (CT) In-person Offerings

John Abraham is a graduate of The Peddie School, Colgate University, and Virginia Theological Seminary with a commitment to continuing education through various venues. He has taught Death Education to undergraduates and presently teaches adults through the University of Arizona's Adult Education Program.

Live Musical Performance by the Post Vax Guitar Ensemble

Subject Area: Arts/Culture

Thursdays: Single Session 3:00 PM - 4:30 PM    Start: Thu 3/24/22    End: Thu 3/24/22
Location: Ocotillo Room    Class Size: 45

Course Description
We meet under a big olive tree and rehearse together twice a month. We play guitar and sing well-known songs with a few surprises. We are young and we are old. We are advanced and beginner musicians. We love performing. We have known one another for years. Our love of music keeps us together. We are all vaccinated and healthy. Join us in this one-of-a-kind live single session.

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

Fridays

Frontline Brown Bag

Subject Area: Civic Engagement/Community/Government, History/Current Events, Social Sciences

Fridays: 12 Sessions 12:00 PM - 2:00 PM    Start: Fri 1/28/22    End: Fri 4/15/22
Location: Ocotillo Room    Class Size: 80

Course Description
This is a brown-bag study group. Participants will watch one Frontline episode per week and bring a lunch to the discussion. We will meet at noon, have lunch, and then take a deeper dive into the topic of the week. Subway Sandwiches is located in the shopping center. :-)

The discussion will be focused by 6-10 questions posed by the moderator(s). Participants are encouraged, but not required, to explore the topic independently in preparation for the discussion. We will send an email each week with the link to that week's episode. A sample of videos we'll probably discuss includes: Trade Wars, Police Reform, Examining Amazon's Impact, Underfunded Public Pensions, What is the Fed's Mission? and The End of Life.

If more than 30 participants show up for any session, we will run two sessions to assure appropriate social distancing.

Instructors: Loring Green, Ray Baxter
Loring is an experienced OLLI SGL. He has led classes on a variety of topics, mostly military history, politics and provocative discussion groups.

Ray has been an OLLI member and SGL since 2009. He has a BA in Political Science and an MA in Japanese Area Studies for the University of Michigan, and an MBA from Harvard Business School. He has taught classes in economics, political science, the influence of culture on human behavior, critical thinking, and Hopi kachina.
**Alliances in the Asian Century**

*Subject Area:* History/Current Events, Social Sciences  
*Wednesdays:* 6 Sessions 9:00 AM - 10:30 AM  
*Start:* Wed 1/26/22  
*End:* Wed 3/2/22  
*Location:* Community Learning Center - Room 203  
*Class Size:* 45

**Course Description**

Alliances in the Asian Century is a course examining international relations in Asia in the 21st century. The course is a continuation of Invisible China and the Asian Century from the Fall Semester. Specific content depends on what has happened in the recent past and in the ongoing future. Three countries that will be looked at in the course are Myanmar, Pakistan, and Iran. All three are in turmoil and deeply affected by the rise of China.

Members are encouraged to subscribe to the magazine Foreign Affairs, but it is not required. Neither is enrollment in the Fall course Invisible China. What is needed is an interest in international relations in a diverse Asian region that is likely to be affected by the rise of China, India, and Southeast Asia.

**Instructor:** David Shawver

Dr. David Shawver lived, worked, and studied in Iran, Pakistan, India, Bangladesh, Burma (Myanmar), and China in Asia and in Zaire (Congo), Tanzania, and Tunisia in Africa over a four-decade international school career. He served as President of the Association of China and Mongolia International Schools (ACAMIS) and as President of the Association of International Schools in Africa (AISA).

**American Music Between the Wars**

*Subject Area:* Arts/Culture, History/Current Events  
*Wednesdays:* 5 Sessions 11:00 AM - 12:30 PM  
*Start:* Wed 1/26/22  
*End:* Wed 2/23/22  
*Location:* Community Learning Center - Room 203  
*Class Size:* 45

**Course Description**

In the aftermath of World War I, amidst Prohibition, the Roaring Twenties, and the Great Depression, American music was transformed by jazz and blues artists, country fiddlers and gospel singers, balladeers and protest songwriters. New technologies like radio and disc phonograph records carried music that originated in small-town dancehalls, neighborhood social clubs, and big-city union halls to audiences all around the country and across the border. Louis Armstrong and Benny Goodman, Bessie Smith and Ma Rainey, Robert Johnson and Mississippi John Hurt, Jimmy Rodgers and Bill Monroe, Lydia Mendoza and Los Madrugadores, Woody Guthrie and Aunt Molly Jackson all got their start in these years.
In this class of five lectures, we'll focus on a different genre of American popular music each week, using the music as a lens for exploring American history in the 1920s and 1930s, especially the diversity of regional subcultures in both the cities and the countryside. And we'll learn some songs that we can sing together. If you have taken my classes on music and history before, some of the themes will be familiar, but the material will be almost entirely new.

Instructor: 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.

**Mystic Poetry of Rumi, Hafiz, and Darshan**

**Subject Area:** Philosophy/Spirituality/Religion

**Wednesdays:** Single Session 1:00 PM - 2:30 PM  
**Start:** Wed 1/26/22  
**End:** Wed 1/26/22

**Location:** Community Learning Center - Room 210  
**Class Size:** 45

Course Description

We'll begin with a discussion of what mysticism means to us. Then we'll discuss why these poets have been popular through the ages into modern times. We'll review special symbolism used by mystic poets and examine some of their poems.

Instructor: Joe Ambrosic

Joe is an educational professional with an advanced degree in counseling and school psychology. He is also a long-term student and teacher of meditation, with over 40 years of experience.

**Birth of the Modern World: The Renaissance and the Reformation**

**Subject Area:** History/Current Events

**Wednesdays:** 4 Sessions 11:00 AM - 12:30 PM  
**Start:** Wed 2/2/22  
**End:** Wed 2/23/22

**Location:** Community Learning Center - Room 210  
**Class Size:** 45

Course Description

Many of our contemporary attitudes and outlooks originate with the Renaissance and Reformation that occurred in Europe 1300 to 1600. This study group will emphasize the nature of the new developments in art, religion, philosophy and international relations during this formative period of our modern age. Two sessions will be devoted to the Renaissance and two to the Reformation.

Instructor: Jerry Sandvick

Jerry Sandvick is History Professor Emeritus in the Minnesota College and University system, and was a History Department Chair and Dean of Liberal Arts. He spends winters in Vail and has taught history classes for OLLI.
Secrets of Happiness

Subject Area: DIY/Self-Help

Wednesdays: 2 Sessions 1:00 PM - 2:30 PM  Start: Wed 2/2/22  End: Wed 2/9/22

Location: Community Learning Center - Room 210  Class Size: 45

Course Description
This class is designed to help us understand how our thoughts and beliefs influence our joy and contentment. We'll examine what ideas help us understand our choices in life and how we can expand our ability to find joy and inner peace.

Instructor: Joe Ambrosic
Joe is an educational professional with an advanced degree in counseling and school psychology. He is also a long-term student and teacher of meditation, with over 40 years of experience.

Secrets of the Yellow Brick Road - The Spirituality of Oz

Subject Area: Philosophy/Spirituality/Religion

Wednesdays: Single Session 1:00 PM - 2:30 PM  Start: Wed 2/16/22  End: Wed 2/16/22

Location: Community Learning Center - Room 210  Class Size: 45

Course Description
Unbeknown to most people, Frank Baum's inspiration for The Wizard of Oz came from metaphysical influences. We'll review the movie (we won't watch it) and we'll discuss how the story was influenced by metaphysical concepts.

Instructor: Joe Ambrosic
Joe is an educational professional with an advanced degree in counseling and school psychology. He is also a long-term student and teacher of meditation, with over 40 years of experience.

Exploring Near Death Experiences

Subject Area: DIY/Self-Help, Philosophy/Spirituality/Religion

Wednesdays: 2 Sessions 1:00 PM - 2:30 PM  Start: Wed 2/23/22  End: Wed 3/2/22

Location: Community Learning Center - Room 210  Class Size: 45

Course Description
We'll begin watching a documentary movie based on Dr. Raymond Moody's best-selling book, Life After Life, and then discuss the implications for our understanding of and attitude toward death.

Instructor: Joe Ambrosic
Joe is an educational professional with an advanced degree in counseling and school psychology. He is also a long-term student and teacher of meditation, with over 40 years of experience.
Nuclear Power - Hope Despite 80 Year Unresolved Waste Issues?

Subject Area: Science/Math/Technology

Wednesdays: 2 Sessions 11:00 AM - 12:30 PM   Start: Wed 3/2/22 End: Wed 3/9/22

Location: Community Learning Center - Room 203 Class Size: 45

Course Description
Possible new nuclear reactors are on the horizon. Bill Gates and Warren Buffett are funding a molten salt reactor in Wyoming. Small Nuclear Reactors (SNRs) are planned in Idaho. But is nuclear waste the achilles heel?

More than 80 years ago the U.S. started generating nuclear waste. Each of our 99 nuclear-powered generating stations generates 10 tons of waste yearly. The making of WW 2 atomic weapons and subsequent "Cold War" operations generated and still generates enormous amounts of nuclear waste.

Nuclear waste is highly radioactive for thousands of years and requires isolation from human contact. Waste from our nuclear power generating stations must now be stored underwater for 5 years and isolated in on-site holding containers "forever." A growing number of states prohibit the construction of additional nuclear plants until the waste issue is resolved.

Numerous sites in the U.S. are homes of major nuclear waste repositories from our "cold war" operations - the largest in Washington State, where 56 million gallons of high-level nuclear waste is stored in frequently-leaking underground tanks.

Since 1970's technology has existed to reduce the volume of nuclear waste by 90% and encapsulate "toxic" waste in ceramic capsules for burial in deep shaft mines. But the U.S. for political, nuclear proliferation and "not in my back yard" reasons has refused to adopt any long-term waste management solutions.

Join us in a spring OLLI discussion on these topics, also remember that nuclear waste in the United States doubles every 30 years. Help us find a trash can.

Instructor: Gerald Geise

Gerald Geise is a Chemical Engineering graduate from Montana State University. He spent 25 years in the nuclear industry field with General Electric and United Nuclear in increasingly responsible engineering and management positions. Those include being the operations manager for Hanford, Washington nuclear reactors producing Plutonium for nuclear weapons, and the operations manager for the largest dual purpose Plutonium and electrical generation nuclear reactor. He was also president of a United Nuclear division that manufactured nuclear reactors for the US Navy. He also has an extensive public speaking background on the risks and benefits of nuclear power.
Foreign Policy Update

Subject Area: History/Current Events

Wednesdays: Single Session 11:00 AM - 12:30 PM  Start: Wed 3/16/22  End: Wed 3/16/22
Location: Community Learning Center - Room 203  Class Size: 45

Course Description
Building on my November presentation for OLLI on the Biden Administration's foreign policy performance, I will review progress or lack of it on major foreign policy issues since November 2021. I will also discuss progress or lack of it on rebuilding our diplomatic capability.

Instructor: David Dunford
Dave Dunford was the U.S. ambassador to Oman and as the deputy ambassador to Saudi Arabia during the 1990-91 Gulf War. He is a member of the governing board of the University of Arizona’s Center for Middle East Studies. He has taught courses on the Arab-Israeli conflict and the Middle East business environment at the University of Arizona and has consulted for both the government and the private sector on Middle East issues. He is the author of From Sadat to Saddam: The Decline of American Diplomacy in the Middle East (Potomac Books 2019).

Thursdays

A Skeptic's View of Climate Change

Subject Area: Science/Math/Technology

Thursdays: 8 Sessions 9:00 AM - 10:30 AM  Start: Thu 1/27/22  End: Thu 3/17/22
Location: Community Learning Center - Room 203  Class Size: 45

Course Description
Climate Change is prominent in the news and is a major element in President Biden's "Build Back Better" program. Is the science of anthropogenic global warming driven by increased CO2 settled? A recent book "Unsettled" by President Obama's former science advisor, Steven Koonin, argues that the science is far from settled. Why would anyone challenge the wisdom of the UN climate change panel, the U.S. climate change research program and most major news outlets?

How do natural cycles, particularly ocean oscillations, affect weather and climate? Ocean oscillations such as the El Nino / La Nina cycle dominate yearly and decadal weather patterns. The drop in global average temperature this past winter / spring was the result of a Pacific La Nina. El Nino and the Indian Ocean Dipole were responsible for the 2019-2020 Australian heat and drought that set the conditions for dangerous Bush fires. The Atlantic Multidecadal Oscillation influences sea ice coverage, Greenland glacial melt and U.S. drought conditions.

There are two well-documented historical periods that experienced warming similar to what we are seeing today. Neither period was related to CO2. Both warming periods were generally beneficial to the people of the day. "Consensus", deceptive climate reports and the press' active participation in generating a "climate crisis" will be discussed.
Can solar and wind provide clean energy alternatives? What are the costs in terms of mineral extraction and land use?

Instructor: Bob Barry
Bob has had three careers. He was a traditional Navy line officer serving in Destroyers and riverboats. After receiving an M.S in Oceanography he served 16 years as an oceanography specialist, primarily involved in Anti Submarine Warfare (ASW). His third career was as a program manager for satellite systems at Ball Aerospace. He has been an OLLI study group leader for 7 years teaching about observing the ocean from space. His emphasis has been on ocean oscillations and their impact on weather and climate.

**Hatha Yoga**

**Subject Area:** Health/Wellness  
**Thursdays:** 8 Sessions 9:00 AM - 10:00 AM  
**Start:** Thu 1/27/22  
**End:** Thu 3/17/22  
**Location:** Community Learning Center - Room 200  
**Class Size:** 20

**Course Description**
This class uses postures and other yoga tools to help align, ground, and balance the energies so that you leave feeling both relaxed and enlivened. Yoga helps in breathing and equilibrium in all aspects of life. We move through floor exercises, standing, and balancing poses while practicing conscious breathing, followed by relaxation at the end. Your equipment to get is a yoga-only mat, blocks, and a Mexican blanket. Eat a light breakfast early to do yoga in an empty stomach condition.

**Instructors:** 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 has practiced yoga for 40 years, starting when he was running marathons. He got certified to teach in 1995 with YogaFit.

**Lighthouses, Lenses, the People Who Tended Them and Lens Projects**

**Subject Area:** History/Current Events  
**Thursdays:** 5 Sessions 11:00 AM - 12:30 PM  
**Start:** Thu 1/27/22  
**End:** Thu 2/24/22  
**Location:** Community Learning Center - Room 210  
**Class Size:** 45

**Course Description**
This course is designed to give the novice or veteran a working knowledge of lights and lighthouses. Classes will cover the world of lighthouses, their similarities and differences, and useful definitions; one class is devoted to the development of lighthouse illumination; another will cover how the supporting machinery works, a class is devoted to the people who designed and operated the system of U. S. lights from Alexander Hamilton to the present-day Coast Guard and the final class will expose the student to the complexities of working on lighthouse lenses.
Instructor: James Woodward

Mr. Woodward has 55 years experience working with lighthouses and specifically Fresnel lighthouse lenses. Upon his retirement from 40 years of service to the U. S. Coast Guard he was cited as being "the greatest resource for lighthouse and Fresnel lens preservation in the Coast Guard." He has presented at the University of Michigan, Rutgers University and many non-university venues and continues to work with lighthouses and lenses through his company "the Lighthouse Consultant." In August 2020 he was awarded the Francis Ross Holland Distinguished Service Award, the lighthouse preservation movement's highest lifetime honor by the American Lighthouse Council.

The Psychological Tasks of Aging

Subject Area: Social Sciences

Thursdays: 2 Sessions 11:00 AM - 12:30 PM    Start: Thu 1/27/22  End: Thu 2/3/22
Location: Community Learning Center - Room 203  Class Size: 45

Course Description
The developmental approach to understanding the aged is a unique way of examining individual growth and maturity. This perspective views the person as a changing system - constantly, subject to the effects of experience. A developmental task is a task which arises at or about a certain period in the life of an individual, successful completion of which leads to well-being. This class will look at the 6 psychological tasks of aging submitted by Carl Jung, the noted Swiss psychiatrist. We will look at various insights, research, and/or interpretations of each.

