Tuesday

Comic Relief

Tue 9:00 AM - 11:00 AM  start: 7/24/2018    end: 8/28/2018

Tucson Place - Saguaro

Course Description

This class looks at standup-comedy from two perspectives. First, it is an increasingly recognized aspect of contemporary culture. Second, it is becoming a popular hobby for those who want to learn writing and performing on local stages. During this class, we'll watch prominent comics and discuss the mechanics of "funny" as well as the social/political context that shapes comedy. Also during each session students can learn the comedy vocabulary; how to construct and test comedy material; how to develop a comedy persona and voice; and (for those who want to) how to perform it in class or on stage.

Study Group Leader(s)

Nancy Stanley

I became interested in standup comedy and performed my first set in 2011, at the age of 57. Since then, I have performed (mostly for free) in four countries and in more than a hundred venues. I was twice a semi-finalist in the Arizona's Funniest Comedian contest, and a featured "Wild Woman of Comedy" at the Laughlin Laff Fest. I have produced and hosted the popular fundraiser, "The Estrogen Hour" for four years. I'm also a student of the history and sociology of comedy.

Civics 101

Tue 9:00 AM - 11:00 AM  start: 7/24/2018    end: 7/31/2018

Tucson Place - Ocotillo

Course Description

It’s been a long time for most of us since our last civics lesson. CIVICS 101 is a non-partisan, embarrassment-free opportunity to reacquaint yourself with the nuts & bolts of the structures of federal, state and local governments. Knowing how your federal, state and local governments work makes you a better-informed citizen and helps you to make the right call to get your issues addressed and make your voice heard. Learn where your personal influence lies with your elected representatives. Learn why every person's vote counts. Learn how we, the people, ARE the
government of Arizona and of the United States of America. Session One: The federal, Pima County and Tucson City governments. Session Two: The Arizona state government

**Study Group Leader(s)**

**Greer Warren**
Greer Warren has lived in Tucson for 30 years. She is a life-long voter but two events - the death of US Supreme Court Justice Antonin Scalia in February 2016 and the presidential election in November 2016 - served to make her sit up and take notice. The original Civics 101 presentation was developed under the auspices of the Indivisible Southern Arizona Outreach Committee to address people's concerns about their spheres of influence in the government.

**Gail Kamaras**
Gail Kamaras is a retired environmental attorney and a dabbler in US constitutional history.

**Writing Poetry**

Tue 9:00 AM - 11:00 AM  start: 7/24/2018  end: 8/28/2018

Tucson Place - Palo Verde

**Course Description**

This class is grounded in the belief that poetry is an art form for everyone, that it's good for your emotional stability and happiness. The SG is for those who have never written a poem as well as more experienced poets looking for new techniques and sources of inspiration. You'll receive the guidance and encouragement you need to find your inner poet. We'll also spend some time in every session talking about craft, but this is not a workshop class. You do not have to show your poems and have them critiqued. You are, however, welcome to share them if you wish. If you don't already own them, please buy Kooser's The Poetry Home Repair Manual and Lyne's Writing Poetry From the Inside Out. Both are available on Amazon.

**Study Group Leader(s)**

**Dan Gilmore**
Ph. D. Psychology, retired professor, department head, two best teacher awards, several awards for fiction and poetry. Has published a novel and four collections of poetry. His story "The Happiest White Black Man in the World" was nominated for a Pushcart Prize and chosen by novelist Robert Olen Butler for the 2015 Best Small Fictions Anthology.
**Decision-Making Tools for Your Health -- Part 1**

Tue 9:00 AM - 11:00 AM  start: 8/7/2018   end: 8/28/2018

Tucson Place - Ocotillo

**Course Description**

This course is designed to help you become more proactive about your own health. We will discuss guidelines and recommendations to help you stay well such as food choices, exercise and tips for maintaining a healthy weight. We will calculate ideal body weight and metabolism rate as well as determine risk for heart disease and various cancers. We will review cholesterol, diabetes, heart disease and what the test results for each mean. We will discuss screening tests you may want to discuss with your doctor and documents to keep with you at all times. We will end with frailty and aging.

