Tuesday

Unusual Sonoran Desert Habitats

Tue 12:30 PM - 2:00 PM  start: 9/11/2018   end: 10/2/2018
Pima Community College Northwest Campus - Room A106

Course Description

The Sonoran Desert is one of the most biologically diverse deserts in the world. The biodiversity is due to the fact that there are many habitats to accommodate a variety of plants and animals. A habitat is a place where an organism lives, a place for shelter, food, and rearing young. We will not only explore traditional habitats associated with desert environments but some UNUSUAL habitats often considered a part of the desert. We will also examine the life style of the plants and animals that occupy these habitats.

Study Group Leader(s)

Marian Cimmino

In my professional life, I was a NYCHS Biology teacher, coauthor of 2 text books, writer for Baron’s Educational Series Review books, and presenter of curriculum programs on the local and national level for the NYBTA (New York Biology Teachers Assoc.) I retired to Tucson in 1993. For the past 18 years, I have been and still am a docent at the Arizona Sonora Desert Museum. In my Tucson community I have provided educational programs for OASIS, Sun City Continuing Ed, retirement and assisted living communities, and even dementia units. The main purpose of my programs is to foster a love for our unique Sonoran Desert through understanding the complexity of our natural environment and our uniquely adapted desert plants and animals.

Physiology of Aging - Time to Get Fit

Tue 12:30 PM - 2:00 PM  start: 10/9/2018   end: 11/13/2018
Pima Community College Northwest Campus - Room A106

Course Description

Understanding Fundamental Exercise
Week 1: Strength/Power/Bone Density
Week 2: Cardio/Endurance/VO2 Max/Heart Health
Week 3: Flexibility/Balance
Design a Personal Exercise Plan
Week 4: Goal setting and designing a personal exercise plan
Week 5: Injuries and Therapeutic Exercises
Week 6: Nutrition

Study Group Leader(s)

Steve Mills
Steven Mills has an Associates of Occupational Science (Physical Therapist Assistant) from Pima Medical Institute. Steve Mills is the Fitness and Wellness Director at BODYCENTRAL. He is a certified personal trainer, a performance enhancement specialist and a corrective enhancement specialist. Outside the office Steven enjoys hiking, climbing, and camping with his dogs. Steve has also been heavily involved in martial arts for most of his life, with backgrounds in muay thai, jui jitsu, and wrestling. Steve was a personal trainer for almost 20 years and after a while he seemed to be getting clients who were all Post Rehabilitation. Steve found it very gratifying watching his clients get better.

Optics in Your Life

Tue 2:00 PM - 4:00 PM start: 10/16/2018 end: 11/13/2018
Pima Community College Northwest Campus - Room A106

Course Description

This study session will explore optics in nature, some of its history and its use in all kinds of simple and exotic everyday applications. Among the topics covered are: why the sky is blue; why sunsets are red; how rainbows and mirages are formed; how pit vipers and mosquitoes find their prey; the optical aspects of relativity and quantum mechanics; and the heliocentric solar system; spectroscopy and the Big Bang. The invention of the microscope and telescope as well as film and digital cameras will be discussed. Modern topics include: flip and one-way mirrors, autonomous cars, Korean ICBM interception, laser weapons, telemedicine, cancer detection, GPS operation, spy satellites, remote sensing, giant telescopes, the failed and fixed Hubble, non-destructive testing, LED's and more.

Study Group Leader(s)

William Wolfe
William L. (Bill) Wolfe is Professor of Optical Sciences Emeritus, the University of Arizona. He also taught at the University of Michigan and Northeastern University, spent some time in industry and served on many governmental advisory committees and consulted with industry. He was president of SPIE, the International Society of Optical Engineers and received its Gold Medal, its highest award. He has written four technical and two non-technical books on optics and edited four handbooks.
Successful Strategies for Eating A Whole Food, Plant-Based Diet

Tue 2:30 PM - 4:00 PM  start: 9/11/2018  end: 10/9/2018
Pima Community College Northwest Campus - Room A106

Course Description

This course 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, autoimmune 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 course will educate class members on the scientific nutritional research that show eating a whole food, plant-based diet is the best strategy for optimal health. The instructors will also teach how to transition from an animal-based diet to one of plants through sharing the best strategies and practices for eating a healthy plant-based diet. One class session will feature a cooking demo and sampling of 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 were speakers at the recent 2018 VegOut festival in Scottsdale, Arizona and they have written an inspiring resource book titled, "The Happy Vegan Couple Guide to WFPB Eating." Denise ate a vegetarian diet for 35+ years and transitioned to a WFPB diet about 6 years ago. Georgie ate the standard American diet most of his life and transitioned to a WFPB diet in 2014. The Happy Vegan Couple love sharing all the great reasons and amazing benefits for transitioning to a WFPB lifestyle.