Instructor: 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.

Mark's myriad of human experience includes 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.

Open the Door to Tai Chi

Subject Area: Health/Wellness

Thursdays: 8 Sessions 1:00 PM - 2:30 PM    Start: Thu 1/27/22  End: Thu 3/17/22
Location: Community Learning Center - Room 200  Class Size: 10

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. A suggested manual is entitled Open the Door to Tai Chi, authored by Ms. Dianne Bailey and available through Amazon for $8.

Instructor: 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 2016, and continues to study with his teacher, the creator of the International Open the Door to Tai Chi program.

Pathogens Lurking in your Food

Subject Area: Health/Wellness

Thursdays: 2 Sessions 1:00 PM - 2:30 PM  Start: Thu 1/27/22  End: Thu 2/3/22

Location: Community Learning Center - Room 203  Class Size: 45

Course Description
What common pathogens are too often found in your food? Salmonella, Listeria, Norovirus, Clostridium, E.coli, and the parasite Cyclospora are responsible for a significant number of foodborne illness outbreaks and unacceptable deaths annually. We will discuss what foods are most significant, what you can do to prevent illness, and what the FDA, USDA, and food suppliers are doing to reduce contamination.

Instructor: Bette Packer

Bette Packer is an Environmental Health Specialist, aka health inspector. She worked for the City of Minneapolis before retirement, and currently has a food safety consulting business and teaches food manager certification classes for food managers of restaurants, delis, and manufacturing facilities.

Fatherly Counsel on Contemporary Capitalism

Subject Area: Social Sciences

Thursdays: Single Session 11:00 AM - 12:30 PM  Start: Thu 2/10/22  End: Thu 2/10/22

Location: Community Learning Center - Room 203  Class Size: 45

Course Description
As the father of capitalism, Adam Smith set out to create an ethical framework of classical capitalism that was designed to emancipate the consumer from a producer and state-dominated economy of his day. Over time, the various dysfunctions of a modern capitalist economy (e.g., concentration of wealth, market power) have become manifest and the utilitarian ethical basis of his system has eroded. Contemporary capitalism, dominated by large corporations, entrenched political interests and persistent social pathologies, bears little resemblance
to the system which Smith envisioned would serve the common man. By illustrating the wide gap between the reality of contemporary capitalism and the model of a moral political economy developed by Smith, the father of capitalism proves to be the most forthright critic of the current order.

Instructor: 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 includes 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.

History of Ranching in the Santa Cruz Valley

Subject Area: Arizona History/Culture

Thursdays: Single Session 1:00 PM - 2:30 PM   Start: Thu 2/10/22  End: Thu 2/10/22
Location: Community Learning Center - Room 203 Class Size: 45

Course Description

The course "History of Ranching in the Santa Cruz Valley" will include information on the origins of ranching in this portion of Pima and Santa Cruz counties of Arizona. In addition to general information about ranching history from Spanish Colonial/Mexican and Territorial eras into the 1900's, specifics will be provided on the history of Tumacacori, Otero and San Ignacio de la Canoa land grants. Stories and pictures of certain ranching activities and people involved will be included in the presentation.

Instructors: John Attardi, Judy Burgard

John Attardi is an Interpretive Guide at Historic Canoa Ranch. A Study Group Leader with Osher Lifelong Learning Institute and recently published in El Presidio Real, the bi-annual publication of Presidio San Agustin del Tucson Museum on Spain's Material Contribution to America's Independence. He lives in Green Valley.

Judy Burgard has a B.S. in Ed. from University of North Texas and a M.Ed. from the University of Arizona. Her undergraduate degree included a number of history and government courses. She has lived in the Tucson area since 1970 taking opportunities to learn about local history including her current volunteer experience as a trained Tour Guide at the Historic Canoa Ranch in Pima County.

The Fundamentals of Astro-Archetype Expression

Subject Area: Philosophy/Spirituality/Religion

Thursdays: Single Session 11:00 AM - 12:30 PM   Start: Thu 2/17/22  End: Thu 2/17/22
Location: Community Learning Center - Room 203 Class Size: 45

Course Description

This presentation is based on notes my mother kept during her tenure as an astrologer. She felt that the archetype or soul expression is not something that is located "inside" a person. Rather, soul is "a perspective
rather than a substance, a viewpoint towards things"; it mediates events and makes a difference. This presentation will look at what she considered the essential factors influencing archetypal expression. We will also look at the two standing theories concerning reincarnation.

Instructor: 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 includes 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.

**Buying Peace: Apache Peace Camps at San Agustin del Tucson 1793-1832**

**Subject Area:** Arizona History/Culture

**Thursdays:** Single Session 1:00 PM - 2:30 PM  **Start:** Thu 2/17/22  **End:** Thu 2/17/22

**Location:** Community Learning Center - Room 203  **Class Size:** 45

**Course Description**

Spain's colonization plans for her far northern "New World" territories, which later includes the future state of Arizona, was frustrated by Apache people who held dominance over this area for generations. Programs devised in Madrid and Mexico City to entirely eliminate the Apache became exercises in futility.

In a reversal of attitude, the Crown initiated the carrot and stick approach where willing Apache groups surrendered themselves to presidio commanders.

These encampments were christened Establecimientos de Paz (Peace Establishments) where peaceful Indians were provided with rations and material goods in exchange for giving up raiding. One such camp was located just north of the presidio at Tucson.

This Study Group session presents an overview of how the camps came about, their underlying development and eventual disbanding following Mexico's independence from Spain.

Instructor: John Attardi

John Attardi is an Interpretive Guide at Historic Canoa Ranch; a Study Group Leader through Osher Lifelong Learning Institute and recently published in El Presidio Real, the bi-annual publication of San Agustin del Tucson Museum, on Spain's Material Contribution to America's Independence. He lives in Green Valley.
Change A Child's Story - CASA of Pima County

Subject Area: Civic Engagement/Community/Government

Thursdays: Single Session 11:00 AM - 12:30 PM   Start: Thu 2/24/22 End: Thu 2/24/22
Location: Community Learning Center - Room 203 Class Size: 45

Course Description

Over 3,000 Pima County children are in foster care through no fault of their own. Too often, these children are shuffled through our current system without experiencing a consistent, positive, adult relationship - someone who truly knows and understands them. Research has confirmed that just one positive adult relationship changes a child's outcome dramatically, thus providing for a brighter future.

We know that every child in foster care deserves a Court Appointed Special Advocate (CASA) volunteer, but unfortunately not everyone will be lucky enough to have one. CASA Volunteers are everyday people who are doing extraordinary things to help change a child's story.

In this class, participants will learn about the child welfare system in Arizona, the realities for children in foster care, and how everyone can help these children succeed. Explore the potential of helping change a child's story!

Instructors: Amy Brandhuber, Natasha Sterzinger

Amy Brandhuber is the CASA of Pima County Program Supervisor. She has been in this role for over four years. She has worked in child welfare for over 20 years. She has earned her Masters in Public Administration and Policy from American University in Washington, D.C. Amy is committed to improving the lives of Pima County's most vulnerable children, abused and/or neglected foster children and understands the difference one caring adult can make in a child's life now and in the future.

Natasha Sterzinger has earned her Ph.D. in Educational Psychology from the University of Arizona and currently the Training Coordinator for Pima County CASA. She is a member of the American Psychological Association (APA), American Education Research Association (AERA), and the Western Positive Psychology Association (WPPA). She is passionate about making positive change in her local community.

Nature of Madera Canyon

Subject Area: Arizona History/Culture, Science/Math/Technology

Thursdays: 4 Sessions 1:00 PM - 2:30 PM   Start: Thu 2/24/22 End: Thu 3/17/22
Location: Community Learning Center - Room 203 Class Size: 20

Course Description

Natural history of Madera Canyon & surrounding Santa Rita mountains. Includes brief canyon geology/formation, climate, Sky Island biogeography, life zones & plant communities with associated interesting plants & animals. PowerPoint presentation format with professional-quality photography. Four class sessions:

Class 1- overview, Class 2- plants, Class-3 animals, Class 4- Madera Canyon field trip

Instructor: Douglas W. Moore
Doug Moore is the Education Director and canyon naturalist for the Friends of Madera Canyon; he started as a docent volunteer for the Friends in 1992. Doug's educational background is in field biology/invertebrate ecology and natural science illustration; he also does freelance nature illustration, photography & interpretive graphic design.

**Wallace Stegner's Where The Bluebird Sings to the Lemonade Springs**

**Subject Area:** Literature/Writing/Language

**Thursdays:** 3 Sessions 11:00 AM - 12:30 PM  **Start:** Thu 3/3/22  **End:** Thu 3/17/22

**Location:** Community Learning Center - Room 203  **Class Size:** 45

Course Description
Wallace Stegner's memorable writings on the American West are crowned by this collection of essays and observations about its beauty and fragility. Stegner was an environmentalist, historian, and a wonderful storyteller.

We will share Stegner's and our own observations and thoughts; obtaining and reading this book beforehand and preparing for about 60 pages per week are musts for this class.

If you are a Stegner fan, this is for you, and if not yet, you are in for a treat.

Instructor: Maureen Brooks

Maureen is an autodidact opera lover ("The Opera Lady"), and loves trivia, history and literature. She was on the adjunct faculty at Marist College in their ABA accredited Paralegal program and was a practicing attorney until her retirement in 2012, when she moved to Green Valley.

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Field Trips

Mondays

Field Trip - Birding: Canoa Ranch Conservation Park, Green Valley

Subject Area: Arizona History/Culture, Science/Math/Technology, Travel/Entertainment

Mondays: Single Session 7:30 AM - 9:00 AM  Start: Mon 3/21/22  End: Mon 3/21/22

Location: Canoa Ranch Conservation Park  Class Size: 30

Course Description

Tired of being cooped up indoors? Join OLLI friends for some guided birdwatching! This single-session outing is at Canoa Ranch Conservation Park, an easy-to-find birding "hotspot" in Green Valley with free parking, smooth and level walking trails, and a natural environment with a pond that attracts a variety of birds. When we're there you'll see many species of waterfowl, swallows, warblers, sparrows, wrens, and maybe a Lawrence's Goldfinch, Northern Harrier, or something else unexpected!

Location: Canoa Ranch Conservation Park
5375 I-19 Frontage Road, Green Valley AZ 85622

Drive your own car, park for free, and meet us at Ramada #2 by the parking lot at 7:30 am sharp (they don't call them early birds for nothing!). Wear sturdy flat shoes and a hat, and plan to walk around slowly. We'll wrap up at 9:00, but you can leave early or stay longer. Benches are available and we won't get too far away from the parking area.

Your SGLs Laura and Bill Couchman will be accompanied by other volunteer guides who are experienced amateur birders. Each guide will lead a group of 10 to see what we can see (and hear), and to help folks learn to spot and identify birds. Participate in this in-person event at your own risk per OLLI's policy for in-person activities; vaccination and masks are encouraged but not required (we'll be outside).

Prior birding experience is fine but not required, so try something new! Be sure to bring binoculars if you have them (optional but highly recommended).

Instructors: Laura Couchman, Bill Couchman

Laura and Bill Couchman have been co-leaders for previous OLLI classes about birds, including a pre-pandemic version of "Birding for Everyone, Everywhere" that included a class field trip. Bill started birding at age 7 in Nature Camp and has passed on his skills and enthusiasm to his family and friends. Laura has been spotting and identifying birds for 17 years, and Bill and Laura go birding locally and all over the world whenever they travel. Laura and Bill have lived in Tucson since 2014 and have been with OLLI since 2016.
Tuesdays

**Field Trip - Historic Tour of the Fox Tucson Theatre**

**Subject Area:** Arizona History/Culture, Arts/Culture, History/Current Events, Travel/Entertainment  
**Tuesdays:** Single Session 11:00 AM - 12:30 PM  
**Start:** Tue 2/1/22  
**End:** Tue 2/1/22  
**Location:** Fox Tucson Theatre Foundation  
**Class Size:** 30

Course Description  
Attendees are invited to get up close and personal with our beautiful and highly unique 1930’s Southwestern Art Deco theatre. Whether in lounges or lobbies, the stage or dressing rooms, each space opens an experiential window into history. We'll explore Tucson's past, spectacular feats of construction and restoration, the history of showbiz in the US, and the marvels of a top-notch working theatre. You may even get to meet a resident ghost or two.  
Meet at the entrance of the Fox Theatre, on Congress Street, and prepare for a remarkable exploration.

Instructor: Jordan Wiley-Hill  
Jordan Wiley-Hill is a professional storyteller, educator, and program developer. He manages the education and outreach activities for the historic Fox Tucson Theatre. A dynamic presenter, he draws heavily on his background in performance art and education, alongside a deep passion for the topics he shares.

Thursdays

**Field Trip - Tour of Historic Mission Garden- Explore Tucson's Birthplace**

**Subject Area:** Arizona History/Culture, Travel/Entertainment  
**Thursdays:** Single Session 10:00 AM - 11:30 AM  
**Start:** Thu 4/7/22  
**End:** Thu 4/7/22  
**Location:** Tucson Mission Garden  
**Class Size:** 20

Course Description  
Did you know that Mission Garden is a 4,000 year old living museum, with the longest agricultural history of any place in the country? The Garden's primary mission is to preserve, transmit and revive the region's rich agricultural heritage by growing garden plots representative of more than 4,000 years of continuous cultivation in the Tucson Basin.

Whether you’re interested in food, anthropology, cultural history and preservation, or heritage gardening‖ this very informative tour is for you! There will be a $5/person (Cash Please) fee for this special guided tour. You may want to bring your camera along too!

Instructor: Judith Rockey  
Judith is recently retired and enjoys dark room photography and taking classes at OLLI.
Fridays

Field Trip - Birding: Fort Lowell Park, Tucson

**Subject Area:** Arizona History/Culture, Science/Math/Technology, Travel/Entertainment

**Fridays:** Single Session 7:30 AM - 9:00 AM  **Start:** Fri 2/18/22  **End:** Fri 2/18/22

**Location:** Fort Lowell Park  **Class Size:** 30

Course Description

Tired of being cooped up indoors? Join OLLI friends for some guided birdwatching! This single-session outing is at Fort Lowell Park, an easy-to-find birding "hotspot" in Tucson with free parking, smooth and level walking trails, and a natural environment with a pond that attracts a variety of birds. When we're there you'll see many species of waterfowl, shorebirds, sparrows, woodpeckers, blackbirds, and maybe a bluebird, hawk, or something else unexpected!

Location: Fort Lowell Park
2900 N Craycroft, Tucson AZ 85712

Drive your own car, park for free, and meet us at the ramada by the parking lot at 7:30 am sharp (they don't call them early birds for nothing!). Wear sturdy flat shoes and a hat, and plan to walk around slowly. We'll wrap up at 9:00, but you can leave early or stay longer. Benches are available and we won't get too far away from the parking area.

Your SGLs Laura and Bill Couchman will be accompanied by other volunteer guides who are experienced amateur birders. Each guide will lead a group of 10 to see what we can see (and hear), and to help folks learn to spot and identify birds. Participate in this in-person event at your own risk per OLLI's policy for in-person activities; vaccination and masks are encouraged but not required (we'll be outside).

Prior birding experience is fine but not required, so try something new! Be sure to bring binoculars if you have them (optional but highly recommended).

Instructors: Laura Couchman, Bill Couchman

Laura and Bill Couchman have been co-leaders for previous OLLI classes about birds, including a pre-pandemic version of "Birding for Everyone, Everywhere" that included a class field trip. Bill started birding at age 7 in Nature Camp and has passed on his skills and enthusiasm to his family and friends. Laura has been spotting and identifying birds for 17 years, and Bill and Laura go birding locally and all over the world whenever they travel. Laura and Bill have lived in Tucson since 2014 and have been with OLLI since 2016.
Field Trip - Birding: Sweetwater Wetlands, Tucson

Subject Area: Arizona History/Culture, Science/Math/Technology, Travel/Entertainment


Location: Sweetwater Wetlands Park  Class Size: 30

Course Description
Tired of being cooped up indoors? Join OLLI friends for some guided birdwatching! This single session outing is at Sweetwater Wetlands Park, an easy-to-find birding "hotspot" in Tucson with free parking, smooth and level walking trails, and a natural environment with ponds that attract a variety of birds. When we're there you'll see many species of waterfowl, shorebirds, sparrows, woodpeckers, blackbirds, and maybe a Northern Harrier or something else unexpected!

