Art & Art History
Current Events
Economics & Finance
History
Literature & Writing
Music & Theater
Philosophy & Religion
Psychology & Health
Science & Technology
Travel & Culture
New Mexico History & Culture
Five Locations to Serve You

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

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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.

Register for 2016 membership by January 31, 2016, receive a free OLLI lecture or $20 off your first OLLI class.

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
Winter 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

### January

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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/asher-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.
Winter 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.

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

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
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 Winter catalog of courses, lectures and performances for adults in their prime years.

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 117 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

Henri Matisse: Born to Paint
Henri Matisse (1869-1954) was a French artist known for his expressive use of color and simplicity of line. Initially labeled a Fauve (wild beast) he came to be recognized as a leading figure in modern art of the 20th century. His body of work spans over a half-century and includes paintings, drawings, sculpture and collage. His circle of friends included Pablo Picasso, Gertrude Stein, Andre Derain, Georges Braque and many other luminaries of the art world. We’ll delve into his life and the evolution of his signature style by studying his works of art.

Course: 19105 $20 For: 1 session
WIA-PE: Mar 18 F 1:00pm-3:00pm
CE South Building
Carol P. Chamberland, Artist and Videographer

Paleolithic Painted Caves of France
The exquisite painted caves in France were created by European ancestors of pre-history, the Old Stone Age. To give some perspective: the Roman Empire expanded a mere two thousand years ago. Sumeria in Mesopotamia produced the myth of Inanna four thousand years ago. But can you imagine modern humans creating stunning art works of animals 20,000 years ago? They did, at Lascaux in SW France, Niaux in the French Pyrenees and elsewhere. Stretch your mind again: Picasso-like art works 30,000 years ago? Yes, at Chauvet, “The Cave of Forgotten Dreams.” Come dream with us amidst the Paleolithic Painted Caves of France!

Course: 19110 $20 For: 1 session
WIA-PE: Mar 2 W 2:00pm-4:00pm
CE South Building
Maya Sutton, PhD, Captivated by Chartres during many visits
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
WIA-PE: Feb 9
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. In the first hour we will increase our repertoire of tangles and practice drawing strings. In the second hour each person will complete a project and receive the pattern to continue the process at home. Material fee $3, payable to instructor. Class limit: 10. Zentangle® is a registered trademark.

Course: 19135
WIA-PE: Mar 15
CE South Building

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

Foreign Policy and Current Events

Participants will better understand issues in foreign policy and current events by reading and discussing analyses from a broad cross-section of the world press, academic blogs and policy think tanks. The facilitator will supply core materials for discussions but welcomes other materials from participants. All points of view are welcome, especially constructive and civil rebuttals. Because the world is in such flux, the topics will not be finalized until a month or so before the first meeting. Each group is limited to 16 participants to maximize opportunities for active participation.

Course: 19207 $69 For: 8 sessions
WIA-PE: Feb 1-Mar 28 M 9:30am-11:30am
CE South Building
WIB-PE: Feb 1-Mar 28 M 1:30pm-3:30pm
Cherry Hills public library
Both sections: Note: Class will not meet on Feb 15.

Jim Munroe, trained facilitator for “Great Decisions”

Turmoil in Egypt—A Moment of Truth

Will Egyptian President, Abdel Fatteh El Sisi finish his term, or will the Young Liberals and Muslim Brotherhood join forces to overthrow him as they did Mubarak in 2011? A moment of truth is building for the Egypt’s militarized government which is challenged by widespread corruption, a horrible human rights record featuring the mass jailings of dissidents and journalists, a deteriorating security situation with a growing ISIS presence in the Sinai and economic growth that that does not improve the lot of the common Egyptian. Can the Young Liberals and Muslim Brotherhood forge an alliance leading to a post-Sisi era and realize the promise of the Arab Spring?
The Rise of the American Security State in the Post-WWII era

The United States emerged from the ashes of World War II as the dominant nation on the planet. The world validated the American values of democracy and human rights with the creation of the United Nations in 1945 and the 1948 Universal Declaration of Human Rights. Yet faced by the rise of communism, America transformed itself into a National Security state. McCarthyism curbed free speech, freedom of assembly, and privacy. The CIA developed torture techniques that spread to US client states in Latin America and Asia. A Military-Industrial-Congressional complex was born, demanding ever-increasing budgets. The US overthrew the democratically elected governments in Iran and Guatemala and lied about it. Government secrecy, surveillance and unaccountability have become the norm. Explore the new era of big brotherism in the 21st century. Is there hope for change?
Examining the US Constitution
The Fifth and Fourteenth Amendments to the United States Constitution describe Due Process and Equal Protection Under the Law. These are fine concepts which had their roots planted way before our Constitution was enacted. What’s procedural due process? How about substantive due process? What do they mean? We’ll examine their backgrounds and look at several of the more important cases, beginning with, among others, Plessy v. Ferguson and continuing through Brown v. Board of Education.

Course: 19247 $20 For: 1 session
WIA-PE: Mar 10 Th 3:00pm-5:00pm
CE South Building
Jose Toro, JD, Col., USA (Ret.)

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
WIA-PE: Feb 5 F 10:00am-12:00pm
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 educational 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
WIA-PE: Jan 15  F  10:00am-12:00pm
CE South Building
WIB-PE: Mar 17  Th  10:00am-12:00pm
Del Webb Alegria—Active Adult Community

Both sections: Doug Lindsey, Certified Financial Planner™
Professional Investment Advisor Representative
**History**

**Urban Culture and Society in the Sixteenth Century**

In the century after the Renaissance, European cities grew in size, political awareness and independent culture. Each of the major western European urban centers developed unique cultural and social characteristics that would gradually help to create national civilizations. Amsterdam and Venice developed as major trading and cultural centers and managed to avoid being subjugated to royal authorities. In contrast, Paris and London became centers for royal governments, but each maintained a level of independence that created a unique political dynamic in the two lands. Rome entered into a period of transition as the papacy lost political power in the Reformation while the city itself became a major cultural center of all Europe. These five cities will be the foundation of four lectures that will explore one of the most interesting and formative centuries in European history.

**Course: 19406 $49  For: 4 sessions**

**WIA-PE: Feb 4-25 Th 2:00pm-4:00pm**

**CE South Building**

*Charlie Steen, PhD, History Professor, social and political forces of 18th century Europe*

**Fairies in the Garden: A Spirited Tour through Victorian Mysticism**

Spiritualism was an established movement before the Civil War; but as the death toll mounted, séances became popular with all social classes. Desperate families seeking communication with missing soldiers turned to mediums for reassurance. Mary Todd Lincoln held séances in the White House trying to reach her two deceased sons. Across the Atlantic, Queen Victoria became a spiritualist after the death of her husband. Although the Victorian era is associated with scientific and technological progress, many educated Victorians were drawn to mesmerism, clairvoyance, electro-biology and phrenology. Sir Arthur Conan Doyle was no exception. Convinced that two young English girls
had photographed fairies in their garden, he authenticated their doctored photos leading to a spiritualist hoax that was not debunked until the late 1970s. Fascinated by the human appetite for flimflam? Join us for a “spirited” tour through Victorian scams.

