

RISE LEARNING FOR LIFE

SUMMER 2024



Join RISE today!

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

Interest-based classes include:

- The Arts, Health & Wellness
- Finance & Law
- Natural Sciences & Mathematics
- 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

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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 community members. 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 who 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

If you are a <u>NEW member</u> of RISE, you will need to create an account. Click the Start Here button at the top left. If you are a <u>CURRENT member</u> and <u>have <u>not</u> logged into the system, you will need to click <u>Login</u>, then, <u>Click here to reset</u>.</u>

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

- 1. 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 appear in 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. To cancel a class, log into your account, CLICK ON YOUR NAME AT THE TOP RIGHT
- 2. Then, choose **My Account.** The 3rd tab is on the left side.
- 3. Scroll down until you see the **Account Registration Tab**. Put your cursor on it and click the mouse. Your schedule will appear.
- 4. Then click on the word **Drop** next to the blue Download PDF (far right).
- 5. Hit the **SAVE** button on the bottom left side of the screen.
- 6. The toolbar shows all your information **The contact Tab** will show your name, and you can download the class schedule to view or print (blue tab to the right)
- 7. **The membership Tab** shows your membership dates. This is where you will **Renew Your Membership**. Look for the **Status Tab**; **under** that, you will see **Active**, **Expired**, **or Renew**.
- 8. Hit the **Notepad icon to the right of the status, and it will populate it so you can** add your payment for renewal. Please have your username and password ready if you need help from the RISE Coordinator.

Classes may occasionally be canceled or postponed due to a presenter's illness or family emergency. We make every effort to contact the members who are signed up for classes by 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.

Summer 2024 Holidays and Closures

Memorial Day - Monday, May 27, 2024 Juneteenth - Wednesday, June 19, 2024 Independence Day - Thursday, July 4, 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, and Webex will also be offered. To join virtually, click on the link that will be provided to you by email reminder.
V (Virtual)—The facilitator will be available online, not in person. Please follow the Webex link to join from home

JUNE



Mind-Body Problems

Presenter: Dr. Bill Blaker

Date: IP - June 3, 10, 17, 24, 2024 Time: 10:00 AM

What is the relationship between the nonphysical mind and the physical brain? This branch of philosophy has been seriously debated for over 400 years. We will look at the arguments in favor of each of the main viewpoints on this question, ranging from the mind and brain, which both exist and are separable, to the mind being merely a result of brain function, and all that we can confidently say exists.

Effective Alternative Methods to Managing Pain

Presenter: Cynthia Poppe

Date: IP - June 3, 2024 Time: 12:30 PM

Acupuncture is a complete and holistic medical system that incorporates many components and modalities. Treatment and becoming familiar with other common modalities used with Acupuncture, such as PRP, Infrared Sauna, cupping, moxa, float therapy, low-level laser, and homeopathic injectables, are fundamental changes that will help your overall health.

Impact of Athenian Democracy & Roman Republicanism

Presenter: Dr. Bonnie Saunders

Date: V - June 3, 10, 17, 24, 2024 Time: 12:30 PM

The Founding Fathers patterned part of the U.S. Constitution on these two governments; however, they made some critical, engaging, and positive changes when they set up the federal government. This class will discuss various aspects of these changes, especially their relevance to the U.S. today. This is a **Virtual Class**.

Wisdom Seekers

Presenter: Dr. Diana Warren

Date: IP - June 4, 18, 2024 Time: 10:00 AM

Wisdom seekers are on a path of enchanted living as they study knowledge from various sources, including philosophy, psychology, culture, and others. Emotional, mental, and spiritual growth and group discussions help seekers discover meaning.

Being Mary Tyler Moore

Presenter: Video 2:00

Date: IP - June 4, 2024 Time: 12:30 PM

Mary Tyler Moore chronicles the screen icon's storied career, which spanned sixty years. The film highlights her groundbreaking roles and indelible impact on generations of women who came after her. **Popcorn Day!**

The Gift-Jazz

Presenter: Ken Burns Video 1:50

Date: IP - June 5, 2024 Time: 10:00 AM

The Flowering of the Jazz Age is a tale of two great cities, Chicago and New York, and two extraordinary artists. These achievements spanned nearly three-quarters of a century.