Location: Sweetwater Wetlands Park
2551 W Sweetwater Drive, Tucson AZ 85705

Drive your own car, park for free, and meet us at the ramada by the parking lot at 7:30 am sharp (they don't call them early birds for nothing!). Wear sturdy flat shoes and a hat, and plan to walk around slowly. We'll wrap up at 9:00, but you can leave early or stay longer. Benches are available and we won't get too far away from the parking area.

Your SGLs Laura and Bill Couchman will be accompanied by other volunteer guides who are experienced amateur birders. Each guide will lead a group of 10 to see what we can see (and hear), and to help folks learn to spot and identify birds. Participate in this in-person event at your own risk per OLLI's policy for in-person activities; vaccination and masks are encouraged but not required (we'll be outside).

Prior birding experience is fine but not required, so try something new! Be sure to bring binoculars if you have them (optional but highly recommended).

Instructors: Laura Couchman, Bill Couchman

Laura and Bill Couchman have been co-leaders for previous OLLI classes about birds, including a pre-pandemic version of "Birding for Everyone, Everywhere" that included a class field trip. Bill started birding at age 7 in Nature Camp and has passed on his skills and enthusiasm to his family and friends. Laura has been spotting and identifying birds for 17 years, and Bill and Laura go birding locally and all over the world whenever they travel. Laura and Bill have lived in Tucson since 2014 and have been with OLLI since 2016.
Online Zoom Classes

Mondays

**Chair Yoga**

**Subject Area:** Health/Wellness

**Mondays:** 10 Sessions 9:00 AM - 10:00 AM  **Start:** Mon 1/24/22  **End:** Mon 3/28/22

**Location:** Online Zoom Offering 1  **Class Size:** 300

**Course Description**

Chair yoga offers this ancient science using the chair as a tool. We will start sitting and eventually do standing poses using the chair to expand our yoga experience. Join the class to help strengthen, loosen, and gain balance as well as enhance your breathing. Note that this class requires a sturdy "kitchen" style chair where your feet can be firmly on the ground - no folding chairs please.

Instructor: 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.

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

**Reflective Practice**

**Subject Area:** Health/Wellness

**Mondays:** 6 Sessions 11:00 AM - 12:30 PM  **Start:** Mon 1/24/22  **End:** Mon 2/28/22

**Location:** Online Zoom Offering 2  **Class Size:** 300

**Course Description**

Reflective practice is a strategy for coping with chaos and strife by looking within ourselves to identify the tapes we play about ourselves and others that cloud our judgment and perspectives. It is a perspective transformation method not unlike those used in psychotherapy, reframing our personal history to reach a place of acceptance, self-efficacy, and wholeness. During this course, we will be looking at what causes us to feel stress, the neurobiological factors involved, and how our thoughts, intentions, and beliefs result in either adaptive or maladaptive responses to stress and conflict.

We will also discuss and explore metacognition and behavior management techniques, applying creative visualization and sensory integration therapy skills to ground ourselves in life-affirming presence. As a group,
we will also engage in reflective listening and discourse, learning to support others and ask for support while we share the ways in which each of us navigates the world and takes care of ourselves.

Instructor: Deena Hitzke

Dr. Deena Gayle Hitzke is a published scholar, public speaker, historical fiction writer, licensed psychotherapist, and adult educator. She holds a Doctorate of Education in Transformational Leadership, a Master of Arts degree in Human Resources, a Master of Arts degree in Professional Counseling, and a Bachelor of Arts degree in Social and Developmental Psychology, with a minor in Women's Studies. Deena's expertise is developing grounded theories from longitudinal observations of group and cross-cultural, cross-generational interactions, facilitated by adaptive reminiscence, a life review that encourages positive life-affirming discussion.

**TMA Docents' Art Talks XII**

**Subject Area:** Arts/Culture

**Mondays:** 6 Sessions 11:00 AM - 12:30 PM  **Start:** Mon 1/24/22  **End:** Mon 2/28/22

**Location:** Online Zoom Offering  **Class Size:** 300

**Course Description**

The TMA Docents' Art Talks over the past 6 years have presented 66 new, original talks, none repeated. Because so many current students were not in previous classes we may "recycle" a few "oldies but goodies" along with new talks, never presented to OLLI before. I look forward to hearing and seeing more of the docents' talks with you.

Instructor: Dick Woodward

Dick is a long-time central Tucson OLLI member who has been a study group leader for classes in literature, play reading, and currently, TMA Docents' Art Talks. He is a retired civil engineer, who in his own words "is trying to get his liberal arts education on his dotage." He looks forward to seeing you in his TMA Art Talks classes.

**An Introduction to Religion in Ancient Egypt**

**Subject Area:** History/Current Events

**Mondays:** Single Session 3:00 PM - 4:30 PM  **Start:** Mon 1/24/22  **End:** Mon 1/24/22

**Location:** Online Zoom Offering  **Class Size:** 300

**Course Description**

Re, Osiris, Hathor - The names are so familiar, but what did religion mean in Ancient Egypt? Their religion was a complex polytheistic system that included hundreds of gods and goddesses. It lasted for over 3,000 years. However, while it included a belief in a higher power and life after death, it was much more than that. Egyptian religion combined beliefs and practices that, in present times, we would consider to be mythology, science, medicine, magic, herbology and more.

Religion played a part in every aspect of the lives of the Ancient Egyptians and directly connected to the Pharaoh, who was viewed as the intermediary between the people and the gods. During this class, we will explore religion in Ancient Egypt, including their religious texts, mythology, rituals and temples. We will examine what religion meant to the Ancient Egyptians and how it shaped their lives.
Instructor: Nic Richmond

Nic Richmond, Ph.D., has an extensive research and data analysis background that includes analyzing data on lunar and Mars crustal magnetic fields, modeling water flow in nuclear reactors, the application of quantum mechanics and solid state physics to deep Earth studies and numerical modeling of coastal environments. Since 2008, she has worked full time in higher education research leading the Strategy, Analytics and Research team at Pima Community College where she serves as Chief Strategy Officer. In parallel with her geophysics and education research, she has a strong interest in Ancient Egypt.

**TEP Home Energizer Workshop**

**Subject Area:** Civic Engagement/Community/Government, DIY/Self-Help

**Mondays:** Single Session 3:00 PM - 4:30 PM  
**Start:** Mon 1/31/22  
**End:** Mon 1/31/22  
**Location:** Online Zoom Offering 1  
**Class Size:** 40

**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 shower head, faucet aerators, and much more. The workshop is offered for free, courtesy of TEP.

Instructor: Adam Kingery, Jonathan Heras

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 benefited 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.

Jonathan Heras has been presenting energy-related education courses for the Environmental Education Exchange for over 3 years, to elementary, middle, and high school-aged students, as well as to adults throughout Arizona! He also acts and helps develop programming at Borderlands Theater and the Gaslight Theater in Tucson.
Political Islam - Starting with 7th Century Caliphate to today.

**Subject Area:** History/Current Events, Philosophy/Spirituality/Religion

**Mondays:** 8 Sessions 11:00 AM - 12:30 PM   **Start:** Mon 2/21/22   **End:** Mon 4/11/22

**Location:** Online Zoom Offering 3  **Class Size:** 300

**Course Description**

The Muslim Caliphate(s) started after the death of the Prophet Muhammad (632AD) and lasted for 13 centuries. The Caliphate achieved tremendous successes and experienced various defeats and setbacks. From the Arabian Peninsula (today's Saudi Arabia) Islam spread through North Africa up to Spain in Europe, then to India and China and through today's Turkey to Eastern Europe up to Vienna.

This program will cover the principal phases of the Islamic conquests and the different dynasties that ruled from Damascus (Syria), Baghdad (Iraq) Cordoba (Spain), Cairo (Egypt), and finally Istanbul (Turkey). We will cover the events that led to the Crusades all the way up to 'modern day Political Islam' and the recent claims by AL Qaeda and especially ISIS to restore the Muslim Caliphate.

**Instructor:** Samih Baalbaki

Born and raised in Lebanon (18 different religious & ethnic legally recognized communities), Samih retired as a lawyer after spending his last 17 years based in Dubai and traveling, on professional assignments, extensively to over 20 Muslim countries in the Middle East, North Africa and southeast Asia. For the last 8 years, with OLLI@CCU as well as other educational institutions, Samih has taught courses on Islam, Middle Eastern politics and current affairs. Samih is a native Arabic speaker. Passionate about teaching, Samih has taught 2 weekly Zoom classes throughout the Covid19 confinement.

Writing a 'Legacy Letter'

**Subject Area:** Literature/Writing/Language

**Mondays:** Single Session 1:00 PM - 2:30 PM   **Start:** Mon 2/28/22   **End:** Mon 2/28/22

**Location:** Online Zoom Offering 2  **Class Size:** 30

**Course Description**

A legacy letter (also called an "ethical will") is a written document that allows you to share your life lessons, express your values, and transmit your blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family and friends. This one-session online workshop includes discussion and brief writing exercises to help you examine your life history, explore your values, and capture important insights. It offers advice, encouragement, and a model structure to help you draft and complete your own legacy letter.

**Instructor:** Jay Sherwin

Jay Sherwin has practiced law, given away money for five different charitable foundations, and served as a hospital chaplain. In 2019, he created the Life Reflections Project to educate people about legacy letters, ethical
wills and other legacy documents. Jay has extensive experience facilitating online adult learning programs and he has taught this course for OLLI programs nationwide.

**Occupied France 1940 - 1944**

**Subject Area:** History/Current Events  
**Mondays:** 4 Sessions 11:00 AM - 12:30 PM  **Start:** Mon 3/7/22  **End:** Mon 3/28/22  
**Location:** Online Zoom Offering 1  **Class Size:** 300

**Course Description**
This is about France in World War II after the Nazi conquest. After the war, a mythology developed about the nature of the French resistance against the Germans, and about French collaboration. To a large degree, this mythology persists in the popular imagination. The consensus of historians is quite different from what most of us grew up believing. The purpose of this course is to bring us up to date on what has been learned in recent decades about the thoughts and deeds of the leaders and ordinary people in the occupied area and under the Vichy government.

Instructor: Jesse Frey  
Jesse Frey graduated from Cal Berkeley in 1957, joined the army, then became a Special Agent in counterintelligence. He attended Defense Language Institute twice, for German and Greek, earned a master's degree in International Relations, and served in Germany and Vietnam. He resigned his Regular Army commission in 1972 and founded a small business. He stayed active in the Army Reserve and returned to active duty in 1980. After retirement from the army, he was self-employed as a financial consultant. He has been a member of OLLI-UA from the day it was founded.

**Social Security, What You Need to Know**

**Subject Area:** Civic Engagement/Community/Government, Health/Wellness  
**Mondays:** Single Session 11:00 AM - 12:30 PM  **Start:** Mon 3/7/22  **End:** Mon 3/7/22  
**Location:** Online Zoom Offering 2  **Class Size:** 300

**Course Description**
Get answers to the common questions of those planning to retire within the next 5-10 years, as well as some basics on how Social Security works. This class is also an opportunity to get updates on the latest news and changes at Social Security.

Instructor: Jack Burns  
Jack Burns is a Public Affairs Specialist in Arizona for the Social Security Administration. Has worked with Social Security for almost 20 years. Prior to working as a Public Affairs Specialist, worked training and supervising benefit services staff in Social Security offices in Phoenix and Mesa, AZ.
The History and Craft of Knife Making

Subject Area: Arts/Culture

Mondays: Single Session 11:00 AM - 12:30 PM   Start: Mon 3/14/22   End: Mon 3/14/22
Location: Online Zoom Offering 2   Class Size: 50

Course Description

Terry Coleman has been a custom knifemaker for over 30 years. This class will present an overview of the history of knives. The instructor will also demonstrate the methods and materials he uses in his craft. We will cover a bit of metallurgy, the process of working with steel, and the many types of handle materials.

Instructor: Terry Coleman

Terry has been a resident of Tucson for 35 years and an OLLI member. He is retired from the local school system having been a school counselor. He has served overseas as a Peace Corps volunteer in India, and later as a Foreign Service officer in South Vietnam.

Tuesdays

Domestic Violence 101

Subject Area: Civic Engagement/Community/Government, Health/Wellness, Social Sciences

Tuesdays: Single Session 9:00 AM - 10:30 AM   Start: Mon 1/24/22   End: Mon 1/24/22
Location: Online Zoom Offering 2   Class Size: 250

Course Description

Domestic violence is often considered a "private matter," but with more than 15,000 calls to 911 each year regarding domestic violence just in Tucson and Pima County - and only 1 in 10 incidents being reported - this is no private matter. Domestic violence is a public health and public safety issue, and right now survivors of domestic violence are experiencing a pandemic within a pandemic. The key to ending domestic violence is for all of us to talk about it, learn about, offer support to those experiencing it, and find our own ways to challenge and change the conditions that allow it to exist in our community. Come join a discussion about the scope and dynamics of intimate partner violence, ways to support abuse victims, and how we can address the societal foundations that serve as the root of gender-based violence.

Instructor: Ed Mercurio-Sakwa

Ed Mercurio-Sakwa is the CEO at Emerge Center Against Domestic Abuse and has worked in the domestic violence service field for 15 years.
**Beginning Spanish 7**

**Subject Area:** Literature/Writing/Language

**Tuesdays:** 12 Sessions 9:00 AM - 10:30 AM  
**Start:** Tue 1/25/22  
**End:** Tue 4/12/22

**Location:** Online Zoom Offering 1  
**Class Size:** 40

**Course Description**

This class is a continuation of Beginning Spanish 6 which was offered in the Fall of 2021. Students must have the textbook:

'Spanish the Easy Way' 4th edition USED


This book is available from many online bookstores. Students new to the class should be familiar with the present indicative and preterit indicative tenses and imperative forms. We speak only Spanish, with few exceptions. Students exchange information about themselves in Spanish. We do some "play-acting" like being a stranger on a bus in Mexico or ordering a meal. You also will have the opportunity to write in Spanish and learn to correct your writing. You will receive homework assignments which will help you participate in class. But there are no exams or grades!

Instructors: Susan Sotelo, Josefine Kelleher

Susan Sotelo PhD has taught Spanish to undergraduates and seniors. Her doctorate from the University of Arizona is in Latin American literature. She has published a literary criticism of Chicano detective fiction. Teaching is her joy and hobby.

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

**Investigating Law Enforcement In-Custody Deaths**

**Subject Area:** History/Current Events

**Tuesdays:** 4 Sessions 9:00 AM - 10:30 AM  
**Start:** Tue 1/25/22  
**End:** Tue 2/15/22

**Location:** Online Zoom Offering 3  
**Class Size:** 30

**Course Description**

"Investigating Law Enforcement In-Custody Deaths" is a 4-week course which will be a review of the facts and fiction within the public debate regarding police officer-involved fatal custodial deaths. My primary goal is to describe the process and the adjudicating factors involved in investigating custodial deaths.

The class will include an explanation of the prevailing US Supreme Court rulings. It will conclude with an examination of the facts and fiction behind several of the more recent controversial shootings.
Online Zoom Class Offerings

I will not be showing images or videos of any incidents. The class is designed to be informative and not a forum for debating related social issues.

Instructor: David Grabelski

Dave has 45 years of tactical and strategic intelligence experience in the law enforcement and intelligence communities at the local, federal, international, and university/college levels.

In his first career, Dave served 21 years with the Los Angeles Police Department including assignments as a Senior Homicide Detective and Gang Unit Supervisor. His second career was as a Gangs/Drugs/Violence analyst/Instructor for the US Department of Justice / National Drug Intelligence Center.