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.
Wednesday

Investing 101

Wed 9:00 AM - 10:30 AM start: 10/3/2018  end: 10/10/2018
Golder Ranch Fire Station - Linda Vista

Course Description

Want to increase your knowledge of investing? This class will cover the different types of investments, Investment costs, asset allocation, diversification, the importance of compounding and overall investment knowledge. It will be taught by an investment professional who also teaches at the University of Arizona.

Study Group Leader(s)

Matt Haertzen

Matt Haertzen is a Senior Investment Advisor for WT Wealth Management (WTWM). Prior to joining WTWM, Matt was a founding partner of Four Peaks Wealth Management. Matt also serves as a lecturer of finance for the Eller College of Management at the University of Arizona and is a CFA® Charterholder. His investing passion and career success both stem from extensive work experience in the investment community. After graduating from the University of Minnesota with an MBA, Matt began his career with Ameriprise Financial, where he managed a staff of three analysts supporting the quantitative mutual fund product line. From there, he went on to work for the University of Minnesota Endowment, a $650 million fund where he was responsible for asset allocation and manager selection. Matt then joined a trust company in Washington, where he was responsible for managing $600 million in large capitalization stocks. After his time in Washington, Matt moved to Boise Idaho, where he managed a combined $1 billion in assets for the Idaho Endowment Fund, Judge’s Retirement System and the Idaho State Insurance Fund. Matt then joined Cogent Partners where he designed a global timber fund that traded publicly on the London AIM Exchange. Matt recently moved with his wife to Oro Valley from Flagstaff where their son attends Northern Arizona University. In his free time, he enjoys golf, mountain biking, camping and fishing.

How to Design a GizmoGadget

Wed 9:00 AM - 10:30 AM start: 10/17/2018  end: 10/31/2018
Golder Ranch Fire Station - Linda Vista

Course Description

Ever wonder about what goes into the design of all the gizmogadgets ... smart phones, computers, televisions, telephones, automobiles, and more we live with today? While many are quite complex, designing a gizmogadget usually starts as a relatively simple exercise. Understanding the process of creating a new gizmogadget is a good way of understanding how existing devices operate. In this three session class designed specifically for non-techies, we'll use an analytical tool
called a HITO chart to dissect several existing gizmogadgets, from simple to complex. We'll then use the HITO tool as a group to create our own device concept.

**Study Group Leader(s)**

**James Jindrick**

Director of Corporate Engagement in the Office of Research, Discovery, and Innovation at the University of Arizona (Tucson) Innovator: Developed products and ventures that generated well over a billion dollars lifetime revenue to date. Engineer: 30+ years technology R&D experience. Inventor: 7 US and 37 international patents. Manager: Corporate experience at large, medium, and small companies. Entrepreneur: Launched internal corporate ventures, spin-off and spin-in companies, and independent startups. Mentor and consultant: advised over 200 new venture planning, development, and launch teams. Angel Investor: pre-launch, startup, and early-stage companies. Educator: 20+ years teaching entrepreneurship and engineering classes. Author: 5280 Tips for Innovators and Entrepreneurs ... [Amazon.com/author/jimjindrick]

**University of Arizona Museum Art Presentations**

Wed 11:00 AM - 12:00 PM start: 10/10/2018 end: 10/31/2018

Golder Ranch Fire Station - Linda Vista

**Course Description**

Oct 10 - Tammy Bearden - The Art of Western Expansion, explore the beauty and romance of the American West through the work of artists who told the stories of Native Americans, homesteaders and cowboys.

Oct 17 - Fleurette and Marc Wallach - The Magical Mystery Tour of Art - the viewer serves as detective searching for clues and discovering the magic in artwork.

