



**RIO SALADO COLLEGE**  
A MARICOPA COMMUNITY COLLEGE

RISE Learning for Life

## RISE LEARNING FOR LIFE

## SPRING 2024 SCHEDULE



**Join RISE  
today!**

### **Take Advantage of Unlimited Access to Over 150 Classes and Activities with Your Annual Membership!**

#### **Interest-based classes include:**

- Art, Health & Wellness
- Finance & Law
- Natural Sciences & Math
- Religion & Spirituality
- Social Sciences & History
- Technology
- Travel

#### **Classes Offered:**

- Monday - Thursday
- Morning and Afternoon
- In-person and Virtual

#### **Contact:**

##### **RISE Learning for Life @ RSC Surprise**

12535 W. Smokey Drive  
Surprise, AZ 85378  
(480) 377-4262

[riosalado.edu/community/rise](https://riosalado.edu/community/rise)

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# Welcome to RISE Learning for Life

RISE Learning for Life is a Rio Salado College non-credit, interest-based program. Classes and activities focus on interest-based lifelong learning opportunities for a wide range of individuals within the community. RISE members enjoy exchanging ideas with peers who share their knowledge, talents, and interests with others in a friendly, interactive environment. Classes are presented by RISE volunteers with expertise in diverse topics and represent the local educational, medical, cultural, civic, and business communities. Book clubs and free events for the public are also presented.

## REGISTRATION AND MEMBERSHIP DUES

Annual Membership Dues are \$50. The Annual Membership Dues covers all RISE classes, except specific courses where the instructor may charge a small fee for materials.

**Online Payment (Preferred):** Pay with a credit or debit card via the RISE online class registration platform.

## CLASS REGISTRATION

Online Registration begins on December 26, 2023, and will continue through the semester. In-person Registration starts January 2, 2024. Rio Salado RISE members who renew may pick up their badge on campus. New members, please stop by the office to pick up a new badge upon coming to the first class.

**ONLINE at:** [www.riosalado.edu/community/rise](http://www.riosalado.edu/community/rise)

If you are a **NEW member** of RISE, you will need to create an account. Click the Start Here button at the top left.

If you are a **CURRENT member** and **have *not* logged into the system**, you will need to click *Login*, then, *Click here to reset*.

Once you have your login information, you get logged in.

1. [www.riosalado.edu/community/rise](http://www.riosalado.edu/community/rise)
2. Click on **Member Log in**.
3. To search for classes, go under **Search Options** on the left side and select a semester.
4. Then choose Program type ANY.
5. After selecting your search options, click the **Search button**. Programs under the semester you selected should show up on the **Search Results**.
6. To view the program's detail page, click on the program Title.
7. To add a program to your Shopping Cart, click **Register**.
8. It will prompt you to Log in.
9. On the next page, select your name to register for the program.
10. Click the **Checkout button**.
11. You **MUST** click on the Terms of Use to save your class and click continue; your registration will then be complete.

## CANCELATION OF A CLASS

If you register for a class, please try to attend. We know life happens, and you can't always get to class. Our volunteer presenters dedicate their time and knowledge to preparing these wonderful classes. Cancel online or contact the RISE office if you cannot attend a registered class.

1. Click on YOUR NAME at the top (far right) - then choose My Account.
2. Scroll down to Account Registration and click on the word **Drop** next to the blue Download PDF (far right).
3. SAVE.

Classes may occasionally be canceled or postponed due to a presenter's illness or family emergency. We make every effort to contact you using our information on file, so please keep your information updated. Please check your email for class updates.

**Please visit a RISE staff member for help registering or canceling a class.**

### 2024 Holidays and Closures

Martin Luther King Jr. Day - Monday, January 15, 2024  
President's Day - Monday, February 19, 2024  
Spring Break - Monday, March 11 - Friday, March 15, 2024  
Memorial Day - Monday, May 27, 2024  
Juneteenth - Wednesday, June 19, 2024  
Independence Day - Thursday, July 4, 2024  
Labor Day - Monday, September 2, 2024

## CLASS OPTIONS

**IP (in-person)** – In-person class with the instructor on site. No virtual format is offered.

**H (Hybrid)** - The class will be conducted in a hybrid format. Presenters will be on site with Webex offered as well. To join virtually, click on the link that will be provided to you by email reminder.

**V (Virtual)** - The facilitator will be in a virtual format, not in person. Please follow the Webex link to join from home.

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# THE ARTS



## Louvre

**Presenter:** Allen Reamer

**Date:** IP - January 9, 16, 2024    **Time:** 10:00 AM

The Louvre is the most visited museum globally, with about 10 million visitors annually. It is also one of the world's largest museums, covering 2 1/3 square miles. This talk will cover the history of the Louvre, from the fortress to the museum. With about 35,000 objects, this course will only overview the collections with in-depth talk of a few objects. We will continue from collection to collection until we run out of time.

## The People Who Made King Kong

**Presenter:** Bill Blaker

**Date:** IP - January 16, 2024    **Time:** 10:00 AM

In 1933, RKO Radio Pictures released the film "King Kong." And still, 77 years later, Rotten Tomatoes ranked it as the No.1 horror picture of all time. In this single session, we will examine the people responsible for this enduring classic. Who had the background to come up with the film's idea? What facilities were used to produce it? Who had the technical expertise to create the special effects? Who provided the money? Who wrote the script? Who acted in it?

## Those Were the Days

**Presenter:** Steve Katz

**Date:** January 17, 24, 31; February 7, 14, 21, 28; March 6, 20, 2024    **Time:** 10:00 AM (3hr class)

More than Everything You Ever Wanted to Know about 50's Television—this is the ultimate nostalgia class with more trivia than any retiree's brain can handle. Do you think you know 50s TV trivia? We'll see!

## Loom Knitting Hats

**Presenter:** Reggie Knight

**Date:** January 22, 29, 2024    **Time:** 10:00 AM

This is a fun class, and loom knitting is so easy! Learn a new craft and get ideas about what to give friends and family for the holidays, a new baby, or if you want to start a charity project – this is the answer. In class, we will make a child's hat; during the second week of the class, you will finish your child's hat and be given instructions on how to make baby and adult hats. Be creative with the colors of yarn you use—all one color, school colors, family colors, or contrasting colors. This is a hands-on class, and being on time is very important. Also, only water in a closed container is allowed in the work area.

## Arizona Cactus

**Presenter:** Mary Wolke

**Date:** January 23, 2024    **Time:** 12:30 PM

As Mary explains and demonstrates each step, students will follow along with the instructor. Patterns, paints, and brushes will be supplied. Wear old clothing and bring a drop cloth for the table, an apron, paper towels, and a water container for brushes. *\*\$20 is payable to the presenter for supplies.*

## I Can't Stop Loving You

**Presenter:** DVD

**Date:** IP - January 29, 2024    **Time:** 12:30 PM

In Memphis, the confluence of blues and hillbilly music at Sun Studios gives birth to "rockabilly," the precursor of rock and roll. Elvis Presley and Johnny Cash are at the forefront. Nashville has become Music City USA. Distributed by PBS Distribution.

## **The Fundamentals of Graphite with Tone**

**Presenter: Allen Reamer**

**Date: IP - January 9, 16, 30, 2024      Time: 12:30 PM**

This was a period of illustration excellence in magazines and books. This artwork and the artists who produced it were made possible by the advances in technology, which allowed for accurate and inexpensive art reproductions, plus the voracious demand by the public for this new graphic art. American artists included Howard Pyle and Charles Dana Gibson, N.C. Wyeth, and Maxfield Parrish. European artists include Aubrey Beardsley, Walter Crane, Edmund Dulac, Kay Nielson, Beatrix Potter, and Arthur Rackham.

## **Rembrandt**

**Presenter: Allen Reamer**

**Date: IP - February 1, 2024      Time: 10:00 AM**

Rembrandt painted during the Golden Age of Dutch art. Today, he is viewed as a great master of painting. He did etchings as well. In addition, talking about his paintings, you will discover why he did etchings and what he etched. His life had significant high points and low points. His life and art will be discussed in great detail in this talk. You will also discover why this small country had so many professional artists and why this was the Golden Age of Dutch Art.

## **Watercolor Shells**

**Presenter: Allen Reamer**

**Date: IP - February 1, 2024      Time: 12:30 PM**

Seashells are both varied and beautiful. This course is for those who are new to watercolor and those who are experienced watercolorists. We will take a step-by-step approach to drawing and painting seashells. We will cover terms, concepts, tips, and techniques for using watercolor. If you are new at drawing or have yet to draw these objects, the instructor will teach you one-on-one or in small groups whatever you want to learn about drawing, whether it is how to draw basic strokes or specific seashells.

## **Flowers and Skull**

**Presenter: Mary Wolke**

**Date: IP - February 8, 2024      Time: 12:30 PM**

As Mary explains and demonstrates each step, students will follow along with the instructor. Patterns, paints, and brushes will be supplied. Wear old clothing and bring a drop cloth for the table, an apron, paper towels, and a water container for brushes. *\*\$20 is payable to the presenter for supplies.*

## **Motown Magic**

**Presenter: Diane Warren**

**Date: IP - February 15, 2024      Time: 10:00 AM**

This class is not about facts and figures. It is about the songs, pictures, and memories of Motown's contribution to the music industry with its artists, musicians, and songs. Join in to listen, sing, move, and remember a unique American sound that echoes in the minds and hearts of many. The instructor, Diana Warren, grew up in the Detroit area during Motown's popularity and brings her exceptional experiences that make this class unique.

