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**WINTER - 2020**



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*RCTC provides accessible, affordable, quality learning opportunities to serve a diverse and growing community*

# Letter from the LIFE Chair



**Hello LIFE friends!** Because of your interest in life-long learning, we have completed another year presenting great opportunities to enhance our knowledge and experience. Between September 2018 and June 2019, LIFE offered 115 one-time classes to an average of 27 attendees, several continuing classes, 3 movies, and 28 trips. We celebrated with a Fall Harvest Dinner and a talk on the USS Ward. We established classes at the celebrated Mayo High School Planetarium. We learned about coffee, medical 3D printing, lots of animals, and pencils. Without paying airfare, we travelled to exotic places like Africa, Suriname, Greece, the Panama Canal, and the moon. History buffs enjoyed many popular classes. We continued to hear from our favorite instructors; many relate they are thrilled to return to us at LIFE.

So you know all this stuff! Attendance is increasing each year. Keeping everyone informed about LIFE by advertising is expensive. We do the best we can by making catalogs and trifold available, but we know they aren't getting to everyone. SO, YOU are our best advertising! Bring a friend, neighbor, family member! Many of our evaluations read "This is my first class and I loved it!" Remember, the first class is free. We also offer grants to people to whom the cost might be prohibitive. Just call the office.

This year we extended our profound thanks to four Board Members: Brenda Dicken, Pat Farrell, Carol Kamper, and Darlene Kelly. As they leave the Board, we know we will see them frequently at classes. We also welcomed two new members, Peg Farrell and Maureen Plitzweit; and two returning members, Steve Frytak and Tom Gaffey. Grab a cup of coffee, take your new catalog to a comfy chair and decide what classes pique your interest. We look forward to seeing you and your friends!

**-Pamela Haase, LIFE Board Chair**



Colleen Arnold Janet Bartz Jane Callahan Peg Farrell Steve Frytak Tom Gaffey Jane Hallman Judy Haugen Chad Israelson	<b>LIFE Advisory Board Officers</b> Pamela Haase Chair Julie Stenehjelm Vice Chair Frank Iossi Secretary	Walt Menning Judy Pease Maureen Plitzweit Pixy Russell Chuck Stupca Steve Troutman Bill Wiktor Mary Wilson
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# Registration Information



## Cost / LIFE Membership

All individuals participating in LIFE classes are required to either be LIFE members or pay an increased fee as a non-member. Membership for the year is **\$25** per person and is in effect August 1 through July 30 each academic year. An additional fee is charged per course or event. Anyone is welcome to join. The only prerequisite is an active interest in learning. There are no educational requirements, no term papers, no tests—everyone succeeds!

**All ages are welcome! Gift Certificates are Available!**

## Faculty

Various courses are led by professional educators, community leaders, and peer volunteers.

## Location

LIFE holds classes in comfortable classrooms at the Heintz Center, 1926 College View Drive S.E., in Rochester. The parking is free and very accessible. Small class sizes promote friendly exchanges and quality instructor contact.

## Registration

To register for any of the activities in this catalog

- \* Return the registration form by mail to LIFE, 851 - 30<sup>th</sup> Avenue S.E.-Box 50 Rochester, MN 55904-4999 – **CHECK PAYMENT TO 'RCTC LIFE' REQUIRED.**
- \* Bring registration to the LIFE Office at Heintz Center, 1926 Collegeview Rd SE, Rm. H1305 —**CHECK PAYMENT TO 'RCTC LIFE' REQUIRED.**
- \* **Online registration is now available for LIFE members only with credit card payments!!** Please call (507) 280-3157 for more information.

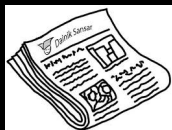
## Cancellation and Refund Policy

**Class refunds:** will only be given **5 business days prior** to the class start date—a \$5 processing fee will be charged. **Trip Refunds:** There will be a 10% processing fee for trips canceled prior to the "no refunds after" date. There will be no refunds for trips after the "no refunds after" date. In the event that a class is canceled due to low enrollment or instructor conflict, refunds will be processed in full. **If Rochester Public Schools or RCTC classes are canceled due to weather, all LIFE classes are canceled.** We make every effort to reschedule classes canceled by the weather. LIFE annual membership fees are non-refundable.