Dave recently retired as the Chair and Assistant Professor of the Mercyhurst University's Tom Ridge School of Intelligence Studies in Erie, PA. Dave holds advanced degrees from Pennsylvania State University and Pepperdine University. Dave and his wife Kitty currently reside in Vail, AZ.

Gentle Energizing Movement, Deep Relaxation, and Meditation

Subject Area: Health/Wellness

Tuesdays: 12 Sessions 11:00 AM - 12:30 PM   Start: Tue 1/25/22   End: Tue 4/12/22

Location: Online Zoom Offering 2   Class Size: 300

Course Description

Let go of stress and come home to yourself. Over millennia, the sages of the Himalayan Yoga Tradition developed highly effective methods of movement, relaxation, and meditation. In this Study Group (SG) you will learn foundational practices from the Himalayan Yoga Tradition.

Each session of this SG will have three phases: gentle movement and breathing, deep relaxation, and meditation. Members can expect to leave this class refreshed.

Please note that the movements taught in this SG are not acrobatics. They are suitable for people with no yoga experience. If you've attended yoga classes and found them to be too strenuous or otherwise challenging, this SG is for you.

Instructor: Randall Krause

Randall Krause served many years as an attorney and conflict resolution facilitator. Later, he studied counseling and received an M.A. in interdisciplinary consciousness studies with an emphasis in holistic health counseling, was certified and served as a personal coach and mentor. He studied Effective Communication intensively and also studied The Gremlin Taming Method for more than 10 years. In addition, Randall is a senior mentor and teacher in the Himalayan yoga meditation tradition and is registered with Yoga Alliance (YA) as an Experienced Yoga Teacher and a Continuing Yoga Education Provider.
News & Views, Riegger

Subject Area: History/Current Events

Tuesdays: 12 Sessions 11:00 AM - 12:30 PM   Start: Tue 1/25/22   End: Tue 4/12/22

Location: Online Zoom Offering 1   Class Size: 60

Course Description
Every week we pick and vote on topics to discuss. We like to discuss news from many different angles. So all civil opinions/views are welcome.

N&V's Guidelines - How News and Views currently works:
1-We begin the class by soliciting at most 8 topics from the students for possible discussion. Sometimes topics can be combined.
2-A list of all of the topics is created in order of suggestion.
3-A vote is taken for each suggested topic. Students can vote for as many topics as they wish to discuss.
4-The voting results will be immediately shown.
5-Topics are discussed by vote total (most to least) and in the event of a tie, either in order of suggestion or by SGL or group decision.
6-The person who suggested a topic will be given 1-2 minutes to present their topic - either in advance of the vote if the topic is not clear or when the topic is up for discussion.
7-We may decide to TRY using various other methods to accommodate & facilitate discussion as agreed with the class members (e.g. Breakout Rooms, brief presentations, etc.)
8-IMPORTANT: We ask that everyone please keep your comments succinct - don't ramble and please refrain from repeating yourself or others. We want EVERYONE to be able to speak.

Instructor: Mallory Riegger

Mallory Riegger has a BS in Accounting from University of Arizona and is a CPA. Mallory has handled various jobs over the years, including webmaster, treasurer, secretary, newsletter editor, among many other positions. Since joining OLLI-UA, Mallory has worked with Beverly Jordon in the Documentaries to Make You Think, been the librarian for the DVD library, served as Curriculum Committee member and CT Council member, and was elected to the OLLI-UA Board in 2019.

The Holocaust in Film

Subject Area: Arts/Culture, History/Current Events, Literature/Writing/Language

Tuesdays: 1 Single Session 11:00 AM - 12:30 PM   Start: Tue 1/25/22   End: Tue 4/5/22

Location: Online Zoom Offering 3   Class Size: 30

Course Description
We will analyze a selection of films that depict the Holocaust through fictional and autobiographical narratives. We want to examine the ways these films reflect the experiences of Jewish people during that particular time as well as within the larger historical context of anti-Jewish discrimination and oppression. Class members must
watch the films on their own before each class. Class discussions are intended to be very interactive with everyone encouraged to participate. (This is not a lecture class.)

Instructor: Leslye L. Friedberg

Leslye L. Friedberg, Professor Emeritus, taught writing, literature, and humanities courses at Community College of Philadelphia and The University of Cincinnati. Her main areas of interest are interdisciplinary connections among film, literature, philosophy, and art history.

**The U.S. Comes of Age: 1870 to 1917**

**Subject Area:** History/Current Events  
**Tuesdays:** 12 Sessions 1:00 PM - 2:30 PM  **Start:** Tue 1/25/22  **End:** Tue 4/12/22  
**Location:** Online Zoom Offering 3  **Class Size:** 300

**Course Description**

This is a survey course looking at the various threads of activity in the United States that brought the country after the Civil War to its stature as a World power in less than 50 years. These threads of events include: the success and failure of reconstruction, confronting racial and ethnic tensions, the settlement of the West, the exploitation of natural resources, industrialization, immigration, transportation, and foreign policy; and the political and economic implication of these threads of events. Class discussions will revolve around lectures from the Great Courses survey of American History and other relevant lectures and documentary films.

Instructor: Paul Waugaman

Paul Waugaman has been an OLLI member since 2013. He retired from a career in research management in the Federal Government, academia, and consulting. History has been an interest throughout his life. He has concentrated on the Civil War and the evolution of American government and politics. He has taught U.S. History part-time at the college level; and as a consultant, senior manager, and study leader, has developed and presented educational experiences in professional development for adults.

**Psychology Lecture Series**

**Subject Area:** Health/Wellness, Science/Math/Technology, Social Sciences  
**Tuesdays:** 7 Sessions 1:00 PM - 2:30 PM  **Start:** Tue 1/25/22  **End:** Tue 3/8/22  
**Location:** Online Zoom Offering 1  **Class Size:** 300

**Course Description**

Want to learn about Psychology? No prior knowledge needed! This class is a lecture series organized by UA graduate students in psychology. Each week, a different speaker will present on a topic of their expertise. Sessions are highly interactive and encourage discussion between the participants and speaker. The goal of this class is to gain an overview of the field of Psychology in general, and to learn about ongoing research at the UA Psychology department.

Our speakers for Spring 2022 are:
Online Zoom Class Offerings

(1) Mariam Hovhannisyan: Visual and Semantic Features of Objects Predict Memory
(2) Quentin Raffaelli: The Imaginative Brain
(3) Valeria Pfeifer: Figurative Language in the Brain
(4) Mark Sundman: Introducing the Gut-Brain Axis and Exploring Opportunities for Brain Rehabilitation
(5) Riley O’Neill: Stressed out!: How Stress Impacts our Cardiovascular Health
(6) Stephanie Matijevic & Siobhan Hoscheidt: Aging Healthy Together
(7) Veronica Kraft & Rachel Zambrano: TBA (broadly: Research Methods in Psychology)

Instructor: Valeria Pfeifer

This is a lecture series provided by graduate students in the psychology department at the University of Arizona. Each student will provide a lecture in an area in which they have specific training or expertise.

Who Knew? Impact of Jewish Artists on Modern Art

Subject Area: Arizona History/Culture, Arts/Culture, Literature/Writing/Language, Philosophy/Spirituality/Religion

Tuesdays: 3 Sessions 1:00 PM - 2:30 PM  Start: Tue 1/25/22  End: Tue 2/8/22
Location: Online Zoom Offering 2  Class Size: 300

Course Description
Who Knew? Celebrating The impact Jewish Artists Had on Modern Art By Adrienne O’Hare. Join us for this three part series.

Montparnasse: The Crazy Years
At the start of the 20th c. Modern Artists moved away from representing people, places, and things, to the less tangible arena of ideas, emotions, and direct, personal experience. And what better neighborhood to move into than Montparnasse, Paris. From 1910 to the start of World War II, virtually penniless artists came from around the world to thrive in the creative atmosphere. Montparnasse generated some of greatest Modern Artists of the 20th century, and many of them were Jewish.

Women of Substance
Great Jewish women painters have contributed to all the Modern Art movements. Most of these glorious painters lived in the shadow of their male contemporaries or were overshadowed by their husbands. Some achieved fame but many of them remain little known to this day. Some of the most intriguing and beautiful Paintings if the 20c. was done by these Jewish women.

Driven to Abstraction
Many factors can be credited with birthing the Modern Art movements: the Industrial Revolution, the invention of photography, electricity, and psychology. The notion that the world is more than we can see directly, opens the possibility of a non-material reality stocked with Invisible forces, electrical forces, and exploration of the unconscious mind. The Kabbala and Jewish mysticism were the inspiration for some of the most famous abstract paintings of the 20c.

Instructor: Adrienne O’Hare
Adrienne O'Hare was born in Brooklyn. She has a Master's Degree in Group Dynamics and Post Graduate Certificates in Women's Studies and Art Therapy. She is an Art Therapist and a Spiritual Director in private practice.

She has been a docent first at the U of A, Mini Time Machine, and the Tucson Museum of Art since 2016. As an Art Essayist, she seeks to portray the beauty and strength of the human spirit.

Her first novel, Sheol County Blues was well received, and her paintings were in a dozen or so Art exhibits in Tucson and Philadelphia.

**Compassionate Integrity Training**

**Subject Area:** Civic Engagement/Community/Government, Health/Wellness, Social Sciences  
**Tuesdays:** 10 Sessions 3:00 PM - 4:30 PM   **Start:** Tue 1/25/22  **End:** Tue 3/29/22  
**Location:** Online Zoom Offering 3  **Class Size:** 20  

**Course Description**

Compassionate Integrity Training (CIT) is a multi-part training program that cultivates basic human values as skills for the purpose of increasing individual, social and environmental flourishing. Join individuals from over thirty countries who have completed Compassionate Integrity Training, a resiliency-informed program that helps cultivate human values as skills, so we can thrive as individuals and a society, within a healthy environment. By learning to calm our body and mind, become more emotionally aware and practice compassion for ourselves and others, we learn compassionate integrity: the ability to live one's life in accordance with one's values with a recognition of common humanity, our basic orientation to kindness and reciprocity.

For more information, please visit www.compassionateintegrity.org

**Instructor:** Rebecca Dechert Sage

Rebecca Dechert Sage is a certified Compassionate Integrity Training Facilitator and Librarian from Ontario, Canada. Rebecca is committed to playing an active role in raising compassionate and inclusive communities.

**Documentaries to Make You Think**

**Subject Area:** Social Sciences  
**Tuesdays:** 12 Sessions 3:00 PM - 5:00 PM   **Start:** Tue 1/25/22  **End:** Tue 4/12/22  
**Location:** Online Zoom Offering 1  **Class Size:** 300  

**Course Description**

The documentaries shown in this class are diverse, thought-provoking, educational, and informational. I attempt to get Documentaries with English Subtitles. Please sign into class by 2:45 pm. Our classes run on Tuesdays from 3 pm until at least 4:30 pm. Some of the documentaries will last 2 hours plus time for some discussion. Generally, the classes will run longer to allow for discussion, but please feel free to sign off whenever necessary.
NOTE: Please do not expect a 4G, surround-sound experience, rather it may have more of a "Drive-In Theater" feel to it. It is also helpful to shut down all programs besides Zoom on your computer, iPad, or iPhone to help minimize any lag.

The documentaries dates, links to trailers, YouTube videos and actual films (if available) that we are going to show are TBD. We will have a vote for the last few classes and suggestions are more than welcome.

See you on Tuesdays at 2:45 pm - movies to start promptly at 3pm. Sessions tend to last 2 hours.

Instructors: Mallory Riegger, Maureen Metcalfe

Mallory Riegger has a BS in Accounting from University of Arizona and is a CPA. Mallory has handled various jobs over the years, including webmaster, treasurer, secretary, newsletter editor, among many other positions. Since joining OLLI-UA, Mallory has worked with Beverly Jordon in the Documentaries to Make You Think, been the librarian for the DVD library, served as Curriculum Committee member and CT Council member, and was elected to the OLLI-UA Board in 2019.

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

**Great Decisions 2022 - Online**

**Subject Area:** History/Current Events  
**Tuesdays:** 10 Sessions 3:00 PM - 4:30 PM  
**Start:** Tue 1/25/22  
**End:** Tue 3/29/22  
**Location:** Online Zoom Offering 2  
**Class Size:** 300

**Course Description**
Great Decisions is America's largest discussion program on world affairs. It is organized by the Foreign Policy Association (FPA). The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process.

The FPA publishes a Great Decisions briefing book and DVD each year. They highlight eight of the most thought-provoking foreign policy challenges facing Americans today. The topics for 2022 are reported to include: Changing Demographics, Outer Space, Climate Change, Russia, Myanmar and ASEAN, The Quad Alliance, Industrial Policy, Drug Policy in Latin America, Biden's Agenda.

The format for each week involves:
1-Reading the designated chapter in the Great Decisions Briefing Book;
2-A short presentation by a participant that has studied the topic and provides additional pertinent information;
3-Watching a DVD for 30-40 minutes; and
4-Conviving Question-Answer-Discussion Groups to discuss some of the most critical global issues facing America today.

Information on ordering the Great Decisions Briefing Book will be sent to registered participants after Olli sends us the list in late November, early December. The cost will be around $30.00
Instructors: Lynn Underhill, Arthur Quinn

Lynn Underhill has an undergraduate degree in Philosophy from the University of Texas and a Master's degree in Systems and Industrial Engineering from the University of Arizona. She traveled and worked in the US, Europe and Australia with IBM and has lead and is facilitating transformational programs with Landmark Education.

Arthur Quinn has a Ph.D. in Plant Breeding and Genetics, and worked thirty years for an international seed company based in Germany. Art has traveled extensively in Europe and has witnessed the results of foreign policy decisions in numerous eastern European countries. Art is a Vietnam veteran. Art has been a discussion leader for Great Decisions for a number of years.

**Latin Jazz - What Is It?**

**Subject Area:** Arts/Culture

**Tuesdays:** Single Session 9:00 AM - 10:30 AM  
**Start:** Tue 2/1/22  
**End:** Tue 2/1/22

**Location:** Online Zoom Offering 2  
**Class Size:** 300

**Course Description**

Join me as we travel back to the origins of this lively subgenre of Jazz. We will learn about its pioneers, most influential performers, and those who continue to entertain us to this day.

Instructor: Jorge Tapia

Jorge Tapia is a retired Tucson USD high school teacher and curriculum specialist, NAU adjunct instructor, and US Army Master Sergeant.

**Walking El Camino de Santiago**

**Subject Area:** Travel/Entertainment

**Tuesdays:** Single Session 9:00 AM - 10:30 AM  
**Start:** Tue 2/8/22  
**End:** Tue 2/8/22

**Location:** Online Zoom Offering 2  
**Class Size:** 300

**Course Description**

Have you ever considered walking El Camino de Santiago (St. James' Way) or a section thereof? If you are curious about El Camino and want to hear about a pilgrim's trip, this single session is for you. I will share my experiences, and suggestions, to help make yours a successful walk.

In this session I will cover:

- Pre-Camino preparations
- Required and recommended gear
- Aspects of the Camino walk
- Procuring the Compostela, the certificate of completion.
My companions and I traveled the Portuguese Camino, the second most traveled of the eight "officially recognized" ways. Starting in the picturesque and historic coastal municipality of Baiona, we arrived at Santiago de Compostela 129 kilometers, or 80 miles, later.

Through photos and videos, I will offer tips on staying on course, share some anecdotes about fellow pilgrims we met along the way and at our destination, and recommend things to do in Santiago after completing the walk.

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

How Does the U.S. Rank Globally - 2022? A Top 10 Summary!

Subject Area: Civic Engagement/Community/Government

Tuesdays: Single Session 9:00 AM - 10:30 AM   Start: Tue 2/15/22  End: Tue 2/15/22

Location: Online Zoom Offering 2   Class Size: 300

Course Description
A comparison of the U.S. rankings in over 25 key, global categories for 2022. We'll look at issues such as economic factors, the environment, education, health care, crime rates, happiest & most competitive countries, "best" countries ranked, "where" to be born in 2022; et al.... This is year #5 for the compilation of rankings and it is the most comprehensive yet! Always a lively discussion program!