Daring Women Doctors Presenter: Video 54:42

Date: IP - June 5, 2024 Time: 12:30 PM

At this crucial time when women physicians and nurses contribute significantly to our community's health, this documentary looks at the challenging and illuminating history of 19th-century women doctors.

Baha'i Faith

Presenter: David Brown and Kathy Mosley
Date: IP - June 6, 2024 Time: 10:00 AM

This is a brief introduction to the Baha'i Faith, including videos on its history and tenets, with questions and answers to follow. Throughout history, God has sent humanity a series of divine Educators—known as Manifestations of God—whose teachings have provided the basis for advancing civilization.

Genealogy

Presenter: Lou McLean

Date: IP - June 6, 2024 Time: 12:30 PM

If you are beginning or have been doing Ancestry research for a time, you may wish to attend this class. You will be given free internet websites you may not know about to find records of your ancestors. You will also learn about our wonderful genealogy library in Youngtown.

Women in The Ancient World Presenter: Dr. Bonnie Saunders

Date: V - June 6, 13, 20,27, 2024 Time: 12:30 PM

We will discuss the similarities and differences between the status of women in the ancient world (pre-civilization, Mesopotamia, Egypt, Greece, Rome, the Middle Ages) and the status of women in the U.S. today. This is a **Virtual Class**.

Quick Guide to Cashing in Government Bonds

Presenter: Kim Dyer/Keystone Group

Date: IP - June 10, 2024 Time: 10:00 AM

What type of Bonds can you cash in, when and how are frequently asked questions regarding government bonds. What happens to uncashed bonds when I die? Can payment be made to my legal representative?

Evolution of Consciousness and Cash

Presenter: David Newman

Date: IP - June 11, 2024 Time: 10:00 AM

Buddhism regards wealth as a source of desire and attachment, creating suffering.

Christ took issue with the Temple money changers and also said, "Ye cannot serve God and mammon." (Matt 6:24)

Lao Tzu proclaimed, "Searching for precious goods leads astray."

Mamma Mia

Presenter: Video 1:49

Date: IP - June 11, 2024 Time: 12:30 PM

Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends. Meanwhile, Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in the hope of meeting her real father and having him escort her down the aisle on her big day.

The Memphis Flash Presenter: Video 1:27

Date: IP - June 12, 2024 Time: 10:00 AM

Even now, you look at those pictures of Elvis, and it's a threatening presence. I mean, nobody looked like that then. You look at Elvis with his classmates in those funny photos; he looks so different. And you harness that to what he sounded like, which is revolutionary. He could sing all styles of music, rhythm and blues, and country.

Galapagos Enchanted Isle

Presenter: Video 48:36

Date: IP - June 12, 2024 Time: 12:30 PM

Castaway in the Pacific Ocean, the Galapagos Archipelago straddles the equator—over 120 tropical islands erupted from the deep ocean floor more than 10 million years ago.

Common Nutrition Myths Debunked

Presenter: Dr. Scott Timko

Date: IP - June 13, 2024 Time: 10:00 AM

When it comes to nutrition, knowing what to eat, how much, and how often can be confusing. We're constantly bombarded with media headlines and advertisements about the latest trends- but these messages don't always have our health in mind.

Active Everyday

Presenter: Georgina Martinez

Date: V - June 13, 2024 Time: 10:00 AM

Starting exercising doesn't mean going and running a mile every day. There are lots of ways to stay active and healthy. Learn about what you can do to stay active every day! This is a **Virtual Class.**

Summer Solstice

Presenter: Patricia Martin

Date: IP - June 13, 2024 Time: 12:30 PM

The summer solstice is approaching - the time of joy, laughter, matters of the heart, and the heart's health; it is said to be so in the world of acupuncture and Asian medicine.

Late Winter in the Sonoran Desert

Presenter: Video 1:19

Date: IP - June 18, 2024 Time: 12:30 PM

Everything needed for existence is so scarce that it can only be won by cunning and unrelenting struggle. But the extreme conditions in this desert also produce strange and beautiful alliances.

Cotton Bolls to Golf Balls

Presenter: Brett McKeand

Date: IP - June 20, 2024 Time: 10:00 AM

Most of the standard features of a 55+ adult community originated here in Sun City, Arizona, including building an entire community dedicated to leisure and recreation for the active retired adult. Listen to the story of the events leading up to Sun City – the nation's first active adult community – and how Del Webb refused to listen to the experts who claimed that - old people wouldn't leave their families. Over more than 60 years, it has prospered and matured into one of the best values in the country.