## Contact Information:

(507) 280-3157  
 chrisanne.pieper@rctc.edu

## Current Affairs



### Great Decisions 2020 Discussion Group Topic Artificial Intelligence and Data

Policymakers in many countries are developing plans and funding research in artificial intelligence (AI). Global growth is slowing, and not surprisingly, many policymakers hope that AI will provide a magic solution. The EU, Brazil, and other Western countries have adopted regulations that grant users greater control over their data and require that firms using AI be transparent about how they use it. Will the U.S. follow suit?



**Facilitator: Steve Troutman**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Tuesday, June 2 Time(s): 3:15-5:15 pm**

**Member Fee: \$10 Non-Member Fee: \$15**

*Stephen Troutman is a Futurist and frequent speaker on a number of diverse topics. At IBM for 33 years, Steve retired as an Executive Consultant in 2010. In the US Navy Reserve for 23 years, he was Commanding Officer of four units, and attained the rank of Captain. He has been a Futurist since 1999. He is an active volunteer serving on several Boards and as a SCORE Mentor to small business. He currently serves on the RCTC Advisory LIFE Board.*

## Winter 2020 LIFE Classes



### Community

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### Current Affairs

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13 China's Road into Latin America

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PLEASE NOTE:  
LIFE MEMBERSHIPS  
ARE RENEWED EVERY AUGUST.  
MEMBERSHIPS EXPIRE IN JULY.



ROUTE 3 for City Bus

## Humanities and the Arts



### Winter Movie--"Hidden Figures"

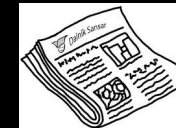
Three brilliant African-American women at NASA -- Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world. **Please bring a non-perishable food item for the RCTC Student food shelf.**



**Location: Heintz Center Rm. H1100 Session(s): 1**  
**Date(s): Wednesday, January 8 Time(s): 1-3 pm**  
**Member Fee: No Charge Non-Member Fee: \$3**

**LIFE Scholarships are available!**  
**Call 280-3157 for more information.**

## Current Affairs



### Great Decisions 2020 Discussion Group Topic China's Road into Latin America

As the Trump administration continues to withdraw from the world stage, China is looking to fill the void. How does Latin America fit into China's "One Belt, One Road" plan? How will the relationship with China affect the region? Should the U.S. be concerned about China's growing "sphere of influence?"

**Facilitator: Steve Troutman**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Tuesday, May 5 Time(s): 3:15-5:15 pm**

**Member Fee: \$10 Non-Member Fee: \$15**



### Great Decisions 2020 Discussion Group Topic The Philippines and the U.S.

The Philippines has had a special relationship with the United States since the islands were ceded by Spain to the United States after the Spanish-American War at the end of the 19th century. However, since the election of Rodrigo Duterte, the country has pivoted more toward China, and away from the U.S. Duterte has also launched a large-scale war on drugs that many criticize for its brutality. What does the future hold for U.S. relations with the Philippines?

**Facilitator: Steve Troutman**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Tuesday, May 19 Time(s): 3:15-5:15 pm**

**Member Fee: \$10 Non-Member Fee: \$15**

## One-Day Trips



### “ART in BLOOM” at the Minneapolis Institute of Art

The Minneapolis Institute of Art (Mia) will celebrate the arrival of spring by pairing thousands of flowers with timeless art for the annual Art in Bloom festival. Presented by Friends of the Institute and now in its 37th year, Art in Bloom will showcase 165 fresh floral arrangements inspired by works of art in Mia’s collection. We will travel first to “Art in Bloom” for a guided tour. We will enjoy supper at Patrick’s Café inside Lyndale’s Bachman’s. Fee includes coach transportation, a guided tour of “Art in Bloom,” and supper at Patrick’s Bakery and Cafe (three choices) in the Lyndale Bachman’s

**No refunds after March 15.**



**Location: Northrop School-Parking Lot**

**Date(s): Friday, April 24 Time(s): 12 pm-8 pm**

**Member Fee: \$67**

## Health and Science



### The Bugs and I(mmunology): friends or foe?

Understand the microbiome and its function in controlling our immune system and the role of gut microbiome in disease, we will focus on arthritis. Dr. Taneja will describe how genetics and bacteria living in gut contribute to disease and will describe how our own commensals can be used to treat various conditions.