Instructor: Douglas Stowell
Doug Stowell has been a Furman University OLLI instructor in Greenville, SC since 2015 and in OLLI's across the U.S. since 2018. His background is in corporate market research and public opinion polling. His career includes - Dir. of Market Research for the Xerox Corp., U.S. Client Director for the U.K. firm National Opinion Polling, Ltd. In London, and Senior Client Representative with Wirthlin Worldwide Polling in Washington, DC. He opened Market Resource Associates, in 2008, and continues today conducting consumer and political issues surveys.
ESG [Environmental, Social, Governance] Investing

Subject Area: DIY/Self-Help, Social Sciences

Tuesdays: Single Session 9:00 AM - 10:30 AM  Start: Tue 3/1/22 End: Tue 3/1/22

Location: Online Zoom Offering 2 Class Size: 50

Course Description
ESG [Environmental, Social, Governance] investing has become increasingly well-known and attractive to many investors. This class will be an introduction to this type of investing.

Instructor: Doyle Ranstrom

Doyle Ranstrom is a CFP, who also has a Masters in Financial Planning and 40+ years of experience in the financial service industry. He sold his firm at the end of 2016 and started a consulting company. His website www.doylearanstrom.com both contains his bio and articles written primarily by himself.

Have You Checked Your Personality Lately?

Subject Area: Arts/Culture, DIY/Self-Help, Health/Wellness

Tuesdays: Single Session 9:00 AM - 10:30 AM  Start: Tue 3/1/22 End: Tue 3/1/22

Location: Online Zoom Offering 3 Class Size: 300

Course Description
Are you the same person you think you are?

Are you the same "person" you were 40 years ago?

Would you like to try a few, very short personality "quizzes" for fun?

Remember Myers-Briggs or the Enneagram? We'll examine these two in some depth.

We'll do 4-5 exercises in class, including the Sherwin-Williams color test and the CANOE test.

No! You don't have to reveal your "type!" This is just for fun!

Instructor: Douglas Stowell

Doug Stowell has been a Furman University OLLI instructor in Greenville, SC since 2015 and in OLLI's across the U.S. since 2018. His background is in corporate market research and public opinion polling. His career includes - Dir. of Market Research for the Xerox Corp., U.S. Client Director for the U.K. firm National Opinion Polling, Ltd. In London, and Senior Client Representative with Wirthlin Worldwide Polling in Washington, DC. He opened Market Resource Associates, in 2008, and continues today conducting consumer and political issues surveys.
Curious Conversations, Inspired by the Mariachi Shows at the Fox Theatre

Subject Area: Arizona History/Culture, Arts/Culture, Travel/Entertainment

Tuesdays: Single Session 1:00 PM - 2:30 PM  
Start: Tue 3/1/22  
End: Tue 3/1/22

Location: Online Zoom Offering  
Class Size: 300

Course Description
With the all-female Mariachi group "Flor de Toloache" returning to the Fox stage, and other female Mariachi legends coming in the future, this story session and informal conversation will explore the fascinating history of women in Mariachi in Tucson. Long-time Tucson music writer and critic, Daniel Buckley, will share some of his tremendous wealth of stories and experiences around the pivotal role that Tucson has had in the national Mariachi scene and how women impacted it.

Instructor: Jordan Wiley-Hill and Daniel Buckley

Jordan Wiley-Hill is a professional storyteller, educator, and program developer. He manages the education and outreach activities for the historic Fox Tucson Theatre. A dynamic presenter, he draws heavily on his background in performance art and education, alongside a deep passion for the topics he shares.

Daniel Buckley has worn many hats. Known for his work as a journalist, music writer, historian, and documentary maker, he is also an accomplished photographer, videographer, composer, performance artist, and sound designer. Since his start at the Tucson Citizen in 1987 and before at the Tucson Weekly, Buckley has written about mariachis, the Tucson International Mariachi Conference, and the larger Latino cultural scene. In 2013 Buckley was inducted into the Mariachi Hall of Fame and is currently producing a film and book project, "The Mariachi Miracle," that documents the impact of the youth mariachi and folklórico dance movement on Tucson.

Mozart Goes to Paris

Subject Area: Arts/Culture, History/Current Events

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM  
Start: Tue 4/5/22  
End: Thu 4/21/22 - Special Tue / Thurs Class

Location: Online Zoom Offering  
Class Size: 100

Course Description

Shared From OLLI at Chico State CA

This class meets twice a week on Tuesdays and Thursdays. 4/5, 4/7, 4/12,4/14,4/19 & 4/21

A chronological examination of Mozart's fateful journey (1777-1778), along which his mother died and he fell in love. A sample of works he wrote along the way and after his return to Salzburg will be discussed, including the great A-Minor Piano Sonata, the E-Minor Violin Sonata, the Paris Symphony, the Concerto for Violin and Harp, and the Sinfonia Concertante.

Instructor: Russell Burnham
Online Zoom Class Offerings

Russell Burnham earned his BA, MA, and a doctorate degree from The School of Music of Louisiana State University, where he studied clarinet with Paul Dirksmeyer and composition with Dinos Constantinedes. Burnham also attended the Blossom Festival School at Kent State University, where he studied with Robert Marcellus. Dr. Burnham is past director of the Chico Chamber Music Workshop. He taught single reeds, theory, history of literature, and general studies courses at Chico State for 38 years. He served as principal clarinetist with the North State Symphony. In 2004 he was Composer In Residence for the San Francisco Choral Artists.

Curious Conversations, Inspired by the Blues Shows at the Fox Theatre

Subject Area: Arizona History/Culture, Arts/Culture, Travel/Entertainment

Tuesdays: Single Session 1:00 PM - 2:30 PM  Start: Tue 4/5/22  End: Tue 4/5/22
Location: Online Zoom Offering 1  Class Size: 300

Course Description
This season, the Fox Tucson Theatre is bringing some tremendous Blues musicians to its stage. In this informal story session and conversation, local Blues musician and director of the Tucson Musician's Museum --George Howard-- will share personal stories and experiences playing alongside of and bringing to town some of the most renowned blues musicians of the last decades.

Instructor: Jordan Wiley-Hill and George Howard

Jordan Wiley-Hill is a professional storyteller, educator, and program developer. He manages the education and outreach activities for the historic Fox Tucson Theatre. A dynamic presenter, he draws heavily on his background in performance art and education, alongside a deep passion for the topics he shares.

George Howard has been involved in playing music for over 40 years. His participation includes teaching, presenting workshops, photographing events of other musicians, and being personally involved with them from the legendary line up of music icon's such as John Lee Hooker, Bo Diddley, James Brown, Bobby Key's (Of the Rolling Stones), Johnny Lang, Albert Collins, Willie Nelson among many more. George has also produced and Co-produced records on independent labels, as well as promoting concerts and managing bands. George has been inducted into the Arizona Blues Hall of Fame and the Tucson Music Awards Hall of Fame, and he is the President and Founder of the Tucson Musicians Museum.
Wednesdays

Two Centuries of Change in Western Oregon's Forests: The Evolving Relationship Between People and Wildfire

Subject Area: History/Current Events, Science/Math/Technology

Wednesdays: Single Session 11:00 AM - 1:00 PM  Start: Wed 1/12/22  End: Wed 1/12/22 - Note Special Date

Location: Online Zoom Offering  Class Size: 100

Course Description
Shared From OLLI at the University of Oregon

This presentation will give an overview of the changing role of fire - as well as the changing role of people in dealing with it - in our heavily forested region. We will discuss the impact of "anthropogenic" fire, i.e., those blazes set by indigenous people and by the early White settlers (both of whom actively used frequent, low-intensity fires on the landscape for various purposes).

The US Forest Service, which came on the scene soon after 1900 as part of national efforts at natural-resource conservation and management, made fire suppression its main mission after the catastrophic fire season of 1910. This mission has evolved significantly over the decades and it now faces extreme challenges. Past policies (well-intentioned as they were) have, along with changing climate, contributed to the situation we are currently experiencing.

Instructor: Jeff Lalande

For more than thirty years, LaLande was the forest archaeologist for the Rogue River National Forest (called Rogue River-Siskiyou National Forest since 2002), where he was responsible for its cultural resource management and heritage program. He served concurrently as the forest historian, and for many years also held the Forest's wilderness coordinator position. He was also an adjunct professor of history at Southern Oregon University for more than 20 years, and currently offers professional services as a historical and archaeological consultant.

A 1969 graduate of Georgetown University, LaLande earned a master's degree in archaeology from Oregon State University and a Ph.D. in history from the University of Oregon. He has authored numerous articles and several books, and is knowledgeable about a wide range of Northwest history topics.
Australia, U.S. and Current Trends in Asia

Subject Area: History/Current Events

Wednesdays: Single Session 3:00 PM - 4:30 PM  Start: Wed 1/19/22  End: Wed 1/19/22

Location: Online Zoom Offering  Class Size: 125

Course Description
Shared From OLLI at the University of Oregon

Professor Warren will examine current events impacting relations between Australia, the U.S. and Asia. He will address the rise of China and the Chinese expansion in the South China Sea. He will also speak about the role of the Quad (Australia, U.S., Japan and India) and relations with ASEAN countries.

Instructor(s): Aiden Warren

My teaching and research interests are in the areas of International Security, US national security and foreign policy, US Politics (ideas, institutions, contemporary and historical), International Relations (especially great power politics), and issues associated with Weapons of Mass Destruction (WMD) proliferation, non-proliferation and arms control. As Associate Professor within the School of Global, Urban and Social Studies, I also play a significant role in curriculum development, strategic direction, student selection, as well as teaching a combination of core and elective subjects in the BA (International Studies) degree. The degree combines the studies of international relations, international security, international development, international diplomacy, global governance and international law, foreign policy and cultural diversity. It also provides students with the requisite theoretical and professional skills for a range of dynamic careers in the international, commercial and cross-cultural sectors within international organisations, as well as government and non-government agencies.

I lecture and coordinate four core subjects (Contemporary Foreign Policy, Introduction to Global Security, Global Governance and International Law, Global History and Security) and elective subjects (Global Politics of Arms Control, Rethinking Security, War and Violence, Global Diplomacy), as well as supervising students undertaking their Honours, Masters and PhD theses.

Associate Professor Aiden Warren

School of Global, Urban and Social Studies

RMIT University (Melbourne, Australia)
Advanced Intermediate Spanish

**Subject Area:** Literature/Writing/Language

**Wednesdays:** 12 Sessions 9:00 AM - 10:30 AM  
**Start:** Wed 1/26/22  
**End:** Wed 4/13/22

**Location:** Online Zoom Offering 2  
**Class Size:** 30

**Course Description**
This class explores the Spanish language through conversation, readings, and the study of grammar. The required texts are:


Students returning to this class are familiar with the Indicative tenses, simple and compound, and the present subjunctive tense. The readings are entertaining and present vocabulary common among speakers in the border areas of Mexico and the USA. The readings introduce students to colloquial expressions heard along the border. Reading aloud and discussion are an integral part of the class as is weekly homework. Students are encouraged to try their hand at writing in Spanish. We spend at least 10 minutes of every class in topical and or free conversation.

**Instructor:** Susan Sotelo

Susan Sotelo began her teaching career as a graduate student instructor (GAT) at the University of Arizona. After receiving a MA, she taught K-12 students. Then she returned to the University of Arizona and again taught in the basic language program. After receiving her PhD in Spanish Language Literature, she taught at Pima College. She also taught privately and tutored students. Then she took a job teaching for the Spanish Club in Sun City Vistoso in Oro Valley. This began her experience as a teacher of adult/senior students. She has taught Spanish at Olli Central Tucson since 2015.

Birders' Tech Tools and Tips: Ebird, Sibley Birds, Cornell Labs Websites

**Subject Area:** Science/Math/Technology

**Wednesdays:** 3 Sessions 9:00 AM - 10:30 AM  
**Start:** Wed 1/26/22  
**End:** Wed 2/9/22

**Location:** Online Zoom Offering 3  
**Class Size:** 300

**Course Description**
If you enjoy getting out in nature to watch and identify birds, this class will help you! Learn when and how to use Laura's favorites: ebird, Sibley Birds field guide smartphone app, and Cornell Labs websites. We'll target learning and practicing how to use selected features to help you decide when and where to go to see birds, to identify birds by sight and sound, and to keep track of what you see. Websites and ebird are all free to use; you may choose to purchase the Sibley Birds field guide smartphone app for a one-time cost of $20 if you'd like to have it on your phone to use during and after classes. Classes include demos, handouts with written workflows, and suggestions for practice on your own. Be a 21st-century birder!

**Instructor:** Laura Couchman
Laura Couchman is a dedicated amateur birder and has been spotting and identifying birds for 17 years. Laura and her husband Bill go birding locally and all over the world whenever they travel. Laura has been the SGL for previous OLLI classes about birds and birding, most recently about birds of prey and hummingbirds. During the pandemic, she spent a lot of time looking and birds, learning about birds, and adding to her birding technology toolkit.

**Hatha Yoga**

**Subject Area:** Health/Wellness  
**Wednesdays:** 10 Sessions 9:00 AM - 10:00 AM  
**Start:** Wed 1/26/22  
**End:** Wed 3/30/22  
**Location:** Online Zoom Offering 1  
**Class Size:** 300

**Course Description**
This class uses postures and other yoga tools to help align, ground, and balance the energies so that you leave feeling both relaxed and enlivened. Yoga helps in breathing and equilibrium in all aspects of life. We move through floor exercises, standing, and balancing poses while practicing conscious breathing, followed by relaxation at the end. Your equipment to get is a yoga-only mat, blocks, and a Mexican blanket. Eat a light breakfast early to do yoga in an empty stomach condition.

**Instructors:** 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 has practiced yoga for 40 years, starting when he was running marathons. He got certified to teach in 1995 with YogaFit.

**The Middle East- Recent & Current Events**

**Subject Area:** History/Current Events, Philosophy/Spirituality/Religion  
**Wednesdays:** 8 Sessions 11:00 AM - 12:30 PM  
**Start:** Wed 1/26/22  
**End:** Wed 3/16/22  
**Location:** Online Zoom Offering 1  
**Class Size:** 300

**Course Description**
This class will address current events in the Middle East as they occur. We will explore the recent root causes and the combination of factors that will help us better understand the event and its implications on the region, internationally and possibly on the USA.

We will cover the present alliances (e.g., Turkey & Qatar vs Saudi Arabia, Egypt and UAE vs Iran and its satellite (terrorists?) organizations). We will visit the (now deceased?) Iran Nuclear Deal, The Abraham Accords between Israel and the Gulf Arab states as well as the risk factors resulting from the US withdrawal from Syria, Iraq and Afghanistan.
Instructor: Samih Baalbaki

Born and raised in Lebanon (18 different religious & ethnic legally recognized communities), Samih retired as a lawyer after spending his last 17 years based in Dubai and traveling, on professional assignments, extensively to over 20 Muslim countries in the Middle East, North Africa and southeast Asia. For the last 8 years, with OLLI@CCU as well as other educational institutions, Samih has taught courses on Islam, Middle Eastern politics and current affairs. Samih is a native Arabic speaker. Passionate about teaching, Samih has taught 2 weekly Zoom classes throughout the Covid19 confinement.

**Welcoming the Stranger: How's America Doing?**

**Subject Area:** History/Current Events  
**Wednesdays:** 6 Sessions 1:00 PM - 2:30 PM  
**Start:** Wed 1/26/22  
**End:** Wed 3/2/22  
**Location:** Online Zoom Offering  
**Class Size:** 300

**Course Description**  
Welcoming the stranger is taught by many religions and cultures. But how well is America doing at that in the Biden administration? This course will explore the changes, and the continuations, to immigration policies and U.S. admissions from Trump to Biden.