## **Loom Knitting Baby Blanket and Shrug**

**Presenter: Reggie Knight**

**Date: IP - March 4, 18, 2024      Time: 12:30 PM**

For those who learned how to "knit" hats on the loom, you may have wondered if there is anything else that can be done with the looms. There are many! One project of this class will be a baby blanket. The blanket size is adequate for a carriage or stroller; the child may use it as their favorite "blankie." Also, the blankets may be donated to the Linus



Project – fire responders and police give blankets to children in accidents or fires. The other project will be a shrug, a shawl with short sleeves. This item is popular with nursing home residents and others who need something on their shoulders during our “cool” winters or to avoid drafts in high-air-conditioned areas. The yard we use is soft, lightweight, and washable. For these projects, we must use BERNAT BLANKET yarn.

This can be a great hobby that you can share with others. It is fun, easy, and fast; you don’t have to count stitches or rows just inches.

### **Painting with Julie**

**Presenter: Julie Larsson**

**Date: IP - February 27, 2024      Time: 12:30 PM**

Each attendee will receive all materials necessary to produce a completed painting using acrylic paint, brushes, and canvas board. A process starting with the background and moving to the front ground, techniques on mixing paint colors, how to hold your brush, load your brush, and apply paint to canvas. It is a fun and exciting experience in creativity. Studies have shown that creating art can reduce anxiety, depression, and stress. This is a class promoting self-care through art. *Please wear painted clothes or an apron.* (Limit 20)

### **Bells, Bells, Bells!!**

**Presenter: Janet Teegarden**

**Date: IP - March 7, 2024      Time: 10:00 AM**

Did you know? Bells are one of the oldest percussion instruments still in regular use. The earliest known bells were found in China. There are 32 different types of bells. (Really?) What kind of “music” is played on church tower bells in England? Why were handbells invented, and why did they come to the USA? This class will provide insights into all of these questions and much more. There will be handbells in the room for the presenter and audience (if you desire) to ring.

### **Poppies**

**Presenter: Mary Wolke**

**Date: IP - March 21, 2024      Time: 12:30 PM**

As Mary explains and demonstrates each step, students will follow along with the instructor.

Patterns, paints, and brushes will be supplied. Wear old clothing and bring a drop cloth for the table, an apron, paper towels, and a water container for brushes. *\*\$20 is payable to the presenter for supplies.*

### **Golden Age of Illustration**

**Presenter: Allen Reamer**

**Date: IP - January 30, 2024      Time: 10:00 AM**

This was a period of illustration excellence in magazines and books. This artwork and the artists who produced it were made possible by the advances in technology, which allowed for accurate and inexpensive art reproductions, plus the voracious demand by the public for this new graphic art. American artists included Howard Pyle and Charles Dana Gibson, N.C. Wyeth, and Maxfield Parrish. European artists include Aubrey Beardsley, Walter Crane, Edmund Dulac, Kay Nielson, Beatrix Potter, and Arthur Rackham.

### **Irish**

**Presenter: Allen Reamer**

**Date: IP - April 2, 9, 2024      Time: 10:00 AM**

Are you going to Ireland? Have you been to Ireland? Do you want to know something about Irish art history? This course will begin with Ireland's early art and architecture, starting with Neolithic dolmens and passage tombs. We will learn about architectural styles and the history of some of the significant buildings in Ireland. In addition, we will learn



about the artwork of some artists from the 18<sup>th</sup> century until today. We begin with the Neolithic period and continue until we run out of time.

### **Watercolors SW Sunsets**

**Presenter: Allen Reamer**

**Date: IP - April 2, 9, 2024      Time: 12:30 PM**

Southwest sunsets are beautiful. Whether you have produced watercolors or not, you can produce beautiful sunset paintings using techniques and procedures that you will learn in this class. There will be step-by-step instructions and, if you wish, one-on-one help.

### **Flowers in a Truck**

**Presenter: Mary Wolke**

**Date: IP - April 11, 2024      Time: 12:30 PM**

As Mary explains and demonstrates each step, students will follow along with the instructor.

Patterns, paints, and brushes will be supplied. Wear old clothing and bring a drop cloth for the table, an apron, paper towels, and a water container for brushes. *\*\$20 is payable to the presenter for supplies.*

## **FINANCE & LAW**



### **Arizona Law**

**Presenter: Robert Jeckel**

**Date: IP - January 10,17, 24, 31; February 7, 14, 21, 28, 2024      Time: 10:00 AM**

This seven-session course on Law, Wills, Trust, Estates, and Disability will provide in-depth information about the subjects that most affect your life and your estate as a retiree. Learn the law through stories and examples. The class is fun, informative, and engaging.

### **Medicare Annual Notice of Change**

**Presenter: Edward Givens**

**Date: IP - January 11, 2024      Time: 10:00 AM**

This course highlights the past and upcoming changes to Medicare based on the Inflation Reduction Act: CMS Implementation timeline. We will discuss the Affordable Care Act, Medicare Part B & Part D drug rebates, insulin and vaccine cost-sharing, Medicare drugs selected, and low-income subsidy pocket limits in Part D medications.

### **How Your Money Mindset is Your Most important Financial Asset**

**Presenter: Bill Millico**

**Date: IP - January 17, 2024      Time: 12:30 PM**

Let's learn "HOW" to break out of your "financial comfort zone." Americans have high debt, low savings rates, and financial stress. Money isn't the problem; you are! Your money mindset and money scripts can mess up your financial lives. Let's learn to break out of your "financial comfort zone," rewire your brain, and create the financial freedom you deserve.

### **Is Financial Stress Hurting Retirement Savings?**

**Presenter: Bill Millico**

**Date: IP - January 25, 2024      Time: 12:30 PM**

Habits, small daily decisions, and actions hold a surprising amount of power in shaping our lives. They dictate our daily lives and influence both our behavior and the financial decisions we make. Some of those behaviors influenced decisions and actions can be very problematic. These habits are referred to as our financial mindset. What's the difference between a "rich" or "poor" mindset?

## **Social Security Filing Strategies**

**Presenter: Bill Millico**

**Date: IP - February 22, 2024      Time: 12:30 PM**

Many Americans must fully understand Social Security or the amount of Social Security benefit to which they may be entitled. I can empower those individuals to take complete control and maximize the Social Security monthly benefits they have worked hard to accumulate. I can also clarify many of the misunderstandings and myths that already exist about Social Security benefit claims. I can answer questions such as when the individual file should be. At 62 or 70? How are my benefits calculated? How long must I work before I am fully qualified? What am I entitled to as a survivor or divorced spouse? Will Social Security be there when I retire?

## **Medicare 101**

**Presenter: Edward Givens**

**Date: IP - April 25, 2024      Time: 10:00 AM**

Learn the coverage basics for Parts A and B. Understand the Medigap plans (Medicare supplements). Part C - Medicare Advantage plans will also be discussed and coordinated. Part D is prescription drug coverage with a Medigap or Medicare Advantage plan. What happens if you work past age 65? How will Medicare coordinate with your employer group health insurance? What Medicare doesn't cover.

## **What Happens to Your Estate When You Die?**

**Presenter: David Eastman**

**Date: IP - March 19, 2024      Time: 10:00 AM**

We will discuss the steps your loved ones will take upon your passing to administer your estate and what legal documents they need to accomplish their duties. We will also discuss the steps you must take today to make things as easy and efficient as possible when you pass away.

## **HEALTH & WELLNESS**



### **Care for Your Discs - The Back-Pain Solution**

**Presenter: Scott Timko**

**Date: IP - January 9, 2024      Time: 10:00 AM**

Back pain, spine, and disc issues affect almost everyone - partly because bones and joints naturally deteriorate with age. Further damage can occur from accidents, poor posture, improper lifting, and other trauma to our spine. However, you can take steps to protect and strengthen your back. The goal of this class is to help you gain a better understanding of how your spine is structured and how to care for it properly. Most people are familiar with terms like "herniated disc" but don't fully understand what it means. That's because medical jargon can be intimidating! Dr. Timko will take this opportunity to help break down every piece of spinal health and be there for you as a source of information when needed. Suppose you have back pain or have been diagnosed with a disc condition. In that case, you will learn about the cutting-edge technology available to help you eliminate pain without costly, invasive, and potentially dangerous surgery or prescription medications.

## **Bringing Joy Back into Your Life**

**Presenter: Selina Schuh**

**Date: IP - January 11, 2024      Time: 10:00 AM**

Feeling exhausted and overwhelmed? Can't remember the last time you had fun? Join us to learn how to rejuvenate and experience joy. By attending this workshop, you will discover Why we don't prioritize ourselves, Why (contrary to popular belief) selfishness is a good thing, and what is simple (yet not always easy!) steps are to turn things around.