**Instructor: Veena Taneja PhD**

**Location: Heintz Center Rm. H1100 Session(s): 1**

**Date(s): Thursday, January 16 Time(s): 1-2:30 pm**

**Member Fee: \$9 Non-Member Fee: \$12**



*Veena Taneja, Ph.D., is an Associate Professor in the Department of Immunology with a joint appointment in the Division of Rheumatology at Mayo Clinic. She is a member of the Mayo Clinic Cancer Center Immunology and Immunotherapy Program. She has served on various study sections for the NIH and Canadian Institute of Health Research. She is a member of Clinical Immunology Committee of the American Association of Immunologists. She also serves as an Academic Editor for PLOS One and two journals in the field of rheumatology. Research in her laboratory is focused on understanding the interaction between genetic and environmental factors that can modulate immune response in autoimmune diseases with special emphasis on sex-bias in autoimmunity. Her laboratory is investigating the basis for individualized medicine and therapeutic potential for the gut microbiome. Dr Taneja and her colleagues are determining whether bacteria isolated from a human gut biopsy can protect from arthritis. Since the bacteria are native to human gut, they are less likely to cause any serious side effects and provide new insights in to the use of commensal bacteria as a novel therapeutic option. In addition, her laboratory is exploring ways to use this technology for other diseases like COPD to help patients in healthy aging. Dr. Taneja has received numerous awards and honors for her work. She recently received Excellence in research award from the Military Health Research for her work.*

## Literature



### LIFE Book Group

January's book will be "How Democracies Die" by Steven Livitsky and Daniel Ziblatt. February's book will be "Doing Justice: A Prosecutor's Thoughts on Crime, Punishment, and the Rule of the Law." March's book will be "Lincoln in the Bardo (A Novel)" by George Sanders.



**Facilitator: Steve Troutman**

**Location: Heintz Center Rm. H1415 Session(s): 3**

**Date(s): Fri, Jan. 17, Feb. 21, Mar. 20 Time(s): 10 am-Noon**

**Member Fee: \$10 Non-Member Fee: \$15**

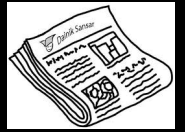
**Invite a friend to try RCTC LIFE!**

**All ages are welcome.**

**Bring a friend to any two-hour class for *free!***

**Good for ONE class per new participant!**

## Current Affairs



### Great Decisions 2020 Discussion Group Topic Modern Slavery and Human Trafficking

Almost every nation has enacted laws criminalizing human trafficking, and international organizations, governments, and NGOs sponsor a large variety of projects to curb trafficking and slavery. Billions of dollars have been allocated to these efforts. What is the international community doing to combat slavery and trafficking? What are the experiences like for those being trafficked?



**Facilitator: Steve Troutman**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Tuesday, April 7 Time(s): 3:15-5:15 pm**

**Member Fee: \$10 Non-Member Fee: \$15**

### Great Decisions 2020 Discussion Group Topic U.S. Relations with the Northern Triangle

Combatting illegal immigration has become a priority of the Trump administration. The Northern Triangle of Central America, made up of Honduras, El Salvador, and Guatemala, is a special target of the administration, which hold the nations responsible for the large flow of migrants from Latin America to the U.S. With funds from the U.S. cut, how can the Northern Triangle countries curtail migration?



**Facilitator: Steve Troutman**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Tuesday, April 21 Time(s): 3:15-5:15 pm**

**Member Fee: \$10 Non-Member Fee: \$15**

# Nature and Ecology



## Wise Guys: Animal Intelligence

The owl totem stone symbolizes “wisdom and perseverance”. The raven totem stone symbolizes “trickster and mischievous”. The reality is the raven is wise enough and determined enough to trick the owl, their trainers and researchers into giving up stones, food and other prizes. We’ll explore the mental skills and behaviors of these birds, through the eyes of native cultures and researchers to see which bird most deserves the title “wise guy.” And learn who you really want to call when something needs fixing.