Course: 19410 $20 For: 1 session
WIA-PE: Feb 4 Th 6:00pm-8:00pm
CE South Building

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

Spanish Influenza and Its Effect on World War I

In 1918, while the world was at war, mankind was stalked by a killer using neither bullets nor poisonous gas, yet claiming forty million more casualties than the war. Termed the “Spanish flu,” it did not begin in Spain; and unlike previous flu epidemics, it targeted not the young or the old but adults with healthy immune systems. In twenty-four weeks, it killed more people than AIDS has killed in twenty-four years—and more people in a year than the Bubonic Plague killed in a century. “Waging war” at home and in the trenches, Spanish flu tipped the victory to the Allies simply by reaching Germany and Austria before Britain and the United States. Learn about a modern pandemic that changed medicine and laid the foundation for World War II.

Course: 19411 $20 For: 1 session
WIA-PE: Mar 3 Th 3:30pm-5:30pm
CE South Building

Roberta Boggess, MA, Linguistics; Award-Winning High School Teacher
The St. Patrick’s Battalion (The San Patricios)
When the United States went to war with Mexico in 1846, many men serving in the US Army were Irish immigrants. Following in the tradition of the Wild Geese, Irish soldiers fought in the Army for more than a hundred years. But faced with the anti-Catholic discrimination rampant in the United States, some left the US Army and joined the Mexican army instead. At the war’s end, the US hanged them as deserters, but today they are celebrated as heroes in Mexico and Ireland. We’ll examine their history, listen to their tale in music by The Chieftains and view a film clip about their story.

Course: 19438 $20 For: 1 session
WIA-PE: Mar 17 Th 10:00am-12:00pm
CE South Building
Cheryl Foote, PhD

Ancient Greece
Ancient Greece was one of the most formative civilizations in Western history. While never an Empire, the Greeks, and particularly the people of Athens, developed and put into practice early concepts of democracy and legal equality. Aristophanes and Sophocles wrote classic plays describing issues important to Athenians of the Fifth century BCE, but which still resonate today—the social cost of warfare and the contest between loyalty to one’s family and obedience to one’s government. Even after the end of the Classical period, when Athens and other Greek city-states fell under the control of Macedon and Rome, the Greeks continued to make their mark on the ancient Western world through the development of Hellenistic art, science, philosophy and religious cults. We’ll examine the history of Greece from its prehistoric period through the Classical period and into the Hellenistic Age with a particular focus on the political and intellectual advances made by the Greeks and inherited by all of Western society.
The Age of the Great Flying Boats:
Pan Am’s Clipper Ships

Pan American Airways began in 1927 with a borrowed seaplane and a US Postal Service contract to deliver mail to Cuba. Within a decade, Pan Am would grow to become the United States’ premier international commercial airline. Using a combination of land and amphibian aircraft, Pan Am built an extensive service that covered the Caribbean islands and South America. When founder Juan Trippe set his sights on spanning the oceans in the mid-1930s, he turned to massive flying boats as the solution because few all weather runways existed that could handle the weight of giant long-range aircraft. Come and follow Pan Am’s growth through its early years and the evolution of their magical amphibian “Clipper Ships,” as they first conquered the Americas and then the oceans in this golden period of commercial aviation.

Dick Blankmeyer, BA, Social Studies; Avid investigator of American social issues
Women and Medical Service in World War I: More than Knitting Socks

When “The Great War” began in 1914, women in the United States and across Europe were pushing for expanded opportunities for education, for new careers and for political participation including the right to vote. Thousands responded to the demands of the war and served as trained nurses, volunteer aid workers and as ambulance drivers. Some of their stories have been told in the film “Testament of Youth” and the PBS television series “The Crimson Field.” We’ll survey the experience of women medical workers in England, France, Australia, Germany, Austria-Hungary, Russia, Serbia and the United States. Then we will consider how their countries commemorated their wartime service.

Course: 19448 $25 For: 2 sessions
WIA-PE: Jan 19-26 T 10:00am-12:00pm
CE South Building
Cheryl Foote, PhD

From Home Front to Warfront: Roles of Women in WW II—The Military Woman

Other than the Army and Navy Nurse Corps, no women were in the military at the beginning of the war. Within a year after Pearl Harbor, all four services—Army, Navy, Coast Guard and the Marine Corps—would have females on active duty. By war’s end, over 250,000 women had worn a uniform. We’ll look at the startup challenges each branch of service faced and the jobs that the women performed to free up male service members for combat duty.

Course: 19450 $20 For: 1 session
WIA-PE: Jan 20 W 2:00pm-4:00pm
CE South Building
Dick Blankmeyer, BA, Social Studies; Avid investigator of American social issues
Anthropological Genetic History: The Viking Connection to New Mexican Families (Haplogroup I)

The Vikings (from Old Norse víkingr) were the Norse explorers, warriors, merchants and pirates who raided, traded, explored and settled in wide areas of Europe, Asia and the North Atlantic islands from the late eight to the mid-eleventh century. These Norsemen used their famed long ships to travel as far east as Constantinople and the Volga River in Russia, and as far west as Iceland, Greenland, and Newfoundland, and as far south as Al-Andalus (most of modern day Spain and Portugal). This period of Viking expansion—known as the Viking Age—forms a major part of the medieval history of Scandinavia, Great Britain, France and the rest of Europe. The connection between certain New Mexican families and the Vikings will be explored. A short film that will trace the history of these people will be shown. We will also discuss which families show the markers that are most identified with this ancient civilization.

Course: 19455 $20 For: 1 session
WIA-PE: Feb 5 F 3:30pm-5:30pm
CE South Building

Angelo R. Cervantes, Director, Iberian Peninsula DNA Institute
The DNA of the Lemba Tribe & Its Connection to the Middle-East

The Lemba are a southern African ethnic group found in Zimbabwe and South Africa, with smaller, little-known branches in Mozambique and Malawi. According to Tudor Parfitt, Professor of Oriental and African Studies at the University of London, in 2002 they numbered an estimated 50,000. They speak the Bantu languages spoken by their geographic neighbors and resemble them physically, but they have some religious practices and beliefs similar to those in Judaism, which they claim were transmitted orally. A short film that will trace the history of these people will be shown. We will also discuss their DNA and its connection to the Middle-East.

Course: 19456 $20 For: 1 session
WIA-PE: Feb 12 F 3:30pm-5:30pm
CE South Building

Angelo R. Cervantes, Director, Iberian Peninsula DNA Institute

Anthropological Genetic History: The Lombard Connection to Italian Families (Haplogroup I)

In the fifth Century, the Lombards, the Heruls, the Gepids, the Bulgars, the Thuringians and the Ostrogoths established themselves in Italy. By late 569, they had conquered all the principal cities north of the Po River except Pavia, which fell in 572. At the same time, they occupied areas in central Italy and southern Italy. They established a Lombard Kingdom in Italy, later named Regnum Italicum (“Kingdom of Italy”), which reached its zenith under the eighth-century ruler Liutprand. In 774, the Kingdom was conquered by the Frankish King Charlemagne and integrated into his Empire. However, Lombard nobles continued to rule parts of the Italian peninsula well into the eleventh century, when they were conquered by the Normans, and added to their county of Sicily. Their legacy is apparent in the regional appellation, Lombardy. The connection between certain Italian families and the Lom-
bards will be explored. We will also discuss which families show the markers that are most identified with this ancient civilization.

Course: 19457 $20 For: 1 session
WIA-PE: Mar 11 F 3:30pm-5:30pm
CE South Building

Angelo R. Cervantes, Director, Iberian Peninsula DNA Institute

What Happened in Germany?
Seventy years after the defeat of Nazi Germany, debates still rage about what led to the rise of Hitler, the Third Reich and the seeming acquiescence of the German people with resultant war crimes and genocide. We’ll analyze and try to better understand one of the darkest periods in Western Civilization and its implications for the present day. What connection did America have with the events in Germany? With too many people ignorant about this dark period of history and with the rise of extremist groups in Europe, what is our future if the past is forgotten? Could such a horror occur again and does the ghost of National Socialism still haunt the world landscape today?