**Study Group Leader(s)**

**Michele Romano**

Dr Michele Romano is a Family Physician in Fairfax, Virginia who retired in 2015. She attended VCU (Virginia Commonwealth University) School of Medicine and was elected into the AOA National Medical Honor Society in her junior year. She held a faculty appointment as an associate professor of clinical medicine at VCU and served on both the VCU Board of Trustees and the VCU Health System Board. She was regularly listed as a Top Doc in the Washingtonian Magazine. Dr Romano was also a nurse for 12 years before going to medical school. She opened and supervised the first intensive care unit in Fairbanks, Alaska in 1970. She and her husband have a second home in Tucson where they spend the winter.

**A Skeptic's Guide to American History--Part 2**

Tue 11:15 AM - 1:15 PM  start: 7/24/2018   end: 8/28/2018

Tucson Place - Saguaro

**Course Description**

This class will feature the last 12 lectures in this Great Courses series. Each 1/2-hour lecture will be followed by a 20-minute discussion in which participants are encouraged to share their knowledge and insights about the topic. The lectures are self-contained so previous attendance in Skeptic's- Part 1 isn't necessary. For more information about the lectures, see https://www.thegreatcourses.com/courses/the-skeptic-s-guide-to-american-history.htm
Study Group Leader(s)

Lesley Bailey
Lesley Bailey has a BA and MA in English Studies and a broad range of interests reflected in a varied work history.

Ruminators' Roundtable

Tue 11:15 AM - 1:15 PM  start: 7/24/2018  end: 8/28/2018
Tucson Place - Palo Verde

Course Description
Ruminate (verb)- to meditate or reflect. To meditate or ponder over, to muse on. We will provide readings each week on major ongoing issues, as well as breaking or imminent items of interest. these issues will be discussed to learn all sides of the issue, ad to conduct meaningful discussions of class participants feels and views toward the issues. An open mind and willingness to hear other ideas is essential. Access to e-mail and the ability to read PDF documents is required. Sources for readings will include The Economist, The New Yorker, the New York Times, the Wall Street Journal, optimally presenting multiple perspectives on the issues at hand.

Study Group Leader(s)

Mike Somers
My life as a student, soldier, engineer, salesman, small business owner, political operative, long time Tucson resident has qualified me to conduct a study group dealing with a variety of current issues. After 3 years of taking OLLI study groups I look forward to continuing to be amazed at the range of experiences OLLI members bring to the study groups.

SS: Philanthropy 101: Foundations of Fundraising

Tue 11:15 AM - 1:15 PM  start: 7/24/2018  end: 7/24/2018
Tucson Place - Ocotillo

Course Description
Americans made charitable gifts totaling $390 Billion in 2017! Come participate in an interactive session to learn more about how philanthropy works. Who gives? What do they give to? Why do they give? And... how do non-profit organizations engage donors? Whether you serve on a board, make your own gifts or are simply fascinated by the generous impulse, this session is for you. Explore how your own
passions might inform your giving. Delve into the fascinating process that professional fundraisers employ to facilitate billions of dollars in gifts every year.

**Study Group Leader(s)**

**Brian Bateman**

Brian Bateman has worked as a major gift professional in Tucson for more than 25 years. He earned his bachelor's from Concordia College in Moorhead, MN and his master's from the University of Arizona. Originally from Montana, Brian has lived in Tucson for 30 years and considers the Sonoran Desert his home. His donor-centered approach to fundraising is a dynamic and effective tool for charitable organizations across the region. He serves as a consultant assisting charitable organizations in building annual, capital and endowed gifts to fuel their mission.

**SS: Wise Decisions**

Tue 11:15 AM - 1:15 PM  start: 8/7/2018  end: 8/7/2018

Tucson Place - Ocotillo

**Course Description**

This is a course about decisions and how to make better decisions. We will discuss the three types of decisions, why we have difficulty making decisions, relevant critical thinking concepts, the role of emotions and intuition in decision making and tips for making better decisions as well as decision traps to avoid. We will also discuss the seven steps to take in making a wise decision and how to use simple decision tools to make the process easier and more effective.

**Study Group Leader(s)**

**Daniel Roberts**

As an attorney, I practiced law for 25 years. Since 1997 I have studied the art and science of decision making and have helped many people work through important decisions as an Executive Coach. For over ten years I conducted a monthly decision-making skills workshop helping people improve their decision-making skills.

