Five Locations to Serve You

- Advance Planning
- Complimentary Grief Counseling
- Complimentary Aftercare Workshop - settling estate matters

505.843.6333
www.FrenchFunerals.com
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Registration Form for Osher Courses

Phone: Call our Registration office at 505-277-0077 and charge it to your VISA, MasterCard, Discover or American Express.

Fax: Fax this registration form to our office at 505-277-1990.

Mail: Make your check or money order payable to UNM Continuing Education and mail the payment along with this form to UNM Continuing Education, MSC07 4030, 1 University of New Mexico, Albuquerque, NM 87131-0001.

In Person: M-F, 8:00am-5:00pm, come to the UNM Continuing Education Complex south building at 1634 University Blvd. NE and register in person.

Please register me for the following courses: (Please Print)

Osher Membership Fee: $20

1) Course Title __________________________________________
   Course # ___________ Section # ___________ Cost ______

2) Course Title __________________________________________
   Course # ___________ Section # ___________ Cost ______

3) Course Title __________________________________________
   Course # ___________ Section # ___________ Cost ______

Name ____________________________________________________

Address __________________________________________________

City ________________________ State _______ Zip _____________

Phone (day) ________________ (evening) _____________________

Email __________________________

UNM Alumni  □ Yes (10% discount on OLLI classes)  □ No

If using a company Purchase Order or Tuition Remission, the form must accompany this registration application, or your registration will not be processed.

Register at 505-277-0077  ce.unm.edu/Osher  UNM Continuing Education
Spring 2016 Osher Calendar

This calendar lists courses by starting date. You can use it as a handy reference throughout the semester. For a full description including length and time, look things up by Course Number in the pages of this Osher catalog. Location key: **DW** = Del Webb Alegria; **CH** = Cherry Hills Library; **NV** = Nueva Vista; **LL** = Jubilee Los Lunas; **HD** = High Desert Yoga; **VT** = Vortex Theatre; **DC** = Duke City Bridge Club

### March

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Osher charges less than $30 for many of its courses and free activities abound. Additional member benefits and inclusion in the Osher Community are included in the $20 Annual Membership fee. To keep our program accessible to all and our fees low, we encourage contributions from people like you.

Lifelong learning is essential for cognitive health and overall wellness. As we develop Osher as a place to be for new ideas, free public forums and a myriad of creative outlets, we want to explore how education can serve people throughout their lives. We welcome your input and suggestions.

**Please give as generously as you can.**

Donating is Easy:

- Sign up to make a donation on the UNM Foundation Website: https://www.unmfund.org/fund/osopher-lifelong-learning-instituteolli-at-unm/
- Checks should be made payable to the University of New Mexico Foundation and designate the contribution to be utilized for the Osher Lifelong Learning Institute at UNM and sent to:
  
  UNM Foundation  
  MSC07 4260,  
  1 University of New Mexico  
  Albuquerque, NM 87131-0001  
  
  Phone: 505-277-4503 / 1-800-UNM-FUND (866-3863)  
  Fax: 505-277-4435  

- Your contribution is tax deductible.

**Thank you** from all of us at UNM Continuing Education and the more than 1,200 members served annually by the Osher Lifelong Learning Institute at the University of New Mexico.
Spring 2016
FREE Osher Membership Events

Admission is Free for Osher Members. These events are a wonderful way to introduce a friend, family member or colleague to the value of the Osher Lifelong Learning Institute at the University of New Mexico.

**Chamber Music and Chocolate**
April 12, Tue | 2:00-4:00pm
Del Webb Alegria Active
Adult Community
_Instructor: Steven Ovitsky_

**The Ancient Astronaut Theory & its Connection to Science Fiction**
April 22, Fri | 3:30-5:30pm
CE North Building
_Instructor: Angelo Cervantes_

**Having the Conversation**
April 26, Tue | 3:30-5:30pm
CE South Building
_Instructors: Revathi A Davidson & Joan McIver-Gibson_

**Exploring and Making the Most of your Public Library System**
April 27, Wed | 2:00-4:00pm
CE North Building
_Instructors: Anne E. Lefkofsky, Eileen M. O’Connell & Lisa K. Kindrick_

**Issues that Arise as We Age: What to Do About Them!**
May 2, Mon | 10:00am-Noon
CE North Building
_Instructor: Walter B. Forman, MD_

**Final Wishes, Final Words: Your Funeral, Your Way**
May 12, Thu | 1:00-3:00pm
French Funerals & Cremations
Westside Location
_Instructors: Mark Ballard & Aubrey Hovey_

**Estate Planning for the Middle Class**
May 18, Wed | 2:00-4:00pm
CE South Building
_Instructors: Sheila Hard, JD & Patricia Bradley, JD_

**The Statue of Liberty: A Celebration of Freedom and Friendship**
June 15, Wed | 1:00-3:00pm
CE North Building
_Instructor: Richard Blankmeyer_

Do you have an idea for a future Osher Membership Event? Contact Maralie BeLonge at 505-277-6179 or belonge@unm.edu

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**Become an OLLI Volunteer!**

Members can now volunteer to help guide the direction of our Osher Lifelong Learning Institute. Contact the Osher Program Supervisor, Maralie BeLonge at 505-277-6179 or belonge@unm.edu

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Sara Mitchell and Mark Vitale

ce.unm.edu/Osher  |  505-277-0077
Welcome to the Osher Lifelong Learning Institute at The University of New Mexico!

In partnership with the Bernard Osher Foundation, we are pleased to present our Spring catalog of courses, lectures and performances for mature adults.

Through our Osher courses, seasoned learners are encouraged to explore where they are at this juncture in their lives. These offerings are intellectually challenging, psychologically probing and spiritually engaging.

We feature the leadership and expertise of UNM’s most recognized scholars and other experts. Click on Meet Our Instructors to read their biographies on the website at ce.unm.edu/Osher.

The Osher Foundation

The Bernard Osher Foundation was founded in 1977. Bernard Osher is a community-oriented businessman whose philanthropy has greatly benefited 119 universities that are now funded as Osher Lifelong Learning Institutes. Assisted by his wife Barbro (Swedish Consul in San Francisco and Chair of the Osher Board of Directors), Bernard Osher helps these universities to establish intellectually stimulating learning opportunities for mature participants. The Osher Lifelong Learning Institute at UNM is the only one in New Mexico.
Art & Art History

The History of Art
The history of art is a multidisciplinary science, seeking an objective examination of art throughout time and across cultures, observing the distinctive and influential characteristics of art and their relationship to humankind. The study of the history of art was initially developed in the Renaissance, with a limited focus on western civilization. As time has passed, this once narrow scope has broadened to encompass the larger visual language of humans and our collective global history. Discuss and explore the history and journey of art and visual language from the use of tools to why certain colors inspire great emotion in the beholder and the impact of the cave of forgotten dreams, site of the oldest cave paintings yet discovered.

Course: 19113 $59 For: 5 sessions
SPA-PE: May 5-Jun 2 Th 10:00am-12:00pm
CE South Building
Ralph Greene, MFA

Feng Shui in the Garden
Feng Shui, Bagua map, Black Hat school—what are these doing in my Garden? Come along and explore the principles of Feng Shui as we endeavor to apply them to the gardens of our life, both the literal outdoor one and the one we’re growing within. We’ll begin by adopting an “intuitive” approach as we learn to create a design for a real Feng Shui garden via five basic principles: Energy, five Elements, Bagua, Balance & Enhancements and Connectivity. Additional elements covered will include: the power of color, shape, symbols, intention and purpose and their
impact in our daily lives. We’ll finish by practicing how to balance our inner and outer “gardens” by using the Bagua map—as we cleanse our environments to make space for inspiration, creativity, harmony, purpose and beauty. Note: A materials fee of $2.00 is payable to the instructor at the beginning of class.

Course: 19117 $20 For: 1 session
SPA-PE: Apr 9 Sa 1:00pm-3:00pm
CE South Building
Tj Reilley, MA, Philosopher and Novice Feng Shui Gardener

The Art of Antiquity: The Ancient Near East

The once-fertile region of Mesopotamia was home to several ancient cultures and the area has been described as the “cradle of civilization.” Rich with art and history, we will survey the works of Sumeria, Akkadia, Babylonia and Assyria between 3500 BCE and 612 BCE. Writing was invented here, resulting in the first known epic poems, historical records, religious texts and economic accounts. Sadly, in recent times, many of the artifacts and buildings from antiquity have been looted or destroyed; however, we can still appreciate the works from these once-thriving cultures.

Course: 19130 $20 For: 1 session
SPA-PE: Apr 18 M 1:00pm-3:00pm
CE South Building
Susan Bailey, Art/Art History Instructor, Mills College, SF State University

The Art of Antiquity: Ancient Egypt

Egypt was the most powerful and enduring civilization of the ancient Near East and was defined by its most important resource, the River Nile. The history of art in ancient Egypt began in the fourth century BCE when the Egyptians began representing figures and narrating stories that would survive for thousands of years in hieroglyphics. Their architectural achievement was extraordinary, from the first known architect, Imhotep, of the first step pyramid, to the architects of the later periods who created
tombs and temples. This prosperous and exceptionally artistic region expressed grandeur and permanence in monumental structures that remain to dot the landscape and stunning funerary artifacts displayed in museums.

