

GREAT INEXPENSIVE CLASSES – INSTITUTE FOR LEARNING – FALL, 2017 SCHEDULE

17-201 THE ARAB SPRING AND THE RISE OF ISLAMISM (AN UPDATED REPEAT)

Sandy McNabb, Mondays, 10 am - noon
MV Sonoran Rm, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30

This course will explore the events that led to the Arab Spring uprisings in Egypt, Tunisia, and Syria, and also ask the question of why the monarchies (Saudi Arabia, UAE, Qatar and Kuwait) escaped the turmoil. The course will also look at the rise of Political Islam and how the Muslim Brotherhood gained and then lost political power. Finally, we will investigate the origins of ISIS in Iraq and Syria and try to understand the objectives of ISIS, Al Qaeda, and El Shabab in their struggle for control of radical Islam.

17-202 THE PSYCHOLOGY OF PERSONALITY (A REPEAT)

Chuck Stump, Mondays, 2 - 4 pm
MV Sonoran Rm, 9/25, 10/2, 10/9, 10/16, 10/23

What makes us “tick?” Why do we do what we do, or say the things we say. How are we similar to everyone else, and how are we different? Why do children born in the same family and raised by the same parts turn out much different? Why do identical twins, separated at birth and having no contact with each other until they are well into adulthood, have similar characteristics and interests? These are common questions that arise regarding human personalities and some information, or at least predominant theories, will be introduced to answer these questions.

17-203 RUSSIAN SYMPHONIC MUSIC – ROMANTIC TO EARLY MODERN

Punch Howarth, Tuesdays, 10 am – noon
MV Sonoran Room, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31

Six major composers from the Romantic to Early Modern periods will be presented by lecture, discussion, auditory and visual experiences. Composers whose works will be covered are:

- Tchaikovsky, the melody King, a European influenced composer of various forms.
- Rimsky-Korsakov, the first Russian Nationalist composer who utilized folk themes.
- Rachmaninoff, the last of the Russian Romantics whose piano works stand tall.
- Stravinsky: the Emperor of ballet, follows new 20th Century direction.

- Prokofiev: master of all forms, symphonies, concertos, opera, and ballet.
- Shostakovich, the Soviet oppressed master of symphonic forms.

17-204 THE AMAZING HUMAN VISUAL PERCEPTION SYSTEM (A REPEAT)

Robert Springer, Wednesdays, 10 am – noon
MV Sonoran Rm, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1

This course discusses the amazing human visual perception system. The eye is often compared to a camera since it has a lens that projects an image on a type of film in the back of our eye. However, in this course we will learn that our visual system is very different than a camera. Instead of a sharp lens, we have two low quality lenses. The image that enters our eye travels through a substantial number of blood vessels before getting to the eye's film (*i.e.*, the retina). Amazingly, the visual system erases these blood vessels from view. In addition, the retina has a hole in it that the visual system somehow fills in. We will review physiological research that shows how the visual system breaks down images into pieces and gathers information on edges, motion, direction and color for each piece. We will then see how the system reassembles all these into the complete "picture" we see. You will also see many entertaining optical illusions and discuss why they occur.

17-205 THE FINAL CHAPTER – WRITERS ON SUFFERING AND DEATH

Mike Carran, Fridays, 10 am – noon
MV Sonoran Rm 9/29, 10/6; MV BR West 10/13, 10/20; MV Sonoran Rm 10/27

As we age, we come closer each day to the reality of the end of our own life and the likelihood that the end will be accompanied by some level of either physical or psychological suffering. By reading the thoughts of artists, we may be able to come closer to accepting the mystery of life. This course will explore the writings of various artists and thinkers on the issue of suffering, preparing for and ultimately accepting death. Students will be asked to read literature out of class that explores those topics and then the class will center on discussion of the read works. Literature will include sections from the Bible, Shakespeare, Tolstoy, Sartre, Wordsworth, Auden, Frost, and Hemingway as well as others.

17-206 MR MUSIC AND MR WORDS: THE SONGS OF THE GERSHWIN BROTHERS

Gail Nelli, Tuesdays, 2-4 pm

MV Sonoran Rm, 10/10, 10/17, 10/24, 10/31, 11/7

The unforgettable music and lyrics of George and Ira Gershwin have enriched the lives of millions of people since their first collaboration in 1924. During our sessions we will explore their family background and early musical training, and take a close look at their song writing style as they moved from early Broadway musicals, to opera and film scoring, as well as George's work in the concert arena as a piano virtuoso, composer and conductor. Students in the class will explore the musical song writing style of the Gershwin brothers to gain a better appreciation of their contribution to the fields of jazz, musical theatre and film scoring.

