



# New Adventures In Learning

## Spring 2012 Curriculum

February 7 - April 27

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Classes related to health and medical topics are not intended to be a substitute for or discourage individuals from seeking care and advice from their physician or other healthcare professional.

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<b>1001</b>	<b>A History of Arizona</b> <b>Bill Christian</b> An overview of how the 7Rs (Rivers, Rifles, Ranches, Railroad, Reclamation, Respiration, and Reservations) contributed to the growth of this great state. This six-week course is an expanded version of the course given last semester, allowing more time to focus on the 100-year history of Arizona as a state. <i>Bill Christian is a second generation Phoenix native and a researcher of Arizona history.</i>	<b>TU</b> <b>10:30-12:00</b> Dates: <b>2/14, 2/21, 2/28, 3/6, 3/20, 3/27</b> <b>6 Session(s)</b>
<b>1002</b>	<b>Giants in Arizona Politics</b> <b>Bill Gates</b> This course will profile some of the political giants who helped mold Arizona - and United States - history, including Senators Carl Hayden and Barry Goldwater. <i>Bill Gates, a former newspaper editor, has a degree in history and enjoys looking at social and political issues from an historical perspective.</i>	<b>TH</b> <b>1:00 - 2:30</b> Dates: <b>4/12, 4/19, 4/26</b> <b>3 Session(s)</b>
<b>1003</b>	<b>Traitor to His Class: The Life and Times of Franklin Delano Roosevelt</b> <b>Gene Lariviere</b> He was born with a silver spoon in his mouth, had been to Europe eight times by the time he was 14, and was home schooled by tutors until he went to Groton and then on to Harvard. Yet, he became the president loved by the common man and hated by the elite. He brought us through two of the major crises of the 20th century: the Great Depression and WWII. Come join us as we explore this complex man considered by many the greatest president of the century. <i>Gene Lariviere, MD, practiced pediatrics in New Hampshire for 40 years. He has a long interest in the arts, wines and history. He has wintered in Sun Lakes since 2008.</i>	<b>FRI, WED</b> <b>1:00 -3:00</b> Dates: <b>2/10, 2/15, 2/17, 2/22, 2/24, 2/29</b> <b>6 Session(s)</b>

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<b>1004</b>	<b>Robert E. Lee and His High Command Part I</b> <b>William Haskell</b>	<b>TU, TH</b>
	Utilizing a program created by Prof. Gary Gallagher, University of Virginia, to present a thorough examination of Confederate General Robert E. Lee as commander of the Confederate States Army of Northern Virginia and his high command. A principal goal is to explain how Lee and his army came to be one of the most important institutions in the Confederacy. Part I will cover General Lee and his key Corps commanders.	<b>1:00 - 2:30</b> Dates: <b>2/14, 2/16, 2/21, 2/23, 2/28, 3/1</b>
	<i>Bill Haskell has had a life-long interest in the American Civil War. He participated as a teacher of various Civil War classes at a local community college. In addition, he was a presenter at many Civil War Roundtable meetings in Texas.</i>	<b>6 Session(s)</b>
<b>1005</b>	<b>Robert E. Lee and His High Command Part II</b> <b>William Haskell</b>	<b>TU</b>
	Utilizing a program created by Prof. Gary Gallagher, University of Virginia, to present a thorough examination of Confederate General Robert E. Lee as commander of the Confederate States Army of Northern Virginia and his high command. A principal goal is to explain how Lee and his army came to be one of the most important institutions in the Confederacy. Part II will cover General Lee's other commanders – both good and bad.	<b>1:00 - 2:30</b> Dates: <b>3/20, 3/27, 4/3, 4/10, 4/17, 4/24</b>
	<i>Bill Haskell has had a life-long interest in the American Civil War. He participated as a teacher of various Civil War classes at a local community college. In addition, he was a presenter at many Civil War Roundtable meetings in Texas.</i>	<b>6 Session(s)</b>
<b>1006</b>	<b>Civil War Topics</b> <b>Harold Strouse</b>	<b>TH</b>
	This course will focus on two aspects of the Civil War. The first will be the Trent Affair and how Lincoln dodged a bullet. The second will be General Lew Wallace: Glory in Which Arena?	<b>10:30-12:00</b> Dates: <b>3/22, 3/29</b>
	<i>Harold Strouse has a Masters degree in history and government. He is a frequent speaker at Civil War events nationwide.</i>	<b>2 Session(s)</b>
<b>1007</b>	<b>Great Decisions</b> <b>Bill Christian</b>	<b>TH</b>
	Participants will read and discuss the following topics: Middle East; Promoting democracy; Mexico; Cybersecurity; Exit from Afghanistan and Iraq; State of the oceans; Indonesia and Energy geopolitics. Cost of booklet is \$20 payable to presenter at the first session.	<b>10:30-12:00</b> Dates: <b>2/16, 2/23, 3/1, 3/8, 3/22, 3/29, 4/5, 4/12</b>
	<i>Bill Christian has degrees in business and psychology and is a former business manager for AlliedSignal.</i>	<b>8 Session(s)</b>
<b>1008</b>	<b>Peace Corps Then and Now</b> <b>Sharon Gale</b>	<b>WED</b>
	The Peace Corps was established in 1961 and is celebrating 50 years of service. This course will present a history and overview of the Peace Corps, as well as a look at the future of this program. Highlights will include a DVD showing Sulu, an island province of the Philippines with a mixed Muslim and Christian population.	<b>1:00 - 2:00</b> Dates: <b>2/22</b>
	<i>Sharon Gale is a graduate of the University of Missouri. She served as a pioneer Peace Corps member (1962-1964) in Sulu where she taught English and Science.</i>	<b>1 Session(s)</b>