Course: 19466 $20 For: 1 session
WIA-PE: Feb 23 T 10:00am-12:00pm
CE South Building

Howard Romanek, History/International Studies Instructor, Illinois State University (Ret.)
A History of Ireland, Scotland and Wales
We’ll examine Irish, Scottish and Welsh history and culture from 500 AD to the present. Lectures and discussions will focus on the early cultural identity of the Irish, Scots and Welsh and their customs and mythologies; the influence of Roman culture and Christianity on these lands and peoples; the English conquest and colonization of these lands and peoples; and, finally, on the process of political devolution in all three areas. These aspects of Irish, Scottish and Welsh history will be examined through historical documents and literature, art, music and film clips. Students will emerge from the class with a clear sense of the events that shaped the early history and culture of Ireland, Scotland and Wales and how those events continue to shape these areas even to the present day.

Course: 19477 $55 For: 5 sessions
WIA-PE: Mar 2-30 W 10:00am-12:00pm
CE South Building

Lizabeth Johnson, PhD, UNM Honors Program

The Forgotten Founding Fathers
The term Founding Fathers refers broadly to those individuals of the Thirteen British Colonies who led the American Revolution against the authority of the British Crown and established the United States of America. It is also used more narrowly to refer to those who either signed the Declaration of Independence in 1776 or who were delegates to the 1787 Constitutional Convention and took part in drafting the proposed Constitution of the United States. When one hears the phrase, Founding Fathers, names such as Washington, Adams and Jefferson come to mind. However, there are other important figures, rarely mentioned outside of history tomes and the occasional biopic on one of the bigger names. We’ll examine key figures of the American Revolution who may not have received their historical due.
Literature & Writing

El Macho: Readings in “Machismo”
Gender analysis provides an intriguing doorway into literature. This course will discuss and attempt to define the theme of “machismo,” specifically in the writings of Mark Twain, Lack London, Ernest Hemingway and, more generally, in our culture at large. Can reader response bridge the stereotypes of male and female, feminism and chauvinism? We’ll see.

Course: 19507  $49  For: 4 sessions
WIA-PE: Feb 3-24  W  1:00pm-3:00pm
CE South Building
Robert F. Gish, PhD, English Professor, Distinguished Scholar and Author

Why Do We Say That? Stick a Fork In It
Horrified when a man wears his hat while dining? Disgusted if a woman wipes her mouth on the table cloth? Actually, you may be the one with questionable table manners. Both of these behaviors were considered perfectly appropriate etiquette for centuries. Ever encountered a salt cellar or sugar shell? Know what a room is but can’t fathom “room and board?” Join us at the table as another chapter of “Why Do We Say That?” serves up the history behind table manners. “Psssst”…There is a reason why Americans hold their forks in the wrong hand.

Course: 19517  $20  For: 1 session
WIA-PE: Feb 24  W  3:30pm-5:30pm
CE South Building
Roberta Boggess, MA, Linguistics; Award-Winning High School Teacher
Dog Stories: Their Nature and Worth

Literature is replete with stories about dogs. Some of the best ones, whether romanticized or realistic, imagined or biographical, just like the animals themselves, inspire us and give us heart. We’ll read a few of the world’s best dog stories and take the opportunity to write our own story about our own dog(s). The canine canon poses a fitting tribute to our usually loyal, always intriguing animal companions.

Course: 19510 $49 For: 4 sessions
WIA-PE: Mar 1-22 T 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 writing poems, but have never taken the endeavor seriously. We’ll start each class by reading and discussing exemplary poems about the natural world, family, hardship and love. Then we’ll write, read and revise our in-class efforts using a series of prompts and revision strategies. We will emphasize expression rather than technique, but we will discuss form as participants wish.

Course: 19512 $75 For: 6 sessions
WIA-PE: Feb 2-Mar 8 T 1:00pm-3:00pm
CE South Building

Dodici Azpadu, PhD, MFA, Author and Workshop Leader
Greek + Latin = English! Who Knew?

Last night, I had a giant eureka moment. Life looked tantalizing. I would be the world’s mentor. People would turn to me as their muse. Fate had chosen me for Hercelean deeds. Did I hear the siren call of fame? No, it’s my nemesis, the alarm clock. How naïve I was. My room is chaos. I’m late and in a panic. No time even for cereal. That’s my life—a comedy or a tragedy. Over sixty percent of all English words have Greek or Latin roots. Join us to learn which fifteen words above and others originated in Greek or Latin over 2,000 years ago.

Course: 19514 $20 For: 1 session
WIA-PE: Jan 28 Th 10:00am-12:00pm
CE South Building

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

Shakespeare: The Man and His Sonnets

William Shakespeare was a playwright, an actor, a director and a successful businessman. But if asked his profession he would have proudly answered that he was a poet. He saw himself first and foremost as a poet and his plays are almost all poetry. In fact, he generally used prose in his plays to indicate something negative about a character or that the character was not important. An examination of Shakespeare’s poetry, therefore, is an excellent way to get into the mind and times of the most influential writer in the English language. In this class we will take a close look into a few of his sonnets and unlock some of the secrets of Shakespeare’s mind and heart.

Course: 19518 $20 For: 1 session
WIA-PE: Feb 23 T 2:00pm-4:00pm
Del Webb Alegria—Active Adult Community

Norma Libman, Author and Workshop Leader
Gone With The Wind and Antebellum Mythology

2014 was the seventy-fifth anniversary of the movie *Gone with the Wind*, based upon Margaret Mitchell’s Pulitzer-prize winning novel of the same name. Her only novel’s success would haunt the author for the rest of her life, driving her into depression and making her a recluse. The film, directed by David O. Selznick, was immensely popular, and adjusted for inflation, it is still the most successful film in box-office history. Yet both the book and the movie have a darker side, perpetuating a romantic view of the antebellum south in which all slave owners were kind and all slaves were happy. Learn how one woman, one book and one movie have shaped much of today’s antebellum mythology.

Course: 19521 $20 For: 1 session
WIA-PE: Feb 9 T 1:00pm-3:00pm
Del Webb Alegria—Active Adult Community
Robertta Boggess, MA, Linguistics; Award-Winning High School Teacher

Dangerous Novels: History and Story in Historical Fiction

Research found that reading a *fact* in a *story* and knowing that it is *fiction* increases the likelihood the reader believes the *fact* to be true. Given the power of the *story* in human evolution, an exciting and *sexy* story set among historical events will attract writers and readers despite its shaky moorings to actual history. That has led one grumpy historian to warn, “The better the novel, the more dangerous it is because the readers are more likely to think it’s true.” We will examine and discuss the intersection of story and history by identifying and exploring the building blocks of a popular genre that seeks to “entertain” and “inform” the readers.