**Instructor: Melonie Shipman**

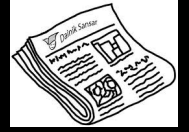
**Location: Heintz Center Rm. H1100 Session(s): 1**

**Date(s): Tuesday, March 31 Time(s): 1-2:30 pm**

**Member Fee: \$10 Non-Member Fee: \$15**

*Combine dressing up as a World War II soldier in the Aleutian Islands, working with Native culture-keepers at a seal harvest, leading nature hikes, sneaking up on shorebirds, presenting over 20 nature-related slide programs and you will have a small bit of Melonie’s, the Traveling Naturalist’s, professional background and experience. Add to this personal experiences with wild nature from the grey whales of Baja, Mexico to dog sledding vacations to sea kayaking expeditions in remote locations. Melonie has been a handler for the Iditarod, a wolf pup care assistant, and a polar bear study participant. She brings a diverse and personal variety of firsthand information and stories to her programs.*

# Current Affairs



## Media: It's the Air We Breathe and the Water We Swim In

How does "the media," particularly video, do what they do to us? This class will explore some of the techniques used by media producers to elicit a response from us. Whether it's to buy something, think something, or vote a particular way, there are techniques that are purposely used for a desired effect. We will explore several of these techniques from technical and theoretical perspectives. This is NOT a media-bashing course, but rather an exploration of the media environment we live in.



**Instructor: Ron Elcombe PhD**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Tuesday, January 21 Time(s): 1-3 pm**

**Member Fee: \$13 Non-Member Fee: \$21**

*Dr. Elcombe is Professor Emeritus of Mass Communications at Winona State University. During his 25-year tenure at Winona State, he taught various advertising courses, Mass Communication Theory, Mass Media History, and Media Issues and Ethics. He served as Mass Communication Department Chairperson and Director of the WSU Residential College. Prior to his academic career, he spent nearly fourteen years in sales, marketing, and advertising positions in the private sector.*

# History



## Marion and Marion

This class will explore the lives and works of two pioneer woman architects, both named Marion, who were key factors in the Prairie School. Marion Mahony was a talented designer and delineator who worked in the practice of Frank Lloyd Wright. Marion Alice Parker was an important member of the firm of Purcell & Elmslie in St. Paul.



**Instructor:** Ken Allsen

**Location:** Heintz Center H1415    **Session(s):** 1  
**Date(s):** Wednesday, January 22    **Time(s):** 1-3 pm  
**Member Fee:** \$13    **Non-Member Fee:** \$21

*Ken Allsen is a freelance architectural historian, author and artist. He has taught LIFE classes for a number of years covering topics in architectural and local history. He also volunteers at the History Center of Olmsted County, Mayo Clinic Archives and Assisi Heights.*

[www.learningisforever.net](http://www.learningisforever.net)

# Nature and Ecology



## Churchill, Manitoba: Through the Seasons

Beluga whales, polar bears and the Northern Lights - This remote community on the west side of Hudson Bay is the center point of unique nature experiences. In summer, hundreds of beluga (white whales) follow the fish in shallow water as they sing and play around kayaks and divers. The polar bear males roam and snooze on the boulder beaches. With the cold, tourists flock in to see male, female and cub polar bears from tundra buggies while spectacular northern lights dance overhead. Why do these experiences happen here and will they continue as the climate changes? Churchill is adapting with the addition of Polar Bears International Headquarters and sea wall murals created by International artists as they face the loss of the railroad and forecast loss of their bears.