<b>1009</b>	<b>Early Native Americans</b> <b>Harry Hall</b> An overview of the history of the early Native Americans from about "0" BC through the arrival of the Anglos. <i>Harry Hall was a docent at the Heard Museum for many years.</i>	<b>TH</b> <b>10:30-12:00</b> Dates: <b>3/1, 3/8</b> <b>2 Session(s)</b>
<b>1010</b>	<b>The Middle East Today</b> <b>Rita H. Jones</b> An analysis of the historical past of this region of the world to obtain insight on current conflicts. This class meets at 10:30-noon on Tues Feb 7, at 1 to 2:30 pm on Wed Feb 8 and at 10:30-noon on Thurs Feb 9. <i>Dr. Rita Jones is a professor emerita from California State University Long Beach in the field of social science and education.</i>	<b>TU,WED,THU</b> <b>10:30, 1:00; 10:30</b> Dates: <b>2/7, 2/8, 2/9</b> <b>3 Session(s)</b>
<b>1011</b>	<b>A Look at the Changing Business Climate in China</b> <b>Roger D. Woolley</b> The presentation will cover setting up a Joint Venture (JV) in Tianjin, People's Republic of China during the 1994-2000 period. The JV was comprised of three partners - a Dutch, Japanese & People's Republic of China Company within a State Owned Enterprise. It traces the trials & tribulations of establishing the JV, through the construction phase & operations. A comparison will also be made with making a JV in China in 2010 <i>Roger Woolley spent 25 years with a Dutch multinational chemical company, with working experience on the three major continents</i>	<b>WED</b> <b>1:00 - 2:30</b> Dates: <b>4/11, 4/18, 4/25</b> <b>3 Session(s)</b>
<b>1012</b>	<b>Federal Constitution</b> <b>Jim Norman</b> In this course we will look at the 11th Amendment and will consider the following topics: the Electoral College and the Federalist Papers. <i>Jim Norman practiced law in the western US for thirty-seven years, He has taught a course on the constitution for the past fifteen years.</i>	<b>FRI</b> <b>10:30 - 12:30</b> Dates: <b>2/10, 2/17, 2/24</b> <b>3 Session(s)</b>
<b>1013</b>	<b>World War II European Theater</b> <b>Jim Norman</b> We will spend time on the nation's mindset at the opening of entry in World War II, looking at our preparation for and start of the North African campaign. <i>Jim Norman practiced law in the western US for thirty-seven years. He has taught a course on WWII for the past fifteen years.</i>	<b>FRI</b> <b>10:30-12:00</b> Dates: <b>3/2, 3/9, 3/23, 3/30</b> <b>4 Session(s)</b>
<b>1014</b>	<b>The Fair Tax: A Job Creating Tax Plan</b> <b>Milton J. Cormier, PhD</b> Dr. Cormier hopes to educate Americans about the Fair Tax, a plan he believes will create millions of jobs, boost the economy, and bring back the "Made in the USA" label. It has the potential of bringing back jobs to America from countries like China, Mexico and the European countries. It is known as HR 25 in the House and S13 in the Senate. <i>Dr. Cormier is a Research Professor Emeritus of Biochemistry and Molecular Biology from the Univ. of Georgia. For the past two years, he has read and studied several books on the subject of the Fair Tax including all the White Papers and the Fair Tax Act.</i>	<b>TH</b> <b>10:30-12:00</b> Dates: <b>4/19</b> <b>1 Session(s)</b>

<b>1015</b>	<b>Life in the Atomic City (Los Alamos) During the 50's</b> <b>Dick Vogel</b> Dick will present fun times at Los Alamos during the development of the hydrogen bomb era. A brief history will be covered from the development of the atomic bomb project at Los Alamos to the testing of the H Bomb. A look at the early computers from the "Maniac" to the IBM "Stretch." (This is a repeat of the class given in fall semester.) <i>Dick Vogel was a Staff Scientist, Theoretical Division at the Los Alamos Scientific Lab; Adjunct Professor, Colorado College; Lecturer, University Colorado and USAF Academy.</i>	<b>TU</b> <b>1:00 - 2:30</b> Dates: <b>2/28</b>  <b>1 Session(s)</b>
<b>1016</b>	<b>Brighter Than a Thousand Suns</b> <b>Dick Vogel</b> A staff scientist at Los Alamos Scientific Laboratory relates his personal experience at the hydrogen bomb tests at the Eniwetok Atoll in the South Pacific. (This is a repeat of the class given in the fall semester.) <i>Dick Vogel was a Staff Scientist, Theoretical Division at the Los Alamos Scientific Lab; Adjunct Professor, Colorado College; Lecturer, University Colorado and USAF Academy.</i>	<b>TU</b> <b>1:00 - 2:30</b> Dates: <b>3/6</b>  <b>1 Session(s)</b>
<b>1017</b>	<b>From Mule Cars to Light Rail: History of the Phoenix Public Transportation System</b> <b>Tom Amrhein</b> An intricate public transportation system in the Phoenix Metropolitan area is evolving from mule carts, electric trolleys, jitneys, and buses to light rail. This class explores the history of this evolution from its humble beginnings in 1887 to the present day through PowerPoint presentations, photo displays and historic video. <i>Tom, a former librarian and teacher (kindergarten thru graduate school), has served on the Board of Directors and as secretary/historian of the Phoenix Trolley Museum for the past six years.</i>	<b>TU</b> <b>10:30 - 11:30</b> Dates: <b>4/3, 4/10, 4/17, 4/24</b>  <b>4 Session(s)</b>
<b>2001</b>	<b>Music in Your Life</b> <b>Norman L Brooks</b> This course will help you develop your innate listening skills by a better understanding of how music has developed through the ages and continues to develop today. <i>Norman Brooks has a BS in Music Education and piano, Crane School of Music, SUNY Potsdam, NY; and an MA in Music Education and Conducting, Teachers College, Columbia</i>	<b>WED</b> <b>1:00 - 3:00</b> Dates: <b>2/8, 2/15, 2/29, 3/7</b>  <b>4 Session(s)</b>
<b>2002</b>	<b>Metropolitan Opera Production: La Traviata</b> <b>Sharon Susens</b> La Traviata is one of Verdi's most stunning and appealing operas—both musically and theatrically. It opens with a large party scene, and has many beautiful arias and love duets. Highlights include an in-class video and a performance broadcast live from New York on Saturday, April 14, at 10:55 A.M. at the AMC Theatre on Ray Road. Optional lunch together at Mimi's after the opera. <i>Sharon Susens has taught numerous courses in humanities, music appreciation and opera during her career at Lake Tahoe Community College.</i>	<b>TH</b> <b>1:00 - 3:00</b> Dates: <b>3/29, 4/5, 4/12</b>  <b>3 Session(s)</b>