I Was a Perfect Child Presenter: Duane Roen

Date: IP - June 20, 2024 Time: 10:00 AM

Of course, all of us were perfect children. However, there may have been a time or two—no more than that—when we fell short of angelic behavior and into the depths of naughty behavior. Erma Bombeck said, "Never lend your car to anyone to whom you have given birth." What words of wisdom do you have?

Pandemic Experience Presenter: Duane Roen

Date: V - June 25, 2024 Time: 10:00 AM

Winston Churchill is credited with saying, "Never let a good crisis go to waste" at the end of World War II. When something bad happens, what can we learn from it? We will discuss how the pandemic has changed the world in which we live. It has affected how we work, learn, play, and navigate life. This is a **Virtual Class**.

Morning of Creation-America's Parks

Presenter: Ken Burns Video 1:53

Date: IP - June 26, 2024 Time: 10:00 AM

Following World War II, the parks were overwhelmed as visitation reached 62 million people a year. This final episode describes how a billion-dollar campaign, Mission 66, was created to build facilities and infrastructure to accommodate the growing flood of visitors.

Fly with Me

Presenter: Video 1:53

Date: IP - June 26, 2024 Time: 12:30 PM

Fly with Me tells the story of the pioneering women who became flight attendants when single women could not order a drink, eat alone in a restaurant, own a credit card, or get a prescription for birth control. The job offered unheard-of opportunities for travel and independence.

Seabiscuit

Presenter: Video 2:20

Date: IP - June 27, 2024 Time: 10:00 AM

Amid the Great Depression, a businessman (Jeff Bridges) coping with the tragic death of his son and a down-and-out horse trainer team up to help Seabiscuit, a temperamental, undersized racehorse. Seabiscuit becomes one of the most successful thoroughbreds of all time and inspires a nation when it needs it most.

Village of You

Presenter: Patricia Martin

Date: IP - June 27, 2024 Time: 12:30 PM

This course delves into the 'stuff' that makes Five Element Acupuncture, a Japanese style of acupuncture, really interesting! The Five Elements are Wood, Fire, Earth, Metal, and Water. The primary ten organs of the body are embodied in this philosophy, as each is a part of the human body known as your Own Personal Village.

JULY



Presenter: Video 1:30

Date: IP - July 1, 2024 Time: 10:00 AM

Tourists flock to the reef to enjoy the perfect weather, and the humpback whales are here to give birth. On the most protected island in Australia, 20,000 green sea turtles return to the biggest reptilian breeding colony on Earth.

Country Music Beginnings- 1933 #1 The Rub

Presenter: Ken Burns Video 1:52

Date: IP - July 1, 2024 Time: 12:30 PM

Country music rose from the bottom up, from the songs Americans sang to themselves in foreign fields and railroad yards to ease them through their labors.

Wisdom Seekers

Presenter: Dr. Diana Warren

Date: IP - July 2, 16, 30, 2024 Time: 10:00 AM

Wisdom seekers are on a path of enchanted 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.

Saving Notre Dame

Presenter: Video 53:25

Date: IP - July 2, 2024 Time: 12:30 PM

When the Notre Dame cathedral caught fire in April 2019, Paris came very close to losing over 800 years of history. As engineers rebuild, researchers use cutting-edge technology to piece together what happened and restore the cathedral.

Firework Shapes, Smiley Faces, Hearts & Stars

Presenter: Video 2:37

Date: IP - July 3, 2024 Time: 10:00 AM

Every year on the 4th of July, fireworks light up the sky with giant bursts of color and patterns. Today, fireworks are so advanced that they turn into shapes like hearts, stars, and even smiley faces. But have you ever wondered how they do that?

Country Music 1933-1945 #2 Hard Times

Presenter: Ken Burns Video 1:53

Date: IP - July 3, 2024 Time: 10:00 AM

During the Great Depression and World War II, country music thrived and reached bigger audiences. Gene Autry sets off a craze for singing cowboys, Bob Wills adapts jazz's Big Band sound to create Texas Swing, and Roy Acuff becomes a star.

Milestone Molecular Medicine

Presenter: Dr. Bill Blaker

Date: IP - July 8, 15, 22, 29, 2024 Time: 10:00 AM

It has been estimated that it was not until the early 20th century that going to the doctor for an internal ailment produced good rather than harm. A large part of medical progress in the first half of the 20th century was due to advances in our knowledge of the molecular level of the human body, its disorders, and possible treatments.