**Instructor:** Melonie Shipman

**Location:** Heintz Center Rm. H1100    **Session(s):** 1  
**Date(s):** Tuesday, March 31    **Time(s):** 10-11:30 am  
**Member Fee:** \$10    **Non-Member Fee:** \$15



*Combine dressing up as a World War II soldier in the Aleutian Islands, working with Native culture-keepers at a seal harvest, leading nature hikes, sneaking up on shorebirds, presenting over 20 nature-related slide programs and you will have a small bit of Melonie's, the Traveling Naturalist's, professional background and experience. Add to this personal experiences with wild nature from the grey whales of Baja, Mexico to dog sledding vacations to sea kayaking expeditions in remote locations. Melonie has been a handler for the Iditarod, a wolf pup care assistant, and a polar bear study participant. She brings a diverse and personal variety of firsthand information and stories to her programs.*



## One-Day Trips



### “Not in Our Neighborhood” at the St. Paul History

1924. This drama recounts the horrific events and shameful history of housing segregation in St. Paul’s Groveland Park neighborhood. William and Nellie Francis, both civil rights advocates and leading citizens in St. Paul’s growing African- American community, dared to move from their home in the Rondo neighborhood to the “home of their dreams” in this all-white neighborhood. Little did they know, neighbors would burn a cross in their front yard in an attempt to terrorize them and force them to abandon their dreams. Fee includes coach transportation, theatre ticket, and lunch at Herbie’s on the Park (choice of three entrees). **No refunds after February 20.**



**Location:** RCTC Regional Sports Center-Parking Lot  
**Date(s):** Thursday, March 26 **Time(s):** 8:30 am-5:30 pm  
**Member Fee:** \$86

## History



### Christopher Columbus: A Mixed Historical Legacy

We will examine the controversial legacy of the honored and despised late medieval maritime explorer who found the Americas when searching for China, and clashed with complex indigenous American cultures while opening the world to empires, imperialism, and exploitation.



**Instructor:** Tom Ostrom, Professor Emeritus, RCTC  
**Location:** Heintz Center Rm. H1415 **Session(s):** 1  
**Date(s):** Monday, January 27 **Time(s):** 1-3 pm  
**Member Fee:** \$13 **Non-Member Fee:** \$21

*Ostrom is a retired RCTC instructor of geography, history and anthropology; a former member of the U.S. Coast Guard Reserve; an author of books on naval and coast guard history; and a political commentator on KROC-AM Radio. He has taught several LIFE classes.*

## Health and Science



### Pharmacogenomics Research--What's New?

Pharmacogenomics is the study of how genes affect a person's response to drugs. This relatively new field combines pharmacology (the science of drugs) and genomics (the study of genes and their functions) to develop effective, safe medications and doses that will be tailored to a person's genetic makeup. Many drugs that are currently available are "one size fits all," but they don't work the same way for everyone. It can be difficult to predict who will benefit from a medication, who will not respond at all, and who will experience negative side effects (called adverse drug reactions). Adverse drug reactions are a significant cause of hospitalizations and deaths in the United States. With the knowledge gained from the Human Genome Project, researchers are learning how inherited differences in genes affect the body's response to medications.

**Instructor: Richard Weinshilbom M.D.**

**Location: Heintz Center Rm. H1100 Session(s): 1**

**Date(s): Thursday, January 30 Time(s): 1-3 pm**

**Member Fee: \$13 Non-Member Fee: \$21**



*Dr. Weinshilbom studies pharmacogenomics — the role of inheritance and individual variation in DNA sequence or structure in drug response. The goal is to develop safer and more effective drug therapy to treat diseases that range from cancer to depression. His research program utilizes genomic techniques that include genome-wide association studies (GWAS) and "next-generation" whole genome DNA sequencing using samples from large numbers of patients treated with a specific anticancer or antidepressant drug. Sophisticated cell-based functional genomic techniques are used to determine mechanisms responsible for variation in drug response phenotypes. This approach has already succeeded in the discovery and functional/mechanistic pursuit of novel, unanticipated genes that influence response to a series of drugs used to treat childhood leukemia and breast cancer. Dr. Weinshilbom's research has been continuously funded for decades by the NIH and other Foundation funding mechanisms.*

## History



### Woodstock 1969--Looking Back 50 Years Later

Join Paul as he uses photos and music to tell the story of the 1969 Woodstock Festival. You'll learn the history behind the concert, learn about the performers, and listen to samples of the music from the festival.