<b>2003</b>	<b>England in 1600</b> <b>Phyllis Lopp</b>	<b>TH</b> <b>3:00 - 4:30</b> Dates: <b>2/9, 2/16, 2/23, 3/1, 3/8</b>
<p>Shakespeare lived in a world of intrigue, witchcraft, magic, festivals, pageants, and an emerging theater tradition. Come just to hear about this world or get a copy of "Will in the World" by Stephen Greenblatt (2004, Norton) and read along with us starting with chapters one and two for the first session.</p> <p><i>Phyllis Lopp has an MA in English and taught high school regular and honor students plus some college freshmen.</i></p>		5 Session(s)
<b>2004</b>	<b>Great Migrations: Americans on the Move in Story and Film, 1900 - present</b> <b>Jim Motzko</b>	<b>WED</b> <b>1:00 - 2:30</b> Dates: <b>3/21, 3/28, 4/4, 4/11, 4/18, 4/25</b>
<p>Using fiction, film, history, and demographics, we will follow restless peoples from South to North, rural to city, city to suburbs, and foreign-born to the USA. Readings: Wilder, "Our Town," Roth, "Goodbye, Columbus" (Vintage), Lahiri, "The Namesake" (Mariner). Read and bring "Our Town" for the first class.</p> <p><i>Jim Motzko has an MA in English and taught high school writing, history, and AP English classes.</i></p>		6 Session(s)
<b>2005</b>	<b>Sharing Your Life Story: Introduction to Memoir Writing</b> <b>Susan Pohlman</b>	<b>TU</b> <b>10:30-12:00</b> Dates: <b>2/7, 2/14, 2/21, 2/28</b>
<p>If you are curious about memoirs and brave enough to start one of your own, this course is for you! We will discuss the unique nature of a memoir, how to define your story, various ways to organize content, and the effective use of language. Grab a pen, splurge on a nice journal for yourself (or dig out that old notebook from the closet), and come have some fun.</p> <p><i>Susan Pohlman is a freelance writer based in Scottsdale. Her essays have been published in a variety of magazines. She has written four award-winning short films. Her first book, "Halfway to Each Other," won first place in the relationship category in the 2010 Next Generation Indie Book Awards.</i></p>		4 Session(s)
<b>2006</b>	<b>Ethical Wills, Journals and Life Histories</b> <b>Everett Rockwood</b>	<b>FRI</b> <b>10:30-12:00</b> Dates: <b>2/17</b>
<p>Learn how to give your kids and grandkids a sense of who you are and what you believe.</p> <p><i>Everett Rockwood has BA and MA degrees and is a published author with over 20 years of teaching experience.</i></p>		1 Session(s)
<b>2007</b>	<b>Introduction to Novel Writing</b> <b>Everett Rockwood</b>	<b>WED</b> <b>1:00 - 2:30</b> Dates: <b>3/21, 3/28, 4/4, 4/11</b>
<p>Learn how to get started writing a novel. Plot, characters and flow issues will be discussed. Critiques of current student writing.</p> <p><i>Everett Rockwood has BA and MA degrees and is a published author with over 20 years of teaching experience.</i></p>		4 Session(s)
<b>2008</b>	<b>Writing Short Fiction</b> <b>Everett Rockwood</b>	<b>FRI</b> <b>10:30-12:00</b> Dates: <b>4/6, 4/13, 4/20, 4/27</b>
<p>Explore the development of short stories including plot, characters and flow.</p> <p><i>Everett Rockwood has BA and MA degrees and is a published author with over 20 years of teaching experience.</i></p>		4 Session(s)

<b>2009</b>	<b>God and the Human Embryo</b> <b>Dr. Bob Wallace</b>	<b>TH</b> <b>1:00 - 2:30</b> Dates: <b>2/9, 2/16, 2/23</b>
<p>When does personhood begin? Consideration of the theological, scientific, ethical and metaphysical issues related to human embryonic development, including stem cell research, emergency contraception, reproductive technology, abortion, etc. Arguments for and against the conception view of personhood.</p> <p><i>Bob Wallace has his PhD in philosophy from Syracuse University and taught philosophy courses for 40 years in several colleges and universities.</i></p>		<b>3 Session(s)</b>
<b>2010</b>	<b>Arizona History through the Eyes of Artists</b> <b>Sherry Koopot</b>	<b>TU</b> <b>3:00 - 4:00</b> Dates: <b>4/3</b>
<p>Celebrate Arizona in its Centennial Year by seeing its history through the eyes of painters, sculptors and photographers. Many artists have tried to capture the uniqueness of our state, its natural beauty and colorful residents. From our deserts to our high country, we have battled the elements and overcome difficulties to emerge as the shining 48th star on our Nation's Flag.</p> <p><i>Sherry Koopot has been a docent at Phoenix Art Museum for 25 years. She frequently tours through the museum but also takes "the museum experience" on the road, believing that art can speak a universal language that touches the heart and soul.</i></p>		<b>1 Session(s)</b>
<b>3001</b>	<b>19 Smart Ways to Plan Your Estate and Avoid Court</b> <b>Stephen W. Follett</b>	<b>TH</b> <b>3:00 - 4:30</b> Dates: <b>4/19, 4/26</b>
<p>Learn 19 smart ways to plan your estate. Clear up the confusion about whether you need a will or a trust. Learn the secrets to avoid having you or your estate end up in court. Learn to avoid the expenses of probate, guardianship, and conservatorship.</p> <p><i>Stephen Follett is an Estate Planning Attorney dedicated to keeping estate plans simple and manageable, whose practice is focused on estate planning and court litigation in probate, guardianship and conservatorship matters.</i></p>		<b>2 Session(s)</b>
<b>3002</b>	<b>Secrets of Roth and Multi-Generational IRAs!</b> <b>Dr. Harold Wong</b>	<b>TU</b> <b>1:00 - 3 :00</b> Dates: <b>2/7</b>
<p>According to the NY Society of CPA's, less than 1% of their members specialize in advanced IRA strategies. Know more than your CPA or estate planning attorney. You will learn how to owe \$0 tax for life on your IRAs and double your assets. Restore family wealth and reduce investment risk with the Roth IRA. The multi-generational IRA can multiply inherited income 2-20 times for your children and grandkids.</p> <p><i>Dr. Harold Wong earned his Ph.D. in economics from UC Berkeley and passed the CPA exam in 1979. He has educated over 1,000 CPAs nationally on advanced IRA strategies. He writes the column on money for The AZ Republic.</i></p>		<b>1 Session(s)</b>
<b>3003</b>	<b>How Women, Widowers &amp; Couples Can Increase Income and Reduce Taxes!</b> <b>Dr. Harold Wong</b>	<b>TU</b> <b>1:00 - 3 :00</b> Dates: <b>3/6</b>
<p>You will learn how to double CD rates and reduce risk of your investments. You can lower or eliminate tax on your IRAs. You can create a larger retirement income that you can't outlive. Seniors want to decrease financial worries and stock market losses. Some will want to help their grandchildren with college expenses. You will learn the latest research on women's financial concerns.</p> <p><i>Dr. Harold Wong earned his Ph.D. in economics from UC Berkeley and passed the CPA exam in 1979. He has extensive research on money issues affecting women, widowers and couples. He writes the column on money for The AZ Republic.</i></p>		<b>1 Session(s)</b>