Oct 24 - Gerry Bates - Degenerate Art - Virtually all modern art was described as "Degenerate" during the Nazi Regime, and artists suffered severe consequences. This presentation looks at modern masters whose artworks are now held in high esteem.

Oct 31 - Wallachs - High Anxiety - What is it About Abstract Art? - Do you have an open and inquiring mind? Join us to understand that abstract art can mean anything you want it to. Enter the painting and see where it takes you.

**Study Group Leader(s)**

**Tammy Bearden**

Tammy - Retired K-8 music teacher, Tammy was trained at the Phoenix Art Museum before becoming a docent at UAMA in 2007. Native New Yorkers, Fleurette and Marc trained at the Barnes Foundation, the Philadelphia Art Museum and the Grounds for Sculpture before joining the UAMA docents in 2010.
Fleurette and Marc Wallach
Native New Yorkers, Fleurette and Marc trained at the Barnes Foundation, the Philadelphia Art Museum and the Grounds for Sculpture before joining the UAMA docents in 2010.

Gerry Bates
Gerry Bates - Retired assistant chief with the Tucson Fire Department, he is a history buff who joined the UAMA outreach docents in 2013.

Thursday

A Guided Meditation Through Self Expressed Art

Thu 9:00 AM - 10:00 AM start: 9/13/2018 end: 10/18/2018

Golder Ranch Fire Station - Magee

Course Description

The power of listening together through a 6 one hour class of 6 guided meditations I have designed. Soft nature, classical, and flute music in background along with my guided meditations gently bringing you to the threshold of your mind/heart blowing you to explore your wisdom, play and art expression in your creative meditative art play. Giving your art expression love, and if you choose, in sharing of your art form in a group setting. Please bring your cherished art pad, journal, paper, pens, crayons, markers... for your self art expression. Additional cost: $10/person

Study Group Leader(s)

Christine Fleisher
I attended Kent State University in Ohio and studied Special Needs and began Art Therapy. My student teaching at Tallmage School was dedicated to special needs and abused children. I went on to study & completed Algorithm Training in Thought Field Training Level 1 & 2. Facilitated and taught my meditation technique at the Sedona Creative Life Center and at the Osher LifeLong Learning Institute of Sedona, AZ. Completed the Peer-to-Peer Mentor Training Workshop in Phoenix, AZ sponsored by NAMI AZ Education Program. My continued "experiential" studies are enhancing my understanding of the interconnectedness mind, body, emotional and spiritual. I have a business, Art Tutor to Go LLC creating art fun for special needs adult/children- all educational subjects uniquely designed.
Psychology of Aging

Thu 9:00 AM - 10:30 AM  start: 10/25/2018  end: 10/25/2018
Golder Ranch Fire Station - Magee

Course Description

Would you like to help others learn about aging? Researchers from the University of Colorado and University of Arizona Psychology Departments need volunteers for a project investigating personality and opinions across the adult lifespan. In a group setting, you will complete a packet of questionnaires, taking 45 to 50 minutes. We will spend the remaining course time in an interactive group lecture about research concerning the psychology of aging, where you will have the opportunity to share your experiences and ask questions. Study requirements: 40+ years old and able to read/write in English.

Study Group Leader(s)

Lyla Rothschild
Lyla G. Rothschild is a doctoral student at the University of Arizona, under the mentorship of Dr. Jeff Greenberg. She works in a social psychology lab studying how people create meaning in their lives, how people gain self-esteem, as well as studying stereotypes, biases, and prejudice.

Peter J. Helm, M.A.
This lecture series is lead by doctoral students in the Clinical, Social, and Cognition and Neural Systems programs in the Psychology Department at the UA.

Bhutan: In Search of Gross National Happiness

Thu 9:00 AM - 10:30 AM  start: 11/1/2018  end: 11/1/2018
Golder Ranch Fire Station - Magee

Course Description

Ever since the 1970s, when Bhutan’s former king, Jigme Singye Wangchuck, coined the term Gross National Happiness (GNH), economists, sociologists, philosophers and politicians have questioned whether relying solely on economic output (Gross Domestic Product or GDP) is a viable measure of the general contentment and wellbeing of a people. This session will introduce the tiny country of Bhutan, based on the presenter’s trip to that country, and will explore the concept of GNH as conceptualized by that nation and by the global community.
Study Group Leader(s)

Renate Schulz

Renate Schulz is Professor Emerita at the University of Arizona. She holds a Ph.D. from the Ohio State University in foreign language education and was awarded a honorary doctorate from the University of Leipzig (Germany). She has taught in six countries and is widely published in her field. Her book, Life in Alien Territory: Memories of Peace Corps Service in Mali (Wheatmark, 2015) recounts her impressions and adventures during one of her four periods of service in the Peace Corps.