Country Music 1945-1953 #3 Hillbilly Shakespeare

Presenter: Ken Burns Video 1:54

Date: IP - July 8, 2024 Time: 12:30 PM

Country music adapts to the cultural changes of post-war society. Bill Monroe and Earl Scruggs transformed string band

music into Bluegrass.

Your Hero's Journey Presenter: Duane Roen

Date: IP - July 9, 2024 Time: 10:00 AM

In a hero's journey, the protagonist goes on a journey, overcomes adversity, and is changed by the experience. Literature is filled with such journeys, but all of us have experienced such journeys in our lives. In this workshop, we will discuss the features of a hero's journey and one of our hero's journeys.

Artificial Intelligence Maps Out Skin Cancer

Presenter: Video 1:33

Date: IP - July 9, 2024 Time: 12:30 PM

A first-of-its-kind tool using artificial intelligence is increasing the odds of early detection in a fight against one of the deadliest cancers. We can navigate every single lesion and every part of the skin.

Bad Education

Presenter: Video 1:48

Date: IP - July 10, 2024 Time: 10:00 AM

Starring Hugh Jackman and Allison Janney, this fact-based dark comedy tells the story of the Long Island school supervisors behind the largest public-school embezzlement scandal in American history. **Popcorn Day!!**

Country Music 1953-1963 #4 I Can't Stop Loving You

Presenter: Ken Burns Video 1:50

Date: IP - July 10, 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.

Vanishing of the Bees Presenter: Video 1:27

Date: IP - July 11, 2024 Time: 10:00 AM

Honeybees are essential for producing more than one-third of the food we eat. But in 2006, beekeepers began reporting that astounding numbers of their honeybees had gone missing, disappearing, with no dead bees in or around the hives.

Country Music 1964-1968 #5 Sons & Daughters of America

Presenter: Ken Burns Video 1:54

Date: IP - July 15, 2024 Time: 12:30 PM

During a time of upheaval, country music reflects the changes in American society. Loretta Lynn performs songs that speak on behalf of women. Charley Pride becomes a country star. Merle Haggard -Poet of the Common Man.

Atlas of the Heart Part 1&2

Presenter: Brene Brown Video 1:30

Date: IP - July 17, 2024 Time: 10:00 AM

Brené Brown tackles a powerful central question: how can we cultivate meaningful connections with ourselves and each other? I've spent 25 years trying to answer questions about what it means to be human and that there is nothing more human than emotion, but we know very little about it and very little language to draw on to express our feelings.

Country Music 1968-1972 #6 Will the Circle Be Unbroken

Presenter: Ken Burns Video 1:52

Date: IP - July 17, 2024 Time: 12:30 PM

With the Vietnam War intensifying, America is more divided than ever. Country music is not immune to the divisions. Kris Kristofferson abandons his military career and becomes a writer whose lyricism sets a new standard for country songs.

Why Am I Always so Tired Presenter: Dr. Scott Timko

Date: IP - July 18, 2024 Time: 10:00 AM

If you are always tired or experience extended periods of fatigue, an underlying condition is causing this problem. We will discuss why the body becomes abnormally fatigued and several conditions that can cause you to be chronically tired. You will also learn about what tests you can have performed to get to the root of your problem. Then, you can take the steps necessary to reverse this condition and restore your energy and vitality.

Benefits of Drinking Water Presenter: Georgina Martinez

Date: V - July 18, 2024 Time: 10:00 AM

When was the last time you drank water? Many of us don't get the water that our bodies need. Remember that our bodies are mostly water. Join us to learn why it's essential to keep hydrated and what you can do to get enough water throughout the day. This is a **Virtual Class**.

Possible Pitfalls in Retirement

Presenter: Keystone Group-Kim Dyer/Pam Prine Date: IP - July 22, 2024 Time: 10:00 AM

Let's face it - we don't know what we don't know! Join Pam Prine of Keystone Capital Management Group as she shares some possible pitfalls in retirement and how to avoid them.

Country Music 1973-1983 #7 Hank Done it This Way

Presenter: Ken Burns Video 2:20

Date: IP - July 22, 2024 Time: 12:30 PM

Defining country music is debated as never before, and the argument sparks a vibrant era. Dolly Parton crosses over to mainstream success. Willie Nelson finds creative freedom in Texas.