<b>3004</b>	<b>Guaranteed Investing</b> <b>Raymond Spatti, PhD</b>	<b>WED</b> <b>1:00 - 2:30</b> Dates: <b>2/22</b>
<p>See how you can get market growth and guarantee that your money will not decline when markets dip, with no commission or fees. Learn trade secrets on instruments that guarantee safety. We will compare products, access and growth formulas; get the real story behind those "guaranteed lifetime income" riders; discover sales traps to avoid. (This is a repeat of the class given in fall semester.)</p> <p><i>Before retiring, Dr. Spatti was a university professor, financial analyst, and president of health care organizations.</i></p>		<b>1 Session(s)</b>
<b>3005</b>	<b>Real Estate Investment Trusts (REITS)</b> <b>Steve Netzel</b>	<b>TU</b> <b>1:00 - 2:30</b> Dates: <b>2/14</b>
<p>What can real estate investment trust opportunities do for your financial portfolio? Learn about the different kinds of REITS currently offered.</p> <p><i>Steve Netzel is a full service financial advisor here in Sun Lakes. He is the President of Netzel Financial. He has over 23 years of experience helping people with financial planning.</i></p>		<b>1 Session(s)</b>
<b>3006</b>	<b>Navigating Through Volatile Markets</b> <b>Brian Harris</b>	<b>TH</b> <b>1:00 - 2:30</b> Dates: <b>3/29, 4/5</b>
<p>This course will look at economic factors that have contributed to current and historical market cycles and how they relate to behavior regarding investments, retirement, taxes, and estate planning. Topics covered will include the US and European economic conditions.</p> <p><i>Brian Harris works in the financial services industry with a background in economics and accounting</i></p>		<b>2 Session(s)</b>
<b>3007</b>	<b>Making Sense of Medicare and Senior Insurance Issues</b> <b>Andy Lockridge</b>	<b>TH</b> <b>2:30 - 4:30</b> Dates: <b>3/1, 3/8, 3/22</b>
<p>This class goal is to take the mystery out of Medicare and other senior insurance issues. Topics include Medicare Parts A, B, C, and D, Long Term Care, life insurance and annuities.</p> <p><i>Andy Lockridge is a licensed life and health insurance agent specializing in helping people prepare for retirement since 1995.</i></p>		<b>3 Session(s)</b>
<b>3008</b>	<b>Long Term Care</b> <b>Raymond Spatti, PhD</b>	<b>WED</b> <b>1:00 - 2:30</b> Dates: <b>2/15</b>
<p>See how you can save 30-60% on cost of LTC insurance. Learn how the LTC system works. Medicare rates, Medicaid "look back" rules, what insurance costs, how to project future LTC costs, other ways to fund LTC without spending down your assets, how to avoid running out of money, sales traps to avoid and when not to purchase insurance. (This is a repeat of the class given in fall semester.)</p> <p><i>Before retiring, Dr. Spatti was a university professor, financial analyst, and president of health care organizations.</i></p>		<b>1 Session(s)</b>
<b>3009</b>	<b>Asset Based Long Term Care Planning</b> <b>Steve Netzel</b>	<b>FRI</b> <b>10:30-12:00</b> Dates: <b>4/13</b>
<p>Learn about the unique characteristics of Asset Based LTC and how you can add this to your financial portfolio and not lose your investment if you don't use it.</p> <p><i>Steve Netzel is a full service financial advisor here in Sun Lakes. He is the President of Netzel Financial. He has over 23 years of experience helping people with financial planning.</i></p>		<b>1 Session(s)</b>