Course: 19131 $20 For: 1 session
SPA-PE: Apr 4 M 1:00pm-4:00pm
CE South Building

Susan Bailey, Art/Art History Instructor, Mills College, SF State University

Zentangle 101
Come along and discover the creative art of drawing called Zentangle. This fascinating new art form is fun, relaxing and increases your focus and awareness. The Zentangle method also enables you to access your inner guidance and enhances a sense of personal well-being. In this introductory class, you will experience the satisfaction of completing two of your own unique Zentangle tiles. You don’t have to be “artistic” or able to draw a straight line. Note: $8 materials fee is payable to the instructor. Class limit: 10. Zentangle is a registered trademark.

Course: 19133 $29 For: 1 session
SPA-PE: May 20 F 10:00am-12:00pm
CE South Building

Jane Robertson, MSLS, CZT-Certified Zentangle Teacher

Zentangle 201: The Next Step
For those who have taken Zentangle 101, this is the next step. We will learn more tangles, how to do shading, practice drawing strings and using color. There will be a project or two to work on during the second hour for you to take home. Note: materials fee of $5 payable to the instructor. Class limit: 10. Zentangle is a registered trademark.

Course: 19135 $29 For: 1 session
SPA-PE: Jun 3 F 10:00am-12:00pm
CE South Building

Jane Robertson, MSLS, CZT-Certified Zentangle Teacher
Current Events

The Myth of Secure Borders

The current discussion about immigration has revolved around the perceived failure of the Federal Government “to secure the border.” But is it actually possible to secure the border? Historical examples from around the world show that even the most fortified and militarized borders have been crossed by determined individuals. Examine the record of several highly fortified borders including the Berlin Wall to see how they have been breached by thousands of motivated and inventive individuals. Factors such as the law of supply and demand and the politicization of the immigration issue will also be examined.

Course: 19226 $20 For: 1 session
SPA-PE: Apr 4 M 3:00pm-5:00pm
La Vida Llena/Nueva Vista Community Room
Ramon Flores, MA in Cultural Pluralism

What Is Scientific Consensus?

The Scientific Revolution of the seventeenth century saw a fundamental transformation in scientific ideas across mathematics, physics, astronomy and biology in institutions supporting scientific investigation and in the more widely held picture of the universe. The scientific revolution led to the establishment of several modern sciences. More and more, “scientific consensus” comes into play. Join us in examining examples of scientific consensus from the past four hundred years. What are the controversies surrounding scientific consensus?

Course: 19239 $20 For: 1 session
SPA-PE: Apr 15 F 1:00pm-3:00pm
CE South Building
Howard Romanek, History/International Studies
Instructor, Illinois State University (Ret.)
Campaign 2016: The Struggle between the Progressive and New Democratic Wings

Demographics in the country are shifting. Generation Y and the Millennials are now the largest potential voting block in the US and their political tastes lean secular and progressive. Senator Elizabeth Warren has tremendous popular support among registered democratic voters. This, combined with huge crowds following Sen. Bernie Sanders, demonstrate a resurgent Progressive wing challenging the New Democrats for leadership of the Democratic Party. What is the potential impact of this new normal on policy and the national debate? What is the progressive wing’s foreign policy agenda? How could a younger, progressive-leaning demographic shift the debate and elections in the next four, eight or twelve years?

Course: 19242 $20 For: 1 session
SPA-PE: Apr 15 F 10:00am-12:00pm
CE South Building
Ramon Flores, MA in Cultural Pluralism

Zionism, Israel and the Possibility for Peace: Where is Netanyahu Leading Israel?

By 2016, Bibi Netanyahu will have been Prime Minister for ten years making him the longest serving Prime Minister since David Ben-Gurion, the founding PM of Israel. The Israel we now see is Bibi’s creation. Where is he taking the country? It’s clear the two state solution was never going to happen on his watch. In the long term, are we looking at a one state, bi-national arrangement, or an apartheid system where the Palestinians live in a series of ever shrinking “Bantustan” enclaves or the eventual expulsion (Israeli term “transfers”) of the entire Palestinian population to Jordan and other Arab lands? Is peace possible for Netanyahu’s Israel?

Course: 19245 $20 For: 1 session
SPA-PE: May 9 M 3:00pm-5:00pm
CE South Building
Ramon Flores, MA in Cultural Pluralism
Economics & Finance

Savvy Social Security for Boomers
Social Security planning is complex. This course will teach you how Social Security works so you can avoid costly mistakes and maximize your family’s benefit. This significant asset offers you: a lifetime annuity, cost-of-living adjustments and right of survivorship. We’ll explore answers to the following questions: Will Social Security be there for me? How much can I expect to receive? When should I apply for Social Security benefits? How can I maximize my benefits? Will Social Security be enough to live on? Social Security is too important for guesswork. Treat this resource as a significant asset and maximize it to the greatest extent possible. The application of knowledge is power!
Course: 19371 $20 For: 1 session
SPA-PE: May 3 T 3:30pm-5:30pm
CE South Building
Doug Lindsey, Certified Financial Planner™, Professional Investment Advisor Representative

Savvy Medicare Planning for Baby Boomers
A health care crisis is looming in this country and it’s essential for baby boomers to understand what they need to do to financially prepare. This workshop will cover how Medicare enrollment periods work and how to avoid late-enrollment penalties; how much you can expect to pay in healthcare costs after going onto Medicare; how Medicare works with private insurance; why most people pay too much for private insurance; and how you can avoid excess costs. Additionally, we’ll discuss why you must plan for higher healthcare costs in retirement, including the possibility of needing long-term care.
Course: 19372 $20 For: 1 session
SPA-PE: Apr 12 T 3:30pm-5:30pm
CE South Building
Doug Lindsey, Certified Financial Planner™, Professional Investment Advisor Representative
History

Urban Culture and Society in Seventeenth Century Europe

European urban civilization began to divide along cultural and religious lines, with Paris, Venice and Rome becoming the centers for the Baroque form of Classical culture, while London and Amsterdam adhered to austere Classical forms. The cultural differences were manifestations of social and political decisions that created quite different environments, particularly in the contrasting forms of monarchy in France and England. London, Paris and Amsterdam experienced long periods of turmoil but each managed to become ever more important in their separate political and cultural environments. In contrast, the strength of Venice began to erode in commercial and political terms and Rome slipped into the role of being a tourist destination. We’ll explore how each of the cities responded to the changing intellectual climate and how they fostered new political and legal concepts in Europe.

Course: 19407 $49 For: 4 sessions
SPA-PE: Apr 7-28 Th 2:00pm-4:00pm
CE South Building

Charlie Steen, PhD, History Professor, social and political forces of 18th century Europe
Ancient Greek Technology
How did the Athenians build the Parthenon? Why do all Greek temples look alike? What tools and power sources did they use? How did the Greeks measure time? How was the Library at Alexandria important to the history of technology? We’ll examine the technological basis of Classical Greek and Hellenistic civilization and put it in a cultural context. We will look at the technological challenges of the times and the devices used to meet them as they affected people’s everyday lives and political events in the Mediterranean world from the fifth through the third centuries BCE.

Course: 19415 $25 For: 2 sessions
SPA-PE: May 17-24 T 10:00am-12:00pm
CE South Building

R. Bruce Grove

Abraham Lincoln—From Rube to American Icon
American children are taught that anyone can become president, including those born in a log cabin, but the truth is that most presidents come from money and privilege. Abraham Lincoln had neither. From a hard scrabble family with little formal education and fewer social manners, he was a backwoods lawyer and politician in the fledgling Republican Party. He was not his party’s favored choice for president in the 1860 convention, and during his presidency, he was considered incompetent by both Southerners and Northerners. Members of his own cabinet denigrated his decisions. After his death, these same cabinet members sullied his reputation while laying claim to his achievements. Yet, today—on the 151st anniversary of his assassination—he is revered as one of the most farsighted and influential of American presidents. Because of his determination and strength, the United States remained a unified nation—a factor that would influence all future world events including WWI and WWII. Examine the life of Lincoln which was an “impossible story.” Our story is impossible without him.

R. Bruce Grove
Celtic Warrior Women

2000 years ago, Celtic girls and boys from wealthy families were trained to become warriors, so they could defend their lands, herds and other assets. Celtic tribes were constantly ready for battle. An Irish epic, The Cattle Raid of Cooley, pits Queen Maeve of Connaught and her army against the super-hero Cuchulain of Ulster. Maeve crosses over from myth to history and her royal lands can be visited today. At the time of Caesar, warrior-queen Boudicca almost drove the Romans out of Britain, and pirate-queen Grace O’Malley harassed the navies of Elizabeth I, France and Spain. Believe it or not…

Maya Sutton, PhD, Celtic Mythology Professor and Author; dual-citizen with Ireland
Richard III: The Myth and the Monarch

Richard III (1452-85) was the last king of the House of York and the last of the Plantagenets. His defeat at Bosworth marks the end of the medieval period in England. He was the last English monarch to die in battle. Over the centuries the stories of this young monarch grew to monstrous proportions; he was labeled a villain, a traitor, a murderer and a monster. These claims were fueled by misinformation bruited about regarding his twisted body, his hunched back and his withered arm. And yet, slowly but surely, a growing body of scholars, authors and passionate members of the public, known as Ricardians, worked to clear the name of their beloved monarch from behind the veil of Tudor propaganda and Shakespearean fiction. An excavation beneath a car park in Leicester in 2012 led not only to the discovery of the body of the fallen king, but to the rewriting of history. As we explore the myth and the monarch, we will discover that while he may not have been a saint, he was an enlightened and beloved ruler who has been badly maligned across the ages.