## **The Psychology of Happiness**

**Presenter: Karen Gail Iranpour**

**Date: IP - January 16, 2024      Time: 12:30 PM**

It is time to come on and get happy by learning about the happiness set point, what it is, and how to raise yours. We will differentiate the five types of stressors and their symptoms before diving deep into ways to eliminate or reduce stress as we learn about the vagus nerve and the fight or flight response.

## **Memory Health Training**

**Presenter: Laurie Fox**

**Date: IP - January 18; March 5, 2024      Time: 10:00 AM**

Have you ever wondered if you have lost your mind and didn't know where to find it? Can't remember where you were going and what you would do once you arrived? You knew you came into that room for a reason; now, what was it? You meet your son's in-laws' parents in the store while shopping but can't recall their names – how embarrassing! The Memory Training Class is an interactive 90-minute class for people who want to enhance and keep their memory strong. Tips and tricks will be given for improving memory, and a handout with notes to take away for continued practice at home. If you want to improve your memory, this class is for you.

## **Somewhere Between Madison and Davenport**

**Presenter: David Shulimson**

**Date: IP - January 22, 2024      Time: 12:30 PM**

I was diagnosed with depression more than a decade ago, and my condition has worsened through the years. Despite increased and more substantial dosages of anti-depressants, I began having suicidal thoughts. I had experienced a job loss, followed by bankruptcy and foreclosure. I then went through about a year of what's called "sheltered" homelessness. Suicide moved from my "radar" to my "itinerary." I drove westward (ish), and somewhere between Madison, Wisconsin, and Davenport, Iowa, I decided to remove suicide from my itinerary. My topic is about my journey leading up to my decision to end my life, my decision not to end my life, and my decision to live my life. I wish to share my story with those who may need to learn or re-learn how to move forward.

## **Our Primitive Brain**

**Presenter: Bill Blaker**

**Date: IP – January 18, 25; February 1, 8, 2024      Time: 10:00 AM**

Have you ever smelled apple pie cooking and immediately remembered the happy times of going to your grandmother's house? If you have had an experience like this, it was your primitive brain at work. In this course, we will look at the location and functions of brain regions that we share with many primitive creatures, including fish and reptiles. The four sessions will cover brain evolution, memory, emotions, and the sense of smell.

## **Demystifying Detox - A Whole Body Cleansing Program**

**Presenter: Scott Timko**

**Date: IP - February 6, 2024      Time: 10:00 AM**

We are all equipped with natural mechanisms to remove toxins from our bodies. However, our current lifestyles may be overworking these processes. A detox diet is a great way to take the pressure off your organs so you can keep them healthy for the future. Detoxing your body can be dangerous if you don't know what you're doing. Because there are many different types of detox diets, choosing the right one for your needs can be challenging. It's essential to

understand the body's natural detox process and provide your body with the nutrition it needs during a detox. My goal is to help you understand the symptoms of a toxic build-up and share how to get started with a detox that's right for you. Finding the proper detox for your needs will help get you the desired results and your body needs!

### **The Stories We Tell Ourselves: The Importance of Shifting Your Mindset**

**Presenter: Brad Grabner**

**Date: IP - February 6, 2024      Time: 12:30 PM**

We all have stories we tell about our lives. Some are shared in families. Others, with friends. Stories about when we met the love of our life. About the day our children were born. How we found our first job. But there are other stories that we don't share. Those are the internal stories going on in our heads. The stories we tell ourselves about our worthiness. About how people think about us. Stories that affect how we process the world around us. Stories that rule our nature and impact the quality of our lives. How can we edit these stories and find a better path?

### **Fire and Safety**

**Presenter: Jamie Michler**

**Date: IP - January 31, 2024      Time: 12:30 PM**

The program aims to empower seniors to take proactive steps to safeguard themselves and enhance their quality of life in their homes or communities. Additionally, it helps caregivers and family members better understand the potential risks older adults face and contribute to their safety and well-being. This is a very informative and exciting class.

### **Introduction to the Law of Attraction**

**Presenter: Cheryl Catale**

**Date: IP - February 8, 2024      Time: 10:00 AM**

In this class, learn how to attract what you would like in your life. More money, vacations, and positive relationships...unlock the infinite possibilities you can manifest in your life. Don't believe it? Come to this class, and you will!

### **Chair Yoga**

**Presenter: Shel Fanelli,**

**Date: IP - January 24, 31; February 21, 28, 2024      Time: 10:00 AM**

It is a gentle all-levels practice that uses the assistance of a chair for support and balance. Yoga is beneficial for reducing pain and stress and calming the busy mind. There is no yoga experience needed. Come and give yourself the gift of self-care.

### **Taking the Mystery out of Nutrition**

**Presenter: Shel Fanelli**

**Date: IP - January 24, 31; February 21, 28, 2024      Time: 12:30 PM**

Throughout three classes, Shel will discuss the growing health crisis in our society, the causes of poor health, and how we can take charge of our wellness with nutritional and lifestyle changes. There will be discussions on the validity, or lack of, of some of the latest health trends. We will have some fun with tea and food tastings.

### **Dementia Prevention**

**Presenter: Cheryl Catale**

**Date: IP - March 21, 2024      Time: 10:00 AM**

In this class, you will learn the lifestyle changes we can make to take control of our brain health. There are many things we can do to prevent or slow the onset of Dementia. Changes in our brain occur at least ten years before any symptoms arise; however, just like the rest of our bodies, healthy changes can be made at any age. Please join us to learn what you can do to prevent cognitive decline.

## **Critical Thinking**

**Presenter: Bill Blaker**

**Date: IP - March 19, 26; April 2, 9, 2024      Time: 10:00 AM**

Don't be the victim of statements and conclusions that sound reasonable but are misleading or plain false. Practically every argument someone uses to convince you of something in almost every walk of life can be analyzed and clarified by at least one of the tools presented in this course that anyone can master. Using case studies and media releases, we will get practice using logic, employing simple statistics, interpreting graphs correctly, recognizing rhetorical approaches, and appreciating the diversity of ethical systems. Maybe not everyone tries to trick you, but this course will help you identify the ones.

## **Securing Your Destiny with The Mediterranean Diet, with Courage and Commitment**

**Presenter: Terry Yahweh**

**Date: IP - January 23; March 26, 2024      Time: 10:00 AM**

Your importance to humanity is captured in the declaration, "You are the light of the and live your dreams, because you become an inspiration when others see you win. But, many of us reduce our lifespans by the overconsumption of foods that damage our bodies with chronic diseases that lead to an early demise, resulting in the death of our destiny and the burial of our dreams. However, we have the opportunity to bring our bodies to optimal health by implementing the scientifically endorsed Mediterranean Meal Plan, which can save your life. This course will give you that knowledge, fortify your courage against the fear of failure, and reinforce the power of your purpose.

## **Change Your Diet, Change Your Life**

**Presenter: Scott Timko**

**Date: IP - March 28, 2024      Time: 10:00 AM**

By carefully choosing the foods and drinks we put into our bodies, we can create a well-balanced system that will be strong enough to stay healthy and fight infections and diseases. But with all of the hype surrounding different diets, food combining, and eating for your blood type and pH, it is easy to get confused. Add to that genetic modification of our foods, additives, preservatives, pesticides, herbicides, sugar, artificial sweeteners, and other toxins, and knowing what is healthy and what is not isn't easy. In this talk, we simplify all the hype and cut through to the core "ingredients" of a healthy diet. Don't miss this one; it could change your life!

# **HISTORY & SOCIAL STUDIES**



## **The Daily Buzz**

**Presenter: RISE Facilitator**

**Date: IP - January 8, 22, 29; February 5, 12, 26; March 4, 18, 25; April 1, 8, 15, 22, 29, 2024      Time: 10:00 AM**

This is an informal type of discussion about a variety of topics. This group will meet weekly for brisk and lively debates about many different things. We will debate the pros and cons of the topics selected by the group. Join us for some friendly conversation. Every week will be different. This class will begin with a facilitated discussion. Each participant is encouraged to bring a topic to discuss. We will decide the weekly topics by group vote, with the first topic being the one that garners the most votes. Each week, a different member will facilitate the class – be ready to volunteer.

## **5 Reasons That Propelled the Articulation of the "I Have a Dream" Speech**

**Presenter: Terry Yahweh**

**Date: H - January 8, 2024      Time: 10:00 AM**

Dr. Martin Luther King Jr.'s "I Have a Dream" speech has been hailed by many as the most significant public discourse of the 20<sup>th</sup> century. The influential positive consequence of the speech moved people into action, including Presidents

Kennedy and Johnson, and the United States Congress to write and pass civil rights and voting rights laws for all Americans. It is not commonly known that Dr. King delivered various versions of the speech before the August 28, 1963, "March on Washington for Jobs and Freedom." Five reasons led to the arrival of that speech on the steps of the Abraham Lincoln Memorial, which directed the purpose and profound effectiveness of that oration reverberated decades later. This presentation will reveal those five reasons and conclude with a live recital of Dr. King Jr.'s "I Have a Dream" speech.