<b>4001</b>	<b>The Amazing WEB Site of the Arizona State Library - An In-depth Look.</b> <b>David Midlo</b> Come to this class and be amazed by the diversity of free sites, books, magazines and much, much more that is offered. You will see an in-depth guide to people, places and things which the Arizona Library offers residents. You won't be disappointed. If time permits we will also cover some of Google's latest updates. <i>David Midlo had over 50 years' experience in the computer field. The last ten years before retirement were with Intel Corp.</i>	<b>FRI</b> <b>10:30-12:00</b> Dates: <b>3/30</b>  1 Session(s)
<b>4002</b>	<b>The Pros and Cons of Upgrading to Windows 7</b> <b>Ben Thompson</b> Globally, the use of Windows XP hovers at 50%, while locally XP, Vista and W-7 each serve one third of the market. This class will explore the potential benefits and disadvantages of upgrading our PC's to Windows 7. If indicated, how do we upgrade from XP to W-7 and from Vista to W-7? <i>Ben Thompson is currently Vice President and Program Director of the Computer Booters of Sun Lakes where he has been teaching classes for the past five years. He retired from a career in Aerospace Electronics with experience in engineering and management. Personal computers has been one of his hobbies for over 25 years</i>	<b>TH</b> <b>10:30-12:00</b> Dates: <b>4/12</b>  1 Session(s)
<b>4003</b>	<b>How Your Brain Learns</b> <b>Maishe Levitan</b> Knowing how your brain learns can help you retain your learning efficiency and health. This beginner's course attempts to accomplish this through diagrams and video presentations. Topics include gender differences, automatic and unconscious behavior and the spectrum of disorders. <i>Maishe Levitan, a retired principal, has taught science at every level from grade school to post-graduate university, using his biology background to promote brain-centered teaching and learning.</i>	<b>TH</b> <b>1:00 - 2:30</b> Dates: <b>3/22, 3/29, 4/5</b>  3 Session(s)
<b>4004</b>	<b>Understanding the Universe Part 2: Beyond the Solar System To as Far Out as We Can See Today</b> <b>Marty Klemes</b> The Solar System does not end at Pluto's orbit. We will look at the other three trillion miles and examine galaxies, colliding galaxies, galactic groups, black holes and look back to 400 million years after the big bang. Part 3 will examine what happened earlier. How the Universe expanded, how energy and matter formed, when atoms finally evolved and when the universe became transparent. Stay tuned. <i>Marty Klemes spent 45 years as an aerospace system engineer and has a deep interest in astronautics and cosmology.</i>	<b>TU</b> <b>1:00 - 2:30</b> Dates: <b>3/20, 3/27, 4/3, 4/10</b>  4 Session(s)
<b>4005</b>	<b>Arizona's Biosciences Roadmap</b> <b>Roberta Reed, PhD</b> In 2000, Arizona set out to create and follow a Bioscience Roadmap designed to bring the state's bioscience sector to national competitiveness. This course will focus on the history of Arizona's development and the growth of biosciences in Arizona in the past decade. <i>Roberta Reed, PhD is a research biochemist who worked at Maricopa Medical Center from 2003 - 2006 and served on several volunteer committees of scientists and researchers to advise and implement the roadmap.</i>	<b>FRI</b> <b>10:30-12:00</b> Dates: <b>4/6</b>  1 Session(s)

<b>5001</b>	<b>Healthy Living Workshop: Self Management of Chronic Conditions</b> <b>Cathy Stewart and Kendra Sabol</b>	<b>TU</b>
	Healthy Living Workshop is an interactive workshop limited to 20 participants. It is designed to help people who are facing challenges affecting quality of life due to diabetes, COPD, heart disease, cancer or any other ongoing conditions. In this workshop, you will learn specific skills and find tools to help you cope with symptoms, feel better and do the things you want to do. Caregivers are welcome. If you have questions about this workshop please call Cathy Stewart at 480-982-3118 ext 113 or visit <a href="http://www.azlwi.org">www.azlwi.org</a> .	<b>1:00 - 3:30</b> Dates: <b>2/7, 2/14, 2/21,</b> <b>2/28, 3/6, 3/20, 3/27</b>
	<i>The presenters are trained, licensed and certified facilitators of the Healthy Living: Chronic Disease Self Management Program designed by Stanford University</i>	<b>7 Session(s)</b>
<b>5002</b>	<b>Brain Health to 90 and Beyond</b> <b>James Bogash, DC</b>	<b>TH</b>
	Avoiding stroke, heart disease, Alzheimer's and cognitive decline does not happen by accident. The right choices can virtually eliminate your risk. Come find out more, as well as tips on how to fire up your memory like you were 20 again!	<b>10:30 - 11:30</b> Dates: <b>4/5, 4/12</b>
	<i>For more than a decade, Dr. Bogash has stayed current with the medical literature as it relates to physiology, disease prevention and disease management. He uses his knowledge to educate patients, the community and cyberspace on the best way to avoid and/or manage chronic diseases using lifestyle and targeted supplementation. (Same as S5003)</i>	<b>2 Session(s)</b>
<b>5003</b>	<b>Brain Health to 90 and Beyond</b> <b>James Bogash, DC</b>	<b>WED</b>
	Avoiding stroke, heart disease, Alzheimer's and cognitive decline does not happen by accident. The right choices can virtually eliminate your risk. Come find out more, as well as tips on how to fire up your memory like you were 20 again!	<b>1:00 - 2:00</b> Dates: <b>4/18, 4/25</b>
	<i>For more than a decade, Dr. Bogash has stayed current with the medical literature as it relates to physiology, disease prevention and disease management. He uses his knowledge to educate patients, the community and cyberspace on the best way to avoid and/or manage chronic diseases using lifestyle and targeted supplementation. (Same as S5002)</i>	<b>2 Session(s)</b>
<b>5004</b>	<b>Nutrition, Nutrients, Exercise and You (N2E4U)</b> <b>Thomas A. Braun, RPh</b>	<b>TU</b>
	Learn about the need to integrate good nutrition with exercise and explore the need to use nutrient supplements intelligently. Become proactive in your healthcare and set realistic goals based on your life style to enjoy a long healthy life. Three sessions will include #1 Nutrition, #2 Nutrients, and #3 Exercise.	<b>10:30-12:00</b> Dates: <b>3/20, 3/27, 4/3</b>
	<i>Thomas Braun, retired professional pharmacist, has become an advocate for good health and wants to share his research with those with an open mind and a desire to stay well by understanding how nutrition and exercise play a major role.</i>	<b>3 Session(s)</b>
<b>5005</b>	<b>What Did My Doctor Say? Guide to Medical Terminology</b> <b>Betty Earp</b>	<b>TH</b>
	Interested in learning more about the technical terms your Doctor uses? This course will introduce you to the basic language of medicine so you will be better able to understand and talk with your Doctor about health matters. (Class limit 20)	<b>10:30-11:30</b> Dates: <b>3/22, 3/29, 4/5</b>
	<i>Betty Earp B.S.N., R.N. has been an R.N. for 40 years and has taught fundamentals in nursing, including medical terminology for the Maricopa Community Colleges for 24 years.</i>	<b>3 Session(s)</b>