Course: 19430 $20 For: 1 session
SPA-PE: Apr 6 W 2:00pm-4:00pm
CE South Building

Jane Ellen, Composer, Lecturer, Performing and Recording Artist

Richard III Aftermath: Beyond the Myth

In this sequel to the previous class Richard III: The Myth and the Monarch, we will look at the discovery of the King’s body in 2012 and its subsequent re-interment in more detail. We’ll examine how Richard III (1452-85) has seemingly changed overnight from corrupt and heinous villain to that of a well-marketed saint. But is public opinion changing at the same time, and if so, why? Aided by video we will watch a body double with a scoliosed back engage in period martial techniques, to look at the possi-
bility of whether King Richard might have been a powerful warrior on the field of battle. There are many questions which remain unanswered about this medieval monarch, but at the very least, a bit of the Tudor propaganda has been laid to rest.

**Course: 19432  $20  For: 1 session**
**SPA-PE: Apr 20  W  2:00pm-4:00pm**
**CE South Building**

*Jane Ellen, Composer, Lecturer, Performing and Recording Artist*

**The Philippine-American War 1898-1902**

Little known to most Americans is what has come to be known as “America’s Forgotten War.” A spin-off of the Spanish American War, this was the first and only attempt of America to colonize a faraway land for the betterment of American business interests. We’ll review the early history of the Philippine Islands, along with the reasons which would eventually lead to a conflict between the US military and the native led Filipino rebellion. This talk is being presented by a returned Peace Corps volunteer, who served in the Republic of the Philippines from 1968-1970, and who will present materials that uniquely represent both sides of this historical military conflict.

**Course: 19436  $20  For: 1 session**
**SPA-PE: May 23  M  3:00pm-5:00pm**
**CE South Building**

*John H. Trestrail, III, BS, Pharm, FAACT, DABAT, Clinical & Forensic Toxicologist, Author, Speaker*
A History of the American Abolitionist Movement

The 2012 film, *Lincoln*, covers Abraham Lincoln’s campaign in 1865 to obtain passage of the thirteenth amendment to the US Constitution which would formally end slavery in the country. Slavery began in North America in 1619 at Jamestown, Virginia. The slave trade between Britain’s American colonies and Africa began seventeen years later. From the beginning, there were some colonists who were opposed to the notion of slavery. We’ll study the long struggle to abolish an institution in a country that had proclaimed that “all men are created equal.”

Course: 19437 $20 For: 1 session
SPA-PE: Apr 14 Th 10:00am-12:00pm
Del Webb Alegria—Active Adult Community
Howard Romanek, History/International Studies Instructor, Illinois State University (Ret.)

Celtic DNA Presence in Europe

Those with Celtic heritage have a new tool in their genealogical quest: DNA. Most current research uses Y-DNA from living males and concentrates on populations that have been isolated for generations. One finding is that Celtic DNA is entrenched and not much displaced by conquerors. Also, Haplogroup R1, b1, (a branch of early migrations in a population) is not only found geographically in Western Europe, but shares Celtic languages. Still other researchers say the people of Europe’s Atlantic regions have all been genetically related for 10,000 years. Come and delve into these recent pathways to deep ancestry and genealogy.

Course: 19454 $20 For: 1 session
SPA-PE: Apr 5 T 2:00pm-4:00pm
CE South Building
Maya Sutton, PhD, Celtic Mythology Professor and Author; dual-citizen with Ireland
Neolithic Stone Circles and Megaliths

Who were those people who built tens of thousands of stone monuments in Ireland, Britain and Brittany? How did they organize communities to build massive ceremonial centers more than 5,000 years ago? And what was the driving force that kept this level of construction going for generations? Perhaps it was to keep life in harmony among humans, the earth and the cosmos by marking the seasons and the whirling of the night sky. We’ll visit huge sites such as Newgrange and Loughcrew in Ireland, Castlerigg and Avebury in England and Carnac in Brittany—and see what the stones might be telling us.

Course: 19459 $20 For: 1 session
SPA-PE: May 20 F 1:00pm-3:00pm
CE South Building
Maya Sutton, PhD, Celtic Mythology Professor and Author; dual-citizen with Ireland

Niccolo Machiavelli: The Revolutionary that Changed the Western World

The Florentine, Niccolo Machiavelli (1469-1527) was one of the first political scientists in Western Civilization. He was an Italian Renaissance historian, politician, diplomat, philosopher, humanist and writer. A founder of modern political science and political ethics, he was for many years a senior official in the Florentine Republic, with responsibilities in diplomatic and military affairs. He also wrote comedies, carnival songs and poetry. His personal correspondence is renowned in the Italian language. He is best known for his work, The Prince, published in 1532. What were the revolutionary ideas that he espoused? Why is it important to still examine his ideas in the twenty-first century?

Course: 19465 $20 For: 1 session
SPA-PE: May 18 W 10:00am-12:00pm
CE South Building
Howard Romanek, History/International Studies Instructor, Illinois State University (Ret.)
Homefront to Warfront: Women in World War II—The Homemaker

Truly the great silent majority of World War II, women at home had the daunting task of running a household in the face of great scarcity of everyday goods. We’ll focus on the effects of the government’s rationing program on the home, plus the various printed materials it distributed to homemakers in an effort to help them cope at home with the effects of the war.

Course: 19476 $20 For: 1 session
SPA-PE: May 2 M 1:00pm-3:00pm
CE South Building

Dick Blankmeyer, BA, Social Studies; Avid investigator of American social issues

Homefront to Warfront: Women in World War II—The Working Woman

During the war, over 6.5 million women entered the ranks of factory workers, helping American industry meet the wartime demand for planes, tanks, ships and weapons. This section will deal with not only the challenges women faced as they entered this male-dominated workforce, but also those of the employer in the areas of supervision and changes to factory facilities necessary to accommodate the woman worker. Norman Rockwell’s *Rosie the Riveter* painting immortalized this role of women during the war.

Course: 19478 $20 For: 1 session
SPA-PE: May 25 W 1:00pm-3:00pm
Jubilee Active Adult Community

Dick Blankmeyer, BA, Social Studies; Avid investigator of American social issues
Arthurian Legend in History and Literature

Historians have argued that if there was a historical figure known as King Arthur he lived in the late fifth or early sixth century CE. However, the stories about Arthur, his queen Guinevere, his knights, particularly the valiant Sir Lancelot, and his treacherous son Mordred have had a much longer lifespan. From the early 600s to the present day, people throughout the Western world have told and retold the adventures of Arthur and the Knights of the Round Table and the tragic love triangle between Arthur, Guinevere and Lancelot. And with each new version of the Arthurian legend, the characters and their actions take on a new meaning and significance, both to the authors and to their audiences. We’ll begin by discussing the earliest written sources about Arthur, Guinevere and the Knights of the Round Table in their historical context and will progress to a discussion of these characters and familiar Arthurian themes in various medieval and modern texts, including Geoffrey of Monmouth’s History of the Kings of Britain, Sir Thomas Malory’s Le Morte D’Arthur, Alfred Lord Tennyson’s The Idylls of the King, T.H. White’s The Once and Future King, and Marion Zimmer Bradley’s The Mists of Avalon. As we’ll see, the Arthurian Legend is a collection of stories that has stood the test of time and remains a useful backdrop for the fears, hopes and dreams of each new age that engages with it.

Course: 19481 $49 For: 4 sessions
SPA-PE: May 13-Jun 3 F 10:00am-12:00pm
CE South Building
Lizabeth Johnson, PhD, UNM Honors Program
Anthropological Genetic History: The Normans & William the Conqueror

The Normans were the people who gave their name to Normandy, a region in northern France. They were descended from Viking conquerors of the territory and the native Merovingian culture formed from Salian Franks and Roman Gals. Their distinct identity emerged initially in the first half of the tenth century, and gradually evolved over succeeding centuries. William of Normandy invaded England from France in 1066. On December 25th, he was crowned William I, King of England, and over the next 20 years consolidated his power and forever altered the face of England. The connection between certain English families and the Normans will be explored. We will discuss which families show the markers that are most identified with this civilization.

Course: 19497 $20 For: 1 session
SPA-PE: Apr 29 F 3:30pm-5:30pm
CE South Building

Angelo R. Cervantes, Director, Iberian Peninsula DNA Institute

The Holy Grail, the Cathars and the Inquisition

The French poet and troubadour Chrétien de Troyes produced the first Grail story in 1182, followed by Robert de Boron of France and Wolfram von Eschenbach of Germany. The Cathars were a heretical Christian dualist movement that thrived in some areas of Southern Europe, particularly northern Italy and southern France, between the twelfth and fourteenth centuries. The Catholic Church denounced their practices and sent a crusade to destroy them. The Inquisition was established in 1234 to uproot the remaining Cathars. We will explore the history and the connections they have to one another.

Course: 19498 $20 For: 1 session
SPA-PE: May 20 F 3:30pm-5:30pm
CE South Building

Angelo R. Cervantes, Director, Iberian Peninsula DNA Institute
Personal Essay

Among the many forms of the essay, the Personal Essay is one of the most rewarding and practical. Within the boundaries and cross boundaries of the personal essay one may reminisce, confess, justify, excuse, complain, praise and boast. It’s a form useful in job applications, in correspondence, in family narratives--you name it. Its capacity for both literary and non-literary uses is impressive. We’ll identify, study and write personal essays, both casual and classic, all leading to the enjoyment of this venerable form.