**SS: Story of Gypsy Music**

Tue 11:15 AM - 1:00 PM  start: 8/14/2018  end: 8/14/2018

Tucson Place - Ocotillo

**Course Description**

"Latcho Drom", ("Safe Travels" In the Roma language) is a prize-winning documentary that traces the story of the Roma in music and dance, from their
origins in central India through The Middle East, Mediterranean, and Eastern Europe, ending in France and Spain. There is no narration, just a treat for the ears and eyes.

**Study Group Leader(s)**

**Isabel Aaronson**

Isabel Aaronson is a former art teacher, museum buff and longtime member of OLLI-UA Tucson. She has led several previous art-related study groups.

**SS: Social Impact of Artificial Intelligence (AI)**

Tue 11:15 AM - 1:15 PM  start: 8/21/2018  end: 8/21/2018

Tucson Place - Ocotillo

**Course Description**

AI and related computer technologies are expected to have growing impact on the structure of work and employment opportunities. Education and privacy will also be impacted. We will review current thinking on these issues.

**Study Group Leader(s)**

**Glenn Bacon**

Glenn Bacon's formal education is in electrical engineering and computer science. He has followed artificial intelligence technology since the '50s and has led several OLLI study groups on its recent progress.

**SS: Hopi Mythology and The Kachina**

Tue 11:15 AM - 1:15 PM  start: 8/28/2018  end: 8/28/2018

Tucson Place - Ocotillo

**Course Description**

We will look at Hopi Mythology and Religion and the place of The Katsinam (Hopi Spirits) and the Kachina Doll within Hopi tradition. We will cover an overview of Hopi beliefs in the first hour and the role of the kachina doll in the cultural life, art, and economy of the Hopi in the second hour. I will bring in examples of both the traditional style and the modern style of carving from my own collection.
Study Group Leader(s)

Ray Baxter

Ray Baxter is retired and has been living in Tucson since 2009. He was CEO of a $300 million food company for 22 years. He has also served for two years as Chairman and interim CEO of a rational process capability development and consulting company prior to his full retirement. He has a BA in political science and an MA in Japanese Area Studies from the University of Michigan and an MBA from the Harvard Business School. Currently, Ray is a volunteer with SCORE, providing pro bono mentoring and education for Tucson residents wanting to start a small business or improve their existing business. Ray's teaching experiences includes conducting numerous workshops on rational process capability, organization change management and leadership.

Understanding "Capital in the Twenty-first Century" by Thomas Piketty

Tue 1:30 PM - 3:30 PM  start: 7/24/2018  end: 8/28/2018

Tucson Place - Palo Verde

Course Description

Structured on Thomas Piketty's acclaimed book, Capital in the Twenty-First Century, the course attempts to enlighten students as to the convergent and divergent forces impacting income and wealth inequality in the US, including inequality's causes, costs, and solutions as identified by Piketty and other leading thinkers of the day.

Study Group Leader(s)

Jamie McMillin


TED - Ideas Worth Spreading

Tue 1:30 PM - 3:30 PM  start: 7/24/2018  end: 8/28/2018

Tucson Place - Ocotillo

Course Description

TED is a media organization which posts talks online for free distribution. Founded in 1984 TED Talks range from technology and design to cultural and academic
topics, often shared through storytelling. Topics are always interesting and often controversial. Presenters range from Nobel Laureates to common people. Students in this class will choose a 20-minute TED Talk of their liking, present it to the class and lead a discussion about the Talk. Two students will present during each class session.

**Study Group Leader(s)**

**Linda Seitz**

Linda has been a Tucson resident for 9 years. Her professional background is in major gift acquisition (philanthropy) for public institutions of higher education - including UCLA, The Ohio State University, and most recently the University of Arizona Foundation where she served as Associate Vice President for Campaign Giving. Linda is a true mid-westerner who grew up in Detroit during the height of the Motown era. Her interest in facilitating the Ted Talk Session relates to her interest in lively conversation around timely topics.

**Enabling Addicts and Co-Dependency**

Tue 1:30 PM - 3:30 PM start: 7/24/2018 end: 7/31/2018

Tucson Place - Saguaro

**Course Description**

We will describe addiction, enabling addicts, codependency and how Al-Anon works to help people who have loved ones suffering from alcohol or drug addiction. Changes in the family relations can have major impacts on the addicted person as well as on all family members. We will talk about how Al-Anon began, how it has grown, why it has grown, where meeting are, what kind of meeting there are, and what one should do if they decide Al-Anon is for them. We will show videos of doctors and Al-Anon members who believe that Al-Anon can help all family members and all addicts who suffer from crippling addiction.