O'odham Residents of the Santa Cruz Valley

Thu 9:00 AM - 10:30 AM  start: 11/8/2018  end: 11/8/2018

Golder Ranch Fire Station - Magee

Course Description

The O'odham are not a single people. Wa:k O'odham heritage is distinct from the Tohono O'odham, those with whom they are politically grouped today. Originally Akimel O'odham or River People, the Wa:k ancestors were called Sobaipuri O'odham. They farmed, had an ranked society, and planned long-term settlements. In this presentation the Wa:k O'odham Sobaipuri descendants (Tony Burrell and David Tenario) and anthropologist Dr. Deni Seymour discuss Sobaipuri O'odham heritage and the things that make these residents distinct from the rest of the Tohono O'odham Nation. Archaeology, history, ethnography, and family histories are combined to tell a unique story. Come hear this story and ask questions.

Study Group Leader(s)

Deni Seymour

Deni J. Seymour, PhD., is an experienced speaker with engagements across the state and beyond, and is currently with the Arizona Humanities Speaker Bureau. Dr. Seymour has degrees in environmental studies and anthropology and is a widely published author of 100 articles and 6 books on archaeology, ethnography, and ethnohistory. She has studied Sobaipuri history and archaeology for more than three decades and has worked with the Wa:k community for over a decade investigating many issues with community members regarding their Sobaipuri heritage.

Tony Burrell

Tony Burrell, Wa:k O'odham Community Elder, and Council Member. Mr. Burrell has been involved in the Sobaipuri heritage project since inception, a decade ago, and has a significant interest in our joint efforts and in the value of this project for his community.

David Tenario

Mr. Burrell has been involved in the Sobaipuri heritage project since inception, a decade ago, and has a significant interest in our joint efforts and in the value of this project for his community. He holds considerable influence within the community and
Science, Reality and Aliens

Thu 10:30 AM - 11:30 AM start: 9/27/2018 end: 10/11/2018

Golder Ranch Fire Station - Magee

Course Description

We will discuss how the work of Galileo, Newton and Einstein changed our understanding of reality. The very radical suggestions of Hynek (prof. of astronomy and air force consultant on unidentified flying objects for over 20 years) about the nature of reality will also be discussed. There are connections here with the search for life, intelligent and otherwise, in space. We will explore these. No prior knowledge of science is needed, just a willingness to bend you mind a little bit.

Study Group Leader(s)

Carl DeVito

I am an emeritus professor at the university of Arizona. Lately I have been active in the conceptual aspects of astro-biology, and I participated in a conference on these matters this past April.

Guitar: Learn to Play Using a Practical Approach (An Enjoyable and Educational Way)

Thu 10:30 AM - 11:30 AM start: 10/18/2018 end: 11/8/2018

Golder Ranch Fire Station - Magee

Course Description

This course is designed for those who wish to begin playing this most versatile instrument or for those who would like to "dust off and brush-up" on previous playing skills. We will go over fundamental guitar terminology and technique, types of guitars & a variety of music applications. A main focus will be placed on playing selected songs (class input) as an accompaniment instrument and learning a few notable guitar phrases (riffs). Reading music will NOT be required. Additional cost: $5/person

Study Group Leader(s)

Michael Zimmerman

I have been playing guitar since my teenage years. Over the past four decades, I have pursued teaching and performing a variety of music styles for a significant number of years, in addition to my former 25 year career in...
the field of Civil Engineering. I have over 10 years of guitar instruction experience, having students of all ages from beginner to advanced levels interested in various acoustic and electric guitar genres. I currently am a guitar instructor at two local music stores. My performance experience includes: solo classical/spanish and jazz entertainment as well as being a lead guitarist for local cover bands playing rock, blues dance/r&b music. A graduate of the Guitar Institute of Technology in Hollywood, Ca., my music education also includes studying classical guitar under the founding University of Az. founding guitar professor, Norman Sholin (M.A.) and Pima Community College's Music program.