Course: 19505 $49 For: 4 sessions
SPA-PE: May 4-25 W 1:00pm-3:00pm
CE South Building

Robert F. Gish, PhD, English Professor, Distinguished Scholar and Author

Short Fiction of Flannery O’Connor

Flannery O’Connor’s short stories are universally acclaimed as master works. We’ll read and discuss A Good Man is Hard to Find, The River, The Life You Save May be Your Own and Good Country People, among others. Discussions will focus on region, gender and genre. Together we can marvel at an author at the pinnacle of her talent and evidence the epitome of the American short story.

Course: 19506 $49 For: 4 sessions
SPA-PE: Apr 6-27 W 1:00pm-3:00pm
CE South Building

Robert F. Gish, PhD, English Professor, Distinguished Scholar and Author
The Joy of Writing Poetry
This class is for those who enjoy reading and writing poetry. Most sessions include published poets as well those who think they are beginners. Each week participants submit up to three poems that we read and discuss. No one is required to submit anything. The feedback is supportive, with an emphasis on expression rather than technique, but we will discuss forms as participants wish.

Course: 19512 $75 For: 6 sessions
SPA-PE: Apr 12-May 17 T 1:00pm-3:00pm
CE South Building
Dodici Azpadu, PhD, MFA, Author and Workshop Leader

In the Moment: Writing Effective Scenes
Scene is the building block of narrative. But how do we determine when to move from scene to exposition? In this class, we will examine the effects of scene and exposition upon the reader and explore how they are used effectively in memoir and fiction. Class format includes literature study, writing exercises, supportive feedback and critique. Experienced and aspiring writers welcome.

Course: 19519 $75 For: 6 sessions
SPA-PE: Apr 7-May 12 Th 3:00pm-5:00pm
CE South Building
Rob Spiegel, Senior Editor, Design News; Lifelong Writer and Author of six books
Chaucer’s Woman Heroes

We all like to think that gender awareness and woman’s rights are contemporary issues. But six hundred years ago, in 1400, these issues were already being discussed—and some of Chaucer’s famous *Canterbury Tales* tell us how. In a congenial atmosphere, we’ll read about Patient Griselda in “The Clerk’s Tale” and the fiery Wife of Bath, who takes no nonsense from any of her men—unless she wants it. “Generally women desire to have dominion / Over their husbands as well as their lovers / and to be above them in mastery” we are told by the gentle-born Knight in “The Wife of Bath’s Tale.” Is this true now? Was it true then? Our investigation of the answers to these and other questions will include the ribald and comic as well as the scholarly aspects, making for a laughter-filled classroom.

Course: 19520 $25 For: 2 sessions
SPA-PE: May 5-12 Th 10:00am-12:00pm
CE South Building

*Mark Staebler, PhD, Comparative Literature, Stanford University*

How to Organize, Publish and Sell Your Nonfiction Book

Whether you want to write a memoir, inspirational or how-to book, positioning it in the marketplace is critical. We will cover how to find your focus, research the market, find your ideal readers, organize your material and develop a message readers can’t resist. Learn about publishing options, local and online resources for editing and publishing, how to propose your idea to publishers and how to develop an author platform. It’s not as hard as you think! Takeaways include resource lists, a plan of action and organizational tools.

Course: 19522 $39 For: 3 sessions
SPA-PE: May 10-24 T 3:00pm-5:00pm
CE South Building

*Carol March, Author of Speculative Fiction and Nonfiction books on the Creative Process*
Louise Penny and Life in Three Pines
Since her first book, *Still Life* (2006), when her husband financed the book tour, until her most recent book, *The Nature of the Beast* (2015), when her husband who suffers from Alzheimer’s had to remain home, Louise Penny’s Inspector Gamache mystery series has received glowing reviews and garnered a loyal readership. Her eleven books have been translated into twenty-five languages and have won numerous awards, including five Agatha’s. Common critical observations include the multilayered, psychologically complex characters and plots of Penny’s books. This workshop will focus on aspects of setting, characters and the archetypal echoes in the plots of Penny’s books.

Course: 19528 $39 For: 3 sessions
SPA-PE: Apr 5-19 T 3:30pm-5:00pm
CE South Building

*Caroline LeBlanc, MFA, MS, RN*

“East is East and West is West and Never the Twain Shall Meet”
Rudyard Kipling was awarded the Nobel Prize in Literature in 1907, making him the first English-language writer to receive the prize, and its youngest recipient to date. Born in India in 1865, he considered himself an “Anglo-Indian,” more comfortable with the dialects of India than with the English of his parents. At the age of five, he was sent to live in England under cruel and neglectful conditions—conditions that he believed shaped his writing. Today, he is remembered for children’s stories, *The Jungle Book* and *Kim*, yet George Orwell stated Kipling was “a prophet of British imperialism”—a view that would cost Kipling his son’s life. Was Kipling an imperialist? A product of his time? Or a misunderstood writer who stated “But there is neither East nor West...when strong men stand face to face, though they come from the ends of the earth!”

Course: 19532 $25 For: 2 sessions
SPA-PE: May 26-Jun 2 Th 10:00am-12:00pm
Del Webb Alegria—Active Adult Community

*Roberta Boggess, MA, Linguistics, Award-Winning High School Teacher*
**Summer Sailin’ with Osher**

*Blimey, is that a limey with a spic and span slush fund where there’s no room to swing a cat? Has he been shanghaied, reached the Plimsoll mark—or is he going round robin on his way to Davy Jones locker? Will he find 15 men on a dead man’s chest? Yo Ho Ho, bring your rum—or at least a Coke—and learn the story behind seafaring terms as “Why Do We Say That?” sails with flying colors into another chapter of word origins.*

**Course:** 19542  
**SPA-PE:** Jun 3  
**CE South Building**  
**Robertta Boggess, MA, Linguistics, Award-Winning High School Teacher**

**Writing True: Memoir and Memoir-Based Fiction**

*What happened is not what matters; what matters is the larger sense the writer is able to make of what happened.*

~Vivian Gornick

How do we arrive at the truth of our stories? For some, the path lies in writing memoir; for others, in writing fiction. Still others find themselves moving back and forth between the two. In this class, members will use fact, memory and imagination to transform life experiences into stories that are emotionally true, whether memoir or fiction. Weekly format provides writing prompts, supportive feedback and critique, as well as discussions of craft and the illusive boundary between fiction and memoir.

**Course:** 19556  
**SPA-PE:** Apr 29-Jun 3  
**CE South Building**  
**Rob Spiegel, Senior Editor, Design News; Lifelong Writer and Author of six books**
Travel Journaling

Keeping a travel journal is a wonderful way to anticipate the joys of a treasured trip and to remember the pleasures and adventures of a completed one. In this class we will explore ways of keeping a travel journal that are easy and conducive to being on the go. Travel can be a transformative experience and it is understandable why we would want to document our journeys, both physical and internal. Please join me as I show you how to prepare your journal for a trip, ways to journal while seeing the world and tips on completing your travel journal. A materials fee of $10 is payable to the instructor at the beginning of class.

Course: 19575 $25 For: 1 session
SPA-PE: Apr 8 F 1:00pm-4:00pm
CE South Building
Amanda Cisco, BA, English

Emily Dickinson: Letters and Lives

As readers, we approach a poem and know it’s not representative of the life of the writer. But Emily Dickinson offers a particularly interesting case. Many of her letters to those closest to her are beautiful, lucid and difficult. Their emotional intensity and range of response have correlations, at times, to some of her richest poems. We will read a selection of letters and poems both to gain an understanding of the person Emily Dickinson was and to understand how that writer also made her way to poems with speakers we appreciate and seek to understand. Required texts (either in paper or downloadable versions): Selected Letters of Emily Dickinson (ed. Thomas H. Johnson) and The Complete Poems of Emily Dickinson (ed. Thomas H. Johnson).

Course: 19578 $39 For: 2 sessions
SPA-PE: May 21-22 SaSu 1:00pm-4:00pm
CE South Building
Colette Speer, MFA, PhD
The Craft of Creative Writing

Do you have ideas for fiction or non-fiction stories, but don’t know how to get them on paper for others to enjoy? Using commentary on participant work, we will focus on narrative arc, character, point of view, conflict, stylistics (tone, pacing, diction) and sentence mechanics: the elements of the original class. The course is designed for writers who want a refresher in the craft of writing and are willing to give and take feedback. Participants are strongly encouraged to share “air time” in a respectful manner.

Course: 19584 $75 For: 6 sessions
SPA-PE: Apr 11-May 16 M 1:00pm-3:00pm
CE South Building

Dodici Azpadu, PhD, MFA, Author and Workshop Leader

Writing Memoir

We all have special times in our life that deserve to be captured. Your trip around the world or that nightmarish camping trip in the Rockies—such memorable experiences can make for a wonderful, poignant memoir that will be treasured by friends and family, as well as yourself. During each weekly class, we’ll work together to find just the right story to tell. We’ll discuss how to develop and flesh out your memoir. Through discussion and supportive feedback and critique you will develop the skills you need to write your story. Experienced and aspiring writers welcome.

Course: 19589 $75 For: 6 sessions
SPA-PE: Apr 14-May 19 Th 10:00am-12:00pm
CE South Building

Heidi Carlson, Literary Critic and Book Doctor in the New York Publishing Industry
Music & Theater

Introduction to Acting
This intro class promises to be, first and foremost, a great deal of fun. The studies learned will infuse its players with more physical and verbal confidence—to be exercised in any life situation. This course is geared toward those students who wish to learn techniques employed onstage or onscreen in improvisational and solo work. We’ll cover basic improvisation, using highly-enjoyable games and tasks (always considered the most delightful component in an acting class). Then the lessons will move on to textual work—these functions being applied to solo expositions (monologues) to prepare for “performance” at course’s end.