**Study Group Leader(s)**

**Richard Toenjes**

Born in Minnesota, college at University of Minnesota, Most of my career was with Armour Food Company, worked in Minnesota, Massachusetts, Illinois, Arizona, Texas, and Nebraska, as a regional and area controller. Left Armour after 28 years to become CFO of Ohse Foods in Topeka Kansas, and retired as Food Service Division Controller of Bar S Foods in Phoenix in 1996. Played a lot of sports in my school days, mostly hockey. Fell in love with the outdoors in Minnesota and have found Arizona to be a treasury trove of outdoor life: fishing, hunting, hiking and just being outdoors with all the beauty and 7 of the 8 climate zones that are in Arizona. When I retired in 1996 we found a spot in the Tucson Mountains and we have loved the Tucson area ever since.
SS: Bob Dylan Sings the Blues

Tue 11:15 PM - 1:15 PM  start: 7/31/2018  end: 7/31/2018
Tucson Place - Ocotillo

Course Description

Bob Dylan is the most famous unknown excellent blues musician. He made dozens of blues-form recordings throughout his long career. We will enjoy a chronological playlist featuring the best of Bob's blues tracks in many vocal styles and instrumental arrangements. You'll be an expert on Dylan's blues by the end of this far-reaching exploration of the lesser known blues gems in Dylan's deep catalog.

Study Group Leader(s)

John Nemerovski
John Nemo is a lifelong musician and educator who has immersed himself in folk, early rock, blues, jazz, and classical music. He plays guitar and provides a fascinating syllabi for his music appreciation courses.

SS: The Protest in Folk Music

Tue 1:30 PM - 3:30 PM  start: 8/7/2018  end: 8/7/2018
Tucson Place - Saguaro

Course Description

We can explore though example and dialogue the appeal, production and persistence of the need to be heard in song about what matters, and its ability to reach its goals, if any.

Study Group Leader(s)

Ted Warmbrand
I have for over 50 years been learning making collecting and sharing what are called "folk songs". Though I sing so many songs for every age from every climb I have been tagged frequently as a “protest” singer. I am a member of the Children’s Music Newtwork and a founding member of its "parent" Peoples Music Network which tolerates me on its Steering Committee. I have known and sung with Pete Seeger and Holly Near, and director of a non-profit formed to "celebrate community building culture" bring socially conscious and proven artists from all over the world, I've had my own songs win awards, I've convened workshops on song making, Woody Guthrie. Pete Seeger, labor songs, a history of no nukes songs, parodies, you name it.
Learning Bridge for Today's Game

Tue 1:30 PM - 3:30 PM  start: 8/14/2018  end: 8/28/2018
Tucson Place - Saguaro

Course Description

Our instructors will cover the essentials of bridge, how to gauge if you are a "beginner" or "intermediate" player in today's game. What duplicate bridge is (and why it can be the most fun), the role of the American Contract Bridge League (ACBL), and the advantages of a sanctioned game. We hope to offer bridge lessons for OLLI-UA members during the fall term.

Study Group Leader(s)

Robert Hertzog
Bob Hertzog is a retired professor who also enjoys, and excels at, a competitive game of bridge.

Barbara Rosenthal
Barbara Rosenthal is an instructor at Adobe Bridge Club and has taught hundreds the fun and knowledge of modern bridge at the club and also aboard cruise ships for the last 12 years. While Barbara likes to win she reminds us that bridge is a GAME and is supposed to be fun.