<b>5006</b>	<b>Finding Your Balance on the Cancer Carousel</b>	<b>TH</b>
	<b>Sarah Keltzenberg</b>	<b>3:00 - 4:30</b>
	Using my booklet (a gift to you) of the same title, you will explore ways that patients and caregivers can keep their lives on an even keel while facing cancer's ups and downs. These will include yoga, reflexology, and Reiki, all available in Sun Lakes. (Class limit 15)	Dates: <b>3/29, 4/5, 4/12</b>
	<i>Sarah Keltzenberg, a retired teacher and a bone marrow transplant survivor, has faced the ups and downs and rounds and rounds of cancer three times.</i>	<b>3 Session(s)</b>
<b>5007</b>	<b>Healthy Aging &amp; Longevity 101: Enzymes</b>	<b>TU</b>
	<b>Dr. Tanya Hudson</b>	<b>10:30-12:00</b>
	In this 2-day workshop-style class learn (1) how to identify foods that are aging you and creating toxins, (2) the powerful role enzymes play in your health, (3) how enzymes and probiotics support your healthy digestion and cleansing, (4) how to read food and supplement labels in your cabinet, and (5) how to simply incorporate life-giving foods into your diet.	Dates: <b>4/3, 4/10</b>
	<i>Dr. Tanya Hudson is a chiropractic physician; presenter of whole food nutrition and healthy lifestyle strategies; and consultant. She currently leads the product development for OneBode.</i>	<b>2 Session(s)</b>
<b>5008</b>	<b>What is Valley Fever?</b>	<b>TH</b>
	<b>Dr. Jim DeVinck</b>	<b>10:30-12:00</b>
	Valley fever is a disease found in the desert climates of the Southwest. This course will discuss the cause, diagnosis, and treatment for Valley Fever and will discuss some of the confusing information about this common malady in our state.	Dates: <b>4/17</b>
	<i>Jim DeVinck has an MD from the University of Minnesota Medical School and is a Fellow in the American College of Surgeons. He practiced vascular and thoracic surgery for over 30 years at a large Midwestern hospital.</i>	<b>1 Session(s)</b>
<b>5009</b>	<b>Prevention of Alzheimer's</b>	<b>WED</b>
	<b>Gene Lariviere</b>	<b>1:00 - 2:30</b>
	The title is misleading! There is NO proven way to prevent Alzheimer's BUT there is a lot of evidence that things you CAN do may postpone the onset of Alzheimer's by a decade or more. We will review what's known about Alzheimer's and what things have good evidence to preserve your mental functions for as long as you can.	Dates: <b>3/21, 3/28, 4/4</b>
	<i>Gene Lariviere, MD, practiced pediatrics in New Hampshire for 40 years. He likes to point out that geriatrics and pediatrics are the same specialty with the roles reversed.</i>	<b>3 Session(s)</b>
<b>5010</b>	<b>ABC's of Self-healing and Trauma Release Exercises</b>	<b>TU, TH</b>
	<b>Michelle Harrison, MD; Pauline Caraher, MEd, MS; Susan Shifman, CPT, RYT, CTRE™</b>	<b>10:30-12:00</b>
	In this course you will learn how to better manage your health and stress in these changing times. You will gain valuable information and tools on handling stress and letting go of tension with Tension Release Exercises (TRE). Classes meet on Tuesdays and Thursdays at 10:30. (Class limit 20)	Dates: <b>2/28, 3/1, 3/6, 3/8,</b>
	<i>Michelle Harrison, MD is a wellness consultant; Pauline Caraher is a Dahn Yoga Instructor. Susan Shifman is a Certified Personal Trainer, Certified Stress Reduction Expert and Trauma Release (TRE™) Practitioner</i>	<b>4 Session(s)</b>

<b>5011</b>	<b>Living with Chronic Disease - Programs and Resources</b> <b>Hospice of the Valley</b>	<b>WED</b>
	Most people will suffer from a chronic disease or illness sometime during their lives. Special programs and resources are available for both patients and their families - to provide services for the patient and support for the families. This course will outline the many options available locally.	<b>3:00 - 4:30</b>
	<i>A representative of Hospice of the Valley's Speakers Bureau – a volunteer or staff member with special expertise and training on this topic – will give the presentation.</i>	Dates: <b>4/11</b>
		1 Session(s)
<b>5012</b>	<b>Overview of Hearing Loss, Tinnitus and Dizziness</b> <b>Dr. Gabrielle Sadowsky</b>	<b>WED</b>
	In this class we will review normal hearing loss, causes, and non-medical treatment. We will also review causes of tinnitus and balance problems.	<b>3:00 - 4:30</b>
	<i>Dr. Sadowsky is a Doctor of Audiology with over 20 years experience.</i>	Dates: <b>2/15, 2/22, 2/29, 3/7</b>
		4 Session(s)
<b>6001</b>	<b>Soaring in Arizona</b> <b>Ben Thompson</b>	<b>TH</b>
	To fly like a bird has been the aspiration of man for centuries. Arizona's weather, coupled with its diverse topography, lends itself nicely to this lofty goal. We will discuss the mechanics of soaring, the various types of soaring, and share some experiences of flight without an engine. Or as one passenger said, "I feel so much safer in a sailplane than in a single engine aircraft because there is no motor to quit".	<b>10:30-12:00</b>
	<i>Ben Thompson is a Private Pilot with both Single Engine Land and Glider ratings. He has been flying for over fifty years and has enjoyed it all, but none as much as the challenge and simple pleasure of flying a sailplane.</i>	Dates: <b>2/9</b>
		1 Session(s)
<b>6002</b>	<b>Vegetable Gardening 1-2-3</b> <b>Neil Tamber</b>	<b>TU</b>
	This course will provide a realistic view of vegetable gardening in the Sun Lakes area. An integrated approach will be used starting from site selection, soil preparation, choice of varieties, composting and watering.	<b>10:30-12:00</b>
	<i>Neil Tamber is a lifelong gardener with a degree from Cornell's College of Agriculture. He is a Master Gardener and a volunteer in the Gila Crossing Community School's agricultural program.</i>	Dates: <b>2/7, 2/14, 2/21</b>
		3 Session(s)
<b>6003</b>	<b>Pruning 101</b> <b>Ilene O'Meara</b>	<b>TH</b>
	Pruning correctly results in a more natural look, less water consumption and easier maintenance. Learn the basics of this landscape task.	<b>10:30-12:00</b>
	<i>Ilene O'Meara has 18 years of experience as a Master Gardener in a dry climate and frequently is a speaker in garden clubs and civic organizations.</i>	Dates: <b>2/9</b>
		1 Session(s)
<b>6004</b>	<b>The Facts about Bottled Water</b> <b>Ilene O'Meara</b>	<b>TH</b>
	Our use of bottled water has created environmental problems. This class will offer a review of the issues and suggestions for alternatives.	<b>10:30-11:30</b>
	<i>Ilene O'Meara was a public school teacher. She serves as a water district volunteer and consultant to increase awareness of a different kind of water problem.</i>	Dates: <b>2/16</b>
		1 Session(s)