### **The Conversations I wish I could Have**

**Presenter: Duane Roen**

**Date: IP - January 8, 2024      Time: 10:00 AM**

There are moments in our lives when we wish to converse with an ancestor who is no longer alive. In this workshop, we will write questions we would like to have with an ancestor (so please bring paper and pen or a laptop). Some may even take the next step and invent a dialog with that person. For example, it could be a conversation with an ancestor who immigrated to the United States in the 1800s.

### **Enneagram**

**Presenter: Gail Iranpour**

**Date: IP - January 9, 2024      Time: 12:30 PM**

Have you ever wondered why you typically behave the way you do or why others think and behave differently than you? Join me for a stimulating discussion about the nine basic Enneagram personality types. You will be sure to recognize yourself and others in the descriptions and examples provided. Be ready to laugh, share your own experiences, and leave with a better understanding of why we are all so different.

### **How to Play the Cards You Were Dealt**

**Presenter: Laura Lee Birdwell**

**Date: IP - January 9, 2024      Time: 10:00 AM**

Sometimes, life throws us unexpected curveballs. While we have every right to be angry at the cards we're dealt, anger will not win us the hand. In this presentation, Laura Leigh shares her perspective on remaining positive in adversity. Drawing on her own life experiences and relying on the wisdom of the great authors -- Homer and Tolkien -- Laura Leigh offers an insightful perspective on the enduring nature of the human spirit.

### **Comparative Politics and Government**

**Presenter: Bonnie Saunders**

**Date: V - January 11, 18, 25; February 1, 8, 15, 22, 2024      Time: 12:30 PM**

A lot of political rhetoric is thrown around on TV, radio, and social media, but do the speakers know what they're talking about? Do you know the difference between various political terms, such as democracy and republicanism, communism and socialism, political and partisan? A lot of people don't!! In this course, we will define political terms and find their origins and historical contexts, seek the sources of the ideas of the U.S. Constitution, and talk about the various political ideologies in the governments of various countries today.

### **Flash Fiction**

**Presenter: Lorie Lux**

**Date: IP - January 16, 23, 30; February 6, 13, 20, 27; March 5, 19, 26; April 2, 9, 16, 23, 2024      Time: 12:30 PM**

Flash Fiction is a writing course. Class members will learn the principles of fiction writing, and participants will add techniques as the class progresses. Class members will read pieces from other participants in the class to hear how it sounds, a technique used in fiction writing) the class will critique the piece.

### **Wordsmith**

**Presenter: Marla Gassner**

**Date: IP - January 16, 30; February 13, 27; March 5, 19, 2024      Time: 10:00 AM**

Humans are the only species that have the gift of language, so if you are going to understand a man, you must know his words. The participants in this class will be asked to write at least a page, legibly or on a computer, about the assigned word we will be discussing. Writing about something distills our thoughts and ideas to their essence. Then - each person will have the opportunity to tell us about their/their experience of that word. If you attend the first class, you can suggest which words we will explore in our following classes. If you are undecided about the commitment to write, come to the first session, and we can discuss alternatives for this interactive class. The word you should write about for the first session is ABUNDANCE!

### **Memories on Wheels**

**Presenter: Duane Roen**

**Date: V - January 22, 2024      Time: 10:00 AM**

A great vehicle for accessing rich memories is to think about or ask a family member about experiences and memorable moments related to transportation. Maybe it's a bike or car you saved up for—or that you never had but always envied. Your bus ride to school. Maybe it's the Farmall tractor you rode on with your dad. Or your first cross-country road trip in a rusted-out Chevy Luv pickup. Or the dusty pink Studebaker that your aunt drove. We will share some of those memories in conversation and writing in this workshop.

### **Sun City West Signs of the Past**

**Presenter: Brett McKeand**

**Date: IP - January 25, 2024      Time: 10:00 AM**

Using archive photos from the Sun Cities Area Historical Society, this talk explores the history of Del Webb's second Arizona active-adult retirement community (Sun City is the first). Sun City West opened in 1978, and the presentation provides a glimpse of the community's development -- including innovative model homes, the Sundome Center for Performing Arts, the largest recreational complex in the Southwest, and more!

### **If You Could Live in the Past or Live in the Future**

**Presenter: Larry Edmonds**

**Date: IP - January 23, 2024      Time: 12:30 PM**

Many dream about returning and living in the past to remedy a mistake or capture a missed opportunity when we were younger. Others imagine living in the future to see how our world evolves (or devolves) and to find out how we or our children or grandchildren or neighbors and friends turned out. This discussion brings together attendees' desires and perceptions of what things might be like if they could return to the past or advance to the future.

### **Karma**

**Presenter: Diane Warren**

**Date: IP - January 30, 2024      Time: 10:00 AM**

Karma is about consequences. Our thoughts, words, and actions create results in our lives. Rooted in Eastern traditions, it fits perfectly with Western beliefs. Topics include the origin of karma, its effects, and how to benefit from it. Dr. Warren ends the class with ten tips on using karma daily.

### **Animal Investigations**

**Presenter: Heather Krimm/Thomas Rinehart**

**Date: IP - February 1, 2024      Time: 10:00 AM**

The Maricopa County Attorney's Office provides this presentation. Join Detective Heather Krimm and Deputy County Attorney Thomas Rinehart to discuss the Maricopa County Attorney's office's commitment to protecting vulnerable animals; this course will review the investigative process and prosecution of animal abuse cases. You will also learn the steps you can take and how to report these crimes.



## **The Things of Valentine's Day**

**Presenter: Bill Blaker**

**Date: IP - February 6, 13, 20, 27, 2024      Time: 10:00 AM**

If you receive a box of candy, a bouquet of roses, a pretty card, and a perfume bottle on the same day, it's probably Valentine's Day. In this course, we will learn about the making and history of things associated with this holiday. The four sessions will cover chocolate, flowers, Valentine's Day cards, and Chanel No.5.

## **The Role of Music in Our Families**

**Presenter: Duane Roen**

**Date: IP - February 5, 2024      Time: 10:00 AM**

Music plays many roles for each of us and our families. For example, when we hear a song from our teenage years, it can bring back memories about what was happening in our lives. When we hear our mother's favorite song, it can make us think about her. When we hear a contemporary song, it can evoke a range of emotions—either because of the lyrics or the music. For example, "You've Lost That Loving Feeling" has frequently been played at weddings even though its words tell a sad story. In this workshop, we will write about songs that have been meaningful to us and other members of our families (so please bring paper and a pen or a laptop).

## **Random Acts of Kindness**

**Presenter: Duane Roen**

**Date: V - February 20, 2024      Time: 10:00 AM**

Research shows how even small acts of kindness can positively affect both those who perform those acts and those who receive them. Research also indicates that we underestimate the impact that kindness can have. This workshop will discuss acts of kindness we have witnessed and participated in. We will consider why and how we and our friends and family engage in acts of kindness and what the experience has been like. We will each write about one especially memorable act of kindness.

## **Childhood Toys**

**Presenter: Duan Roen**

**Date: IP - March 4, 2024      Time: 10:00 AM**

We may have vivid or vague memories about the toys that occupied our childhood playtime. Some of those toys may have been purchased; family members may have lovingly crafted some; some have been ordinary objects that we spontaneously converted to toys—e.g., a stick or a rock. And some of us have had more expensive toys in adulthood. In this workshop, we will talk and write about some of the toys each of us has had, reflecting on the role of toys in our lives and the lives of other family members.

## **Wisdom Seekers**

**Presenter: Diane Warren**

**Date: IP - March 5, 2024      Time: 10:00 AM**

Wisdom seekers are on a path of enhanced living as they study knowledge from various sources, including philosophy, psychology, culture, and others. Finding kernels of truth that apply to emotional, mental, and spiritual growth, group discussions help seekers discover meaning in their lives.

## **Robbery & Burglary Investigations & Prevention**

**Presenter: Terry Yahweh**

**Date: H - February 13; March 6, 2024      Time: 10:00 AM**

Robbery is a crime that involves theft from a person that includes violence or the threat of violence. A burglary is a theft from a structure or vehicle, and this, more often than not, occurs when a person is not present. We are not powerless to prevent these offenses from happening to us. You will learn how not to be a victim and will be empowered to take precautions to reduce the opportunities to be victimized. You will learn the Arizona laws that define these crimes and the proactive things you can do to make yourself "less likely" to be a victim.

## **Sun City: A Community that Changed a Nation**

**Presenter: Bret McKeand**

**Date: IP - March 7, 2024      Time: 10:00 AM**

When Sun City opened on Jan. 1, 1960, it was considered the world's first "active-adult" retirement community. An immediate success, Sun City gained national and international acclaim for its myriad activities and amenities specifically designed for retirees -- and overnight redefined what it meant to be a "senior citizen" in America. Photos from the archives of the Sun Cities Area Historical Society are used to detail the history of early Sun City and showcase the efforts made by the Del Webb Corporation to depict retirees "having fun in the sun" and enjoying the golden years!