17-207 HIGHLIGHTS OF THE AMERICAN REVOLUTION

Ann Kuperberg, Thursdays, 10 am – noon

MV Cactus Rm, 10/26, 11/2, 11/09, 11/16, 11/30

This course will explore a different perspective on the causes and results that formed our nation through the American and British point of view. We will take a journey with two fictitious characters starting around 1763 and continuing until 1783 with trigger points, decisive battles, emerging leaders and lingering problems. We'll cover the conflict at Lexington and Concord, the Continental Congress and Army, patriots and traitors, French involvement and make a brief mention of men like Samuel & John Adams, Thomas Jefferson, Benjamin Franklin & George Washington. The course will address questions such as: How did the war start? Why? Why did the Revolution succeed?

17-208 THE LITERARY GENIUS OF FRANCE'S BALZAC

David Stegink, Thursdays, 10 am – noon

HOA1 Activity Center, 11/2, 11/9, 11/30, 12/7, 12/14

This course explores the French writer, Honore de Balzac (1799-1850), his life, works, and what he attempted to create with his massive production of novels for "The Human Comedy." His relation to "realism," his masterful creation of characters, and his picture of French society in the early to mid-19th century will be presented. Background information on the history and culture of France at that time will be covered. The class will read and discuss Balzac's novel, Cousin Bette, translated by Kathleen Raine, published by Modern Library (paperback, 2002), and available on Amazon.

17-209 KIND OF BLUE – MILES DAVIS

Randy Greene, Mondays, 10 am – noon

MV Sonoran Rm, 11/6, 11/13, 11/20, 11/27, 12/4, 12/11

Miles Davis is arguably the most significant musician in modern jazz. He began his career as an acolyte of Charlie Parker in the early hot house years of post World War Two bebop but quickly started to explore, especially in collaboration with Gil Evans on the 1949 album *Birth of the Cool*, a more expansive and subtle musical vocabulary. During the 1950's, as most jazz musicians were expanding bebop, Davis developed his own intense, understated style. At the same time, the bands he led were workshops for some of the most important musicians, most notably John Coltrane, who came of age during that period. Davis' work culminated in the 1959 album *Kind of Blue*, possibly the single most important jazz record released since World War Two.

17-210 US CIVIL-MILITARY RELATIONS IN THE 20TH CENTURY (A REPEAT)

Mark Schwartz, Mondays, 2-4 pm

MV Sonoran Rm, 11/6, 11/13, 11/20, 11/27, 12/4, 12/11

Civil-Military Relations (CMR) explores relationships between civil society and military organizations that protect it. For democracies, it's a vital element of national governance, ensuring: (1) elected civilian leaders make a wide range of decisions regarding war and peace, and (2) military activities fit within civilian-defined national policy. CMR provides a crucible to examine the interaction of policy options, leader personalities, and organizational behavior. Case studies will test us to examine our beliefs of good governance, and to weigh facts versus arbitrary perceptions. Expect multiple points of view in discussions on the personalities, policies, crises, relationships and CMR outcomes.

17-211 KING ARTHUR AND THE KNIGHTS OF THE ROUND TABLE

Linda Griffin, Tuesdays, 10 am - noon

MV Sonoran Rm, 11/7, 11/14, 11/21, 11/28, 12/5

The topic of King Arthur has always been a popular one. We are fascinated by him, Guinevere, Launcelot, the Round Table, the Holy Grail, Camelot, Excalibur, and all the knights. Many movies have been made about this king. Was he real? Were the stories all made up? What writers

wrote about him? What creates our fascination with him and the other characters?

This course will attempt to answer some of these questions. We will review the literary history of this topic area review the story of Tristan and Isolde; read about one particular knight, Sir Gawain; and read selections from Malory's famous work, Morte D'Arthur. We will draw parallels between some of the stories and themes and our modern-day life.

TEXTS: Sir Gawain and the Green Knight; Malory's Morte D'Arthur, Part Two (Books 10-21). [Order both from Amazon]

17-212 LIFE AND TIMES OF THE NAVAJO (A REPEAT)

Larry Stillman, Wednesdays, 10 am - noon
MV Sonoran Rm, 11/8, 11/15, 11/29, 12/6, 12/13

This course provides a fascinating look at the history and culture of America's largest Indian tribe, from the Long Walk to present day issues, with particular emphasis on the World War II years.