Course: 19601 $65 For: 6 sessions
SPA-PE: Apr 20-May 25 W 3:00pm-5:00pm
CE South Building

Robin Lane, Two-time Tony Award Winner and Member of the Actors Studio

Line Dancing for Beginners
Over six weeks, you’ll be introduced to about sixteen modern and classic line dances, with the goal of getting both good exercise and entertainment through the learning experience. Line (or solo) dances are done to many different forms of music, including Latin, Country-Western, Broadway and modern Pop to name a few. Line dancing appeals to all ages of people and to both women and men. Bill will gear the dances to the ability of the dancers as you progress through the lessons. Whether or not you have experience with line dancing, you’ll gain more confidence in your abilities and gain an added sense of rhythm. Note: Wear leather-soled shoes and comfortable, loose-fitting casual clothes.

Course: 19605 $59 For: 6 sessions
SPA-PE: Apr 6-May 11 W 6:00pm-7:30pm
CE North Building

Bill Eyler, Social Dance Instructor for 25 years
Introduction to Reader’s Theatre

Ever wanted to be in theatre but were too busy working? Have you ever thought you might like to try it but are afraid of memorizing? Reader’s Theatre welcomes everyone with or without experience and does not require memorization, which tends to keep people away from traditional theatre forms. The goal is to express one’s self and to have fun. Come join us for a briefing on the emergence and growth of Senior Theatre in the US and Canada. This class will expose you to varieties of senior theatre, resources, selected drama activities and improvisation. Members of The Ec-Lec-Tic, Senior Players of the Belen Art League, will perform two short reader’s theatre comedy plays.

Course: 19615  $20  For: 1 session
SPA-PE:  Jun 3  F  1:00pm-3:00pm
CE South Building

Barbara Lolordo

Behind the Scenes at the Theatre: Terra Nova

In the winter of 1911-12, five Englishmen and five Norwegians raced each other to the bottom of the Earth. Only the Norwegians returned. Terra Nova is the story of Captain Robert Scott’s ill-fated early twentieth century scientific expedition to the South Pole. Scott’s discovery that Norwegian, Roald Amundsen has preceded him; the bravery and sufferings of his team; the self-sacrifice of Captain Oates; and the final tragedy are all recounted in a mixture of fantasy and realism that underlines both the human and the epic qualities of the adventure. Come and discover the ins and outs of the play with the directors, see the play and then return to discuss what you saw. Note: The play runs March 25-April 17. Discounted tickets to the production will be offered to students for $19 each. Students are responsible for arranging for their own ticket purchase at vortexabq.org.

Course: 19660  $25  For: 2 sessions
SPA-PE:  Apr 7-14  Th  2:00pm-3:30pm
The Vortex Theatre

Aaron Worley & Mark Hisler, Directors
Behind the Scenes at the Theatre: Immortal Longings
A banquet of beautiful scenes from the Bard with ten of the most impressive women ever written. Original text by the author ties the play together when Juliet decides she wants to live. What does Juliet have to say to Cleopatra? How can Kate and Lady Macbeth exist in the same room? What happens when Shakespeare’s women step out from the pages of their plays and discuss their lives, their loves and whether their fates should remain forever unchanged? Come and discover the ins and outs of the play with the directors, see the play and then return to discuss what you saw. Note: The play runs April 29-May 22. Discounted tickets to the production will be offered to students for $19 each. Students are responsible for arranging for their own ticket purchase at vortexabq.org.

Course: 19663 $25 For: 2 sessions
SPA-PE: May 5-12 Th 2:00pm-3:30pm
The Vortex Theatre
Karen Welker, Director

The Green Fairy: Absinthe and the Arts
In 1912, four years before the United States banned cocaine and heroin, it banned a “dangerous” drink known as absinthe: the devil in a bottle. Hailed equally as the muse of poets, painters and revolutionaries and as “the green fairy” which could lead men down the path to murder, it was no drink for an American. It was blamed for causing hallucinations, seizures and permanent brain damage. The wormwood beverage was considered toxic; it even had its own disease named after it: “absinthism.” Today the drink is back, bigger than ever, and many of the old myths have been laid to rest. We’ll examine not only the history of the drink, but the fascinating group of people attracted to the lure of absinthe, including poets Paul Verlaine and Arthur Rimbaud, composers Claude Debussy and Erik Satie, and artists Vincent Van Gogh and Paul Gauguin.
Doctor Who (?) Regenerated!

On November 23, 1963, a new children’s television program was broadcast by the BBC. Because of the worldwide attention focused on the previous day’s events (the assassination of U.S. President John F. Kennedy, and the deaths of authors C. S. Lewis and Aldous Huxley), the premiere episode was rebroadcast at tea-time the following Saturday. The plot was simple: a wandering time traveler and his granddaughter, along with two school teachers, visit various periods of planetary (and interplanetary) history. With a little luck, parents would welcome a new family oriented show, and it would run for a few years. Fifty-one years later, Doctor Who has become the longest-running television program of all time, and fans around the world are now following the adventures of the 12th Time Lord (they regenerate, you know!). Due to popular demand, this class has now regenerated into a three-hour class with more of everything you want to know about your favorite Doctor! If you can’t tell your TARDIS from your Sonic Screwdriver, or if you simply want to catch up with the worldwide Whovian mania, this class is for you.

Course: 19680   $20   For: 1 session
SPA-PE: Apr 25   M   1:00pm-4:00pm
CE South Building
Jane Ellen, Composer, Lecturer, Performing and Recording Artist
Buffy Sainte-Marie: It’s My Way
Singer-songwriter Buffy Sainte-Marie (1941- ) wrote *The Universal Soldier* in a coffee house called the Purple Onion. It appeared on her debut album in 1964, and has become a folk-rock standard. She has enjoyed a lengthy career not only as a gifted musician, but as a Canadian-American Cree educator and social activist. Never content to be labeled or pigeon-holed, her socially conscious folk music led her to try writing rock and country music, composing film scores, acting and painting. Now in her 70s, she still performs internationally and continues to be an outspoken activist for the indigenous peoples of the Americas.

**Course:** 19683  $20  For: 1 session
**SPA-PE:** Apr 21  Th  1:00pm-3:00pm
**CE South Building**

*Jane Ellen, Composer, Lecturer, Performing and Recording Artist*

They Came to America: Musical Immigrants
The United States has always been a melting pot of immigrants, and among those immigrants have been scores of musical artists. Arriving in the United States either as young children or established professionals, these performers and composers became major contributors to the cultural life of their new country. Come explore the American lives of Patrick Gilmore, Victor Herbert, Al Jolson, Sergei Rachmaninov, Igor Stravinsky, Max Steiner, Clara Rockmore and many more in this fascinating look at a few of the musical immigrants who have helped nurture and sustain the growth of American music.

**Course:** 19689  $20  For: 1 session
**SPA-PE:** May 19  Th  3:30pm-5:30pm
**CE South Building**

*Jane Ellen, Composer, Lecturer, Performing and Recording Artist*
Kings of Popular Folk Music: The Kingston Trio

The Kingston Trio emerged from San Francisco’s club scene in the late 1950s, to take the country by storm, bringing the rich tradition of American folk music to their audiences. During the late 50s and the turbulent, revolutionary early 60s, Dave Guard, Bob Shane and Nick Reynolds enjoyed unprecedented record sales and worldwide fame. This detailed retrospective will feature a wide sampling of their favorite songs such as The MTA Song, Tom Dooley, Greenback Dollar and many more. So if you know the words, feel free to sing along!

Course: 19691 $20 For: 1 session
SPA-PE: May 5 Th 2:00pm-4:00pm
CE South Building

Jane Ellen, Composer, Lecturer, Performing and Recording Artist

Crusaders, Explorers and Rebels

Think back to early American history in high school. Terms like Puritans, Pilgrims, Colonials, Sons of Liberty and George Washington probably float to the surface, even Cotton Mather if you really paid attention. But you probably didn’t cover the connection of the Crusades and the Age of Exploration to the American Revolution. Join Jane and Bobbie as we crusade and explore our way to rebellion—as usual, with tangents into music and food of the journey. Note: A tasting fee of $20 is payable to the instructor at the first class because it’s fun to learn about food, but even more fun to taste it (in the last two classes)!

Course: 19697 $49 For: 3 sessions
SPA-PE: May 9-23 M 12:00pm-2:00pm
CE South Building

Roberta Boggess, MA, Linguistics, Award-Winning High School Teacher

Jane Ellen, Composer, Lecturer, Performing and Recording Artist
Science & Technology

Genetic Ancestry DNA Testing & Fighting Crime

It’s hard to believe that DNA evidence has come so far so fast. The techniques that make it possible to identify a suspect using his or her unique genetic blueprint have only been around since 1985. Since then, DNA evidence has played a bigger and bigger role in our criminal justice system. It has been used to prove that suspects were involved in crimes and to free people who were wrongly convicted, becoming integral to many high profile criminal and civil cases. The instructor directs the New Mexico DNA Project and will explain how DNA evidence works, the limitations and the latest advances in DNA evidence. The class will examine the case of the Baton Rouge Serial Killer.