Instructor: Peter Hirschman

Peter has taught many OLLI courses since 2009 on a diverse set of subjects. Since retiring, he has volunteered with the Primavera job training program, the Pima County Library job search program, and Pima Community College Adult Education. He volunteered at the Lutheran Tucson Refugee Resettlement Agency, and twice with RAICES at Karnes County detention center, preparing Central American mothers for credible fear interviews. He also has volunteered with the Florence Project doing asylum applications for detained clients. He was the asylum team lead at Keep Tucson Together, a pro bono removal defense group, responsible for preparing or overseeing all aspects of over 300 asylum applications for both detained and non-detained clients Currently he writes appeal briefs for detained asylum seekers who have lost their case before an immigration judge, works with asylum clients at the Immigration Justice Campaign, and does research on country conditions for asylum applications with the HIAS Pro Bono project.
Reading The Economist with Non-Economists

Subject Area: History/Current Events

Wednesdays: 12 Sessions 3:00 PM - 4:30 PM    Start: Wed 1/26/22 End: Wed 4/13/22
Location: Online Zoom Offering 1 Class Size: 40

Course Description
Join us to read and think about the news as reported in the world's most influential weekly news magazine with wide appeal. The Economist magazine is written for the general public, not specialists. The Economist has an international perspective, examining countries and current developments on a wide range of topics. 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 definitely 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 - a low-priced deal for both for 12 weeks is usually available as is a discount through UA. (Certain articles are available online for free.) Expect to participate in lively discussions on current topics!

Instructor: Charles Wright
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.

Barbra Streisand - Don't Rain on Her Parade

Subject Area: Arts/Culture

Wednesdays: Single Session 1:00 PM - 2:30 PM    Start: Wed 2/2/22 End: Wed 2/2/22
Location: Online Zoom Offering 2 Class Size: 300

Course Description
For over sixty years, Barbra Streisand has entertained and delighted the world with her performances in front of a microphone and camera. With extraordinary fame thrust upon her at a young age, she navigated a sometimes harsh and critical world to become a leading voice for social and political change. Join Kate and Scott as they explore the complex and compelling life and career of one of the most notable and impactful celebrities of our time.

Instructors: Scott McKinzie, Kate McKinzie
Recently retired, Kate and Scott are delighted to be back in Tucson. A lifelong fan and admirer of Barbra and her accomplishments, Kate has been particularly touched by her endless, and often unknown, generosity. Scott developed his own love for Barbra, one that was fueled by visions of 9-year-old Kate singing "Stoney End" at the top of her lungs.
Because Every Body Dies: Funeral Planning Rights and Options

**Subject Area:** Civic Engagement/Community/Government, DIY/Self-Help, Health/Wellness  
**Wednesdays:** Single Session 11:00 AM - 12:30 PM  **Start:** Wed 2/9/22  **End:** Wed 2/9/22  
**Location:** Online Zoom Offering 2  **Class Size:** 300

**Course Description**  
The death of a loved one is never easy. Arranging affordable, dignified, meaningful care for someone who has died shouldn’t add to the difficulties. After this presentation, you will be prepared to make well-informed financially sound decisions for yourself or a loved one.

**Instructor:** Martha Lundgren  
Martha Lundgren comes to us from the Funeral Consumers Alliance of Arizona. FCAAZ is a non-profit independent consumer advocacy organization, dedicated to providing objective information about the requirements and options in making after-death arrangements. Martha first became acquainted with FCAAZ when she was looking for a speaker for a death education series she was organizing. She was so impressed that she joined the board of directors in 2017 and has served as president of the board of FCAAZ since 2018.

Woodpeckers!

**Subject Area:** Science/Math/Technology  
**Wednesdays:** 3 Sessions 9:00 AM - 10:30 AM  **Start:** Wed 2/16/22  **End:** Wed 3/2/22  
**Location:** Online Zoom Offering 3  **Class Size:** 300

**Course Description**  
Woodpeckers (and their cousins Sapsuckers and Flickers) are VERY cool birds. How do they peck on hard trees without getting a headache? They are specially evolved to bore holes in solid timber to make nests, performing an important ecological role for forests and for other animal and bird species. This class is for birdwatchers and bird-lovers alike. We'll learn all about woodpeckers you'll see in Arizona, and also delve into the stories of famous woodpeckers like the Ivory-billed, Imperial, and Pileated Woodpeckers. Sit back and enjoy lots of photos, videos, stories, and cool scientific facts about these remarkable creatures.

**Instructor:** Laura Couchman  
Laura Couchman is a dedicated amateur birder and has been spotting and identifying birds for 17 years. Laura and her husband Bill go birding locally and all over the world whenever they travel. Laura has been the SGL for previous OLLI classes about birds and birding, most recently about birds of prey and hummingbirds. During the pandemic, she spent a lot of time looking at birds, learning about birds, and adding to her birding technology toolkit.
Change A Child's Story - CASA of Pima County

Subject Area: Civic Engagement/Community/Government
Wednesdays: Single Session 1:00 PM - 2:30 PM  Start: Wed 2/16/22  End: Wed 2/16/22
Location: Online Zoom Offering 2  Class Size: 300

Course Description
Over 3,000 Pima County children are in foster care through no fault of their own. Too often, these children are shuffled through our current system without experiencing a consistent, positive, adult relationship - someone who truly knows and understands them. Research has confirmed that just one positive adult relationship changes a child's outcome dramatically, thus providing for a brighter future.

We know that every child in foster care deserves a Court Appointed Special Advocate (CASA) volunteer, but unfortunately not everyone will be lucky enough to have one. CASA Volunteers are everyday people who are doing extraordinary things to help change a child's story. In this class, participants will learn about the child welfare system in Arizona, the realities for children in foster care, and how everyone can help these children succeed. Explore the potential of helping change a child's story!

Instructors: Amy Brandhuber, Natasha Sterzinger

Amy Brandhuber is the CASA of Pima County Program Supervisor. She has been in this role for over four years. She has worked in child welfare for over 20 years. She has earned her Masters in Public Administration and Policy from American University in Washington, D.C. Amy is committed to improving the lives of Pima County's most vulnerable children, abused and/or neglected foster children and understands the difference one caring adult can make in a child's life now and in the future.

Natasha Sterzinger has earned her Ph.D. in Educational Psychology from the University of Arizona and currently the Training Coordinator for Pima County CASA. She is a member of the American Psychological Association (APA), American Education Research Association (AERA), and the Western Positive Psychology Association (WPPA). She is passionate about making positive change in her local community.

The Great Depression, A New Perspective

Subject Area: History/Current Events, Literature/Writing/Language, Social Sciences
Wednesdays: Single Session 11:00 AM - 12:30 PM  Start: Wed 2/23/22  End: Wed 2/23/22
Location: Online Zoom Offering 2  Class Size: 300

Course Description
In the late 1990's, Ed Linz traveled the U.S. to conduct taped oral interviews with over 50 Americans who lived during the turbulent period of the Great Depression.

Among the social and ethnic cross-section he interviewed were a Black man who worked in the turpentine forests of southern Georgia; Mennonite farm families in Indiana; an embalmer in Buffalo, NY; a self-described "Country Girl" born on a farm in Scottsdale, AZ; the daughter of Greek immigrants who found herself in a TB sanitarium at age 9 in Los Angeles; one-room country school teachers in the Plains; a socialite whose famous grandfather, John Stevens, took her in 1930 to his masterpiece, the Panama Canal (she was also a close friend of Ginger Rogers); several "Dust Bowl" survivors and a coon hunter in the Carolinas.
Ed Linz also discusses the social, political, and economic background leading up to the Great Depression and points out the ominous parallels to present times (international pandemic, stock market gyrations and political turmoil). The lecture will feature photographs and material from his latest book, "They Never Threw Anything Away, Memories of the Great Depression by Americans Who Lived It."

Instructor: Ed Linz

Ed Linz lives in Virginia and Maine. He has commanded a nuclear submarine, taught high school for 25 years, and remains active teaching and writing. He has Masters degrees from Christ Church College, Oxford, and George Mason University. He is the author of 4 books ranging from fiction to non-fiction and a textbook on teaching science to special needs students. Mr. Linz was the recipient of a life-saving heart transplant in 1994 and remains grateful to his donor family. He speaks frequently to community groups on organ and tissue donation and on 20th-century American history.

Some developments in 20th century mathematics

Subject Area: Science/Math/Technology

Location: Online Zoom Offering 3  Class Size: 300

Course Description
A great deal of fascinating math was produced in the last century. I will focus on infinite-dimensional spaces, why they were introduced, and how work in other areas was needed to study them.
This is a class for people who have an interest in mathematics. I will touch on many topics, but no proof will be given. The emphasis will be on how one thing led to another; an overview of how this aspect of math evolved and developed.

Instructor: Carl DeVito

I am an emeritus professor at the University of Arizona. Lately I have been active in the conceptual aspects of astrobiology, and I have participated in conferences on these matters over the past few years.

Exploring the Solar System: A Visual Journey

Subject Area: Science/Math/Technology

Location: Online Zoom Offering 1  Class Size: 300

Course Description
Over the past six decades, NASA spacecraft have visited every planet in the solar system, as well as the Sun and a variety of smaller worlds. This effort has pushed the limits of spacecraft and robotic engineering design and operations, and has advanced the scientific understanding of our solar system in extraordinary ways.
Using stunning images from NASA's vast Photolibrary, this 6-part, non-technical series will look at each body in the Solar System in detail and, where possible, compare features on other worlds with those on Earth. The role
the sun and planets have played in myth, fiction, history, and popular culture will also be discussed.

Week 1: The Sun and Mercury
Week 2: Venus, Earth, Moon
Week 3: Mars and the Asteroid Belt
Week 4: Jupiter and its Moons
Week 5: Saturn and its Moons
Week 6: Uranus, Neptune, and Beyond

Instructor: Janet Wood

Janet Wood is a volunteer for NASA/JPL’s Solar System Ambassador program coordinated by the Jet Propulsion Laboratory in Pasadena, California. Ambassadors present public programs to communicate the excitement, science, and discoveries of NASA’s space exploration missions. Wood became a space science enthusiast after attending The Planetary Society’s "Planetfest" in 1997 in conjunction with the Mars Pathfinder Landing, and joined the Solar System Ambassador Program in 2002. She earned a Bachelor’s Degree in Education from the University of Washington, and a Master’s Degree in Geoscience Education from Mississippi State University. Her special interest is in planetary science.

The Mysteries of Numbers

Subject Area: Science/Math/Technology

Wednesdays: Single Session 9:00 AM - 10:30 AM   Start: Wed 3/16/22   End: Wed 3/16/22

Location: Online Zoom Offering 3   Class Size: 300

Course Description
Why are some numbers called irrational and others called imaginary?
What are perfect numbers, what are primes, and how are these related?
We will explore these questions and, along the way, discuss some interesting episodes in the history of mathematics.
No knowledge of mathematics is needed here. I hope the class will be interesting and fun.

Instructor: Carl DeVito

Carl DeVito an emeritus professor at the University of Arizona. Lately he has been active in the conceptual aspects of astrobiology, and he has participated in conferences on these matters over the past few years.
Thursdays

**Chen Village Tai Chi Foundation**

**Subject Area:** Health/Wellness  
**Thursdays:** 6 Sessions 11:00 AM - 12:30 PM  
**Start:** Thu 1/27/22  
**End:** Thu 3/3/22  
**Location:** Online Zoom Offering 1  
**Class Size:** 300

**Course Description**

Tai Chi was created in Chenjiagou (Chen Village) in Henan province, China, where it continues to be practiced to this day. Initially developed as a martial art, Tai Chi has been found to have significant positive health effects. In this Study Group, participants will learn foundational practices of Chen Village Tai Chi including tai chi relaxation (Fang Song) and practices for the cultivation of the Elixir Field-chi energy.

No previous Tai Chi experience is necessary. All the movements are slow and gentle, and no martial arts applications will be taught or practiced in this Study Group. These methods may help lessen body pain, correct spinal misalignment, cultivate a sense of internal energy, and rest the mind.

Participants can wear comfortable roomy or stretchy clothing and some soft tai chi shoes or socks to wear on their feet. Since we will be on carpet, you could be barefoot if you are comfortable doing so.

**Instructor:** Randall Krause

Randall Krause served many years as an attorney and conflict resolution facilitator. Later, he studied counseling and received an M.A. in interdisciplinary consciousness studies with an emphasis in holistic health counseling, was certified and served as a personal coach and mentor. He studied Effective Communication intensively and also studied The Gremlin Taming Method for more than 10 years. In addition, Randall is a senior mentor and teacher in the Himalayan yoga meditation tradition and is registered with Yoga Alliance (YA) as an Experienced Yoga Teacher and a Continuing Yoga Education Provider.

**Creating a Place of Compassion for Yourself**

**Subject Area:** DIY/Self-Help, Philosophy/Spirituality/Religion  
**Thursdays:** 6 Sessions 11:00 AM - 12:30 PM  
**Start:** Thu 1/27/22  
**End:** Thu 3/3/22  
**Location:** Online Zoom Offering 3  
**Class Size:** 30

**Course Description**

We are our own harshest critics. While we freely share kindness, forgiveness, and gratitude with others, we do not give that same compassion to ourselves. Researcher Kristin Neff has penned the term Self-Compassion for a process that enables readers to treat themselves as they would treat a good friend. Her work presents opportunities to transform unconscious stress reactions to more conscious practices of self-compassion.

Students can move from being self-critical to being kind to themselves, from feeling isolated to recognizing our common humanity, and from ruminating on life's challenges to becoming more mindful in the present moment.

Through the practices of self-compassion, we can embrace ourselves where we are, despite our imperfections.

More at: [www.oli.arizona.edu](http://www.oli.arizona.edu) / Email [ollimail@arizona.edu](mailto:ollimail@arizona.edu) / call 520-626-9039 – Ver: 12/15/21 Page 75 of 91
and foibles. We can utilize Neff's resilience exercises to create more happiness, life satisfaction, motivation, better health, and lessen depression and anxiety in our lives.

Using Neff and Germer's "The Mindful Self-Compassionate Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive" as a springboard for discussion, we will face our inner critics by reflecting on, discussing, and practicing self-compassion exercises. Hopefully, this integration of theory and practice will empower students to be more compassionate to themselves and to others.

While reading the workbook is not required for our time together, it could be a helpful template for referring to class exercises and utilizing other practices outside of class.

Please bring your insights and wisdom and join us to share in this discussion.

Instructor: 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.

Reading and Discussing The New Yorker

Subject Area: Arts/Culture, Civic Engagement/Community/Government, History/Current Events, Literature/Writing/Language, Science/Math/Technology

Thursdays: 12 Sessions 11:00 AM - 12:30 PM  Start: Thu 1/27/22  End: Thu 4/14/22

Location: Online Zoom Offering 2  Class Size: 40

Course Description
The New Yorker magazine is a rich resource for current, historic, cultural, and scientific information. To get the most out of this resource each week we discuss five current articles. The class chooses an article for next week's group discussion, then four different class members volunteer to provide an introduction into other articles. Each class starts with a group discussion. Then the volunteers' introductions are used to provide the base for the four additional weekly discussions. All members are encouraged to make presentations and participate in discussions.

Instructors: Ronald Peterson, Edward van Naerssen, John Nemo

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

Edward Van Naerssen is married with two grown sons and three grandchildren. He lived in the Northeast including NYC until 2013. Then he and his wife sold their house and drove around the country for 1 and 1/2 years, until they discovered Tucson in 2014 and Ed joined OLLI to expand his horizons. His career has been in human resource data processing systems. With a BBA in accounting and data processing, Ed started working
with punched card accounting systems then became payroll manager of a Fortune 500 company. He then started and managed a successful consulting company.

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

**Bad Dudes 101**

**Subject Area:** History/Current Events  
**Thursdays:** 9 Sessions 1:00 PM - 2:30 PM  
**Start:** Thu 1/27/22  
**End:** Thu 3/24/22  
**Location:** Online Zoom Offering 1  
**Class Size:** 300

**Course Description**  
Examine the period of the European dictators between the two world wars of the twentieth century.

**Instructor:** 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.

**Conversational Spanish**

**Subject Area:** Literature/Writing/Language  
**Thursdays:** 12 Sessions 1:00 PM - 2:30 PM  
**Start:** Thu 1/27/22  
**End:** Thu 4/14/22  
**Location:** Online Zoom Offering 2  
**Class Size:** 50

**Course Description**  
Students will improve their skills in Spanish speaking, listening, reading, and writing through stories, news articles, plays, songs, and activities. Students are expected to have some exposure to Spanish. Attendance is critical, since we will work in groups.