Empathy & Compassion in Our Lives

Presenter: Duane Roen

Date: V - July 23, 2024 Time: 10:00 AM

This workshop is a virtual class that will discuss ways people develop empathy and compassion, especially through intent listening. We will also share stories about our own experiences with empathy and compassion.

Atlas of the Heart Part 3 & 4

Presenter: Brene Brown Video 2:08

Date: IP - July 24, 2024 Time: 10:00 AM

From envy and jealousy to admiration, reverence, and resentment, Brené explores social comparison and how it can affect our relationships and self-worth. Brené examines some of our more complex, ambiguous, and seemingly contradictory emotions, including bittersweetness, nostalgia, sarcasm, and self-righteousness.

Country Music 1984-1996 #8 Don't Get Above Your Raisin

Presenter: Ken Burns Video 1:54

Date: IP - July 24, 2024 Time: 12:30 PM

As country music's popularity skyrockets, the genre confronts the question of whether it can also stay true to its roots. The success of the New Traditionalists—Reba McEntire, Randy Travis, the Judds, and Dwight Yoakam.

Arizona Water & Drought Presenter: Erinanne Saffell

Date: V - July 25, 2024 Time: 10:00 AM

Learn about Arizona's water supply and long-term drought from Arizona's State Climatologist. You'll leave class knowing more about where Arizona gets its water and what it means to be in a long-term drought. This is a **Virtual Class**.

The Scripture of Nature National Parks

Presenter: Ken Burns Video 1:53

Date: IP - July 31, 2024 Time: 10:00 AM

In 1851, word spread of California's beautiful Yosemite Valley, attracting visitors who wished to exploit the land for commercial gain and those who wished to keep it pristine. In 1864, Congress passed an act that protected Yosemite from commercial development—the first time in history that any government put forth such an idea.

My Big Fat Greek Wedding

Presenter: Video 1:35

Date: IP - August 1, 2024 Time: 10:00 AM

Everyone in the Portokalos family worries about Toula, who is still unmarried at 30 years old. She falls in love with Ian Miller, a tall and handsome teacher, but not Greek. Toula isn't sure which will be more upsetting to her father, that Ian is a foreigner or that he's a vegetarian. **Popcorn Day!**

SUMMER MOVIES



Date	Time	Movie
June 4	12:30 P.M.	Being Mary Tyler Moore ** Popcorn Day
June 5	10:00 A.M.	The Gift: Ken Burns Jazz
June 5	12:30 P.M.	Daring Women Doctors
June 11	12:30 P.M.	Mamma Mia
June 12	10:00 A.M.	Memphis Flash
June 12	12:30 P.M.	Galapagos Enchanted Isle
June 18	12:30 P.M.	Winter in the Sonoran Desert
June 26	10:00 A.M.	America's Parks
June 26	12:30 P.M.	Fly with Me
June 27	10:00 A.M.	Seabiscuit ** Popcorn Day
July 1	10:00 A.M.	Life on the Reef Part 1 &2
July 1	12:30 P.M.	Ken Burns: Country Music #1
July 2	12:30 P.M.	Saving Notre Dame
July 3	10:00 A.M.	Fireworks, Shapes, Smiley Faces

July 3	12:30 P.M.	Ken Burns: Country Music #2
July 8	12:30 P.M.	Ken Burns: Country Music #3
July 9	12:30 P.M.	Artificial Intelligence Maps Out Skin Cancer
July 10	10:00 A.M.	Bad Education **Popcorn Day
July 10	12:30 P.M.	Ken Burns: Country Music #4
July 11	10:00 A.M.	Vanishing of the Bee's
July 15	12:30 P.M.	Ken Burns: Country Music #5
July 17	10:00 A.M.	Atlas of the Heart Part 1 & 2
July 17	12:30 P.M.	Ken Burns: Country Music #6
July 22	12:30 P.M.	Ken Burns: Country Music #7
July 24	10:00 A.M.	Atlas of the Heart Part 3 & 4
July 24	12:30 P.M.	Ken Burns: Country Music #8
July 31	10:00 A.M.	The Scripture of Nature
Aug 1	10:00 A.M.	My Big Fat Greek Wedding **Popcorn Day



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