These classes will give attendees a better understanding of *Dinetah*, the Navajo Nation: its turbulent history, its remarkable people who have impacted tribal politics and the arts, its historic contribution to the outcome of World War II, its legends and traditions, and more. Furthermore, attendees will leave with a new appreciation for The People, as the Navajos call themselves, who share the same hopes and aspirations as the rest of us.

17-213 WHAT THE BUDDHA TAUGHT: THE NOBLE EIGHT-FOLD PATH (A REPEAT)

Harriet Schultz, Thursdays, 2 – 4 pm
MV Cactus Rm, 11/9, 11/16, 11/30, 12/7, 12/14

The goal of the Buddha's teaching is the liberation from suffering. The Noble Eightfold Path contains the do-it-yourself instruction manual that leads to the creation of more happiness and the experience of enlightenment that is also called Nirvana. This path, like the cause of suffering is within you – in what you think, what you say, and what you do. You can experience this path right here, right now – always in the present.

This path is a practice. This course will focus on the eight steps of the path that create the experience of enlightenment. Each step creates healthy factors of the mind that will lead to less suffering. When healthy factors are present, unhealthy ones are not; a simple truth. We begin to see here that Buddhism is indeed a science of the mind.

17-214 THE PILGRIMS, PLYMOUTH COLONY, AND THE FIRST THANKSGIVING – MYTH AND FACT (A REPEAT)

Tom Zimmer, Fridays, 10 am – noon
HOA1 Activity Center 11/10, 11/17

Who were the Pilgrims and why did they leave England to move to Holland and then across the Atlantic to found Plymouth Colony in 1620? We will meet the Plymouth Colony leaders, the Merchant Adventurers who funded the Colony, the "Strangers" who also travelled on the Mayflower, the crew, and the Indians who helped Plymouth Colony survive, and reasons why. We will examine the Mayflower Compact and its influence on the Constitutional values of America, the growth of the Colony and events leading to King Philips War. Finally, we will see how Forefathers' Day, first celebrated in Plymouth in 1769, contributed to the veneration of the Pilgrim legacy and to the proclamation by President Abraham Lincoln in 1863 of Thanksgiving as a national holiday.

17-215 THE HISTORY OF WESTERN MEDICINE (A REPEAT)

Art Triester, Fridays, 10 am – noon
MV Sonoran Rm 11/10; MV BR West 11/17, 12/1, 12/8, 12/15

This course will present highlights of western medicine through the lives of famous physicians, starting with Hippocrates, the father of modern medicine and Galen, the first "doctor to the stars." The discussion will then move to Vesalius and the renaissance of medicine and then to Harvey and the discovery of circulation. Session three starts with a short discussion of the contributions of Giovanni Morgagni the great anatomist. Then we discuss John Hunter, the surgeon as scientist, and on to Rene Laennec and his discovery of the stethoscope. Session four leads us through the discovery of ether and its use in anesthesia by William Morton. There followed great arguments for the honor of this discovery. The second hour we discuss Virchow and the cellular origins of disease.

During the final session we meet Lister and his germ theory, Halsted and the changes in American medical education and, finally, Helen Taussig and the start of cardiac surgery.

17-216 GRAVITATIONAL WAVE ASTRONOMY: A NEW WINDOW ON THE COSMOS

Lockwood Carlson, Friday, 7-9 pm

MV Ballroom West, 11/10 (one session only)

Recent discoveries, in 2015, of gravitational waves from collapsing pairs of black holes herald the onset of a new age of discovery for astronomy and our understanding of the cosmos, from its beginnings until the present day. Two identical detectors in California and Louisiana have found these events in the infinitesimal stretching of space itself as the waves pass by us. The detectors are stunning achievements of several advanced technologies and are just the beginning, with more detectors and other modes of detection in the wings. We will discuss the design and innovations of the detectors, the physics of black hole collapse, and, importantly, what we have learned about our cosmos and anticipate other key discoveries about spacetime, gravity, dark matter, and the big bang. This course is free and open to members and non-members.

17-217 HOW YOUR HEART WORKS: THE CARDIOVASCULAR SYSTEM

Barbara Ruger, Tuesdays, 2-4 pm

MV Sonoran Rm, 11/14, 11/21, 11/28, 12/5, 12/12

This course is designed to provide participants with knowledge of the structures and functioning of the heart as well as the differences between congenital, acute and chronic heart conditions. The participants will learn and understand the types of the diagnostic tests used to determine cardiovascular disease and the medical, surgical and pharmacological methods used to treat cardiovascular diseases. Additionally, the participants would gain an understanding of the risk factors, prevalence of cardiovascular disease, and the individual's role in the prevention and/or management of cardiovascular disease.