Course: 19523 $39 For: 3 sessions
WIA-PE: Feb 10-24 W 6:00pm-8:00pm
CE South Building
Hana Samek Norton, PhD
Penny Dreadfuls, Dime Novels and Yellow Journalism

By the end of the 1800s, life in the United States was becoming staid, predictable and unexciting. Where did the armchair adventurer go for “thrills and chills”? To the Penny Dreadfuls, where rugged men said lines like, “Curses, foiled again!” To dime novels, where Billy the Kid wasn’t a psychopath, but a hero of the Old West. While sonny boy hid these under his bed, his father was reading the adult version, known as “yellow journalism.” Faked interviews, misleading headlines, pseudoscience and false learning by “experts” filled Joseph Pulitzer’s New York World and William Randolph Hearst’s New York Journal. Finished with the paper? Turn to America’s first popular men’s magazine, The Police Gazette with tales of the backwoods shenanigans of the Hatfields and McCoys, leading one politician of the time to ask, “What in the Sam Hill is going on here?” Think “reality TV” is a new phenomenon? Experience the 1800s.

Course: 19540 $20 For: 1 session
WIA-PE: Jan 21 Th 1:00pm-3:00pm
La Vida Llena/Nueva Vista Community Room

Roberta 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.
Unforgettable Writers of the Cono Sur

The literature of South America is a rich and complex tradition, dating back several centuries. As Magical Realism became a popular genre, the work of writers from the countries of Argentina, Brazil, Chile, Colombia, Paraguay and Uruguay gained particular prominence during the second half of the twentieth century. The boom of South American literature in the 1960s and 1970s and its modern descendants ensure that this varied body of work continues to flourish. While reading some of these works, we’ll explore local beliefs, tradition and much more in the literature of the Cono Sur. This is an on-going class. New readings are provided each session.
William Blake

At a young age, William Blake experienced visions of Christ and his Apostles, but rather than embrace formal religious life, he courted ideas heretical to British society of the late 1700s. Critical of class power, economic hierarchy and materialism, and the conflicts that he believed originated with these beliefs, he espoused social equality, rights for women, and abolition of slavery. Due to his beliefs, his work was largely ignored during his lifetime and he lived in poverty. Today, Blake is considered a landmark in both the literary and artistic growth of the Romantic Period. Join us as we examine this gifted engraver and poet as he illustrated the works of Milton and Dante while becoming progressively more cynical in his own poetry. Understand the man who wrote “Tyger, Tyger, burning bright, In the forests of the night.”

Course: 19564 $25 For: 2 sessions
WIA-PE: Mar 15-22 T 10:00am-12:00pm
CE South Building

Roberta Boggess, MA, Linguistics; Award-Winning High School Teacher
Diaries of Women Pioneers

The journey West was perilous and exciting. The journals kept by women pioneers, and the letters they sent home, provide details that enrich our understanding of the experience in a way that differs from and enhances the information we get from the writing of the men. The women prepared the meals, healed the sick, kept track of the children, counted the dead and the miles traveled, and drove the wagons if their husbands were lost along the way. This class examines the writings of women pioneers and reveals “behind the scenes” secrets of the settlement of the West. It will introduce you to a group of hardy and dedicated women, including some familiar names and a few you may not know yet.

Course: 19576 $20 For: 1 session
WIA-PE: Mar 4 F 10:00am-12:00pm
CE South Building

Norma Libman, Author and Workshop Leader

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
WIA-PE: Feb 1-Mar 14 M 1:00pm-3:00pm
Note: Class will not meet Feb 15.
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
WIA-PE: Feb 4-Mar 10 Th 10:00am-12:00pm
CE South Building
Heidi Carlson, Literary Critic and Book Doctor in the New York Publishing Industry

Blogging Your Way to Writing Success

Blogging is a way to build your writing skills, express your ideas and even build a book-length manuscript while creating an audience. The class will explore all types of blogging, from poetry to how-to instruction, from spirituality to memoir. The class will explain how to choose free blogging platforms, how to determine the length and frequency of your blogs and how to build an audience. The class will also show how you can use a blog to create the backbone of a book, just as Julie Powell did to create her bestseller, Julie & Julia: 365 Days, 524 Recipes, 1 Tiny Apartment Kitchen, which went on to become a major movie. Anything is possible with a blog.

Course: 19598 $75 For: 6 sessions
WIA-PE: Feb 5-Mar 11 F 3:00pm-5:00pm
CE South Building
Rob Spiegel, Senior Editor, Design News; Lifelong Writer and Author of six books
Music & Theater

Il Turco in Italia: A Closer Look at Opera Southwest’s Spring production

Laugh out loud when you see and hear one of the masterpieces of the genius of Italian comic opera, Giacchino Rossini. Working in the early nineteenth century, he revolutionized operatic performances and created works that are still in the standard repertory world-wide. This class will introduce you to Rossini’s career, introduce you to the bel-canto style which he helped develop, and take you through the opera, in preparation for its first staged performances in New Mexico, produced by Opera Southwest.

Course: 19617 $20 For: 1 session
WIA-PE: Mar 22 T 10:00am-12:00pm
Del Webb Alegria—Active Adult Community

Julius Kaplan, PhD; Vice-President, Opera Southwest

Jethro Tull

Jethro Tull has been described by Rolling Stone as “one of the most commercially successful and eccentric progressive rock bands.” Led by vocalist/flautist/guitarist and first-rate poet, Ian Anderson, the band included virtuosos and musical bit players through various incarnations. Achieving commercial success in 1969, with the folk-tinged blues album Stand Up, they toured extensively in the UK and the US, their musical style shifting back and forth across genres from blues, folk and medieval sounding rock to progressive rock, electronic and exotic third-world music. The band has sold over 60 million albums worldwide with eleven gold and five platinum albums among them and their influence continues to inspire music nearly five decades after their first hit record.

Course: 19620 $49 For: 4 sessions
WIA-PE: Feb 3-24 W 6:00pm-8:00pm
CE South Building

Chris Nolan, Musician and Performer
A Change is Gonna Come: Protest Music of the 60s and 70s

Although many people consider the protest music era of the 1960s and 1970s as a somewhat unique spinoff of the folk-rock era, the ancestry of protests in American music can be traced as far back as the colonial era and “Yankee Doodle.” Amplified by copious musical examples, this two-part presentation will examine musical protest songs in the mid-twentieth century including civil rights, the war in Vietnam, the women’s liberation movement and more.

Course: 19621  $25  For: 2 sessions
WIA-PE: Mar 16-23  W  3:30pm-5:30pm
CE South Building

Jane Ellen, Composer, Lecturer and Performing Artist

Buena Vista Social Club Revisited

In 1997 Ry Cooder recorded an album with a forgotten generation of Cuban musicians who had been largely silent since the earliest years of the Castro regime. Two years later, Wim Wenders released a documentary about Cooder’s remarkable experience, which immortalized these legendary musicians for posterity. This two-part class will begin with a showing of the film Buena Vista Social Club (1999, 105 minutes) followed by a short discussion about the film. The following week, we will explore the legacy of these musicians as we trace their careers in the years following the release of the film.