Wise Decisions

Thu 10:30 AM - 12:00 PM start: 9/13/2018 end: 9/20/2018

Golder Ranch Fire Station - Magee

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.

Dining Out Tucson Style Fall 2018 (A Special Interest Group)

Thu 12:30 PM - 1:00 PM start: 9/13/2018 end: 9/13/2018

Golder Ranch Fire Station - Magee

Course Description

This is a continuation of our wildly popular dining out experiences with many of our OLLI members. Come and enjoy casual conversation and good food with fellow members trying some of Tucson's best eateries from comfort foods to a variety of ethnic styles. Our experiences to date have been very well attended. Maybe we'll
add some breakfast choices this time around! We'll meet one time in class to plan out the semester and the remaining 5 sessions will be at restaurants!

**Study Group Leader(s)**

**Tracy Tishion**

As a science educator for 32 years and a lifelong learner, I have always enjoyed exploring new ideas and topics in the science field with those who share the same interests.

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**Propaganda and Political Communication**

Thu 12:30 PM - 2:00 PM  start: 9/20/2018    end: 10/25/2018

Pima Community College Northwest Campus - Room A106

**Course Description**

We will examine a brief history of propaganda and the techniques propagandists commonly employ. We will apply those techniques to the political messages in the 2018 campaign. I intend to examine campaign messages from all political parties and stay strictly away from advocating any party or candidate. I want the class to be an open discussion of the communication strategies and techniques politicians, of all political persuasions, employ.

Class 1: A brief history of propaganda and a discussion of propaganda techniques.

Class 2: Explanation and discussion of a model of political influence.

Class 3: Characteristics of successful political candidates.

Class 4: Characteristics of influence targets that make influence successful.

Class 5: Tactics of political communicators.

Class 6: The dark side of political communication.

**Study Group Leader(s)**

**Robert Hertzog**

Bob is a retired professor of communication, from Indiana University who has spent a career teaching. He has also played bridge seriously for over 30 years. He taught a beginning bridge course for Indiana University’s adult education program, and also taught a weekly play and learn class at his local bridge club in Richmond Indiana.
The Role of Women in Intelligence Operations

Thu 12:30 PM - 2:30 PM  start: 11/1/2018  end: 11/8/2018

Pima Community College Northwest Campus - Room A106

Course Description

Universal stereotypes make women very effective weapons in the world of intelligence operations. The role and contributions of women in intelligence operations have developed from crude missions involving women as the stereotypical seductress agent to robust operations involving disciplined, educated, innovative code breakers; cyber experts; HUMINT operations officers; spies; interrogators; counterintelligence special agents; analysts; engineers of all types; chemists and physicists; disguise artists; and leaders, just to name a few. Women have taken an incredible, and mostly unknown or understated, journey over the preceding centuries into the intelligence world of the 21st Century. This discussion highlights selected cases demonstrating gender implications motivations, risk taking, sacrifices (some gave the ultimate: their lives), contributions, and accomplishments of women throughout our intelligence history. This course needs to be two 2-hour sessions for a total of 4 hours (allows for a break and Q&A).

Study Group Leader(s)

Constance Huff

Constance Y. Huff, CW4, US Army (retired), had a distinguished 24.5 year career in the United States Army with accelerated promotions through proven expertise as a Counterintelligence Special Agent and a senior instructor in CI. Ms. Huff was recognized throughout the strategic counterintelligence community as one of the Army's premiere espionage investigators. In this capacity, she planned, conducted and supervised sensitive and complex counterespionage investigations.

Because Everybody Dies - True or False?

Thu 12:30 PM - 2:30 PM  start: 11/15/2018  end: 11/15/2018

Pima Community College Northwest Campus - Room A106

Course Description

Because Everybody Dies - True or False? is an interactive quiz allowing the speaker and participants to talk about and ask questions across the many topics around death, dying, cremation, burial, whole-body donation and more. Set up as a series of True/False statements, this educational talk will raise and answer questions in a safe and supportive atmosphere. On some level, most of us realize that we are
going to die, but few of us have talked to our families or made any plans. This talk will provide the information and tools necessary to talk to family members and to start making preparations. Because Everybody Dies.