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

Susan Sotelo PhD has taught Spanish to undergraduates and seniors. Her doctorate from the University of Arizona is in Latin American literature. She has published a literary criticism of Chicano detective fiction. Teaching is her joy and hobby.
**Dream Group**

**Subject Area:** DIY/Self-Help, Health/Wellness, Social Sciences

**Thursdays:** 12 Sessions 3:00 PM - 4:30 PM  **Start:** Thu 1/27/22  **End:** Thu 4/14/22

**Location:** Online Zoom Offering 2  **Class Size:** 30

**Course Description**
Attendees share their dreams and are invited to contribute ideas and insights on others' dreams. Techniques such as "If it were my dream..." are demonstrated. Messages of health and wholeness are brought to light and multiple layers and perspectives revealed. "Ahas!" of recognition follow from the process of discovery as we cultivate our powers of intuition and compassion.

**Instructor:** Helen Landerman

Dr. Helen Landerman has been curious about the meaning of her dreams and writing them down most of her life. She has participated in dream groups for decades and has led dream groups for several years. Because dreams speak a language of visual symbol, her Harvard Ph.D. in Romance Languages and Literatures has prepared her for work with metaphors and archetypes. She has 15 years experience teaching at the college level. She is certified by Jeremy Taylor’s Marin Institute for Projective Dream Work and is a long time member of the International Association for the Study of Dreams.

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**Mayhem Most British: Robin Paige Mysteries**

**Subject Area:** Literature/Writing/Language

**Thursdays:** 7 Sessions 3:00 PM - 4:30 PM  **Start:** Thu 1/27/22  **End:** Thu 3/10/22

**Location:** Online Zoom Offering 1  **Class Size:** 300

**Course Description**
Let’s discuss some of Robin Paige's works. Read & discuss:

--Death at Bishop’s Keep (1/27)
--Death at Gallows Green (2/3)
--Death at Daisy's Folly (2/17)
--Death at Devil's Bridge (3/3)
--Death at Rottingdean (3/17)
--Death at Whitechapel (3/31)
--Death at Epsom Downs (4/14)

Other weeks will be discussion of the period and the real-life individuals in the texts.

**Instructor:** 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.
Crooners and Love Songs

**Subject Area:** Arts/Culture  
**Thursdays:** 4 Sessions 9:00 AM - 10:30 AM  
**Start:** Thu 2/24/22  
**End:** Thu 3/17/22  
**Location:** Online Zoom Offering 1  
**Class Size:** 300

**Course Description**
A crooner is a singer who sings in a soft, intimate style and holds a unique place in the musical history of America. This class will listen to several representative songs from each decade (20'-60's) and includes brief crooner bios and any historically pertinent information. Our love song journey will begin with Al Jolson, with stops along the way from Bing Crosby, Tony Bennett, Frank Sinatra, and many more.

**Instructor:** Arnie Bianco  
Long-time retired educator as a teacher, school principal and adjunct instructor at Chapman University, NAU, Brown Mackie College, and Brookline College. I am an active OLLI member. I have been a teacher for a number of years and have done relationship workshops in more than 10 states. I am a published author who has always loved to teach. My wife is presently a teacher.

Chen Tai Chi Continuing Group

**Subject Area:** Health/Wellness  
**Thursdays:** 6 Sessions 11:00 AM - 12:30 PM  
**Start:** Thu 3/10/22  
**End:** Thu 4/14/22  
**Location:** Online Zoom Offering 1  
**Class Size:** 300

**Course Description**
Tai Chi was created in Chenjiagou (Chen Village) in Henan province, China, where it continues to be practiced to this day. Initially developed as a martial art, Tai Chi has been found to have significant positive health effects. This Chen Tai Chi Continuing Group is for those who have completed the Chen Village Tai Chi Foundation Study Group. Those who have not completed the Foundation Study Group will not have learned the basic skills needed for this Study Group.

In this Study Group, participants will continue to practice Fang Song (relaxation/loosening) and will learn various forms of Reeling Silk, including Leg Reeling, Reeling while stepping, and Small reeling, along with fast movements. The Study Group Leader will teach a brief form if he determines the Members are ready.

All the movements are slow and gentle, and no martial arts applications will be taught or practiced in this Study Group. These methods may help lessen body pain, correct spinal misalignment, cultivate a sense of internal energy, and rest the mind.

Participants can wear comfortable roomy or stretchy clothing and some soft tai chi shoes or socks to wear on their feet. Since we will be on carpet, you could be barefoot if you are comfortable doing so.

**Instructor:** Randall Krause  
Randall Krause served many years as an attorney and conflict resolution facilitator. Later, he studied counseling and received an M.A. in interdisciplinary consciousness studies with an emphasis in holistic health counseling,
Lessons From Winnie the Pooh and Friends

Subject Area: DIY/Self-Help, Philosophy/Spirituality/Religion

Thursdays: 5 Sessions 11:00 AM - 12:30 PM  
Start: Thu 3/10/22  
End: Thu 4/7/22

Location: Online Zoom Offering 3  
Class Size: 30

Course Description

We simply need to believe in the power that's within us and use it.

--From Benjamin Hoff's The Tao of Pooh

Most of us are familiar with the wonderful, effortless simplicity of Winnie the Pooh. In Taoist philosophy, Winnie the Pooh is the epitome of the Uncarved Block. Milne's gentle bear goes slowly to enjoy the little things of life. He embraces his natural process of living and accepts the unknowable. These attributes enable Pooh to live a contented and happy life.

Benjamin Hoff's book, The Tao Of Pooh, provides a blueprint for living simply by combining the Taoist philosophy with the wisdom of Pooh. Utilizing The Tao of Pooh as a springboard for discussion, class participants will explore elements of Taoist philosophy including believing in ourselves, living simply, accepting our limitations, acting effortlessly and naturally, and emptying our minds.

While reading the book is not required for the discussion, it could be helpful in furthering participants' understandings of these concepts and see them illustrated in Pooh's adventures. Both new and used copies are available from most major booksellers.

Please bring your insights and wisdom and join us to share in this discussion.

Instructor: 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. Mary Ellen's undergraduate work was in History and Theology, and her graduate theological studies were in Religious Education and Clinical Pastoral Education.
History of the Global Auto Industry

Subject Area: History/Current Events

Thursdays: 6 Sessions 1:00 PM - 2:30 PM  Start: Thu 3/10/22  End: Thu 4/14/22

Location: Online Zoom Offering 3  Class Size: 300

Course Description
The global auto industry, now almost 130 years old, started with a patent by Karl Benz in 1888 for the Benz Patent-Motorwagen. Since then, there have been 1000+ companies in the industry, with more than 2 billion units produced. Highlights across the entire world during this entire history include: key people and companies; design changes; important themes, such as affordability, safety, emissions, fuel economy, downsizing, globalization, and electrification; and the influence of social trends like suburbanization, unionization, and developments in the oil industry. Your SGL Bill Couchman worked for Ford Motor Company for 33 years in product planning in the auto and parts company, and in the US, Brazil, Thailand, and India.

Instructor: Bill Couchman
Bachelor of Engineering from Yale University with an MBA from Carnegie-Mellon University. Bill worked 33 years in management with the Ford Motor Company. He was an Adjunct Instructor for Northwestern University, a 17-year tax pro and Master Tax Advisor for BlockAdvisors (former H&R Block Premium) and a 12-year Enrolled Agent ("CPA for taxes"). He instructed for H&R Block for 7 years.

Spielberg

Subject Area: Arts/Culture

Thursdays: 4 Sessions 9:00 AM - 10:30 AM  Start: Thu 3/24/22  End: Thu 4/14/22

Location: Online Zoom Offering 1  Class Size: 300

Course Description
This class will chronicle the career of Steven Spielberg - one of America's most gifted movie directors. His amazing list of films has exceeded 50 movies under his direction and 20+ as a producer. His ability to assemble top-notched actors, support experts, and gifted technicians is unmatched in the movie world.

We will trace his films over a high-yielding and mind-boggling 50 years. The class will view a large number of movie trailers and video clips of his major accomplishments and will include casting, production and profit results, and an impressive list of his personal accolades and awards.

Instructor: Arnie Bianco
Long-time retired educator as a teacher, school principal and adjunct instructor at Chapman University, NAU, Brown Mackie College, and Brookline College.

Arnie Bianco is an active OLLI member. He has been a teacher for a number of years and has done relationship workshops in more than 10 states. Arnie is a published author who has always loved to teach.
Fridays

**Film Discussion Group**

**Subject Area:** Arts/Culture  

**Wednesdays:** 12 Sessions 9:00 AM - 10:30 AM  **Start:** Fri 1/28/22  **End:** Fri 4/15/22  

**Location:** Online Zoom Offering 1  **Class Size:** 300

**Course Description**
We will meet weekly to discuss a film that has been watched by the class. The film selection will be assigned to or voted upon by class members. A class member will lead the discussion for the movie. This class has been ongoing for several years and generates lively and controversial discussions as members dissect and compare films, frequently calling upon their own personal and professional experiences. Please consider volunteering to lead the discussion. A guide to how to lead the discussion will be given out prior to the first session. Currently due to the pandemic movies will be from Netflix and Amazon, and occasionally from the Loft Streaming service, all at additional cost.

**Instructor:** Trudy Hill

Trudy Hill has an MS degree in Art Education from the University of Wisconsin, Madison and has taught art to Elementary and Junior High School students as well as Adults. She was a co-SGL for previous Science Fiction and Poetry Classes and SGL for Calligraphy Class at OLLI Central Tucson. Her background includes working for Visa International as an architect of the computer chips (on your credit cards) and the Visa systems that support them. She has been in the film class since she joined OLLI in 2015 and wants to give people a chance to continue enjoying Film Discussion classes on zoom.

**Conservatives and Liberals; Not Conservatives Vs. Liberals**

**Subject Area:** Civic Engagement/Community/Government, History/Current Events, Social Sciences  

**Fridays:** 8 Sessions 11:00 AM - 1:00 PM  **Start:** Fri 1/28/22  **End:** Fri 3/18/22  

**Location:** Online Zoom Offering 1  **Class Size:** 30

**Course Description**

Our country is divided. There are two camps, each with its own valid framework for viewing what's best for the country. Our purpose is to better understand others, not to persuade them. We'll do this by sharing perspectives, not debating them. Mini-lectures from psychology and politics will help frame our discussions of parenting, political parties, our government, our schools, the media, religion, capitalism, socialism, taxes, the Supreme Court, etc. Film clips and our own Zoom polls will help us gain more perspective. Let's learn to listen, and listen to learn.

**Instructor:** Mike Berkowitz

Mike Berkowitz taught in day care centers, fifth grade, and colleges before finding his niche teaching at senior colleges. He has taught senior college courses in his home state of Maine and more recently in Mississippi, Florida, Louisiana, and Alabama. His focus has become looking at our values, our understanding, and our society. He enjoys challenging folks to think in new ways.
Perennial Wisdom of The Bhagavad Gita

**Subject Area:** Philosophy/Spirituality/Religion

**Fridays:** 12 Sessions 11:00 AM - 12:30 PM  **Start:** Fri 1/28/22  **End:** Fri 4/15/22

**Location:** Online Zoom Offering 3  **Class Size:** 30

**Course Description**
The Bhagavad Gita is one of the great spiritual books of the world and a core source of Yoga Philosophy. In essence, it is a spiritual discourse given by Krishna, an incarnation of God, to his disciple, the great warrior Arjuna, on the threshold of a vast war in which both would soon be involved. The teachings of the Gita are as meaningful today as they were thousands of years ago.

In this study group, we will spotlight philosophic gems from selected verses of the Gita. This will not be a dry philosophy course. Rather, through brief talks by the study group leaders, introspective exercises, breakout sessions and group discussions, the study group members will have opportunities to deeply examine the enlightening wisdom of the Gita and to consider how to apply that knowledge in our daily lives.

**Instructors:** Randall Krause, Sandra Uyterhoeven

Randall Krause served many years as an attorney and conflict resolution facilitator. Later, he studied counseling and received an M.A. in interdisciplinary consciousness studies with an emphasis in holistic health counseling, was certified and served as a personal coach and mentor. He studied Effective Communication intensively and also studied The Gremlin Taming Method for more than 10 years. In addition, Randall is a senior mentor and teacher in the Himalayan yoga meditation tradition and is registered with Yoga Alliance (YA) as an Experienced Yoga Teacher and a Continuing Yoga Education Provider.

Sandra Uyterhoeven is an experienced yoga teacher, yoga therapist and an avid learner and teacher of The Yoga Sutras of Patanjali. She has led a monthly study group on the Yoga Sutras of Patanjali for more than 10 years in Waltham, MA. She is warm, knowledgeable, and articulate.

Women of the West III

**Subject Area:** Arizona History/Culture, History/Current Events

**Fridays:** 6 Sessions 11:00 AM - 12:30 PM  **Start:** Fri 1/28/22  **End:** Fri 3/4/22

**Location:** Online Zoom Offering 2  **Class Size:** 60

**Course Description**
Women's history in the West has been largely preserved through letters, diaries and magazine articles. New scholarship since the 1970's has produced many interesting films and books. This class is a continuation of our fall class. Lecture, film, books and a film trip will be used.

**Instructor:** Jeri Aldridge

After teaching English, Speech, Debate and History for 32 years in Evergreen, Colorado, Jeri retired and moved to Tucson. She collects folk art (Mata Ortiz Pottery, Wood carvings and Fabric Art) has a B.A. in Speech Communications from the University of Denver and an M.A. in Education from Colorado University. Jeri has
traveled widely to Europe, China, Guatemala, England and Scotland and has an interest in politics and microfinance.

**Contemporary Economic Policy Issues**

**Subject Area:** History/Current Events, Social Sciences  
**Fridays:** 6 Sessions 1:00 PM - 2:30 PM  
**Start:** Fri 1/28/22  
**End:** Fri 3/4/22  
**Location:** Online Zoom Offering 2  
**Class Size:** 300

**Course Description**
Economics plays a central role in the functioning of every aspect of society. It plays this role primarily through the actions of governments at the federal, state, and local levels. Given the centrality of its role, this course will address a set of prominent policy issues where economics is at their core.

We will explore these issues in detail, including their origins as policy matters, the underlying data and evidence, and what policy levers are available to deal with them. The focus will be on what the economics profession collectively understands to be true about the issue. The structure of the course will be an initial lecture on the U.S. Economy. Subsequent lectures will be standalone, taught by a subject matter expert - all of whom have a Ph.D. in Economics. Potential topics include Climate Change Economics, Healthcare Economics, Economic Inequality, Autonomous Vehicles, and many more. The topics presented will be determined by what is most topical at the time of the course.

**Instructor:** Jon Haveman  
Jon Haveman is the Executive Director of the National Economic Education Delegation (NEED). He has a reputation for providing audiences with edible economic information that is readily useful in their work and private lives. Jon was previously a Senior Economist with the President's Council of Economic Advisers and he also held a faculty position in the Business School at Purdue University. Dr. Haveman holds a Ph.D. in Economics from the University of Michigan.

**Astronomy/Geosciences**

**Subject Area:** Science/Math/Technology  
**Fridays:** 6 Sessions 3:00 PM - 4:30 PM  
**Start:** Fri 1/28/22  
**End:** Fri 3/4/22  
**Location:** Online Zoom Offering 1  
**Class Size:** 300

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

This semester our topics will include the Cosmic Distance Ladder, Stellar Evolution, and Supernova. 'Constellation Concentration' will continue our in-depth look at a different constellation each week. And, we will continue with 'Selected Short Subjects'. There will be several guest speakers from the University of Arizona's Astronomy, Planetary Sciences, and Geosciences Departments.
Online Zoom Class Offerings

As always we will discuss ongoing discoveries in Astronomy, Planetary Sciences, and Earth Sciences. And, 'Science Fiction Theatre' continues, with short clips highlighting a century of Sci-Fi movies and TV shows. And of course, there will be: 'Geo-feature-of-the-Week', 'What's for Launch', and 'Books-of-the-Week'.