## **Significant Decisions 2024: U.S Foreign Policy**

**Presenter: Bonnie Saunders**

**Date: V - March 21, 28; April 4, 11, 18, 25; May 2, 2024      Time: 12:30 PM**

As always, topics for Great Decisions 2024 are highly relevant: Mideast Realignment, Climate Technology and Competition, Science Across Borders, U.S.-China Trade Rivalry, NATO's Future, Understanding Indonesia, High Seas Treaty, and Pandemic Preparedness. The books will be available from Susie Bowman in Surprise (susiebo74@gmail.com). E-mail her, and she will get back to you. Sign up, get your book, and attend. Bonnie Saunders has facilitated Great Decisions discussions since 1999, and we always have lively and civil discussions.

## **The World's Fastest Indian**

**Presenter: DVD**

**Date: IP - March 27, 2024      Time: 10:00 AM**

The true story of New Zealander Burt Munro, who spent years rebuilding a 1920 Indian motorcycle, which helped him set the land speed world record at Utah's Bonneville Salt Flats in 1967.

## **Norway follow up on the Sami and Vikings**

**Presenter: Janet Teegarden**

**Date: H - March 28, 2024      Time: 12:30 PM**

In the Coastal Norway presentation, we looked at several people in Norway's history but did not have time to explore the interesting Sami people or the Vikings. This presentation is the promised follow-up to that talk. Learn about the Sami (formerly referred to as Laplanders), who have lived in the northern area of Norway, Sweden, Finland, and Russia for thousands of years, and the Vikings, whose history lasted only a few hundred years, but who had a significant influence on the world.

## **Favorite Memories about School Days**

**Presenter: Duane Roen**

**Date: IP - April 1, 2024      Time: 10:00 AM**

We have a wide range of memories about our days in school, covering our experiences with the physical spaces of schools, the technologies for learning (e.g., pens, pencils, paper, books, projectors, whiteboards, blackboards, videos), the clothes we wore, many classroom discussions, projects, classmates, teachers, extra-curricular activities, and more. This workshop will first discuss questions about a robust range of memory categories. Then, each of us will write a favorite memory, and everyone will be invited to share a memory with the group.

## **The Most Joyous Moment**

**Presenter: Duane Roen**

**Date: V - April 15, 2024      Time: 10:00 AM**

Life is full of moments that range from the sad to the joyous. In this workshop, we will each write about the most joyous moment in our lives (so please bring paper and a pen or a laptop).

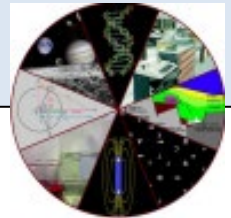
## **The Women of Lowell**

**Presenter: Bill Blaker**

**Date: IP - April 11, 18, 25; May 2, 2024      Time: 10:00 AM**

In 1826, a group of Boston cloth merchants founded the town of Lowell, Massachusetts. It was the nation's first planned manufacturing community. By 1850, it was the largest concentration of manufacturing in the U.S. By design, most of the workers in these cloth mills were young women from New England farms who worked in Lowell for a few years and then left to continue their lives elsewhere. The Lowell community and experience were an "incubator" that nurtured some to become leaders in the rising women's rights movement. We will explore these questions. Why did women choose to come to Lowell? What was the new cloth production technology the women managed? What were their workdays, working conditions, and free time like? What were Lowell's educational, religious, cultural, and social activities? How did the Lowell experience change many of these women? What did the women do after leaving Lowell? What became of Lowell, and what can be seen there today?

## **NATURAL SCIENCES & MATHEMATICS**



### **Fun with Math Number Stories of Long Ago**

**Presenter: Janet Teegarden**

**Date: H - January 11, 2024      Time: 12:30 PM**

(For folks who never thought they would use "fun" and "math" in the same sentence!)

Mathematical shapes and numbers can be turned into colorful, attractive, and creative mathematical designs (math art). Join us as we create tangram art (from just seven geometric shapes), tessellation art (you get to be creative here), magic square art, and even make a flexagon to take home to play with. Bringing your own scissors and crayons, colored pencils, or markers would be helpful. Keep your eyes open for upcoming terms when more "Fun with Math" classes will be offered.

### **Above Ground Gardening & Making Your Organic Fertilizer**

**Presenter: Terry Yahweh**

**Date: H - February 27, 2024      Time: 10:00 AM**

Growing and eating your vegetables and fruits full of colors and flavor and knowing that they are filled with wholesome nutrients with no trace of pesticides or insecticides makes it seem more scrumptious than ever. You will learn how to easily construct your above-ground garden in a home, apartment, or community garden. You will also learn the importance of keeping what you once threw in the trash: banana peels, orange peels, an old salad, grass clippings, etc., and with your new knowledge, you will recognize that the discarded items were hidden, natural, and robust treasure to feed your garden and you will assist them in changing into a natural fertilizer – compost. You will be more equipped to enrich your soil and prepare your food.

### **Palo Verde Nuclear Generating Station (PVNGS) Is It Safe?**

**Presenter: Ken Kaminski**

**Date: IP - March 20, 2024      Time: 10:00 AM**

How does Palo Verde generate electricity? What happened at Fukushima, and can it happen here? What are the risks to the Phoenix metropolitan area from the operation of the PVNGS? Why is the PVNGS storing used fuel in Dry Casks, and is it safe? Review the visit to the PVNGS in 2016 by David Lochbaum, Union of Concerned Scientists.

## **Palo Verde Nuclear Generating Station (PVNGS) Electrical Grid**

**Presenter: Kenneth Kaminski**

**Date: IP - April 10, 2024      Time: 10:00 AM**

How does Palo Verde generate electricity? How is PVNGS storing used fuel? What is the current state of nuclear power in the world? How does Palo Verde interact with the electric grid? The electricity grid is a complex and essential system and one of the most impressive engineering feats of the modern era. However, adding renewable energy requires the grid to handle these new, intermittent power sources. Can renewables alone provide the energy we need? How do operators reliably coordinate all the different sources of energy? Come find out how and why the grid sometimes does not work. Join us and find out more about these two engineering marvels.

### ***Having Fun with Math!***

**Fall 2023 Class  
FUN WITH MATH: MATH ART**

**Presenter, Janet Teegarden**



## **RELIGION & SPIRITUALITY**



### **Dead Sea Scroll Detectives**

**Presenter: DVD**

**Date: IP - January 10, 2024      Time: 10:00 AM**

What can technology reveal about the Dead Sea Scrolls? Join scientists as they investigate suspicious, newly surfaced fragments to see if they're forfeited and use imaging techniques to unravel the charred remains of a scroll digitally. Distributed by PBS Distribution.

### **Walking the Spiritual Path**

**Presenter: James Ulness**

**Date: IP - January 11, 18, 25; February 1, 8, 15, 22, 29, 2024      Time: 12:30 PM**

Drawing from the noted authority on mysticism, Evelyn Underhill, I find no better way to describe this course than what she says in the Preface to one of her books. In such a time of conflict, war, economic disturbance, and rumors of war, when only the most ignorant and apathetic can hope for the quietness of mind, that which deals with a “contemplative attitude to existence” is wholly out of place. For the thoughts of humanity are now turned, rightly, towards the most concrete forms of action, struggle, and endurance, calling for long-continued effort. On the contrary, if it is true that all human worth depends upon eternal values and the immanence of the Divine Spirit within the human soul, as all mystics believe, then it is likely that this is the only thing that can give a sense of security and hope during the present crisis. The contemplative attitude does not wrap spiritual persons in a selfish and other-worldly calm, isolating them from the pain and suffering of everyday life. Instead, it gives them renewed vitality in their practical life.

### **The Missing Years of Jesus’ Childhood**

**Presenter: Clare Goldsberry**

**Date: IP - January 18, 2024      Time: 10:00 AM**

Why is it that we know nothing about the childhood of Jesus after his parents returned from Egypt when he was two years old? Several documents tell of his life as a boy, including the Gnostic work *The Infancy Gospel of Thomas* (Christian Apocrypha 150 CE); *The Aquarian Gospel of Jesus the Christ* as told to Rev. Levi Dowling; and Nicholas Notovitch’s *The Unknown Life of Christ* as translated from an early Tibetan manuscript found in a Buddhist monastery. These describe the life of Jesus as a boy and raise the question of whether his life in India shaped Jesus’ life and teachings. The missing years will cover his boyhood through his Bar Mitzvah and his journey to India.

### **When East Came West: The Rise of Eastern Philosophies from Emerson through Helena Blavatsky and Theosophy (1850-1900)**

**Presenter: Clare Goldsberry**

**Date: IP - February 8, 2024      Time: 10:00 AM**

Before England’s conquest of the Far East – including India and China – little was known about that region. It was supposed that India, in particular, had no early language or religion. It soon became apparent that the Greek philosophers taught ideas similar to what the Hindus taught in their Vedas and the Buddhist philosophy. By the mid-1800s, translations of Sanskrit texts were made available in English to Westerners, and new ideas of Eastern spiritual traditions began to confront the religion of Christianity. Ralph Waldo Emerson was one of the first Americans to study these East Indian texts and develop a spiritual philosophy based on them. Helena Petrovna Blavatsky, a Russian noblewoman, also developed her Theosophical Society based on Eastern philosophies.