Course: 19714 $20 For: 1 session
SPA-PE: May 13 F 3:30pm-5:30pm
CE South Building

Angelo R. Cervantes, Director, Iberian Peninsula DNA Institute
Geology of the Jemez Mountains and Valles Caldera

The Jemez Mountains are only one of a number of volcanic features located along the Rio Grande Rift zone—a north-south corridor throughout central New Mexico and part of the Basin and Range Province of the southwestern United States. The Jemez Mountains are what is known as a caldera or a collapsed volcano. It is one of three “supervolcanoes” in North America, including the Long Valley caldera in California and Yellowstone caldera in Wyoming. The Jemez volcanic field has been active for the past 15 million years, and the rhyolite flow that makes up Kasha-Katuwe Tent Rocks National Monument formed about 6.7 million years ago. The Jemez caldera exploded two times, once at 1.62 million years and then again 1.25 million years—that last and greatest explosion creating the Bandelier Tuff. In this class we will learn about the geology of the Valles Caldera, Bandelier National Monument and Kasha-Katuwe Tent Rocks National Monument. We will also discover a “little Yellowstone” right in our own Jemez Mountains.

Course: 19725 $25 For: 2 sessions
SPA-PE: Apr 27-May 4 W 10:00am-12:00pm
CE South Building
Carol A. Hill, Geologist and Author
The History of Geology

This is the story of the history of geology: from the time of Steno (1638-1686), when the principles of stratigraphy (rock strata) were established, up to the present day. We will uncover how William Smith (1769-1837) constructed the world’s first geologic map by observing the regular sequence of fossil organisms over the entire planet. We will discuss how the Geologic Column is based on relative time, and how that time was confirmed by radioactive dating in the early 1900s. We will examine eight of the greatest controversies in Earth Science: What are fossils?; the Origin of Different Rock Types; Catastrophism vs. Univormitarianism; Correlation of Rock Strata over Planet Earth; The Ice Ages; Plate Tectonics; and Mass Extinctions.

Course: 19727 $25 For: 2 sessions
SPA-PE: May 11-18 W 7:00pm-9:00pm
CE South Building

Carol A. Hill, Geologist and Author
Geology of the Grand Canyon

The Grand Canyon is one of the most spectacular geologic features on planet Earth. It is 277 miles long, up to 18 miles wide in its western portion and over a mile deep. In this class we will take a “trip” from the bottom to the top of the canyon. Along the way, we will visit ancient rock formations almost two billion years old, the one billion-year-long Great Unconformity and the almost mile-deep pile of sedimentary sandstones, shales and limestones containing fossils. On our way up, we will view the caves in the Redwall Limestone, and discuss how these caves hold important clues to the canyon’s incision and evolution. In the last class we will watch a National Geographic video: Birth of the Grand Canyon that presents the most recent theories on when the Grand Canyon was carved in order to answer the controversial question: how old is the Grand Canyon? Was it carved entirely by the Colorado River in the last six million years, or did parts of it form long before that time?

Course: 19728 $39 For: 3 sessions
SPA-PE: Apr 6-20 W 10:00am-12:00pm
CE South Building

Carol A. Hill, Geologist and Author
Nature’s Toxic Agents: A Menagerie of Poisonous Critters

You might not like spiders and snakes… but what about toads and salamanders? Enjoy a discussion of the toxicology and treatment for envenomation by: stinging insects, spiders, scorpions and miscellaneous venomous animals: lizards, amphibians (toads, frogs, and salamanders) and some exotic venomous mammals (platypus, shrews, & solendons). We’ll also explore the topic of newly discovered toxic birds.

Course: 19735 $20 For: 1 session
SPA-PE: May 13 F 10:00am-12:00pm
CE South Building

John H. Trestrail, III, BS, Pharm, FAACT, DABAT, Clinical & Forensic Toxicologist, Author, Speaker

Philosophy & Religion

Goddess in Greek Myth

We know of the goddesses of Greek, Roman, Norse, Celtic, Egyptian and other mythologies, but what of the goddesses, or The Goddess, before these civilizations? What were these earlier goddesses like? What concepts did they represent? How are they connected to the goddesses we are more familiar with? What evidence exists of them? Come and explore all of this in this class!

Course: 19802 $39 For: 3 sessions
SPA-PE: May 12-26 Th 3:30pm-5:30pm
CE South Building

Shari Tarbet, PhD, Classical Mythology Expert
Canterbury! Home of Three Religions

The Celts who settled in Britain and Ireland developed their own version of Christianity; that was the first religion in Canterbury. Next came Augustine, sent by Pope Gregory in 597 CE to convert Celtic Christians to the accepted Roman Catholic version and expand its influence in the Celtic lands. In 1540, Henry VIII resolved his infamous battle with the pope by establishing the Church of England—the third version. Pilgrimages began to Thomas Becket’s shrine where many miracles occurred, and *The Canterbury Tales* tell of some actual pilgrims. A final miracle: a magnificent cathedral not destroyed by bombs in WWII.

Course: 19803 $20 For: 1 session
SPA-PE: May 6 F 2:00pm-4:00pm
CE South Building

*Maya Sutton, PhD, Celtic Mythology Professor and Author; dual-citizen with Ireland*
Angels and Einstein: When Mysticism Meets Modern Science

What do mystics, shamans and psychics have in common with modern science and technology? All are exploring realms which exist beyond the ordinary five senses humans use for perceiving everyday reality. Whether one views these realms as spiritual or quantum, it is all about consciousness really. Ancient humans saw gods, goddesses, angels, demons, animal and plant spirit guides. The spiritual explorers were shamans, priests, mystics and psychics. Now we build incredible machines to extend human senses and allow scientists to explore the deeper nature of reality from the largest galaxies to the smallest atomic particles. Quantum theory, entanglement, non-locality, plant intelligence and the Gaia hypothesis are all examples of this modern, multi-dimensional, interconnected worldview of energy and wonder. We’ll examine both views of an expanded Reality and offer plenty of time for discussion to find the similarities and differences between them.

Course: 19806 $25 For: 2 sessions
SPA-PE: May 14-21 Sa 1:00pm-3:00pm
Del Webb Alegria—Active Adult Community
Gay Witherington, MEd, Counseling Psychology
Buddhism

Buddhism appeals to many Westerners because it is nonjudgmental, requires no faith and teaches ways to reduce suffering. It encourages personal responsibility, mindfulness and compassion for ourselves and others. In this class we’ll discuss the life and times of the prince who became the Buddha, his search for enlightenment, his teachings, the historical development of Buddhism, plus current branches and their practices. We’ll also discuss the work of some present-day teachers, including the Dalai Lama, Thich Nhat Hanh and prominent American authors. We’ll have slide shows, videos and readings, as well as discussions. This class assumes no prior knowledge, but also goes into reasonable depth to interest those with some previous experience.

Course: 19813 $49 For: 4 sessions
SPA-PE: Apr 8-29 F 10:00am-12:00pm
CE South Building

Jon Nimitz, PhD
Celtic Otherworlds

Come visit the two Celtic realms that parallel our existence: The Land of the Living and the Faerie Realm. These Otherworlds are not “up above” but are connected with every part of our earthly life. You’ll see actual gateways or crossing-places to the Celtic Otherworlds. We’ll peer into caves of initiation and Neolithic dolmens. We’ll dip into waters from sacred wells that offer healing to physical bodies and solace to departed spirits. Then the Faerie Folk will show us their realm. Faeries dispense the capricious and powerful force called inspiration, and so are courted by artists, poets, lovers and musicians—and maybe also by you?

Course: 19829 $20 For: 1 session
SPA-PE: Apr 18 M 3:00pm-5:00pm
CE South Building

Maya Sutton, PhD, Celtic Mythology Professor and Author; dual-citizen with Ireland

A Beginner’s Guide to the Dead Sea Scrolls

For more than sixty years the discovery of the Dead Sea Scrolls has fascinated the public, while the scrolls themselves have continued to be the subject of endless debate and speculation. Discovered between 1947 and 1956 in caves near the Dead Sea, these ancient texts are of great religious and historical significance. The contents of the scrolls include some of the only known surviving copies of Biblical documents made before 100 BCE and preserve evidence of late Second Temple Judaism. This class will present an overview and introduction to the history of the scrolls for those who are new to scroll study and scholarship. Handouts will be available to help amplify the study of one of Judaism’s most fascinating treasures.

Course: 19832 $20 For: 1 session
SPA-PE: Apr 11 M 2:00pm-4:00pm

Del Webb Alegria—Active Adult Community

Jane Ellen, Composer, Lecturer, Performing and Recording Artist
No Faith Required: Practical Lessons from the Gospels

This course will examine the New Testament from the perspective of someone who is not interested in being “saved,” accepting Jesus as one’s “lord and savior” or having one’s sins forgiven. Rather, the class will examine the lessons for daily living that can be extracted from the pages of the Christian scriptures. We will examine how Jesus’ feeding of the 5,000, calming the sea, raising of Lazarus, and various teachings are rich metaphors about personal empowerment, caring for one another and taking care of the earth.