**Study Group Leader(s)**

**Ruth Bennett**

Ruth Bennett is the Executive Director of the Funeral Consumers Alliance of Arizona. This nonprofit has been in Tucson since 1961 and is one of about 70 Funeral Consumers Alliance affiliates in the United States. A statewide group since 2014, the FCA-AZ is an information and advocacy organization providing objective information about cremations, burials, whole body donation, green burial and more. Ruth has served on the Board of People’s Memorial Association (the WA state affiliate), the FCA Board in Arizona and 2 terms on the national FCA Board of Trustees. She has a BA in Anthropology and once owned a travel agency in downtown Seattle. She serves on her local school board and is active in her church. Her presentation is informative and entertaining. She has been accused of "Putting the FUN back in FUNeral!"

**Tarot - Archetypes, Myths and Fairytales**

**Course Description**

Although Jung just briefly mentioned Tarot in his many essays, he did acknowledge that they were representative symbols of his archetypes of the collective unconscious. Several writers on tarot have expanded on this theme. This course will discuss the individual cards as Jung’s archetypes and relate the “journey of the fool” to Joseph Campbell’s monomyth as expressed in his The Hero with a Thousand Faces, which also builds on Jungian psychology. We will also explore a connection between myths, archetypes and fairytales as they relate to tarot. Examples of interpretations of the card images by various artists and followers of tarot will be presented.

**Study Group Leader(s)**

**Joane Williams**

Retired manager and OLLI-UA Northwest Tucson Council Member.
Immigration Law: How We Got to Where We Are Now
Thu 2:30 PM - 4:00 PM  start: 10/18/2018  end: 10/25/2018
Pima Community College Northwest Campus - Room A106

Course Description
Immigration Law was one of the hot topics in the 2016 election, and will be so again in the 2018 mid-terms. This course is a non-ideological review of the history of U. S. immigration law and policy, and an explanation of the various immigration statuses--immigrant- and non-immigrant--that are current topics of debate. The material is presented in historical and statistical context, to add some actual, non-alternative facts that inform the issues.

Study Group Leader(s)
Paul Winick
I practiced law for the last forty four years. mostly as a trial lawyer specializing in business disputes. Immigration law was always an interest and passion of mine. Along with several law school class mates I founded an Immigration Law clinical program at The George Washington University Law School that persists to this day providing legal services to District of Columbia residents. While at a national law firm I supervised our associates in pro bono immigration law cases before Immigration Judges and the Immigration Board of Appeals.

Stand Up Comedy 101
Thu 2:45 PM - 4:15 PM  start: 11/1/2018  end: 11/29/2018
Pima Community College Northwest Campus - Room A106

Course Description
In this class, students will have fun by learning some fundamentals that will enable them to write, rehearse, and perform a short stand-up comedy "set" around 5 minutes long. This workshop moves stand up comedy from solitary to collaborative in a safe, comfortable, supportive environment. It includes not only writing skills and techniques but even physical centering, positive body language, and even how to correctly use a microphone. The class will culminate in a live performance for friends and family.

Study Group Leader(s)
Ron Reid
I have been teaching stand-up comedy workshops to people of all ages since 2013. I was a touring comedian for almost 15 years and appeared on national television. I was the General Manager of The Comedy Underground in
Seattle and the Producer of The Seattle International Comedy Competition - the world's largest touring comedy festival - from 1994-2016. Currently I am Managing Partner at Artists West Entertainment LLC, recently voted one of America's Top 30 Comedy Agencies I am also the co-writer and co-star of the feature film "Stages/The Montana Run" currently streaming on Amazon Prime.

Friday

Presidential History: The Good, Bad, and Ugly - part 2

Fri 9:00 AM - 10:30 AM   start: 9/14/2018   end: 10/19/2018

Golder Ranch Fire Station - Linda Vista

Course Description

In this Part 2, we will explore additional key presidencies and defining moments that have shaped our national character, values, and behaviors. Participants need not have been in the Part 1 class in order to take this class.