### **My Hypnotic Regression into the Spiritual Realm**

**Presenter: Dave Newman**

**Date: IP - February 12, 2024      Time: 10:00 AM**

While browsing Barnes & Noble, Dave stumbled across a book, “Destiny of Souls,” by Michael Newton, Ph.D. The subtitle, “New Case Studies of Life Between Lives,” intrigued him. While regressing clients to access memories of past lives, the book described how Dr. Newton discovered that it was possible to enter the spiritual realm if he brought the client to the time of death in a past life. They could describe what their souls were doing between their incarnated lives on Earth. But this book went into greater detail concerning events in the spiritual. Dave had always wanted to get a reading from a psychic or medium, but after finishing the book, he thought, “Why not get spiritually regressed and cut out the middle intuitive”? After locating a hypnotherapist trained by Dr. Newton, he did. Topics of Dave’s presentation will include meeting his spirit guide and soul group, identifying his soul mate, how he picked his physical body and life purpose, and much more.

### **Heaven: How Five Religions See It**

**Presenter: DVD**

**Date: IP - February 26, 2024      Time: 10:00 AM**

Throughout history, human beings have dreamed of heaven, built their lives around it, and even killed for their particular religion’s version of the hereafter. This program explores the concept of heaven according to some inspiring

followers of Christianity, Buddhism, Islam, Judaism, and Hinduism. Viewers meet a Catholic priest working with gangs, an unusual Thai Buddhist monk, a Hindu priest who is also a hydraulics engineer, Sufi dervishes, and the remarkable Mountain Jews of Azerbaijan. The video includes expert commentary about the historical evolution of the notion of heaven. With Diana Eck, Harvard University professor of comparative religion; Alan Segal, Columbia University professor of religion; and Carol Zaleski, Smith College professor of world religions.

### **Did Jesus Die on the Cross?**

**Presenter:** Clare Goldsberry

**Date:** IP - March 7, 2024      **Time:** 10:00 AM

The whole of Christianity and its traditions are based on the belief that Jesus died on the Cross for the sins of humanity, was raised from the dead, and physically resurrected. But is this all there is to the story? Some say no that Jesus did not die on the cross but was awakened from his “coma” caused by the drug “soma” and spirited off, along with his disciple Thomas, back to India, where he lived for 17 years as a young man, to live out his life teaching, eventually dying in Kashmir at the age of 80. We will explore this fascinating story, including a short documentary. As the Christian holiday Easter approaches, this will be an intriguing story.

## **TECHNOLOGY**



### **Car Rating and What They Mean Workshop**

**Presenter:** Norma Hubele

**Date:** V - February 22, 2024      **Time:** 10:00 AM

Buying a car can be exciting and stressful. Balancing our budget, desires, and practicality can sometimes overwhelm us. In this 2-part workshop, we bring you peace of mind by helping you sort through a car's safety ratings and new safety features.

### **Driver Assist Technologies Workshop**

**Presenter:** Norma Hubele

**Date:** V - February 29, 2024      **Time:** 10:00 AM

Buying a car can be both an exciting and stressful process. Balancing our budget, desires, and practicality can sometimes overwhelm us. In this 2-part workshop, we bring you peace of mind by helping you sort through a car's safety ratings and new safety features.

### **Technology Across the Generations**

**Presenter:** Duane Roen

**Date:** V - March 18, 2024      **Time:** 10:00 AM

Technology changes from one generation to another, and these days, it changes rapidly within a single generation. For example, in the United States, farmers were still using workhorses into the 1940s, but tractors had replaced them by the 1950s. In the home and workplace, many forms of technology have changed in our lifetime—e.g., crank phones were still used in the 1950s. In this workshop, we will write about technologies that have changed during our lifetime and how those changes have altered our lives in ways that our parents or grandparents could not have imagined.

### **The Cost of Free**

**Presenter:** Rio Salado Library Video

**Date:** IP - April 4, 2024      **Time:** 10:00 AM

Businesses have invaded the web and found ingenious ways to make money from a free space - at a cost to our culture and privacy. What lessons did retailers like Amazon learn from the gold rush years of the dot-com bubble? How did Google forge the business model that has dominated today's web?

### **Technoscience: Blurring the Line Between Man and Machine**

**Presenter: Rio Salado Library Video**

**Date: IP - May 1, 2024      Time: 10:00 AM**

Was the performance of IBM's Deep Blue against Gary Kasparov an example of supersonic calculation or the first step toward artificial intelligence? Does the acclaimed performance artist Stelarc, striving to become a cyborg-like hybrid, represent the possibility of a strange new race? This startling program tracks advances in robotics at Stanford University and Honda Motors, biotechnology as applied to synthetic skin and organs, workplace computerization, surveillance using Xerox's "tab dogs," and nanotechnology, including atomic-scale machinery and designer genes, and speculates on their ultimate impact.

## **TRAVEL**



### **Cuba Revealed: Our Trip to Cuba in 2016**

**Presenter: Gary Kleemann**

**Date: V - January 8, 2024      Time: 12:30 PM**

In March of 2016, we spent nearly two weeks touring Cuba. This travelogue will be a discussion with pictures of this trip. Never have we been to a place so close yet so foreign. Cuba is a step back in time while simultaneously wanting to move forward. Questions from participants are welcomed and encouraged.

### **Ghost Towns**

**Presenter: David and Diane Reesor**

**Date: IP - February 29, 2024      Time: 10:00 AM**

We will tour the ghost towns of Arizona, from mining to timber to train stations and so on.

### **Traveling the USA with the Moore's**

**Presenter: Michael Moore**

**Date: H - March 27, 2024      Time: 10:00 AM**

These presentations will include some tourist attractions, some tourist traps, and some "out of the way" places. The Moore's have been traveling for 40-plus years and will include pictures from several decades. I hope the viewers get as much enjoyment from it as the presenter has in reviewing pictures and slides to include.

### **Touring the Baltic and Southern Scandinavia**

**Presenter: Michael Moore**

**Date: H - April 3, 2024      Time: 10:00 AM**

This presentation will include some of the Baltic cities and the Scandinavian countries. It will include some history and geography along with some area photography. The trip included two cruises back to back. It will also include some pictures from a tour taken several years ago.

### **Madagascar and Mozambique**

**Presenter: David and Diane Reesor**

**Date: IP - April 29, 2024      Time: 10:00 AM**

MADAGASCAR, off the coast of Africa, 4th most significant island in the world, contains the world's most unique wildlife,



otherworldly landscapes, and razor-edge geology. In all manner of descriptions, Lemurs thrive here after being made extinct in mainland Africa. MOZAMBIQUE is one of the poorest and least developed countries we have visited. A nation of mainly Bantu-speaking people who gained independence from Portugal in 1974 but then plagued by civil war from 1977 to 1992. The country is rebuilding now with newly discovered natural gas and tourism.

## UNESCO

**Presenter: Janet Teegarden**

**Date: IP - February 7, 2024 Time: 12:30**

What is UNESCO, and what are UNESCO World Heritage Sites? Where are they, and why are they called World Heritage Sites? How many are there, and why are they important? How can a monument, church, fossil site, remnants from antiquity, natural site, or another site be on the World Heritage list? Discover some of these and see lots of pictures of these sites.

***Special Thanks to Our RISE Presenters!***

***We appreciate your willingness to give your time and share your knowledge with our RISE members.***

## **RISE Learning for Life Fall Fair 2023** ***Thank You all who Attended!***



An Amazing Performance by  
the West Valley Singers!



Welcome to  
New RISE  
Members  
who Joined  
at the  
Event!



Presenters  
Share about  
Upcoming  
Spring 2024.



## Our Presenters

**Birdwell, Laura Lee** - In 2006, at the age of 26, Laura Leigh was diagnosed with multiple sclerosis. The subsequent years were a period of self-discovery for Laura Leigh: denial, anger, and finally, acceptance. Laura Leigh now views her diagnosis as a blessing -- she has a greater appreciation for life, a better understanding of the fragility of the human body, and a deeper awareness of the beauty around her. Now, 16 years and many triathlons and cycling races later, Laura Leigh feels strongly calling to help others on their wellness journey. She became a personal trainer and wellness coach in 2019. She received her BA and MA in Philosophy and teaches high school English and history.

**Blaker, Bill** - A retired biology professor who has done research and taught about the brain for over 35 years. He has published over 20 research articles on the topic and has received teaching awards from Virginia Tech and Furman University.

**Catale, Cheryl** - Currently a Law of Attraction Life Coach and Dementia Specialist. Life has brought her in many different directions. From teaching the Hearing Impaired, being a Child and Family Therapist and Massage Therapist, to working with the Senior population to Age Strong! Her focus for the past decade has been working with those with Dementia as a Memory Care Director. Now that she has recently retired from her previous career, she is very excited to share all the beautiful things the aging population can accomplish and attain through the Law of Attraction and keeping one's brain healthy.

**Eastman, David** - A church-goer, a dog lover, loves the outdoors, and is a devoted family man. David is affiliated with Wealth Counsel, the top estate planning organization in the United States. For nearly 20 years, David has served residents of Arizona in all of their estate planning needs. His passion for safeguarding the temporal heritage built by small business owners, non-profit organizations, industry professionals, and everyday families has only intensified during that time. David's actual skill is communicating in a way that is easy for clients to understand. He has addressed the concerns of veterans, seniors, students, entrepreneurs, and church parishioners and has appeared on local news stations to promote proper planning for Valley families.