Thursday

Pompeii Plus

Thu 9:00 AM - 11:00 AM  start: 7/26/2018  end: 8/30/2018
Tucson Place - Saguaro

Course Description

In this class we'll explore Pompeii, Herculaneum and more. We'll start with a visit to the National Archaeological Museum at Naples to see the high quality and beauty of what was excavated from Pompeii. We'll read Robert Harris' novel Pompeii, which is an education in Roman civil engineering and aqueducts, with a romance thrown in to keep up the suspense. We will see some of the excellent videos on Pompeii and Herculaneum. As time permits we'll travel to Ostia Antica, the best complete Roman city ruins. Ostia was the port of Rome until Claudius built the artificial port, Portus. I have been to each of these places two or three times.
**Study Group Leader(s)**

**Kathleen Reeve**

Kathleen Reeve has been in Olli four years. She has taught "How to Help Refugees in Tucson", a film series, Love Hurt Love Heals, a class on the book Contested Will by James S Shapiro on why people questioned Shakespeare's authorship, and a class watching the monologues Talking Heads by Alan Bennett. Kathleen was a professional photographer who worked for the Chicago Sun-Times as a photojournalist. She first went to Italy in 1971 on a graduate art history class tour and has been back at least 9 times since.

**Cutting-Edge Philosophy**

Thu 9:00 AM - 11:00 AM  start: 7/26/2018  end: 8/30/2018

Tucson Place - Ocotillo

**Course Description**

Philosophy is all about thinking through the Big Questions in the light of the most up-to-date conceptual knowledge/wisdom. Cutting-Edge Philosophy addresses questions such as - What is our significance? What is human nature? Is mathematics discovered or invented? What is the nature of certainty? What light does neuroscience shed on the nature of self and the nature of mind? What does our future hold? Philosophers/public intellectuals who contribute to this discussion include Carl Sagan, Larry Krause, Yuval Noah Harari, Steven Pinker, Stephen Wolfram, Antonio Damasio, Matt Ridley, Johan Neuberg, Peter Singer, and others.

**Study Group Leader(s)**

**David Shawver**

David Shawver completed his doctorate in Ethics at McGill University in 1979. On his doctoral committee was a philosopher, a psychologist and a theologian. His doctoral topic was Character and Ethics. His master's thesis was on Conceptions of Truth. Following his doctorate, David Shawver spent his career at international schools in Asia and Africa until landing in Tucson and at OLLI in 2016.

**Chi Gung Practice for Tai Chi**

Thu 9:00 AM - 11:00 AM  start: 7/26/2018  end: 8/30/2018

Tucson Place - Palo Verde

**Course Description**

Chi Gung - Nei Gung (internal work) as used in Tai Chi practice. This course will explore Taoist philosophy as applied to the mind/body principles expressed in Tai
Chi Chaun. Students will be introduced to posture, movement, concepts and the history Taoism and Tai Chi Chaun. The class will include breathing exercises, internal movement exercises as well as Tai Chi principles expressed in movement, alignment and enhanced mindfulness. Some elements of form may be taught, but the primary focus will be on the foundations used to approach formal forms.

**Study Group Leader(s)**

**Duncan Scott**
Duncan is a Tai Chi instructor at the Urban Retreat Center and has studied and taught Tai Chi, Eastern religions and martial arts throughout his life.

**Getting Active in Local Politics**

Thu 11:15 AM - 1:15 PM  start: 7/26/2018  end: 8/30/2018

Tucson Place - Saguaro

**Course Description**

Find out how to get active in local politics with this popular class. This class is a discussion group for people who follow current events and have decided to do something about it...or at least to find out more. Class members will attend local Democratic, Republican and community meetings and present reports on candidates of all parties running for Governor, US Senate, Congress, and other statewide and local offices. We'll examine races and issues that the class finds interesting. The aim is to get off the couch, learn first-hand how politics works and become an informed and active voter.

**Study Group Leader(s)**

**Larry Bodine**

Journalist and attorney Larry Bodine enjoys being politically active and helping candidates get elected. As a Democratic precinct captain he attends many live political events and reports on them for the Blog For Arizona -- See http://blogforarizona.net/author/larry-bodine He knows many people serving in or seeking public office, but he doesn't form an opinion until he meets a candidate in person. His 44-year career includes writing for the New York Daily News, where he won 7 awards for investigative journalism while covering numerous beats for the News, which was the largest-circulation US newspaper at the time. Politics is basically marketing and sales. Bodine has operated his own marketing and sales training practice for the last 16 years, starting out as the marketing director for Sidley Austin, a global law firm with 2,000 attorneys. Much of politics turns on the law, and an attorney knows the rules of the game of local politics. Bodine is a member in good standing of the Wisconsin State Bar, on inactive status. He writes about marketing for the state bar magazine and for The National Trial Lawyers website. Previously Bodine served as editor of many legal publications, including the American Bar Association Journal, Lawyers.com, and the National Law Journal.
Poetry Reading & Discussion

Thu 11:15 AM - 1:15 PM  start: 7/26/2018  end: 8/30/2018
Tucson Place - Palo Verde

Course Description

We will read and discuss poems from two anthologies: "Dancing with Joy" and "Risking Everything" both by Roger Housden. They are available on Amazon. We will also discuss favorite poems suggested by students and the instructor.