Study Group Leader(s)

Ron Rude

Ron Rude is Lutheran campus pastor at the University of AZ. He has taught several OLLI-UA courses on the topics of "Science and Theology" and "U.S. Presidential History." Interests include hiking, the natural sciences, music, history, and international travel. He is author of two books on Science and Theology, www.authorronrude.com

The Ancient Pueblo People of the Desert Southwest

Fri 9:00 AM - 10:30 AM   start: 10/26/2018   end: 11/30/2018

Golder Ranch Fire Station - Linda Vista

Course Description

The Pueblo People (or, Anasazi) are native Americans living in the desert Southwest who share a common ancestry, and agricultural, architectural, and religious values and practices. This 5-part educational video adventure in discovery will trace their earliest history and origins through their dramatic developmental and survival challenges into today spanning over 2,000 years. Some 35,000 Puebloans continue to inhabit their starkly beautiful original Arizona and New Mexico pueblo communities today. A deeper knowledge of these earliest Southwestern people will expand your sense and appreciation of these modern neighbors and the region where you consider to be home today.
Study Group Leader(s)

Gordon McCall

BA, MA, 30 years a professional educator in Psychology and World History, world traveler and student of world cultures, 5 years of 4 different advanced onsite study programs on the Pueblo People.

Impactful Ethnographic Books - Reading Activism Together

Fri 11:00 AM - 12:00 PM start: 10/19/2018 end: 11/30/2018

Golder Ranch Fire Station - Linda Vista

Course Description

Selecting three of the most profound ethnographies of our time and exploring their methods, findings, and ethics. We would also discuss their application (i.e., how can conducting and presenting this special type of research make positive change in the world)? Proposed ethnographies include:

- "The Spirit Catches You and You Fall Down" - a powerful piece about how refugees in the US must navigate our medical system even though their illnesses are foreign to us
- "In Search of Respect" - an anthropological investigation of the Harlem crack problem and black market economy
- "Death Without Weeping" - women in rural Brazil do not mourn the loss of their infants and children in the same way mothers in the U.S. and Europe would.
- "Nickel and Dimed" - a professor goes under cover to work at minimum wage jobs to see whether the working poor has any kind of out.

Study Group Leader(s)

Angela Orlando

I hold a Ph.D., MA, and BA in anthropology, and have specializations in cultural anthropology, art, archaeology, and human evolution. I am the owner of Women's Wilderness Writing Workshops, genre-specific writing retreats in semi-rugged settings around the world. I am also anthologizing a book called "The Daily Abuse: Women’s Accounts of Sexual Violation" and a related mixed-media website for all genders. I've taught higher education anthropology since 2007 and particularly enjoy the andragogy of working with grownups.
The Notorious Lady Bandit and The First Lady Lawyer in the state of Arizona

Fri 11:00 AM - 12:30 PM start: 10/5/2018 end: 10/5/2018
Golder Ranch Fire Station - Linda Vista

Course Description

Sarah Sorin, 1861-1914, daughter of William Herring, attorney for Wyatt Earp, she went on to become an attorney herself in Tombstone, in 1891 following a family tragedy. First woman lawyer in Arizona, she went on to eventually appear before the U.S. Supreme Court on four separate occasions. Pearl Hart, dubbed "The Lady Bandit" by the press, was the first known woman - and the last to rob a stagecoach, June 1, 1899. She was captured then escaped from the Tucson jail, was recaptured, was sentenced to Yuma Territorial Prison and was the only woman there at the time.

Study Group Leader(s)

Shirley Pinkerton

Ginny Ginn
Ginny - Treasurer of the Board of Directors of Los Amigos, a support group for the Arizona History Museum. Historic Reenactor and tour director.

Origami Flower Boquet

Fri 1:00 PM - 2:30 PM start: 9/14/2018 end: 9/28/2018
Golder Ranch Fire Station - Linda Vista

Course Description

Make beautiful origami flowers using scrapbook paper, old book pages, or sheet music. The technique is easy and fun!

Study Group Leader(s)

Robyn Krause
Robyn has enjoyed crafting of all kinds for 50 years and enjoys sharing her knowledge and techniques with others.
Special Interest Group: Northwest Crafters

Fri 1:00 PM - 2:30 PM     start: 10/5/2018     end: 11/30/2018

Golder Ranch Fire Station - Linda Vista

Course Description

In this special interest group, the participants will choose the projects. Identified ideas include: holiday wreaths and ornaments, basic knit/crochet, fabric luggage tags and gift boxes, mini tissue holders, iris paper folding, and card making. Have an idea? Bring it!

Study Group Leader(s)

Robyn Krause

Robyn has enjoyed crafting of all kinds for 50 years and enjoys sharing her knowledge and techniques with others.