Course: 19626  $25  For: 2 sessions
WIA-PE: Feb 1-8  M  1:00pm-3:00pm
CE South Building

Jane Ellen, Composer, Lecturer and Performing Artist
Motown: The Sound That Changed America
When Berry Gordy founded Tamla Records in Detroit, Michigan in 1959, he could never have dreamed how this brand, and its sister label Motown, formed later the same year, would change the music of America. This recording company not only gifted the world with an astonishing amount of great music, but also played an important role in the racial integration of popular music as an African-American record label achieving significant crossover success. This tribute to the sound of Motor City will include recordings by the greatest Motown stars: Diana Ross, the Four Tops, Marvin Gaye, the Jackson Five, Gladys Knight & the Pips, and many more.
Course: 19648 $20 For: 1 session
WIA-PE: Feb 10 W 2:00pm-4:00pm
Jubilee Active Adult Community
Jane Ellen, Composer, Lecturer and Performing Artist

Island in the Sun: The Harry Belafonte Story
Starting off as a struggling acting student paying the bills by singing in New York clubs, and finishing as a globe-trotting activist for social justice, the life and career of singer and film star Harry Belafonte has been anything but dull. Although his first live performances were in pop and jazz, it would be his dialect performances of calypso songs that shot him to the top of the charts. With his growing interest in folk music, he compiled a 1961 anthology called “Freedom: An Anthology of Black Music.” Decades later, he would record an anti-apartheid album. This class will examine not only his versatile music career, but also his civil rights, humanitarian, and political activism throughout the years.
Course: 19656 $20 For: 1 session
WIA-PE: Feb 26 F 2:00pm-4:00pm
CE South Building
Jane Ellen, Composer, Lecturer and Performing Artist
The Sounds of Simon & Garfunkel

In grammar school, they appeared in a production of “Alice in Wonderland” as the White Rabbit and the Cheshire Cat; in high school they sang together as Tom & Jerry, reaching #49 on the national music charts and appearing on American Bandstand. But it wasn’t until the 1960s, that this duo found their niche in the vanguard of the Greenwich Village music scene in New York City. Paul Simon and Art Garfunkel touched the hearts of a generation and would continue to do so, both separately and individually, over the next four decades. This class will introduce you to their earliest sounds, and explore their careers both individually and apart.

Course: 19670 $20 For: 1 session
WIA-PE: Mar 24 Th 2:00pm-4:00pm
La Vida Llena/Nueva Vista Community Room
Jane Ellen, Composer, Lecturer and Performing Artist

Song Sung Blue: Neil Diamond

Singer/songwriter, Neil Diamond has stayed on the pop music charts for over fifty years, and is now among the most accomplished pop songwriters of our era. In five prolific decades, he has created one of the most enduring catalogs of American popular music. Whether singing his own material, interpreting songs from films or covering the catalogs of other entertainers, Diamond brings a touch of the common man to his music. It is almost as if he is trying to show us that he’s not doing anything we couldn’t do ourselves. We’ll follow Diamond’s trajectory from working songwriter in New York’s legendary Brill Building, through an amazing career as an artist in his own right.

Course: 19678 $20 For: 1 session
WIA-PE: Mar 21 M 2:00pm-4:00pm
CE South Building
Jane Ellen, Composer, Lecturer and Performing Artist
A History of Opera II: From Invention to Early Development

Bel-canto (beautiful-singing) opera—an Italian invention—celebrated the magical qualities of the human voice. Operas in the early nineteenth century were all about the singers (often paid many times more than the composer). Their incredible vocal control be it either in the form of musical acrobatics or a sustained vocal line that seemed to go on forever was THE popular entertainment of the day and famous opera singers were the rock stars of their time. Through lecture, watching DVDs and discussion we shall explore the major examples of this style. The operas to be covered are Rossini—Turco in Italia, 1814; Tandredi, 1818; Bellini—Norma, 1831; Donizetti—Lucia di Lammermoor, 1835; Daughter of the Regiment, 1838

Course: 19695 $55 For: 5 sessions
WIA-PE: Feb 1-Mar 7 M 10:00am-12:00pm
Note: Class will not meet Feb 15.

CE South Building

Julius Kaplan, PhD; Vice-President, Opera Southwest

Science & Technology

Origins of Modern Science—A History of Science from Copernicus to Newton

Only five hundred years ago, most people thought the Earth was the center of the universe and that there were only four elements: earth, air, water and fire. In this class you’ll learn how five men and a propitious sequence of historical events—including two supernovas and the Black Plague—changed that view forever. And you’ll learn how science itself changed from mystical lore and reliance on ancient authority to an organized activity of measurement, testing and revision of theories that has made possible our modern world.

Course: 19715 $20 For: 1 session
WIA-PE: Feb 19 F 10:00am-12:00pm
La Vida Llena/Nueva Vista Community Room

Lance W. Ozier, BS, Applied Mathematics
Planetary Geology

The recent landing of Curiosity on Mars raises the question: Why did we go there and what did we hope to find? In this class, we will take a “space trip” through our solar system. We will first discuss our Earth and Moon and their geology so as to be able to compare these two planetary bodies with the other planets and their moons. We’ll visit Mercury, Venus, Mars, Jupiter, Saturn, Uranus and Neptune. Then we will cover asteroids and comets (including Pluto). We’ll discuss why our planet Earth is unique in our solar system and with respect to exo-planets outside our solar system.

Course: 19717 $75 For: 8 sessions
WIA-PE: Feb 10-Mar 30 W 10:00am-12:00pm
CE South Building
Carol A. Hill, Geologist and Author

Geology of the Pacific Islands

All of the Pacific Islands, including New Zealand, are due to the geologic process of plate tectonics. The five main islands of Hawaii—Kauai, Oahu, Molokai, Maui, and the Big Island—were formed by the Pacific Plate progressively moving northwest over a hot spot in the Earth’s mantle. Midway Island is a part of the Hawaiian chain. Tahiti and the rest of the French Polynesian islands are due to the Pacific Plate moving northwest over another series of hot spots. First an island volcano forms directly over the hot spot, then a barrier reef forms around the volcano as erosion occurs and, finally in the last stages of the island’s existence, an atoll forms. New Zealand and Samoa are not forming over a hot spot but where the Earth’s crust is being subducted along the Indo-Australian Plate and Pacific Plate boundary. Guam, the largest of the Mariana Islands, was created by the collision of the Pacific and Philippine Sea tectonic plates and is the closest land mass to the Mariana Trench, the deepest point on planet Earth. Little Easter Island—the westernmost and most remote of the Pacific Islands—formed at the contact of the Pacific Plate with the South American Plate.
Course: 19734 $29 For: 2 sessions
WIA-PE: Jan 27-Feb 3 W 7:00pm-9:00pm
CE South Building
Carol A. Hill, Geologist and Author

Meteorological Mysteries
Did you ever wonder why rainbows occur or why halos appear with some clouds and not others? Are you interested in learning more about how clouds form and why some clouds produce rain or hail... or snow and others don’t? During this short course, we will examine these subjects, and many more, in the field of physical meteorology. The list of interesting weather phenomena is long indeed and we will cover as many of them as we can during the time available for this course. Have any pet weather wonders you’d like to learn more about? Bring them to the class and we’ll try to fit them in. Did you ever wonder why the sky is blue?

Course: 19777 $49 For: 4 sessions
WIA-PE: Feb 4-25 Th 10:00am-12:00pm
CE South Building
Bill Klein, PhD
Philosophy & Religion

Poems Can Change Your Life Again and Again

A good poem is like a flash of lightning, and suddenly the dark corners of the basement are lit. A poem can be a mirror or a window or a shooting star. A poem can be like a firecracker, and a new insight about life’s mysteries is revealed. Poetry is not like science or philosophy that depends on linear thinking and sound conclusions. Poetry is quick like intuition, the shorthand of the spirit. A poem can leap like a billy goat in the spring. Sometimes we need the imagination to cope with the deep mysteries like love, failure, conflict and death. Through assignments and class discussion we will look for ways that our lives might be changed and enriched by excellent poems. As with previous classes of mine, we will use a collection by Roger Housden, but a different one this time. Required text: Ten Poems to Change Your Life Again and Again by Roger Housden, (used, inexpensive copies are available on Amazon)

Course: 19812 $59 For: 5 sessions
WIA-PE: Jan 13-Feb 10 W 10:00am-12:00pm
CE South Building

David Johnson, PhD, Emeritus Professor of English
The Bible in Popular Culture: An Introduction

Easily one of the best-selling books of all time, the Bible is actually a collection of books and letters written in three languages, by multiple authors across the centuries. Responsible for influencing human history perhaps more than any other volume, it eventually entered the popular vernacular resulting in popular quotes and misquotes, strange ideas and misconceptions and—of course—never-ending disputes. This introductory class will explore the background of the documents, the history of its versions and attempt to unravel some of the popular Biblically-based stories, myths and misconceptions that permeate western culture.