Course: 19848  $20  For: 1 session
SPA-PE: May 18  W  6:00pm-8:00pm
CE South Building

Eddie Tafoya, PhD, Comedian, Author, Professor of Creative Writing and American Literature

Aristotle’s Ethics of Friendship

Can you be a virtuous person all by yourself? Aristotle rejects this notion, since “with friends, men are more able to think and to act.” Virtue, happiness and friendship derive from edifying engagement with other people and involve actual activity rather than just beliefs, attitudes or emotional states. When anyone argues that a happy person will not need friends, Aristotle retorts that “the good man will need people to do well by.” Classes will be conducted in the Socratic style with short citations from Aristotle’s *Nicomachean Ethics*, Books VIII and IX, followed by questions and time for responses. The full text of W.D. Ross’s classic 1908 translation is available online at classics.mit.edu. A study guide, glossary and timeline will be provided.

Course: 19849  $39  For: 3 sessions
SPA-PE: Apr 4-18  M  10:00am-12:00pm
CE South Building

Jerry Franks, PhD
Psychology & Health

Brighten Your Mental Well-Being

The key to improving our information retention, wholly developing our inner talents and using our brain capacity fully, is movement. And movement, in this case, goes far beyond physical exertion to engagement and experience. We will explore easy-to-follow activities, preceded by group or personal goals and then celebrate each and every achievement on this path toward a brighter brain. Join us on this amazing journey of group and self-discovery. “Boost your talents, enhance your memory!”

Course: 19859 $65 For: 6 sessions
SPA-PE: Apr 13-May 18 W 10:00am-12:00pm
CE South Building
Matilde Machiavello, Storyteller and Workshop Leader

Memory Enhancement

Brain function and reversible causes of memory problems will be discussed. Class participants will experience interactive activities for increasing mental acuity, maintaining focus, sharpening memory skills, increasing speed of processing and reducing stress. Nutrition, stress reduction and exercise specific to improving brain function will be addressed. Memory Academy is a Met-Life award-winning interactive curriculum. Note: A workbook is recommended for this class and available from the instructor for $20.

Course: 19867 $59 For: 6 sessions
SPA-PE: Apr 5-May 10 T 10:30am-12:00pm
CE South Building
Terri Tobey, MA, Gerontology; MA, Teaching
Flourishing in These Challenging Times

Imagine a future when most adults are able to achieve their potential as fully functioning human beings. Join us for a stimulating discussion of “flourishing,” an exciting new concept from the scientific and professional movement called positive psychology. Leaders in positive psychology tell us that complete mental health is more than the absence of mental illness. The elements that contribute to flourishing include positive emotion, meaning, engagement and healthy relationships. How would you live your life differently if you were flourishing? What does it take to live the good life and how can we apply these insights to our lives?

Course: 19869 $39 For: 3 sessions
SPA-PE: May 17-Jun 7 T 10:00am-12:00pm
CE South Building

Stephen Poland, PhD, Psychology

Hearing Loss 102

Why are some new hearing aid wearers so successful and others put the device in a drawer or have multiple hearing aids without really feeling satisfied with their investment? Learn what steps a new user can take to make the most out of your hearing aids. Coping strategies, communication tips, hearing loss in the healthcare setting and gadgets that turn your hearing aids into assistive listening devices will all be covered in this class. The instructor is well-versed in these topics, having worn hearing aids for over sixty years.

Course: 19871 $39 For: 4 sessions
SPA-PE: Apr 8-29 F 1:00pm-2:30pm
CE South Building

Mary Clark, Lifelong Hearing Loss Advocate and Coach
Living Resilient Lives
Think of someone you know who thrives in spite of adversity. This is the essence of resilience. A resilient person is able to bounce back from difficult or stressful experiences. This quality is much more common than we imagine. In our review of current scientific research identifying the factors in children, adolescents and adults that contribute to resilience, we’ll ask if these factors are the same or if they differ with age. Looking beyond the individual to the family, community and society will help us identify sources of support for thriving under challenging conditions. We will then ask what can be done to foster resilience in ourselves and others. Join us as we share stories of resilience.

Course: 19875 $25 For: 2 sessions
SPA-PE: Apr 5-12 T 10:00am-12:00pm
CE South Building
Stephen Poland, PhD, Psychology

Change Your Words, Change Your Life
We all carry life experiences within our bodies, minds and spirit. This highly participatory class teaches how to tell our own stories and embrace release from fear, negativity, illness or whatever issue precludes our enjoying life to the fullest. Susi Wolf will briefly tell healing folktales and, afterwards, we will discuss how these assorted stories relate to our own personal story and to each other. We will begin to apply and reframe the message of Story into our own tale. By knowing our personal narrative in a new way, we are empowered to make significant positive changes in our life. Included in the class will be writing opportunities, interactive exercises and group discussions to aid in finding our individual journeys. Also, each student will create an “Empowerment Story” art card to keep. This class is designed to ensure each person’s successful experience to acquire new introspection and life skills.

Course: 19883 $25 For: 1 session
SPA-PE: Jun 4 Sa 1:00pm-4:00pm
CE South Building
Susi Wolf, Storyteller and Workshop Leader
Yoga for Folks Over Fifty: Gentle Beginner

Join us and explore the wonders and benefits of Yoga practice. This class series is geared to the older beginner or those dealing with painful knees or feet, arthritis, osteoporosis, issues of balance or the proverbial midlife crisis. You will learn to use commonly available props and modified yoga postures to address these conditions and bring more awareness, vitality and relaxation into your life.

Course: 06461 $95 For: 8 sessions
SPA-HF: Mar 29-May 17 T 4:00pm-5:15pm

Note: UNM Tuition Remission eligible under Health and Fitness. This is not a medical class-call instructor to discuss any serious condition before signing up. Free Osher membership with this class.

High Desert Yoga—Nob Hill
Nishtha Jane Kappy

Yoga for Folks Over Fifty: Intermediate

For active elders, this class emphasizes proper alignment of the spine. You will learn standing, strengthening and balance poses with modifications that work for your body. This practice warms up the muscles, opens the joints and builds energy, strength and stamina while inviting greater awareness of your body, mind and breath.

Course: 06463 $95 For: 8 sessions
SPA-HF: Mar 29-May 17 T 2:15pm-3:30pm
Judith Arredondo

SPB-HF: Mar 31-May 19 Th 4:00pm-5:15pm
Nishtha Jane Kappy

Note: UNM Tuition Remission eligible under Health and Fitness. This is not a medical class-call instructor to discuss any serious condition before signing up. Free Osher membership with this class.

Both sections: High Desert Yoga—Nob Hill
Travel & Culture

Computerized Genealogy

Everyone has ancestors! Researching family history has become the fastest growing hobby in America. Bring your laptop so you can practice using technology to organize and research your genealogy. You will learn the best software and tools to help you search efficiently. Online genealogy includes how to hunt for web sites and evaluate what you find there and the use of free and commercial databases. The rest is up to you—happy hunting!

Course: 19911 $49 For: 4 sessions
SPA-PE: Apr 4-25 M 10:00am-12:00pm
CE South Building
Victoria Sullivan, Albuquerque Genealogical Society

Storytelling: Animal Tales and the Lessons They Teach Us

The workshop will include discussion and understanding of animal tales as they relate to various cultures, the importance of animal tales and their purpose, sharing Cherokee heritage and listening to storytelling with various animal characters. Susi Wolf, a master storyteller, has used oral tradition as a form of education, entertainment and a healing tool for over twenty years. This workshop offers the opportunity to hear her tell animal stories and see how easily they relate to human conditions. In addition, Ms. Wolf has a strong wildlife background and brings animal display items (hides, skulls, etc.) to share and to teach animal education. This is a rare opportunity for attendees to examine these bio-facts up close.

Course: 19936 $20 For: 1 session
SPA-PE: Apr 9 Sa 1:00pm-3:00pm
CE South Building
Susi Wolf, Storyteller and Workshop Leader
Mistaken for an Inventor
What do penicillin, Silly-Putty, Post-It notes and chocolate chip cookies all have in common? They were all mistakes made by inventors who maximized their errors instead of burying them. Grab a chocolate chip cookie as you message yourself a Post-It to: Take a class about common objects that started by accident. And aren’t you glad the recipe for the cookies wasn’t discarded?

Course: 19942 $20 For: 1 session
SPA-PE: May 12 Th 3:30pm-5:30pm
CE South Building

Robert Boggess, MA, Linguistics, Award-Winning High School Teacher

New Mexico History & Culture

Fred Harvey, Erna Fergusson and New Mexican Tourism

Before dining cars existed on trains, meals were a quick, less-than-savory grab during a train’s water stop. Fred Harvey would change railway dining when he created the first American restaurant chain in conjunction with the Atchison, Topeka & Santa Fe Railway. Ironically, this railroad bypassed Santa Fe in favor of Albuquerque where Erna Fergusson ran Koshare Tours for “turistas,” introducing them to native cultures. In a symbiotic relationship, Harvey purchased the touring company and kept Fergusson to direct the Indian Tour Service. Together they would build tourism in New Mexico. Join us to learn why “Erna Fergusson” is more than a name on an Albuquerque library and why the Atchison, Topeka & Santa Fe never traversed New Mexico’s capital.

Course: 19960 $20 For: 1 session
SPA-PE: May 6 F 10:00am-12:00pm
La Vida Llena/Nueva Vista Community Room

Roberta Boggess, MA, Linguistics, Award-Winning High School Teacher
White Hat Guys and the Black Hat Guys

New Mexico, in the late 1800s, was a magnet for outlaws. Trying to contain this lawlessness were the lawmen who rode a land as big as the sky that covered it. Along with the men, there were hardworking women, but there were also the scarlet ladies. In movies about the Old West, when a man is wearing a white hat, he is, undoubtedly the good guy. But, then, through the batwing doors of the saloon strolls a character wearing a black hat. We know immediately we are gazing at the bad guy. Take a look at some of the Land of Enchantment’s more colorful Wild West ladies and gents.