Study Group Leader(s)

Dan Gilmore
Ph. D. Psychology, retired professor, department head, two best teacher awards, several awards for fiction and poetry. Has published a novel and four collections of poetry. His story "The Happiest White Black Man in the World" was nominated for a Pushcart Prize and chosen by novelist Robert Olen Butler for the 2015 Best Small Fictions Anthology.

SS: Preview of Fall Class - Art Movements of the Early 20th Century

Thu 11:15 AM - 1:15 PM  start: 8/9/2018  end: 8/9/2018
Tucson Place - Ocotillo

Course Description

This will be a preview of the Fall Class: Art Movements of the Early 20th Century. The early 20th Century was a time of great changes and upheaval socially, politically, economically, and artistically. Artists explored extreme and varied themes and ideas. The post-impressionism of the late 19th century led directly into the first modern art movements of the 20th century. The first 2 decades, from 1900 to about 1920, is one of the most exciting and innovative periods in the history of art. We’ll cover groups and movements such as the fauves, the expressionists, the blue rider group, and the constructivists, as well as cubism, dada, and early surrealism. We’ll take the time to explore the lives and work of artists such as Kandinsky, Derain, Archipenko, and Kollwitz, as well as Matisse and Picasso.
Study Group Leader(s)

Isabel Aaronson
Isabel Aaronson is a former art teacher, museum buff and longtime member of OLLI-UA Tucson. She has led several previous art-related study groups.

SS: Through the Eyes of Child: Sabino Canyon Volunteer Naturalists

Thu 11:15 AM - 1:15 PM  start: 8/16/2018  end: 8/16/2018
Tucson Place - Ocotillo

Course Description

Sabino Canyon Volunteer Naturalists in partnership with the Santa Catalina Ranger District of Coronado National Forest has been in existence for 30 years. The organization is “devoted to helping people of all ages appreciate the natural wonder of Sabino Canyon, a beautiful and ecologically diverse riparian area in the Sonoran Desert”. Volunteer Naturalists who work with young children are trained and then charged with the important task of educating them to appreciate our tremendous community treasure. Join us for a closer look at what makes this program unique and if you are so inclined, you may wish to apply to be a volunteer.

Study Group Leader(s)

Marie Graninger
Marie Graninger is a retired school librarian – she says don’t call her “Marian”! Marie participated in a PCC outreach clown class and attended Wavy Gravy’s Circus Camp Winnarainbow on three occasions. She can juggle and can’t resist clowning around when the opportunity arises.

Kim Yuskis
Kim Yuskis, MSW, MEd, retired from the City of Boulder Colorado, Senior Services, in 2011. She was a Clinical Assistant Professor and PROGRESS (Providing Real Opportunities for Gero-Rich Experience in Social Work Services) coordinator for the Graduate School of Social Work at the University of Denver from 2011-2016. She moved to Tucson in 2016 and has been volunteering with Pima County Council on Aging to develop a Neighbors Care Alliance program in her community.

Maureen Bike
Maureen “Mo” Bike has been an off-and-on member of OLLI for the past five years. She is an active Sabino Canyon Volunteer Naturalist in the Kindergarten education program since 2016.
SS: Question of Music Universals AND Ear Worms

Thu 11:15 AM - 1:15 PM  start: 8/23/2018  end: 8/23/2018
Tucson Place - Ocotillo

Course Description

Lecture 1: “Musical Universals”:

Music is often referred to as a “universal language”...but why? Are there indeed qualities to music – “musical universals” – that cross borders and cultures? How do people of vastly diverse nations and cultural backgrounds relate to music of other regions? And, how can an understanding of the components of music that are common to many cultures enhance our appreciation of music and its importance to people around the globe? This lecture will explore the question of “musical universals” from several perspectives:

Organology: the study of musical instruments, their history, technical aspects of how instruments are made

Cultural commonalities: Does music play similar roles across many cultures, supporting similar social and cultural activities and pursuits that all people share, regardless of geography, language, and environment?