**Instructor: Paul Koeller**

**Location: Heintz Center Rm. 1415 Session(s): 1**

**Date(s): Wednesday, March 25 Time(s): 1-3 pm**

**Member Fee: \$13 Non-Member Fee: \$21**

*Paul is a retired IBMer and active Mayo Volunteer who loves researching and presenting music and local history topics. He has given numerous history presentations in Rochester and presented about twenty different rock music classes for Rochester Community Education.*

## Humanities and the Arts



### The Art of Seeing: Session Three Turn on the Lights!

Shadows make all the difference in many art pieces. See the effects of light on objects and observe how artists use them to painterly advantage.

**Instructor:** Carol L. Veldman Rudie

**Location:** Heintz Center Rm. H1415    **Session(s):** 1

**Date(s):** Tuesday, March 24    **Time(s):** 10 am-Noon

**Member Fee:** \$15    **Non-Member Fee:** \$25



### The Art of Seeing: Session Four Designs on Canvas

Artists make many decisions about how to combine elements in their work. Composition is the total of those decisions.

**Instructor:** Carol L. Veldman Rudie

**Location:** Heintz Center Rm. H1415    **Session(s):** 1

**Date(s):** Tuesday, March 24    **Time(s):** 1-3 pm

**Member Fee:** \$15    **Non-Member Fee:** \$25

*Carol Veldman Rudie is the lead docent and the coordinator of outreach education at The Museum of Russian Art in Minneapolis. She regularly leads classes and speaks on topics of Russian art. A former college teacher, she has done PhD work at the University of Minnesota in English literature and art history.*

## Humanities and the Arts



### Pick Up the Pen: Exploring the Elements of Creative Writing

Everyone has a story to tell. This class will give you the tools to finally write your story and send it out into the world. You will learn the key components of creative writing and how to apply them to create resonant stories of any length or genre. We will learn by reading and analyzing short stories by contemporary masters and completing writing exercises in class.



**Instructor:** Hana Bartels

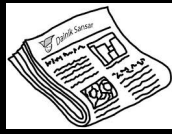
**Location:** Heintz Center Rm. H1415    **Session(s):** 2

**Date(s):** Mondays, February 3,10    **Time(s):** 1-3 pm

**Member Fee:** \$25    **Non-Member Fee:** \$35

*Hanna received her BA in Creative Writing from Northwestern University and will graduate with her MFA in Creative Writing--Fiction from Queens University of Charlotte in May 2020. She is an Editorial Assistant for Qu Literary Magazine and is a member of the Authors Guild and the Association of Writers and Writing Programs. Her non-fiction has appeared in The Manifest-Station and is forthcoming in Unspoken: Writers on Infertility, Miscarriage, and Stillbirth, an anthology from L10 Press. She is currently at work on a novel-in-stories.*

## Current Affairs



### U.S. Relations with the Northern Triangle

Combating illegal immigration has become a priority of the Trump administration. The Northern Triangle of Central America, made up of Honduras, El Salvador, and Guatemala, is a special target of the administration, which hold the nations responsible for the large flow of migrants from Latin America to the U.S. With funds from the U.S. cut, how can the Northern Triangle countries curtail migration?



**Instructor: Robert Scarlett**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Tuesday, Feb. 4 Time(s): 10 am-Noon**

**Member Fee: \$15 Non-Member Fee: \$25**

*Rob Scarlett currently serves as Senior Adviser to Clearwater Biologic, LLC, a bio-remediation business located in Babbitt, Minnesota, and has served as a senior executive in a number of smaller manufacturing companies over the years. Since 1999, he has also led Hunter Scarlett Consulting, and serves as a director for start-ups in the US, Europe, and Latin America. Rob is fluent in English, German, Spanish, and Portuguese. He graduated from Carleton College in the mid-1960s and spent much of the past 50 years working and living in various countries Latin America. In the community, he is a former Chair of Global Minnesota and currently serves as Board Chair for the Venn Foundation and Trustee of the Sundance Family Foundation.*

## History



### Statue of Liberty: Two Decades of Effort, Almost Impossible Odds

The Statue of Liberty stands proudly in New York Harbor, but how did the Statue come to be? What does it symbolize? Join us for a compelling look at the idea, the construction and the meaning behind one of the most recognizable symbols in the world.