Course: 19964 $20 For: 1 session
SPA-PE: May 26 Th 1:00pm-3:00pm
La Vida Llena/Nueva Vista Community Room
Mary Mortensen Diecker

New Mexico Filmmaking:
The Westerns, Part I

Since the advent of the film industry, hundreds of films and television series have been set or made wholly or in part in New Mexico. Long before Breaking Bad-inspired tours led groups of Walter White fans to troll the neighborhoods in and around Albuquerque, New Mexico was the setting for Indian Day School, 1897, thought to be the first film shot in New Mexico, A Gunfight (which served as Johnny Cash’s film debut), Young Guns 2 and No Country For Old Men, among many others.

Course: 19968 $20 For: 1 session
SPA-PE: May 19 Th 1:00pm-3:00pm
CE South Building
Jeff Berg, Author of New Mexico Filmmaking
Anthropological Genetic History: The Plague: Survivors, Descendants & Impact on Iberian Peninsula

The Black Death, the Bubonic Plague, or the Pestilence as it was termed in the Middle Ages, killed more than 30% of the population of Europe. Over 700 years later, economics, religion, mores and art of the Western World still are shaped by those deaths. Learn about the plague and its effects on families, culture and politics of the late Middle Ages. A film will be shown on the Plague to give a foundation on the origins and aftermath of such a deadly event in human history.

Course: 19974 $20 For: 1 session
SPA-PE: Apr 15 F 3:30pm-5:30pm
CE South Building

Angelo R. Cervantes, Director, Iberian Peninsula DNA Institute

Anthropological Genetic History: The Plague: Survivors, Descendants & Iberian Peninsula (Part II)

The Black Death of the Middle Ages, which killed 30% of the population of Europe, still shapes the history of modern day Europe. In Part II, we learn more about the plague and its effects on families, culture and religious expression. A film will be shown on the Plague to give additional information on the aftermath of such a deadly event. We continue with the connection between the Plague and the effects it had on the people of the Iberian Peninsula and the rest of Europe. We also examine how these effects still persist on the descendants that came to the New World 300 years later.

Course: 19977 $20 For: 1 session
SPA-PE: May 6 F 3:30pm-5:30pm
CE South Building

Angelo R. Cervantes, Director, Iberian Peninsula DNA Institute
Anthropological Genetic History: The Meso-American Connection to New Mexican Families (Mt-DNA A&C)

Mesoamerica is a region and cultural area in the Americas, extending approximately from central Mexico to Belize, Guatemala, El Salvador, Honduras, Nicaragua and northern Costa Rica, within which a number of pre-Columbian societies flourished before the Spanish colonization of the Americas in the fifteenth and sixteenth centuries. We will explore the connection between certain New Mexican families and the Mexihcahs, the Tlaxcallans, and the Chichimecas. A short film will be shown that traces the history of these people. We will also discuss which families show the markers that are most identified with these ancient civilizations.

Course: 19979 $20 For: 1 session
SPA-PE: Jun 3 F 3:30pm-5:30pm
CE South Building

Angelo R. Cervantes, Director, Iberian Peninsula DNA Institute

New Mexico’s Tasty Traditions

In this slide-lecture, author and restaurant reviewer Sharon Niederman takes us on a tour of New Mexico’s favorite mom and pop cafes, fiestas, farmers markets, artist studio tours and byways to find the best of our state’s local cuisine. She will share stories of growers, ranchers, small producers and families who keep local crops thriving. She will discuss ways they care for the waterways and the land and the inter-relationships between food and the environment.

Course: 19985 $20 For: 1 session
SPA-PE: Apr 13 W 9:30am-11:30am
CE South Building

Sharon Niederman, Award-Winning Author and Travel Writer
Festivals of New Mexico

From the Deming Duck Races to world-famous International Balloon Fiesta in Albuquerque, New Mexico offers an exciting cornucopia of fairs, festivals and expositions in every field of human endeavor. Festivals celebrating films, folk art, food, cars, kites, music, wildlife, rivers, cowboys—even pies and UFOs—small-town fiestas, Apple festival, peanut festival, pinto bean festival, pumpkin festival, Spanish markets, wine carnivals, motorcycle rallies and seasonal celebrations at the Native American pueblos and tribes to fill New Mexico with food and fun, culture and history. Celebrate these events with Dr. Ned O’Malia, who as the travel editor of Prime Time (newspaper), traveled to most of these events and then reported on them.

Course: 19986 $20 For: 1 session
SPA-PE: Apr 19 T 10:00am-12:00pm

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Ned O’Malia, PhD, UNM Honors Program
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Membership

Membership in our Osher Lifelong Learning Institute opens the door for adults 50 and above to choose from many thought-provoking courses. The emphasis of the university-level courses is to deepen understanding of academic areas such as art, history, literature and science. Members also increase skills in areas such as music, genealogical research and informed travel. In addition, Osher classes offer members the opportunity to build connections with other mature learners in the communities of central New Mexico.

The classes are non-credit. There are no entrance requirements, no tests and no grades. In fact, no college background is needed at all—it’s your love of learning that counts.

The membership fee is $20 annually. Joining allows you to register for all the Osher courses in 2016, and you may join at any time during the year.

New catalogs are distributed in the Winter, Spring, Summer and Fall semesters, with a total of over 300 courses, lectures and performances offered during the calendar year.

UNM Alumni Association Partners with the Osher Lifelong Learning Institute

UNM alumni who are age 50 and above qualify for special membership benefits when joining the Osher Lifelong Learning Institute at UNM. With membership, age-qualified UNM alumni receive a 10% discount on all Osher courses (but not the Membership fee) and 10% off all Growth & Enrichment courses. Alumni who become Osher Members will receive a special membership card, free book check-out from the four libraries on main campus, as well as e-mail announcements of cultural events on the campus.
Membership Benefits and Discounts

An annual $20 membership provides entry into the Osher community and a growing list of benefits on campus and citywide. By showing your Osher Membership card and a valid picture ID, you receive the following benefits and discounts:

- A free monthly member’s lecture on a variety of stimulating topics and other special members-only events.
- Book and materials check out within the four main UNM Libraries.
- 10% discount at many events at Popejoy Hall, all events at Keller Hall and announcements for on-and off-campus cultural events.
- Discounts to the YMCA of Central New Mexico and waiver of Joining Fee. Check www.ymcacnm.org for program information.
- 10% discount at Amore Neapolitan Pizzeria.
- ReCarnation—Osher members receive a minimum price reduction of $500 on all vehicles purchased,* a price reduction of 10% on extended service agreements, FREE oil changes for the first year following a vehicle purchase, reduced rates on rental cars and 10% off all repairs and maintenance.**

*Price reduction valid at time of initial purchase or financing.

**Service discount for Osher members cannot be combined with Free Pulstar Plugs Promotion.

Joining the Osher Lifelong Learning Institute provides access to the best of UNM’s educational tradition. Osher members join a dynamic community of adults 50+ who share a common love of learning. Classes are interactive
and participation is encouraged. Not only will you make discoveries that may change your life, you’ll meet many like-minded people who will become friends.

Course Information
Tuition fees vary by course, with lectures at $20 and courses ranging from $25 to $99. There may be required texts or materials fees for some courses, which will be stated in the course description.

You may take as many Osher courses as you wish each semester. Our program features one-time lectures lasting about two hours, performances lasting several hours, and courses that range from 2 to 10 weeks long. The Spring semester runs from March-June.

Locations
UNM Continuing Education
1634 University Blvd. NE, Albuquerque, NM
(just north of Indian School)
Phone: 505-925-9562

Del Webb Alegria Active Adult Community
901 Cottonwood Circle, Bernalillo, NM
(Turn east onto Santiago Way, off Rio Rancho Blvd. NE Highway 528) Phone: 505-404-8702

Jubilee at Los Lunas
601 Jubilee Blvd. SW, Los Lunas, NM 87031
Phone: 505-866-1777

La Vida Llena-Nueva Vista
11100 Lagrima de Oro NE, Albuquerque, NM 87111
Phone: 505-314-9240

Tuition Remission
All Osher courses are eligible for tuition remission! UNM Staff and retirees may use tuition remission for all the Osher courses, but not for the membership fee. As of January 1, $883.92 of tuition remission may be applied to personal enrichment courses including those offered through the Osher Institute. Forms may be found online at ce.unm.edu.
Registration
Registering for Osher courses is quick and easy. You can register by phone, mail, FAX or in person: Mon–Fri, 8:00am–5:00pm in the South Building of UNM Continuing Education, 1634 University Blvd. NE. For a full list of registration instructions, see page 2.

For More Information
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UNM Continuing Education
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87131-0001

Refunds
Requests to refund tuition must be made in writing and received 3 business days prior to the first class meeting. UNM Continuing Education retains $15 as a processing fee. Send or bring your request to the above address, or FAX 505-277-1990, or email ceregistration@unm.edu.

“We would have gone anywhere to find the best care. We just happened to find it right here.” – Lawrence G.
thyroid cancer patient
The Osher Lifelong Learning Institute (OLLI) at the University of New Mexico succeeds because of the contributions of a number of incredible volunteers, exceptional instructors and engaged and active members. In addition, we rely on funding to cover our operational costs. Our program depends on membership fees and tuition, the generosity of the Bernard Osher Foundation and donations from caring individuals and companies.

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