Course: 19816 $25 For: 2 sessions  
WIA-PE: Jan 29-Feb 5 F 1:00pm-3:00pm  
La Vida Llena/Nueva Vista Community Room  
Jane Ellen, Composer, Lecturer and Performing Artist

Food and the Bible

Whether manna from Heaven, Jesus’s turning water into wine, or da Vinci’s The Last Supper, food is an intrinsic part of Biblical scenes, yet what were the foods, customs, and etiquette behind those stories? What was manna? What type of wine would have been common in Canaan? Did diners recline at meals as Greeks did and were women allowed to join those diners? Why was shellfish forbidden to Jews? In an age when the very act of eating was imbued with sanctity, how was food grown, stored, traded and prepared? Did food determine wealth, status and even piety? Join Jane and Bobbie for a culinary exploration of Biblical history—sampling included. Note: A tasting fee of $10 is payable to the instructors at the start of class because it’s fun to learn about food, but even more fun to taste it!

Course: 19818 $25 For: 1 session  
WIA-PE: Jan 25  
M 2:00pm-4:30pm  
Del Webb Alegria—Active Adult Community  
Jane Ellen, Composer, Lecturer and Performing Artist  
Roberta Boggess, MA, Linguistics; Award-Winning High School Teacher
Taoism
“Tao” means the Way or the Path, also the source and essence of everything. For over 2,500 years the non-theistic philosophy of Taoism has encouraged people to seek balance, harmony, simplicity, humility and open-mindedness. It embraces intuition, contradictions and humor. This brief introduction, including slide show and handouts, covers the main principles and most famous texts, including the Tao Te Ching. We’ll talk about applying the principles in our daily lives as effective antidotes to stress and overwork.
Course: 19835 $20 For: 1 session
WIA-PE: Feb 2 T 10:00am-12:00pm
La Vida Llena/Nueva Vista Community Room
Jon Nimitz, PhD

Religion in Latin America through Film
Too often, people presume “all Latin Americans are Catholics,” but other religious beliefs influence the region. This course will present an overview of the major religious traditions in Latin America, including: the pre-Hispanic indigenous religions; the arrival and adaptations of the Catholic Church over hundreds of years; African religious practices brought to the Americas and practiced by slaves, as well as modern-day Santería; internal and external challenges to the hegemony of the Catholic Church; and the contemporary evangelical movement. We will do this by viewing and discussing films about religion in Latin America. Required Text: Donald F. Stevens, ed., Based on a True Story: Latin American History at the Movies (Wilmington: SR Books) ISBN 978-0-8420-2781-6 Recommended Reading: John Charles Chasteen, Born in Blood and Fire (New York: WW Norton)—any paperback edition, readily available.
Course: 19837 $89 For: 6 sessions
WIA-PE: Feb 23-Mar 29 T 1:00pm-4:00pm
CE South Building
O’Neill Blacker-Hanson, PhD
Celtic Culture, Wisdom and Spirituality

Feasting or fighting, worshipping or wooing, the Celts were a colorful, robust people. Before the Romans homogenized much of Europe, the Celts practiced ancient traditions of wisdom and culture. Their advanced customs have been preserved for centuries, notably in Ireland, Wales and Scotland. This culture contributed centers of learning that later became universities, laws that later became the European justice system, traditional stories that later became literature and music still heard today. Who were the Celts? How did they live? Where is their culture now? This class will bring to life the myths, people, spirituality and heritage of the Celts.

Course: 19843 $20 For: 1 session
WIA-PE: Feb 3 W 3:30pm-5:30pm
CE South Building

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

Memory Enhancement 101

Memory Academy is a Met Life award-winning interactive curriculum. 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 specific to improving brain function will be addressed. Workbook $20 plus shipping.

Course: 19853 $65 For: 6 sessions
WIA-PE: Feb 11-Mar 17 Th 1:00pm-2:30pm
CE South Building

Terri Tobey, MA, Gerontology; MA, Teaching
Psychology & Health

Psychology and the Maintaining of Personal Meaning

We will explore how life “in the raw,” as it is in its natural state, is ultimately meaningless. It’s up to each human being to create and define what is meaningful to him or her in their lives to make the struggles of life worth enduring. As we age, we lose more of that meaning through the death of friends and relatives, physical disabilities, the increase of fear and anxiety and such. It is imperative that we show our resiliency by creating new meaning appropriate for what our current stage in life might be.

Course: 19855 $20 For: 1 session
WIA-PE: Mar 15 T 1:00pm-3:00pm
CE South Building

Peter Fisk, PhD

Psychology and Music

When I was in private practice on occasion I would find that clients who were especially blocked emotionally, would respond to certain pieces of classical music that quite conspicuously depicted a greater strength in reaching a closed person. My proposal for the class would be to play various pieces of music that I have found helpful as a therapist and allow class members to get in touch with emotional parts of themselves that may have been lain dormant in them for some time. Also, I believe it would simply be a lot of fun, and so will you!

Course: 19857 $49 For: 4 sessions
WIA-PE: Feb 5-26 F 10:00am-12:00pm
CE South Building

Peter Fisk, PhD
Matinee Monsters and Poison Perils: How Horror Movies of the 1950s Influenced a Generation

A discussion of the social-psychology of the 1950s, and how the portrayal of venomous animals in the science-fiction films of the time possibly influenced how the general population viewed their natural surroundings. Clips of films will be shown along with a discussion of the comparison of what was portrayed vs. the reality of nature’s toxicology.

Course: 19863 $20 For: 1 session
WIA-PE: Feb 18 Th 2:00pm-4:00pm
La Vida Llena/Nueva Vista Community Room

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

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
WIA-PE: Feb 10-24 W 10:00am-12:00pm
CE South Building

Stephen Poland, PhD, Psychology
Living with Hearing Loss

Becoming an informed consumer of hearing aids isn’t easy. Hearing loss affects nearly fifty million Americans but those who suffer often feel like they are alone. What should you know before you spend a lot of money on hearing aids? Take the mystery out of hearing loss and learn about hearing aids and technology. We will cover hearing loss basics; technology solutions from the simple to the sophisticated; digital hearing aids; assistive listening devices and where to find captioned movies; plus what to expect from hearing health care providers and your legal rights. The instructor has a passion for training and helping those new to hearing loss.

Course: 19870 $39 For: 3 sessions
WIA-PE: Mar 4-18 F 1:00pm-3:00pm
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
WIA-PE: Jan 19-26 T 1:00pm-3:00pm
CE South Building

Stephen Poland, PhD, Psychology
Benefits and Challenges of a Whole Food Plant-Based Approach to Eating

We’ll explore peer reviewed, published data regarding a whole food plant-based approach to eating, addressing and clarifying conflicting information about food. We will begin the class with a questionnaire to determine what participants’ interests are in the topic, their health concerns and conditions, and their sources of information regarding food. The course will be tailored so that participant’s interests are addressed. Participants will be encouraged to do their own research to obtain information of interest to them. The challenges inherent in changing lifelong patterns of eating will be approached psychologically with an emphasis on individual exploration of their own familial, cultural and environmental conditioning. Examine everything about food as a central aspect of all life in a supportive group setting. We will approach food as central and essential for life and we will focus on learning to give it the right importance. Information regarding foods that are healthy and their preparation will be given. This course will use a holistic approach to address and improve health.