Information will be conveyed using short videos, awesome photos, understandable/fun graphics, and class discussions. Please join us for this continuing journey of discovery and adventure. Being in an earlier Astronomy/Geosciences class that John McCauley and I have hosted is neither a prerequisite nor necessary to understand and enjoy this class.

Instructor: Guy Jette

Guy retired from the U.S. Air Force after 37 years working in Research and Development in both the aeronautical and space fields. He holds MBA and MS degrees, and is an Associate Fellow of the American Institute of Aeronautics and Astronautics. He has worked in astronomy outreach for the past ten years as a docent at Kitt Peak National Observatory. He has also been a frequent guest speaker at the University of Hawaii Institute for Astronomy on Maui.

For the Sake of the Song

Subject Area: Arts/Culture

Fridays: 12 Sessions 3:00 PM - 4:30 PM  Start: Fri 1/28/22  End: Fri 4/15/22

Location: Online Zoom Offering 2  Class Size: 300

Course Description

We'll be exploring the children of the Great Folk Revival. The folk revival of the 1950's had immediate effects on the American music scene, such as the "listening rooms" that once existed almost everywhere and the popular success of The Kingston Trio, Peter Paul and Mary, et al.

There are also two more long-lasting effects. First, some genres of music are only alive today because of revivalists, having disappeared in their original cultures and locales. Acoustic blues is the perfect example of this. Second, there are the singer-songwriters. People have written songs since before Homer and most could sing, but the musician/bard traveling the country today with just a guitar (usually) and a headful of songs really began during the folk revival, and exists in bewildering variety today, although rarely referenced by commercial radio/TV and even more rarely leading to pop stardom.

Although there may be examples from Dylan or Joni for the sake of completeness, we'll mostly be listening to folks you've never heard, or even heard of. Whenever possible, I'll be sharing lyrics on-screen along with the musical examples. We'll stop for comments/questions about every three songs, a common radio format. If possible, I'll send out setlists after each show.

Instructor: Jim Schwall

Jim Schwall is a former social services worker, high school teacher, university professor, composer, visual artist, musician, songwriter, and most important here, folk radio DJ. While beginning a conservatory musical training he got sidetracked by the folk revival and became one of the first young white musicians to take electric blues out of Chicago. After years of musical touring, Jim returned to studying music, earning the three usual degrees and leading to some of the above former occupations. He retired to Tucson several years ago.

More at: www.oli.arizona.edu / Email ollimail@arizona.edu / call 520-626-9039 – Ver: 12/15/21 Page 85 of 91
Indians in the Civil War

Subject Area: History/Current Events

Fridays: Single Session 1:00 PM - 2:30 PM   Start: Fri 2/4/22  End: Fri 2/4/22
Location: Online Zoom Offering 1  Class Size: 300

Course Description

20,000+ Native American Indians served in the Union and Confederate armies during the American Civil War. Why did Indians who were removed from their homelands in the 1830s fight in the Civil War in the 1860s? We'll look at accounts of individual Native American soldiers and describe the participation of numerous tribes, including the Cherokee, Delaware, and Seneca.

Instructor: Elise Moore

Elise Moore is a religion teacher and retired international inspirational speaker with a personal passion for history. Elise and her husband David moved to Tucson in 2019. She previously taught a class for OLLI Central "Andrew Jackson, Indians and the First Wild West"

Garden Conversations

Subject Area: Crafts/Cooking, DIY/Self-Help

Fridays: 10 Sessions 10:00 AM - 11:30 AM   Start: Fri 2/11/22  End: Fri 4/29/22 - No Class 3/18, 3/25
Location: Online Zoom Offering  Class Size: 100

Course Description

Shared From OLLI at Chico State CA

Join four avid, knowledgeable gardeners to talk about gardening projects - both the challenges and the delights. Each session will kick off with our remarks about a particular subject, after which class members will be invited to share thoughts, photos, questions, and more about that topic, or any other gardening-related subject. Whether you're proud of a garden remodel or puzzled by how to proceed, come chat about gardening joys and frustrations with an enthusiastic and sympathetic audience.

Instructor(s): Leanne Ulvang, Lori Murphy Cole, Kristi Smith Hernandez and Cindy Weiner

Leanne Ulvang earned a BA in medieval & English history from Pomona College and a JD from the University of Santa Clara. In over a dozen years as volunteer instructor, she has acquired teaching skills, improved her French, and learned that OLLI is a great place to indulge her passions for language, history, and gardens.

Lori earned her BA, MA, and Lifetime Community College Credential from Chico State. She moved to Oregon in 1980 and taught at Western Oregon University (Monmouth) and Chemeketa Community College (Salem) and five prisons, eventually taking on leadership roles. She retired as dean in 2006 from Chemeketa and currently teaches online. She is a Master Gardener, National Geographic Certified Educator, Quality Matters certified instructor, and holds a Cultural Competency Certification. Her joys include a curvy road on her Harley, her garden, and her dog Phil.

Kristi Smith Hernandez earned a BA in botany and biology from Pomona College and an MBA from Stanford University. Before children, she was an Investigator for the Food and Drug Administration and later worked in...
package goods marketing. After children, she was a forensic accountant specializing in marital dissolutions. She is a life-long, part-time gardener, and looks forward to sharing the fun of playing in the dirt in our gardening conversations.

Cindy Weiner has a BA in biology from the University of California at Riverside, an MS in microbiology from the University of Washington, and a teaching credential from St. Mary’s College of California. She’s a member of the California Native Plant Society and a Butte County Master Gardener. While she’s been a native plant enthusiast since taking a class in field botany at UCR, she only recently became obsessed with gardening after moving to Chico in 2006.

**Defining and Defying Dementia**

**Subject Area:** Health/Wellness  
**Fridays:** 2 Sessions 1:00 PM - 2:30 PM  
**Start:** Fri 2/11/22  
**End:** Fri 2/18/22  
**Location:** Online Zoom Offering 1  
**Class Size:** 40

**Course Description**  
This program is intended for those who currently feel mentally well, but could also be of interest to caregivers and family members of impaired individuals.

Part I: Defining Dementia (class one)  
In defining Dementia, it is best understood as an umbrella. We will begin with a general overview of different types of Dementia falling under that umbrella. This will include a brief discussion of their differences, similarities, and pathophysiology. Before we can consider steps to prevent dementia we should know what it is and understand it in all its forms.

Part II: Defying Dementia (class two)  
In our attempts to defy Dementia, we will address potential risk thus motivating us to take action against the possible threat that has not yet materialized. We will redefine Cognitive Reserve and Brain Resilience, building a better brain at any age. We will also debunk myths on the aging brain.

Instructor: Rinda Moore  
Rinda is a retired Geriatric NP after 36 years of nursing practice. As an RN her work led her to caring for those with complications related to bedridden states of health, many suffering with altered states of mental health. She continued this specialty practice as a Geriatric NP.

**Death with Dignity: Arizona End-of-Life Options**

**Subject Area:** Civic Engagement/Community/Government  
**Fridays:** 3 Sessions 9:00 AM - 10:30 AM  
**Start:** Fri 2/18/22  
**End:** Fri 3/4/22  
**Location:** Online Zoom Offering 2  
**Class Size:** 300

**Course Description**  
This class will begin by briefly exploring the rich history of the death with dignity movement in Arizona over the last 20 years. Bringing it to the present, it will cover current end-of-life options including the misconceptions and realities surrounding advance directives, palliative care, and hospice.
Regarding medical aid in dying (aka MAID or physician-assisted dying), we will explore where we stand in relation to other states that have passed laws permitting this particular end-of-life option. We'll take a deep dive into the details of the law including the "Oregon Model" vs. what the newest version looks like that was passed in New Mexico in 2021, the safeguards and qualifications, the views of the proponents, and the voice of the opposition.

This is not a liberal or conservative issue. It's an individual rights issue. It's about patient autonomy, education, and choice. Some see it as the last civil right. It's a topic often misunderstood by voters and lawmakers alike. Let's explore the slogan "your life, your death, your choice".

Medical aid in dying is available in ten states plus Washington DC, covering nearly 74 million Americans, but not those residing in Arizona. Although a bill is proposed every year, it doesn't even get a hearing by our legislators. Great advances have been made in healthcare, but the mortality rate is still 100%. Let's enjoy some stimulating conversations about our end-of-life options.

Instructor: Mary Ganapol

Mary Ganapol moved to Tucson in 1996 from the San Francisco Bay Area. She retired after running a senior care business in Green Valley called Seniors Helping Seniors. She became interested in the death with dignity movement after her first husband died. As a quadriplegic, he had asked her about his end-of-life options while he was in hospice. She was unable to offer him very many alternatives. She has since studied the topic extensively and finds the "death positivity" movement fascinating and thought-provoking.

Intermediate Genealogy - Complicated Records

Subject Area: Social Sciences

Fridays: 8 Sessions 9:00 AM - 10:30 AM  Start: Fri 2/18/22  End: Fri 4/8/22

Location: Online Zoom Offering 1  Class Size: 300

Course Description

Collecting historical records helps the genealogist put together the story of their ancestors. Some records are more difficult to find and piece together than others. Intermediate Genealogy - Complicated Records covers the more common, but difficult records that genealogists need to piece together their ancestors' lives.

Instructor: Debra Kabinier

Debra Kabinier is a professional genealogist from Sahuarita, Arizona. She serves as the president of the Southern Arizona Genealogy Society (SAGS) and volunteers as a genealogist at the Society's Genealogy Library. Debra has over 20 years' experience in genealogy and family history research.

Besides Masters' degrees in Earth Science and Strategic Studies, Debra holds a certificate in Genealogical Research from Boston University, and certificates in Librarianship, American Records, and Methodology from the National Institute for Genealogical Studies.
Understanding the Afterlife and Near Death Experiences

**Subject Area:** Philosophy/Spirituality/Religion  
**Fridays:** Single Session 1:00 PM - 2:30 PM  
**Start:** Fri 3/4/22  
**End:** Fri 3/4/22  
**Location:** Online Zoom Offering 1  
**Class Size:** 300

**Course Description**
What happens when the soul leaves the body and transitions to the spiritual realm of the afterlife? Do pets meet you on the other side? What do scientists say about it? Hear testimonies from Near-Death Experiencers about what it is like. Spiritual regression case studies have also provided answers. This class helps awaken an understanding of your immortal identity as a soul, helps alleviate the fear of death, and provides a more positive understanding of this natural life cycle.

**Instructors:** Debra Peterson

Debra Peterson understands traditional scientific concepts, as well as alternative health therapies and metaphysical topics. Her science background includes a Bachelors and Master of Science degree in Environmental Science. Her career included civil engineering and surveying technology. She is an energy therapist and metaphysical teacher. Debra uses a left-brain (analytical) and right-brain (intuitive) teaching style, for a balanced approach to learning about a subject.

Earth Energy Ley Lines, Portals, Vortexes, and Pyramids

**Subject Area:** Philosophy/Spirituality/Religion  
**Fridays:** Single Session 11:00 AM - 12:30 PM  
**Start:** Fri 3/11/22  
**End:** Fri 3/11/22  
**Location:** Online Zoom Offering 2  
**Class Size:** 300

**Course Description**
Ancient history has witnessed mysterious energy phenomena such as ley lines, portals, vortexes, and pyramids. Ley line alignments between sacred sites have been said to hold energy significance in the landscape. Portals and vortexes both have a correlation with energy and the land. Natural and human-made pyramids can create and focus powerful electromagnetic energy, as well as hold high vibration spiritual energies. Learn how the ancients used these energy phenomena to their advantage. Hear about unique and powerful pyramids that are located around the world. Debra will share her amazing adventures of working with these energetic phenomena.

**Instructor:** Debra Peterson

Debra Peterson understands traditional scientific concepts, as well as alternative health therapies and metaphysical topics. Her science background includes a Bachelors and Master of Science degree in Environmental Science. Her career included civil engineering and surveying technology. She is an energy therapist and metaphysical teacher. Debra uses a left-brain (analytical) and right-brain (intuitive) teaching style, for a balanced approach to learning about a subject.
Ancient Southwestern Native American Pottery

**Subject Area:** Arizona History/Culture, Arts/Culture, Social Sciences

**Fridays:** Single Session 3:00 PM - 4:30 PM  **Start:** Fri 3/18/22  **End:** Fri 3/18/22

**Location:** Online Zoom Offering 1  **Class Size:** 300

**Course Description**
Mr. Dart shows and discusses Native American ceramic styles that characterized specific eras in the U.S. Southwest prior to about 1450, and talks about how archaeologists use pottery for dating archaeological sites and interpreting ancient lifeways. He discusses the importance of context in archaeology, how the things people make change in style over time, and how different styles are useful for identifying different cultures and for dating archaeological sites. His many illustrations include examples of ancient pottery types made throughout the American Southwest from about 2000 to 500 years ago.

Instructor: Allen Dart

Registered Professional Archaeologist Allen Dart has worked in Arizona and New Mexico since 1975 for federal and state governments, private companies, and nonprofit organizations. He is the executive director of Tucson's nonprofit Old Pueblo Archaeology Center, which he founded in 1993 to provide educational and scientific programs in archaeology, history, and cultures. Al has received the Arizona Archaeological Society's Professional Archaeologist of the Year Award, the Arizona Archaeological and Historical Society's Victor R. Stoner Award, the Arizona Governor's Archaeology Advisory Commission Award in Public Archaeology, and other honors for his efforts to bring archaeology and history to the public.

Hohokam and Mimbres Rock Art and Ideology

**Subject Area:** Arizona History/Culture, Arts/Culture, Philosophy/Spirituality/Religion

**Fridays:** Single Session 3:00 PM - 4:30 PM  **Start:** Fri 3/25/22  **End:** Fri 3/25/22

**Location:** Online Zoom Offering 1  **Class Size:** 300

**Course Description**
Comparison of 1000-1130 CE Mimbres-culture petroglyphs in New Mexico and contemporaneous glyphs of the Hohokam culture of southern Arizona helps define the limits of these two ancient southwestern cultures. Aspects of their rock art and other material culture also provide clues to their different ideologies. Certain icons are common to both Mimbres and Hohokam rock art, whereas each culture also exhibits motifs that apparently were not produced by the other. Comparing and contrasting the shared and unshared rock art images, and other aspects of Mimbres and Hohokam cultures, suggests similarities as well as differences in their respective religious practices and beliefs.

Instructor: Allen Dart

Registered Professional Archaeologist Allen Dart has worked in Arizona and New Mexico since 1975 for federal and state governments, private companies, and nonprofit organizations.

Allen Dart is the executive director of Tucson's nonprofit Old Pueblo Archaeology Center, which he founded in
1993 to provide educational and scientific programs in archaeology, history, and cultures. He has received the Arizona Archaeological Society's Professional Archaeologist of the Year Award, the Arizona Archaeological and Historical Society's Victor R. Stoner Award, the Arizona Governor’s Archaeology Advisory Commission Award in Public Archaeology, and other honors for his efforts to bring archaeology and history to the public.

The Amazing Life of Inventor Nikola Tesla

**Subject Area:** History/Current Events, Philosophy/Spirituality/Religion, Science/Math/Technology

**Fridays:** Single Session 11:00 AM - 12:30 PM  
**Start:** Fri 4/1/22  
**End:** Fri 4/1/22  
**Location:** Online Zoom Offering 1  
**Class Size:** 300

**Course Description**

Nikola Tesla was an engineer, physicist, scientist, futurist, humanitarian, and genius. He had a mysterious and amazing life as one of history's greatest inventors, who helped advance and transform civilization with his inventions. He is known for designing the alternating-current (AC) electric system and many other great inventions. Also learn about the personal side of Tesla, from his quotes on science, philosophy, relationships, thoughts, beliefs, metaphysics, and spirituality.

**Instructor: Debra Peterson**

Debra Peterson understands traditional scientific concepts, as well as alternative health therapies and metaphysical topics. Her science background includes a Bachelors and Master of Science degree in Environmental Science. Her career included civil engineering and surveying technology. She is an energy therapist and metaphysical teacher. Debra uses a left-brain (analytical) and right-brain (intuitive) teaching style, for a balanced approach to learning about a subject.

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