<b>6005</b>	<b>Troubled with a Brown Thumb!</b> <b>Ilene O'Meara</b> Gardening in the desert has its own challenges. Learn techniques of gardening that provide better results. <i>Ilene O'Meara blends her experience as a Master Gardener, public school teacher and environmentalist together to show how everything we do in the garden is connected.</i>	<b>TH</b> <b>10:30-11:30</b> Dates: <b>2/23</b> 1 Session(s)
<b>6006</b>	<b>Day Trips within 100 Miles of Sun Lakes</b> <b>Van Newville</b> Day trips, picnics, wildlife viewing, sightseeing and historical spots within 100 miles of Sun Lakes. Based upon personal, historical, written, and verbal information collected by the presenter. <i>The presenter is a second generation Arizonan who traveled the state for fifteen years as a salesman, and has extensive backcountry experience in many areas of AZ.</i>	<b>TU</b> <b>3:00 - 4:30</b> Dates: <b>2/21</b> 1 Session(s)
<b>6007</b>	<b>Personalized Hair Care</b> <b>Robert Neilson-Tweet</b> Learn how to discover, with your stylist, your best personal hairstyle. We will discuss facial features, hair types and provide hair care tips followed by individual consultations. Bring your favorite shampoo. This class has two consecutive sessions - one at 10:30 am and another at 1:00 pm on Tuesday Feb 21. (Class limit 15) <i>Robert, owner of a salon in Chandler specializing in organic hair care and color, has lectured worldwide. His passion is to create the best look for his clients.</i>	<b>TU</b> <b>10:30 &amp; 1:00</b> Dates: <b>2/21</b> 2 Session(s)
<b>6008</b>	<b>Dress Younger, Look Younger, Feel Younger</b> <b>Robert Neilson-Tweet</b> This three-hour* session will demonstrate how to update your look. Wear your favorite outfit and learn to choose colors, accessories and designs to give that outfit a look that is both NOW and WOW. (*Length of the class will be determined by the number of participants.) <i>Robert, owner of a salon in Chandler specializing in organic hair care and color, has lectured worldwide. His passion is to create the best look for his clients.</i>	<b>TH</b> <b>1:00 - 4:00</b> Dates: <b>2/23</b> 1 Session(s)
<b>6009</b>	<b>Skin Care for the 21st Century</b> <b>Carolyn Melby</b> Carolyn will discuss some of the newer technologies for skin care and makeup including Micro Needling, Microdermabrasion, Permanent Makeup and skin peels. She will speak about the technology of ingredients in new skin care products and will demonstrate a microdermabrasion procedure on a model. <i>Carolyn Melby is a skin specialist, licensed aesthetician and national senior educator for Lelexo skin care. With over 30 years of experience, she owns her own clinic in Chandler.</i>	<b>WED</b> <b>3:00 - 4:30</b> Dates: <b>4/4</b> 1 Session(s)
<b>6010</b>	<b>AARP Safe Driver Program</b> <b>Jerry Hartley</b> AARP Driver Safety Program helps drivers find ways to compensate for age-related physical/cognitive changes and updates driving knowledge and skills. Some insurance companies give discounted premiums for 3 years after completion of this course. You must ask your agent for details about any discount you might receive. Fee for materials is \$12 for AARP members and \$14 for non-members. (Class limit 25) (Same as S6011) <i>Jerry Hartley has been an instructor/volunteer with AARP Driver Safety since 1995, with 129 classes and 2,196 participants.</i>	<b>FRI</b> <b>12:30 - 4:30</b> Dates: <b>2/24</b> 1 Session(s)