**Instructor: David E. Jones**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Monday, March 23 Time(s): 1-2:30 pm**

**Member Fee: \$10 Non-Member Fee: \$15**

*David Jones, a resident of Minneapolis, has been presenting on historical topics to a wide range of audiences since 1996. He has made more than 750 presentations to over 20,000 people. He is a native of St. Peter, MN and a graduate of Gustavus Adolphus College.*

**Invite a friend to try RCTC LIFE!**

**All ages are welcome.**

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**Good for ONE class per new participant!**

## One-Day Trips



### “Not for Sale” at the St. Paul History Theatre

Late 1950s & early '60s. Arnold Weigel, a rising star in the Twin Cities real estate business, puts his career on the line when he begins to represent families of color as they attempt to buy homes in the all-white neighborhoods of Minneapolis and St. Paul. In the wake of the destruction of the Rondo neighborhood, there is a great need for housing for those displaced by St. Paul's urban renewal plan. Fee includes coach transportation, theatre ticket, and buffet lunch at the M. Street Cafe in the Saint Paul Hotel. **No refunds after February 20.**

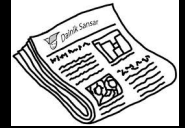


**Location: Northrop School-Parking Lot**

**Date(s): Sunday, March 22 Time(s): 10:30 am-5:30 pm**

**Member Fee: \$86**

## Current Affairs



### China's Road into Latin America

As the Trump administration continues to withdraw from the world stage, China is looking to fill the void. How does Latin America fit into China's "One Belt, One Road" plan? How will the relationship with China affect the region? Should the U.S. be concerned about China's growing "sphere of influence?"



**Instructor: Robert Scarlett**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Tuesday, Feb. 4 Time(s): 1-3 pm**

**Member Fee: \$15 Non-Member Fee: \$25**

*Rob Scarlett currently serves as Senior Adviser to Clearwater Biologic, LLC, a bio-remediation business located in Babbitt, Minnesota, and has served as a senior executive in a number of smaller manufacturing companies over the years. Since 1999, he has also led Hunter Scarlett Consulting, and serves as a director for start-ups in the US, Europe, and Latin America. Rob is fluent in English, German, Spanish, and Portuguese. He graduated from Carleton College in the mid-1960s and spent much of the past 50 years working and living in various countries Latin America. In the community, he is a former Chair of Global Minnesota and currently serves as Board Chair for the Venn Foundation and Trustee of the Sundance Family Foundation.*

## Community



### Looking Back to Plan Ahead: Year 1

Mayor Norton will review the past year's actions and accomplishments in City government with a particular focus on her priorities and progress in her first year. The areas to be covered include good government, sustainability, community engagement, strengthening neighborhoods and more. She will share her ideas for City priorities for 2020 and is open to hearing your ideas, too! The Mayor will entertain questions as well.



**Instructor: Mayor Kim Norton**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Wednesday, February 5 Time(s): 1-3 pm**

**Member Fee: \$5 Non-Member Fee: \$10**

*Kim Norton became the first woman Mayor of Rochester, Minnesota in 2018 and took office on January 8, 2019. Most recently Kim won a Bush Fellowship which allowed her to complete a master's degree at the University of Minnesota's Humphrey School of Public Affairs focused on leadership and energy policy. This work allowed her to investigate communities noted for their sustainability and livability. Prior to her Fellowship, Kim served in the Minnesota House of Representatives, representing District 25B, consisting mostly of the northern portion of the city of Rochester in Olmsted County in the southeastern part of the state. During her 10 years as a legislator, Kim introduced many pieces of significant legislation including the Destination Medical Center (DMC) economic development project aimed at positioning Rochester as a premier location for healthcare. Before serving on the state legislature, Kim served eight years, including one as board chair of the Rochester Public School Board. In addition to Kim's solid and long history of public service and leadership, she has a record of asking tough questions, seeking out and listening to people with differing opinions, and working with the community to build bridges.*

## History



### Rochester 1959: 50 Years of Progress

Rochester was growing quickly in 1959 with the recent arrival of IBM. The Cold War was raging and the Space Race was starting. The automobile industry was in turmoil much like today. Mayo Clinic was defending their reputation. Rochester hosted dignitaries such as Ann Landers; Satchel Paige; and Mrs. George McGill, a Gypsy Queen. Join Paul as he uses the headlines and photos of 1959 Rochester to explore how much has changed and how much remains the same.