Sound and sensation: What qualities of music itself – melodies, rhythms, harmonies, textures and structures – are found in common across many cultures? Musical Universals” will combine the wisdom and observations of well-known musical, anthropological and linguistic researchers, imagery of musical instruments from around the world, and audio and video recordings from diverse lands.

Lecture #2: “The Arizona Ear Worm Project”:

Ever have a song stuck in your head that won't go away? That's an “ear worm,” also known as Involuntary Musical Imagery (INMI). Over ninety percent of people experience ear worms one or more times weekly; many experience them several times each day. Why do ear worms happen? Why does the perception of music persist in our minds long after we’ve first heard it? And, why are ear worms an ideal subject for scholarly examination and documentation? This lecture will discuss the Arizona Ear Worm Project, a one-year research study, funded by the UA’s Confluencenter for Creative Inquiry, which Dan Kruse started and led during the 2014-15 academic year. It will examine the initial research questions, the study design and preliminary outcomes, and a discussion of how the project might be expanded in a future study. Additionally, it will include a screening of Tracks, a 14-
minute documentary about the project which Dan produced with the help of Arizona Public Media.

**Study Group Leader(s)**

**Dan Kruse**

Dan Kruse is an ethnomusicologist, filmmaker, musical researcher, writer, teacher and lecturer…and a December 2012 graduate from the University of Arizona Fred Fox School of Music with a Master’s in Ethnomusicology. He is an adjunct faculty member at the School of Music, where he teaches courses in the History of Rock and Popular Music, and in World Music. Dan’s Master’s Thesis, a 33-minute documentary film, “ZOOM!”, examined a tiny, independent record label of late 1950s Tucson, and was named “Best of Arizona” at the 2013 Arizona International Film Festival. In 2014-15, Dan led a widely publicized one-year, interdisciplinary research effort examining “ear worms”, funded by the UA’s Confluencenter for Creative Inquiry. He’s a popular lecturer on a variety of musical topics in the Tucson area, and he has spoken at regional and national musicological and communications conferences. In the fall of 2017, he facilitated a special writing course, “Music as Source” at the renowned University of Arizona Poetry Center, where he has also participated in public readings of his poetry and short essays. For six years, Dan served as the local host of NPR’s “All Things Considered” on the UA’s NPR-affiliate KUAZ-FM, 89.1…and he still appears on-air now and then, as a substitute host for vacationing NPR-89.1 staff. He also produces short, music-related documentary works for AZPM’s “Arizona Illustrated” and “Arizona Spotlight”. Dan’s web site is: www.dankruse.net

**SS: Am I Having a Stroke: Time is Brain**

Thu 11:15 AM - 1:15 PM  start: 8/30/2018  end: 8/30/2018

Tucson Place - Ocotillo

**Course Description**

Stroke is a leading cause of disability and death. Learn about the history of stroke, the risk factors involved, and what to do if you think you or a loved one is having a stroke. This class will include a TED talk given by a stoke victim, part of a movie from a stroke patient's point of view, and a discussion of the diagnosis and therapy in acute stroke.

**Study Group Leader(s)**

**Richard Wachter**

Dick Wachter is an OLLI member and a retired Neuroradiologist who practiced in Tucson for 30 years.
Romantic Comedy Film Retrospective
Thu 1:30 PM - 3:30 PM  start: 7/26/2018  end: 8/30/2018
Tucson Place - Ocotillo

Course Description

How Romantic comedies in film have changed over the decades. A film will be shown for the first 2 hours, and then discussed in the 3rd hour. Emphasis on changing mores.

Study Group Leader(s)

Marsha Cohen
Marsha Cohen has been a movie buff for many years and has co-led this group for several semesters.

Rob Getlan
Rob Getlan is relatively new to OLLI and has very much enjoyed the community of people involved with the organization. He earned a dual BA in Political Science and Economics from SUNY Oneonta late last century. Rob taught database development at the New School in NYC for more than 10 years. I have enjoyed this series over the years and wanted to share it with OLLI members and help facilitate the discussion.