Course: 19888 $69 For: 8 sessions
WIA-PE: Mar 7-Apr 25 M 10:00am-12:00pm
CE South Building

Stephen Feher, PhD, Counseling Psychology and Gayle Scott, Management Trainer and Certificate holder from e-Cornell Plant Based Nutrition Program
Yoga for Folks Over Fifty: Gentle Beginner

It’s never too late and you are not too old or stiff to begin to explore the wonders and benefits of Yoga practice. This series of classes will be geared to the older beginner. If you are dealing with painful knees or feet, arthritis, osteoporosis, issues of balance or the proverbial midlife crisis, you will discover how to use commonly available props and postures to help alleviate these conditions and begin to reverse the aging process. So if you are 50+ or merely feel like you’ve lived half a century, open up to the best years of your life with Yoga! **Note:** Not a medical class—call instructor to discuss any serious condition before signing up.

**Course:** 06461 $95 **For:** 8 sessions
**WIA-PE:** Jan 19-Mar 8 T 4:00pm-5:15pm
**WIB-PE:** Jan 21-Mar 10 Th 4:00pm-5:15pm
**Both sections:** **Note:** Free Osher Membership with this class.

**High Desert Yoga—Nob Hill**

*Nishtha Jane Kappy*

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**Travel & Culture**

**Valentine’s Day—What They Didn’t Tell You**

Ah, Valentine’s Day! Cards, flowers, candy—perhaps a bit of jewelry—to celebrate your love, but what really lies behind this day? If we look back in history, the heart was not the center of soulful emotion. It was the liver. Imagine giving a liver to your true love. Or, as in ancient Rome, being slapped with a strip of goat skin by a naked youth running through the streets? And what of St. Valentine? The one who was beaten, decapitated and martyred. Why does he symbolize love? Join as we celebrate a day that is more—and less—than it seems. Chocolate will be served because as Charlie Brown says, “All you need is love. But a little chocolate now and then doesn’t hurt.”
The Food Exchange—Chocolate and Chile and Cheese! Oh, My!

Before the Columbian Exchange, there were no oranges in Florida, no bananas in Ecuador, no paprika in Hungary, no tomatoes in Italy, no coffee in Colombia, no pineapples in Hawaii, no rubber trees in Africa, no cattle in Texas, no donkeys in Mexico, no chili peppers in Thailand and India, no cigarettes in France and no chocolate in Switzerland. Discuss the food exchange that resulted from the arrival of Europeans in the Americas, bringing European foods to the Western Hemisphere, taking American foods to Europe and ultimately expanding to the exchange that would include their Asian colonies.

Cuba: Yesterday and Today

Historians are not unlike many Americans—politicians, scholars, every day citizens—and continue to wrestle with the enigma that is Cuba, and what US policy vis à vis our neighbor should reflect. The island nation has too often been relegated to a subsidiary role as an appendage of the United States, but with the release of important government documents—some of which we will examine together—as well as the recent shifts in US policy, analysis continues to be challenging, exciting and controversial. We will analyze and discuss the Cuban governments and peoples, their relationships to each other and to the “Cold War powers” (and what that means), as well as how global dynamics shaped internal and international politics. Cuba’s
history includes repression and intervention, but also vibrant and inspirational grassroots organizing for economic opportunity and social justice. Relations to the United States, the Soviet Union and other governments will be explored, but this is not a course on US-Latin American relations per se.

**Course: 19923**  
**WIA-PE: Jan 19-Feb 23**  
**T 7:00pm-8:30pm**  
**CE South Building**  
*O’Neill Blacker-Hanson, PhD*

**Beyond the Vietnam War: People, History, Art, Food and Culture**

Before the Vietnam War (known in Viet-Nam as the American War) the Vietnamese people were dominated by the Chinese, then colonized by the French—Come and learn how traces of these struggles left their marks, and how those struggles contributed to the rich culture that we now know. We’ll explore the Vietnamese language (including why the Vietnamese nail technicians do “nail” and not “nails”), culture (including why so many Vietnamese are Nguyen) and of course, the food. We’ll learn how to read and interpret a Vietnamese menu and taste a few of the most popular dishes. A tasting fee of $10 is payable to the instructor at the beginning of class.

**Course: 19929**  
**WIA-PE: Jan 22**  
**F 1:00pm-4:00pm**  
**CE South Building**  
*Dai X. Nguyen, JD; Professor and Lecturer*
Hallmarks of Hitchcock Films
Master director Alfred Hitchcock mapped out his suspense films with impeccable precision. While the stories varied, the elements that became hallmarks of Hitchcock films did not. Elements such as cool blondes, checkerboard floors, a distrust of police and specific types of shots show up in almost every film. We’ll examine how these and other elements appear in Hitchcock’s classic films North by Northwest, Rear Window, Psycho and Vertigo.

Course: 19934 $20 For: 1 session
WIA-PE: Mar 21 M 3:30pm-5:30pm
CE South Building

Gail Rubin, Doyenne of Death, Author of A Good Good-Bye

Magical Ireland
Do you have Irish ancestry, or wish you did? Are you drawn to the Emerald Isle, longing to experience ancient sacred sites, castles and abbeys and pubs with live music? This talk reveals a hundred different aspects of magical Ireland. You will see exceptional Neolithic structures, treasures from Celtic times, medieval castles, the water of lochs, rivers and wells and feel the pulse of modern Ireland. The cuisine is now gourmet, and the people are forever delightfully individual. Ireland—let’s go!

Course: 19935 $20 For: 1 session
WIA-PE: Mar 17 Th 2:00pm-4:00pm
CE South Building

Maya Sutton, PhD, Celtic Mythology Professor and Author; dual-citizen with Ireland
Contract Bridge 101: Bidding in the Twenty-First Century (for those who have never played bridge)

Played by over 220 million people worldwide, bridge is the most popular card game in the world. It is played by four people (two competing partnerships). Partners compete for a “contract” by bidding on how many cards or “tricks” they believe they can take on a deal. In the ensuing play of the cards, the winner of the contract is either rewarded or is penalized, depending on whether he fulfills the contract or fails to do so. A fun and sociable game, Bridge can bring health benefits. Playing bridge regularly will help keep your brain young and your mind alert. Recent research has suggested that it may even stave off degenerative diseases such as Alzheimer’s.

Course: 19937 $99 For: 10 sessions
WIA-PE: Feb 3-Apr 6 W 6:30pm-9:00pm
Duke City Bridge Club
Susan Zimmerman, Duke City Bridge Club

Duplicate Bridge 201: Bidding in the Twenty-First Century (for those who have some experience playing bridge)

Bridge is the most popular card game in the world. In addition to being a fun and sociable game, playing bridge regularly will help keep your brain young and your mind alert. Recent research has suggested that it may even stave off degenerative diseases such as Alzheimer’s. Duplicate bridge is the most popular and competitive variation of the game. It reduces the element of luck because identical deals are replayed by multiple sets of players, who compare scores. This class is designed for those who have played bridge socially and would like to sharpen their skills and/or play competitively.