<b>6011</b>	<b>AARP Safe Driver Program</b> <b>Jerry Hartley</b> AARP Driver Safety Program helps drivers find ways to compensate for age-related physical/cognitive changes. Updates driving knowledge and skills. Some insurance companies give discounted premiums for 3 years after completion of this course. You must ask your agent for details about any discount you might receive. Fee for materials is \$12 for AARP members and \$14 for non-members. (Class limit 25) (Same as S6010) <i>Jerry Hartley has been an instructor/volunteer with AARP Driver Safety since 1995, with 129 classes and 2,196 participants.</i>	<b>FRI</b> <b>12:30 - 4:30</b> Dates: <b>3/23</b>  1 Session(s)
<b>6012</b>	<b>Emergency Preparedness - Are You Ready?</b> <b>Paul Wilson</b> This course will address the 911 phone system (landline and cell phones), access to your home during an emergency, practical tips on safe and secure living and preparation for natural and human caused accidents and disasters. Your readiness can alleviate the stress of an emergency. (Same as S6013) <i>Paul Wilson is the Fire Chief of the Sun Lakes Fire District, former Fire Chief of Menlo Park CA fire district, and former Assistant Fire Chief for the City of Mesa AZ Fire Department. He is experienced in Emergency Operations and Disaster Preparedness Management.</i>	<b>TH</b> <b>10:30-12:00</b> Dates: <b>2/23</b>  1 Session(s)
<b>6013</b>	<b>Emergency Preparedness - Are You Ready?</b> <b>Paul Wilson</b> This course will address the 911 phone system (landline and cell phones), access to your home during an emergency, practical tips on safe and secure living and preparation for natural and human caused accidents and disasters. Your readiness can alleviate the stress of an emergency. (Same as S6012) <i>Paul Wilson is the Fire Chief of the Sun Lakes Fire District, former Fire Chief of Menlo Park CA fire district, and former Assistant Fire Chief for the City of Mesa AZ Fire Department. He is experienced in Emergency Operations and Disaster Preparedness Management.</i>	<b>TU</b> <b>10:30-12:00</b> Dates: <b>3/20</b>  1 Session(s)
<b>6014</b>	<b>Following Your Food</b> <b>Dee Rysdahl</b> This is an expansion of last year's class about modern agriculture, the people and the business - with a discussion of organic food, pros and cons. A guest will share how his company, the U of Minnesota and Pfizer are cooperating and the progress made so far on conquering E. coli and salmonella. <i>Dee Rysdahl lives on a 1000-acre farm (in Minnesota) that produces corn, soybeans and lots of turkeys.</i>	<b>TH</b> <b>3:00 - 4:30</b> Dates: <b>3/1, 3/8, 3/22</b>  3 Session(s)
<b>7001</b>	<b>The Mystery Castle</b> <b>Sarah Kelzenberg</b> The "Mystery Castle" is a whimsical structure built in the 1930s by Boyce Luther Gully for his daughter, Mary Lou, who lived in it until her death in 2010. The building was constructed of collected stones, rusted automobile parts, abandoned railway ties and whatever else Gully could find. The one-hour tour of this 18-room structure involves several staircases and walking on uneven surfaces. Wear comfortable shoes and be prepared for the challenges of getting around one of Phoenix's most curious buildings. Admission fee is \$5. (Limit 20) <i>Meet at the Sun Lakes Center at 10:15 am for directions and to carpool. \$3/rider donation to driver. Lunch (optional) will follow at the Farm at South Mountain.</i>	<b>FRI</b> <b>10:15 - 2:30</b> Dates: <b>3/30</b>  1 Session(s)

<b>7002</b>	<b>Chandler City Hall</b>	<b>WED</b>
	<b>Bobbie Reed and Bill Gates</b>	<b>9:30 - 1:00</b>
	Come visit the new Chandler City Hall located just south of the Historic Downtown Square. The City Hall complex includes 120,000 square feet of office space on five floors, the Chandler Council Chambers, the production and broadcast studios for Channel 11, and the Vision Gallery, an art venue operated by the City. Chandler City Hall was designed to be a high-performance and energy efficient building with numerous sustainable elements incorporated into the construction. The presentation will include an overview of the design /development process and the opportunity to tour the facility. (Limit 20)	Dates: <b>2/22</b>
	<i>Meet at the Sun Lakes Center at 9:30 for directions and to carpool. Lunch (optional) will follow at a restaurant in Chandler's Historic Downtown Square.</i>	<b>1 Session(s)</b>
<b>7003</b>	<b>Wild Horse Pass Interpretive Trail</b>	<b>FRI</b>
	<b>Pat Fontana and Bev Garrett</b>	<b>8:00 - 12:00</b>
	Enjoy a guided tour with David Nezzie along a replication of the Gila River. Learn about the diverse uses of desert vegetation and learn the importance of the ecosystem in culture and history of the Gila River Indian Community. Wear comfortable walking shoes. Golf cart ride is available. Limit 25.	Dates: <b>4/13</b>
	<i>Meet at 8:00 am at the Sun Lakes Center Courtyard for directions and carpooling. A \$5 donation is requested for the guide. Lunch at Aji Spa Cafe (optional).</i>	<b>1 Session(s)</b>
<b>7004</b>	<b>Arizona State Capitol Museum Tour</b>	<b>TU</b>
	<b>Mary and Rick Kenny</b>	<b>10:00 - 3:00</b>
	Discover how Arizona became a state... in the building where it actually happened! Join us for a tour of the Arizona State Capitol Museum. Begin the visit by viewing exhibits at your own pace prior to our guided tour. Museum entrance is free of charge. (Limit 25)	Dates: <b>2/21</b>
	<i>Meet at Sun Lakes Center at 10 a.m. for directions and to carpool. \$4/rider donation to driver. Lunch at an area restaurant following tour (optional).</i>	<b>1 Session(s)</b>
<b>7005</b>	<b>Out to Lunch Bunch</b>	<b>MON</b>
	<b>Pat Fontana and Gail Longo</b>	<b>11:30 - 2:00</b>
	Join us for a casual lunch or early dinner at a new area restaurant or familiar favorite. This is a great outing to enjoy a leisurely meal, meet new people and visit with friends. (Sign up for one or both S7005 and S7006)	Dates: <b>2/13</b>
	<i>Meet at 11:30 a.m. at the Sun Lakes Center courtyard to arrange carpools and get directions. Restaurant suggestions are welcome.</i>	<b>1 Session(s)</b>
<b>7006</b>	<b>Out to Lunch Bunch</b>	<b>MON</b>
	<b>Pat Fontana and Gail Longo</b>	<b>11:30 - 2:00</b>
	Join us for a casual lunch or early dinner at a new area restaurant or familiar favorite. This is a great outing to enjoy a leisurely meal, meet new people and visit with friends. (Sign up for one or both S7005 and S7006)	Dates: <b>3/12</b>
	<i>Meet at 11:30 a.m. at the Sun Lakes Center courtyard to arrange carpools and get directions. Restaurant suggestions are welcome.</i>	<b>1 Session(s)</b>