Reading the New Yorker
Thu 1:30 PM - 3:30 PM  start: 7/26/2018  end: 8/30/2018
Tucson Place - Palo Verde

Course Description

We read portions of the weekly "The New Yorker" and individual attendees agree to briefly report on each of several articles, as they wish. This is the format of the course offered in Green Valley for several years and has proved so popular that two classes are regularly offered there. A new subscription to the magazine can run as little as $6 for twelve issues, student rate, and get you a shiny new tote bag as well.

Study Group Leader(s)

Marcia Nedland
Marcia Nedland is an urban planner and principal of Fall Creek Consultants, a national advisor to nonprofits, neighborhood associations, government, funders and other policymakers on neighborhood revitalization and housing market re-building. Her summer home is in Ithaca, New York, and she was born and raised in the rural Midwest. Interests include politics, sociology, birding, watercolor painting, and food.
Ron Peterson
Ron Peterson has been a UA OLLI-UA member since 2012 following a career as a broker and investment banker in Washington, DC. He served as a VP at Paine Webber and Prudential Securities and headed a financial futures unit for Merrill Lynch. He is the author of "Solomon's Wishes", a book on investment strategies and tactics, won two investment contests and lectured on markets for banks and individual investors. He holds two masters’ degrees and four graduate certificates.

Successful Strategies - A Whole-Food, Plant-Based Diet
Thu 1:30 PM - 3:30 PM   start: 7/26/2018   end: 8/16/2018
Tucson Place - Saguaro

Course Description
This class will teach participants the key principles for successfully transitioning from eating the standard American diet to a whole food, plant-based diet (WFPB). Many major medical organizations now advocate that eating a WFPB diet is an optimal strategy for preventing and reversing many chronic diseases facing Americans today. Contemporary evidence-based research now finds that about 80% of chronic disease is caused by lifestyle choices and not from one’s genetic legacy. Rather than succumb to diseases of cancer, hypertension, heart disease, stroke, diabetes, auto-immune conditions and more, a WFPB diet combined with other appropriate lifestyle choices can greatly reduce the risk of suffering and early mortality from these conditions. This class will have 4 sessions. Session 1 will cover the scientific research on why eating plant-based is so healthy for ourselves and our planet. Session 2&3 will cover how to transition and begin eating a WFPB diet. Session 4 will cover cooking WFPB recipes and include cooking demos and samples of several tasty WFPB dishes. Additional cost: $5/person.

Study Group Leader(s)

Denise Rose
Denise Rose and Georgie Campas, also known as the Happy Vegan Couple, are the instructors for this class. As a couple they have been teaching local Tucson residents about whole food, plant-based (WFPB) nutrition for several years. They have a social media presence on both Facebook and YouTube under the name Happy Vegan Couple. They have been invited to speak at the March, 2018 VEGOUT festival in Scottsdale, Arizona. Denise ate a vegetarian diet for 35+ years and transitioned to a WFPB diet about 6 years ago.

Georgie Campas
Georgie Campas, also known as ½ of the Happy Vegan Couple, is co-instructor for this class. Georgie ate the standard American diet most of his life and transitioned to a WFPB diet in 2014.
SS: Structure of Wellness

Thu 1:30 PM - 3:30 PM    start: 8/23/2018    end: 8/23/2018
Tucson Place - Saguaro

Course Description

Postural, Muscular, Neurological, Physiological.

Postural - Bone Level

- Common structural positions and the effects on the body

Muscular

- Designed physical training meeting the needs and goals to increase quality of life Nutrition and effects on muscular growth, energy and below

Neurological

- Mind body connection
- Central nervous system is effected by stimuli inc muscle mass

Psychological

- Emotional benefits form movement
- Emotional stress
- Health for longevity

Study Group Leader(s)

Tara Ashbaugh

Why I Got Into Fitness: Growing up in England I was always athletic. I played as many sports that time would allow. Later years I learned through my own health issues the importance of sound nutrition and exercise. This is what has pushed my desire to help others. Community Work: From a young age I volunteered in many things from fundraisers to health tournaments within the community I lived in. Now I love being a mentor as well as simply using my hands to serve others. Certifications: Future Fit, Nutrition and weight management consultant, Pilates Level 3 certification.