Course: 19939 $99 For: 10 sessions
WIA-PE: Feb 4-Apr 7 Th 9:30am-12:00pm
Duke City Bridge Club
Linda Hays, Duke City Bridge Club
New Mexico History & Culture

Spanish Colonial Women, Spousal Abuse and Spanish Law in New Mexico

Women’s history is full of surprises. For instance, during the Spanish colonial period, Spanish women enjoyed various kinds of protection under the law for which their English-speaking counterparts had to wait nearly two hundred years. Spanish colonial women were protected against bad marriages and spousal abuse. Explore the true stories of three women who exercised their legal rights in New Spain. Drawing from original historic documents, we’ll study how these laws worked in everyday life for women and their families.

Course: 19953 $20 For: 1 session
WIA-PE: Jan 27 W 3:30pm-5:30pm
CE South Building
Linda Tigges, Author, Lecturer and Historian

Why Trade Is Better than Barter; Trade in Early and Mid-Eighteenth Century Northern New Mexico

In New Mexico when the Spanish returned after the Pueblo revolt, they were confronted by continuous raids by hostile Indians, disease and an inhospitable landscape. Because there was almost no coinage in the colony, a system of barter developed, allowing trade with the Plains Indians, the Pueblos and the merchants in Chihuahua and further south. The presentation describes how barter worked and why it led to so many arguments and lawsuits that appear in the Spanish Archives of New Mexico.

Course: 19954 $20 For: 1 session
WIA-PE: Feb 17 W 3:30pm-5:30pm
CE South Building
Linda Tigges, Author, Lecturer and Historian
The Navajo Creation Story

Working from his translation, *Diné bahane: The Navajo Creation Story*, published by the University of New Mexico Press and now in its sixteenth printing, Paul Zolbrod will offer a detailed exploration of this little known mythic cycle central to a rich tribal identity. We’ll explore the evolutionary story of insect people gradually migrating from a deep underworld and developing physically, socially and emotionally as they reach the present outer world; shaping its surface contours and surrounding heavens; making it safe for human life, which they then create; and presiding as those new occupants organized as a great tribe. Drawn from earlier printed versions and intensive field research, Dr. Zolbrod has forged a written English version faithful to the overlooked poetic artistry that survives in many a long-standing Native American oral tradition.

Course: 19958 $49 For: 4 sessions
WIA-PE: Jan 26-Feb 16 T 3:30pm-5:30pm
CE South Building

*Paul Zolbrod, PhD, Emeritus Professor of History, Allegheny College*

The Crypto-Jews of Colonial New Mexico

There is strong circumstantial evidence that some of the founders of New Mexico’s oldest Hispanic families may have been Jews hiding from the Inquisition on New Spain’s northern frontier in the sixteenth, seventeenth and eighteenth centuries. This presentation will attempt to untangle history from social myth and identity romanticism. We may have scenes presented by live actors from the play *The Merchant of Santa Fe*, written about the crypto-Jews of 1670 New Mexico. **Suggested reading:** *To the End of the Earth: A History of the Crypto-Jews of New Mexico* (2008) by Stanley M. Hordes

Course: 19962 $20 For: 1 session
WIA-PE: Mar 18 F 10:00am-12:00pm
CE South Building

*Ramon Flores, MA in Cultural Pluralism*
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: 19967 $20 For: 1 session
WIA-PE: Jan 25 M 1:00pm-3:00pm
CE South Building

Jeff Berg, Author of New Mexico Filmmaking

New Mexico Filmmaking: It’s Not Only Westerns (Non-Westerns—2)

From snow-tipped ski hills to dry lake beds, with over 360 days of sunshine and a stunning, diverse topography, New Mexico is not new to Hollywood. New Mexico film history spans over one hundred years and includes more than eight hundred productions. Film has reached every corner of the State and since 2003 alone, over three hundred major productions have shot all around the state of New Mexico. In spite of New Mexico’s popularity as a backdrop for westerns, the films produced here cover varied genres. Explore New Mexico through a camera lens with clips from Bombardier, Easy Rider, Jonathon Livingston Seagull, Sunshine Cleaning and Astronaut Farmer, among many others.

Course: 19969 $20 For: 1 session
WIA-PE: Mar 9 W 3:30pm-5:30pm
CE South Building

Jeff Berg, Author of New Mexico Filmmaking
Anthropological Genetic History: The Sephardic Jews and Their Origins in the Iberian Peninsula

Sephardic is a general term referring to the descendants of Jewish settlers, originally from the Near East, who lived in the Iberian Peninsula until 1492. Accordingly, the term Sephardic Jews refers to Jews who follow Sephardic Halakha, a collective body of Jewish religious laws derived from the written and oral Torah. The term ephardic essentially means “Spanish.” It comes from Sepharad, a Biblical location. This location is disputed, but “Sepharad” was identified by later Jews as the Iberian Peninsula and still means “Spain” in Modern Hebrew. The use of Y-DNA testing will be explored in the origins of this ancient civilization.

Course: 19970 $20 For: 1 session
WIA-PE: Jan 15 F 3:30pm-5:30pm
CE South Building

Angelo R. Cervantes, Director, Iberian Peninsula DNA Institute

Anthropological Genetic History: The Sephardic Jews and the Colonization of New Mexico

The connection between the Sephardic Jews and certain New Mexico families will be explored through Y-DNA results and family history. We will also discuss which families show the markers that are most identified with this ancient civilization. We will also explore the colonial inquisition and its role in judicial policy of the New Mexico colony. The results of the research may surprise you.

Course: 19971 $20 For: 1 session
WIA-PE: Jan 29 F 3:30pm-5:30pm
CE South Building

Angelo R. Cervantes, Director, Iberian Peninsula DNA Institute
El Cid—Rodrigo Díaz de Vivar & New Mexico

El Cid is the subject of the oldest extant Spanish epic poem, *Cantar de Mio Cid*. Angel Cervantes will show a short documentary on the life of El Cid. He will have a short discussion on his descendants and their possible connection to New Mexico families. He’ll also discuss the historiography of El Cid and his legacy in Spanish history. The following questions will be answered: Who was he? What is the true history? And Who are his descendants?

Course: 19972  $20  For: 1 session
WIA-PE: Mar 4  F  3:30pm-5:30pm
CE South Building

*Angelo R. Cervantes, Director, Iberian Peninsula DNA Institute*

Rock Art of New Mexico

From the Four Corners to the Texas border, New Mexico is blanketed with a huge array of prehistoric and historic rock art sites. We’ll view slides from different parts of the state and discuss the varied imagery, styles, manufacture methods and locations of these sites. We’ll discuss the ancient cultures that gave rise to this art form. While we can speculate about the meaning and age of these glyphs, in some cases we will never know for certain.

Course: 19976  $20  For: 1 session
WIA-PE: Jan 22  F  1:00pm-3:00pm
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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 Winter semester runs from January-March.

**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
Maralie W. BeLonge, 
Program Supervisor
505-277-6179
belonge@unm.edu

Location:
1634 University Blvd NE
Phone: 505-277-6179
Fax: 505-277-8975
Email: belonge@unm.edu
Web: ce.unm.edu/Osher

Mailing Address:
Osher
UNM Continuing Education
MSC07 4030
1 University of New Mexico
Albuquerque, NM
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 registration@dce.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

"We would have traveled anywhere to find the most talented doctors with the best resources. We were blessed to have found them close to home at the UNM Cancer Center. Learn more about my story at UNMHSLifeStories.org and cancer.unm.edu."

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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.

Thank you to the following people who have made a tax-deductible contribution to the OLLI program in the past year:

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