**Edmunds, Larry** - Has taught and been a practitioner of Leadership, Gender Fluidity, Human Communication, Conflict, and Negotiation, as well as Training and Development at ASU. He has been honored with two Outstanding Faculty/Teaching Awards. He is a Robert B. Rutherford, Jr. Memorial Fellow for his work directly with learners with behavioral/learning issues and a Dessie E. Larsen Fellow for Communication/ Chautauqua/Living History Performances as the late Carl T. Hayden (D-AZ) and other historic Arizona figures. Edmunds served as Director of Education Leadership Innovation for the Global Listening Centre (2016-2019) and currently serves on the Advisory Board, Diversity in Organizations, Communities & Nations, the Scottsdale Historic Preservation Commission, and is the Vice President/President-elect of the ASU Retirees Association.

**Fanelli, Shel** is a transformational coach specializing in homeopathy, herbal medicines, integrative nutrition, yoga, and guided meditation. She is an enthusiastic presenter who is a committed advocate for the health and wellness of others.

**Fox, Laurie** - Has been in the non-medical field since 1999 in Maricopa County. She is a Certified Senior Advisor (CSA), trained as a memory care trainer for Banner Alzheimer's Institute, and a facilitator for many of Duet's (local 501 C-3) caregiver support groups. She also serves on the Board of Directors of Sierra Winds in Peoria, is on the management team of the West Valley Professionals' Roundtable, and is a facilitator of a large, women-only networking group in Sun City. Laurie enjoys working at Home Watch Caregivers, assessing cases, and helping families find solutions for their loved ones. She always says, "It's personal," as she was the POA for over seven years for her mother, who had Alzheimer's Disease.

**Gassner, Marla** - Creatively lives her life and has written two manuals on making unique beaded jewelry, which led to national speaking engagements and sales to private collectors. Marla has just completed a philosophy book about her life containing 104 essays based on one word alone, which gave her the idea for this class. Marla's involvement with RISE returned her to the joy of learning, and she has been presenting art and writing classes ever since!

**Givens, Edward** - An independent and licensed health insurance agent. He assists people with health insurance for people under 65 years of age, Medicare, home care, Life insurance, and supplemental insurance. Edward will guide you through a proven process that will help protect your family's health. This system takes the tedious and complex task of designing a family healthcare plan and turns it into an intelligent and simple solution. I'm a United States Military Academy graduate with 15-plus years of experience in the healthcare space. He is licensed with most, but not all, of the insurance providers in the area. I chose Health Markets because it's America's largest Insurance Distribution Company. That provides me with extensive resources like continuing education and institutional knowledge. Our technology resources are expansive and up to date to keep up with the current state and federal regulations.

**Goldsberry, Clare** - A journalist and author by profession and a life-long student of religious and spiritual traditions that include studies in Judaism, including Kabbalah and Hebrew classes; Christianity; Gnosticism, and the Eastern spiritual and philosophical traditions of both Hinduism and Buddhism. She is also engaged with the many esoteric traditions of the Ageless Wisdom, including the Hermetic writings and the Theosophical writings of Mdm. H.P. Blavatsky. Clare is eclectic in the practice and development of her theosophy, believing that all paths are connected to the One. However, she has been a practicing Buddhist for more than 20 years. Her teaching style is light and engaging, even humorous, as she encourages students to find their Truth.

**Graber, Brad** - An award-winning author of contemporary fiction. His debut novel, *The Intersect*, is set in Phoenix and explores hot-button issues of immigration, elder abuse, and teen homelessness. His second novel, *After the Fall*, is a love, loss, and forgiveness family drama. Brad writes a weekly blog: *There I Said It!* His third book - *What's That Growing in My Sour Cream?* - is a compilation of the best of Brad's humorous blog. Brad's third novel, *Boca by Moonlight*, has recently been released. Warm, engaging, and often funny, Brad will be a welcome addition to your meeting. To find out more about Brad Graber, visit [www.bradgraber.com](http://www.bradgraber.com)

**Hubele, Norma** - Joined the engineering faculty at Arizona State University in 1984. In her 22 years at ASU, she taught statistics to engineering students. She served in various administrative positions, including the Director of Strategic Initiatives for the Ira A. Fulton Schools of Engineering from 2004 to 2006. Norma has been an expert witness in automotive crash statistics in over 120 legal cases nationwide. Locally, she was part of Phoenix Police Officer Jay Schecterle's team of experts – concerning the rear positioning of the gas tank in Police Interceptor vehicles. In 2018, she launched [www.TheAutoProfessor.com](http://www.TheAutoProfessor.com), which is dedicated to car safety. The primary product is a safety rating system based on people's experience in actual crashes on our roadways. She is currently contracted to write a book called *Car Safety: Where the Numbers Help and Where They Don't*.

**Iranpour, Gail** - A former teacher who enjoys sharing knowledge in an adult environment. Gail's passion is psychology and supporting individuals as they learn more about themselves and humanity. Gail is an aspiring writer and the owner of Motivating Journeys to Within LLC, a life coaching business. Gail's background is in education and psychology, which I use through coaching clients, facilitating book studies, and teaching classes.

**Jeckel, Robert** - A native of New Jersey and a practicing attorney in Sun City. He is a frequent speaker, college lecturer throughout the Phoenix area, and returning RISE presenter. We value his experience, expertise, and willingness to enrich our program with his knowledge.

**Kleemann, Gary** - Completed a BA at San Jose State University, an MS at Oregon State University, and a PhD at ASU. He served in administrative and faculty positions at ASU Tempe and was a founding administrator and faculty member at the ASU Polytechnic campus. Gary taught graduate and undergraduate students and conducted many workshops for students, faculty, and staff. Gary has served on several community boards in retirement, including New Frontiers for Lifelong Learning at Mesa Community College, the ASU Retirees Association, and the ASU Emeritus College's Dean's Council. Traveling the world with his wife, Vina, and sharing the experiences is integral to his retirement.

**Julie Larsson** is a community relations director at Ridges in Peoria. Julie has been painting since the age of 6. Julie has been leading painting groups in the Peoria area at churches, RV Resorts, and Arch Well Health since March of 2023. Julie has painted with about 250 individuals in the past ten months. Studies have shown that creating art can reduce anxiety, depression, and stress. Artistic expression has also been linked to resilience and improved reasoning and memory in aging adults.

**Lux, Lorie** - Background includes writing courses at the Univ. of Iowa, Iowa City, IA, Bard College, Annandale-on-Hudson, NY, and Columbus Univ., Columbus, OH, as well as having taught writing at South Suburban Community College, Chicago Heights, IL. I have a BA and MA in communication from Governors State Univ., Park Forest, IL, and 60 hours in a cohort program at Saint Xavier Univ. collaborating on the writing program for the state of IL writing prompt.

**Kaminski, Ken** - Recently retired in 2020 after a 42-year Nuclear Power Plant Operation career. Originally from Detroit, Michigan, Ken joined the US Navy in 1976 and was an instructor at a unique nuclear prototype facility in upstate New York. He ended his tour as an electrician on a San Diego, California submarine. He worked at the Diablo Canyon Power Plant in San Luis Obispo, California, for 36 years as an Electrician, Electrical Engineer, Senior Reactor Operator, and finally, instructor. He has a BS in Nuclear Technology from Excelsior College and is very happy to teach again in the RISE Program classroom.

**Katz, Steve** - After graduating from Harvard Law School, Steve was an entertainment lawyer in Los Angeles for 30 years, specializing in the motion picture and TV industries, first with the firm of Silverberg, Rosen, Leon, and Behr and then as the senior founding partner of the boutique entertainment law firm of Silverberg, Katz, Thompson, and Braun, which morphed over the years into the current firm of Katz, Golden, and Lerner. During his career, he represented writers, directors, producers, and actors (such as Quinn Martin, Rod Steiger, and Jack Palance in the early years and Dick Clark, Cher, Donald Sutherland, and Michael Crichton in the later years) as well as numerous production and distribution companies. He hired and mentored scores of LA entertainment attorneys, including Lloyd Braun and Marc Graboff, who became Presidents of ABC and NBC, respectively.

**Knight, Reggie** - B.S. M.T. (A.S.C.P.), B.A., B.S. is retired and enjoys reading and knitting and has been taking classes at R.I.S.E. since 2003. Her degrees are in Clinical Sciences, English, and Industrial Engineering. Even when working, she took a great variety of classes at community colleges at night, everything from Dead Sea Scrolls to Automotive Mechanics, where she was the only woman in the class but also the oldest. Professionally, she worked in Immunohematology for a Division of Baxter International in Florida. She was a Proposal Analyst for a civil engineering firm in California and retired from a non-profit foundation. Reggie and her husband bought a diesel pusher and moved to Sun City West. Every summer for 17 years, they traveled 5,000 to 10,000 miles in that same RV. On these trips, she taught herself to needle and loom knit. She knits hats and baby blankets on the loom and scarves, shawls with needles, and gives 95% of her items to charities.

**Krimm, Heather** - Detective Heather Krimm is with the Maricopa County Attorney's Office Investigations Bureau. Detective Krimm has worked in law enforcement for 17 years and specializes in investigating Animal Cruelty crimes. She worked for the Raleigh Police Department in North Carolina and the Phoenix Police Department. She trains law enforcement officers and prosecutors on animal abuse investigations, is an Emergency Animal Medical Technician certified by the Arizona Humane Society, and is a member of the Arizona Professionals Animal Cruelty Task Force.



**McKeand, Bret** - A retired journalist and current Sun Cities Area Historical Society President. As a reporter, editor, and publisher, Bret spent his entire journalism career with Independent Newspapers in Arizona. He retired in 2020 as president of the company's Arizona operations. He is president of the Sun Cities Area Historical Society Board of Trustees, which owns and operates the Del Webb Sun Cities Museum. In 2010, he authored a book on the history of Sun City to benefit the society and the Del Webb Sun Cities Museum.

**Michler, Jaime** - A Fire and Life Safety Educator and Community Risk Reduction Specialist for Surprise, AZ Fire-Medical Dept. Jaime began my teacher training at Arizona State. Shortly after graduation, their family relocated to Oklahoma, where she officially began her teaching career. After two years, she relocated to California, where she took some time off to raise my son until he started school. During that time, Jaime also began pursuing my Master's Ed., emphasizing curriculum design and mathematical pedagogy. Before the program's completion, another relocation back to Arizona (Army life is fun!). After a short stay, Jaime's family was relocated again, this time to PA (holding steady for 5+ years).

**Millico, Bill** – Has twenty-three years of experience working with individuals, families, and businesses, serving as a financial advisor and educator. Before joining BCG 401(k) Advisors – Arizona in 2014, Bill worked with Financial Network Investment Corporation in Los Angeles. Bill was also employed as an investment advisor specializing in financial education for employee participants. The topics Bill covers include Financial Wellness, Social Security benefit claiming, the SECURE Act 2.0, and the key elements and practical steps to achieving secure financial well-being and freedom. Education-wise, Bill has a Bachelor of Arts degree in Public Administration and a Master's Degree in Business.

**Moore, Michael** - A native of Kansas and is a retired food animal veterinarian. He practiced in southern Nebraska for 28 years before entering the veterinary biological industry, which is involved with manufacturing and selling vaccines. Dr. Moore has been involved with numerous professional organizations. Michael and his wife Judy love to travel.

**Newman, David** - Has worn many hats: gardener, pool cleaner, grocery bagger, tomato lug stacker, tutor, teachers' aide, electrician, and quality control technician, but never a butcher, baker, or candlestick maker. He then found his true calling as a software developer, allowing him to become simultaneously self-employed and semi-retired at 27. He filled his semi-retired free time by volunteering at homeless shelters, libraries, rehabs, non-profit organizations, and food banks. Although a native Californian, he moved to AZ in 2012 to assist in caring for his disabled mother. He takes a certain amount of pride in being fashion dysfunctional, follicly challenged, and pop-culture illiterate. Semi-retirement also allowed Dave to complete over 200 units of college work. Unfortunately, he never found a school offering a "having fun" degree, so he never graduated.

**Reamer, Allen** - Has produced art and taught studio art and art history for most of his life. He was fortunate to come from generations of artists. His mother taught him oil painting at a young age. His undergraduate, graduate, and post-graduate education was in studio art and art history. Allen has taught high school to graduate-level classes. Over the years, he has been recognized by various organizations for his teaching and artwork. He has been active for decades in local and national art organizations, including representing D.C. art educators at the national level for a decade. He has taught at RISE since 2009. Allen teaches over 175 studio art classes and over 230 art history classes.

**Reesor, David & Diane** – David became interested in photography when his parents gave him a Brownie Hawkeye camera for his 8th birthday... his obliging parents allowed him to make a dark room in the family bathroom. David has gone beyond the Hawkeye camera and, with his digital knowledge, can put together a 'show' that is very creative and instructive. You will not be bored! Diane came to the world of Photography after she met David. Her interests include the people, flora, architectural details, and abstract aspects.

**Rinehart, Thomas** - A Deputy County Attorney for the Maricopa County Attorney's Office, where he is the Animal Cruelty prosecutor and handles his other felony cases. He has attended training in animal cruelty investigations and basic equine investigations. Before becoming a prosecutor, Mr. Rinehart served eight years in the United States Marine Corps as a Chemical, Biological, Radiological, and Nuclear Defense Specialist, in addition to other secondary duties. Mr. Rinehart graduated from Arizona State University with his Bachelor of Arts and Juris Doctor.

**Roen, Duane** - Has been tracing his roots since his teenage years, building a database with more than 32,000 ancestors. He and his wife, Maureen Roen, have also recorded their family history since 1978 by writing more than 19,000 daily journal entries on their children and other family members. Combining his professional and personal interests, Duane worked with colleagues to establish courses on writing and recording family history at Arizona State University. He is also the founding coordinator of the Project for Writing and Recording Family History in the ASU College of Integrative Sciences and Arts.

**Saunders, Bonnie** - Teaches history at Glendale Community College and joins us at RISE for Foreign Policy and the Middle East classes. Her Ph.D. focused on U.S. policy in the Middle East, and she published a book on a CIA plot to overthrow the Syrian government in 1957. She has shared her knowledge with RISE members since 1999. She also serves on the RISE Curriculum Committee.

**Schuh, Selina** - A Relationship Facilitator, Certified KonMari® Consultant, and owner of Empowered Living Strategies. For over 25 years, she worked in education, collaborating with students of all ages. Today, Selina helps clients to remove energetic blocks in their lives. Aside from supporting clients in their relationships, Selina also walks them through decluttering their homes to create a living space that inspires and creates deep joy. She is the author of *Becoming Your Knight in Shining Armor: A Guide to Love that Feeds Your Soul*. You can learn more about her work at [www.empoweredls.com](http://www.empoweredls.com).

**Shulimson, David** - Has an extensive career in journalism and athletics communications. He is currently a writer for a national media company. Shulimson previously served as a sports writer at a newspaper and Director of Athletics Communications at several schools. He has served as Host Communications Contact for numerous NCAA National and Regional Championships.

**Teegarden, Janet** - A Professor Emeritus, having taught college mathematics for over 50 years. She most recently was a mathematics tutor here at Rio Salado, helping the GED students master mathematics. She has presented talks at numerous local, state, national, and international conferences, which were very well received. She has also received several awards for excellence in teaching and outstanding service, including her most prestigious Teaching Excellence Award from the American Mathematical Association of Two-Year Colleges in 2011. She loves sharing the FUN side of mathematics with those who don't think they ever liked math.

**Timko, Scott** - Over 20 years of experience helping thousands of patients regain optimal health. Along with his Doctor of Chiropractic degree, he has taken hundreds of hours of continuing education to further his knowledge in Chiropractic, Rehabilitation, and Clinical Nutrition. See more about Dr. Timko and this class at <http://timkochiropractic.com/classes.html>.

**Ulness, Dr. James** - A long-time professor of psychology at Concordia College in Moorhead, MN has integrated the best of mainstream psychology with Eastern and Western spirituality. The Humanistic Psychology of Maslow and Rogers, the Depth Psychology of Carl Jung, the Transpersonal Psychology of Michael Wasburn and Ken Wilber, the Psychology of Self-determination of Edward Deci, the methodology of Assagioli's Psychosynthesis, with the insight of Spiritual Science in the work of Rudolf Steiner. This has given Dr. Ulness his unique approach to the study of human nature and the social order. He is particularly interested in helping people with unusual experiences of a spiritual, mystical, or psychic nature understand what is happening and thus be better able to integrate these into their personality in a healthier way.

**Warren, Diane** - A teacher, writer, and spiritual explorer. Before retiring, she worked in home health, elder care, human resources, and finance. As university faculty she taught religion, ethics, psychology, and esoteric teachings on healing, consciousness, and the spiritual path. Diana is a lifelong student of the arts and sciences, both traditional and non-traditional. Her credentials include an M.A. and Ph.D. She is trained in healing techniques, including Reiki, energy medicine, therapeutic touch, and Native American and Inka medicine. Her current project is *Spiritual Strengths for Your Soul Journey*, a book comparing five religions to identify their commonalities. She loves learning, travel, dance, music and art.

**Yahweh, Terry** - He learned from his mother, grandmother, aunt, and community that service to your fellowmen is imperative to our society. He is an honorably retired detective from the Phoenix Police Department after twenty-five years of public service. He served as a patrol officer and domestic violence and robbery investigations detective. He investigated armed robberies, carjackings, home invasions, extortions, kidnappings, bank robberies, felony shopliftings, human trafficking, a few homicide investigations, and other criminal investigations. He was a board member of the Phoenix Police Union and the longest-serving president of the Arizona Black Law Enforcement Employees (ABLE), a police and community association. He has a B.A. in Spanish linguistics from Arizona State University and was a certified Spanish speaker and instructor with the Phoenix Police Department. He is an avid gardener, growing and eating most of his vegetables.