**Instructor: Paul Koeller**

**Location: Heintz Center Rm. 1415 Session(s): 1**

**Date(s): Thursday, March 19 Time(s): 1-2:30 pm**

**Member Fee: \$9 Non-Member Fee: \$13**

*Paul is a retired IBMer and active Mayo Volunteer who loves researching and presenting music and local history topics. He has given numerous history presentations in Rochester and has presented about twenty different rock music classes for Rochester Community Education.*

## One-Day Trips



### "Dixie Swim Club" at the Old Log Theatre

This touching comedy centers around five Southern women who became friends on their college swim team. The group sets aside a long weekend every August to recharge their relationships. Free from husbands, kids and jobs, they meet at the same beach cottage on North Carolina's Outer Banks to catch up, laugh and meddle in each other's lives. The play begins 22 years after they graduate from college. "The Dixie Swim Club" focuses on four of those weekends and spans a period of thirty-three years. As their lives unfold and the years pass, these women increasingly rely on one another, through advice and raucous repartee, to get through the challenges (men, sex, marriage, parenting, divorce and aging) that life flings at them. And when fate throws a wrench into one of their lives in the second act, these friends, proving the enduring power of 'teamwork', rally around their own with the strength and love that takes this comedy in a poignant and surprising direction. It is really a study in friendship and how it grows and changes through the years. Fee includes coach transportation, theatre ticket, and lunch (choice of: braised boneless short rib, seared pork chop with bacon port demi glaze, dill roasted tilapia with lemon, or angel hair pasta with garden marinara; all served with potatoes, seasoned vegetables, dinner rolls, coffee/tea, and dessert). **No refunds after February 1.**



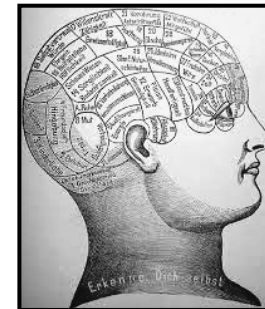
**Location:** RCTC Regional Sports Center-Parking Lot  
**Date(s):** Wednesday, March 18 **Time(s):** 10 am-6 pm  
**Member Fee:** \$87

## Humanities and the Arts



### The Philosophy of Mind

This will provide a short introduction to some current issues in the philosophy of mind, with special attention to the relationship between our brains (the physical stuff inside of our head) and our minds (the "place" where our thoughts and feelings live). Are these two things identical? Can one be reduced to the other? Or do they exist independently? We'll consider a few of the main philosophical accounts of the mind-brain problem, and will think a bit about the practical implications of these philosophical debates for current debates.



**Instructor:** Brendan Shea PhD  
**Location:** Heintz Center Rm. H1415 **Session(s):** 1  
**Date(s):** Thursday, February 6 **Time(s):** 1-3 pm  
**Member Fee:** \$13 **Non-Member Fee:** \$21

*Brendan Shea, PhD, is an Instructor of Philosophy at RCTC. He also serves as a Resident Fellow at the Minnesota Center for Philosophy at UM-Twin Cities, and as a Public Member on the Institutional Biosafety Committee at Mayo Clinic. Brendan has published numerous articles and book chapters concerning ethics, the philosophy of science, the history of philosophy, and other issues. He currently lives in Rochester with his wife Anne.*

## Humanities and the Arts



### Century of Cinema

Though movies began as silent, they had music with them even then. We explore the evolution of music in film over the last century, emphasizing the greatest and most popular scores. Has the best music of the last few decades been introduced in theaters rather than on concert stages?



**Instructor: Maestro Jere Lantz**

**Session(s): 1**

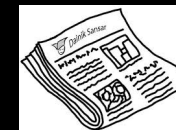
**Location: Kellogg Middle School Rm. 115, 503 17th St NE**

**Date(s): Monday, February 10 Time(s): 6-7 pm**

**Member Fee: \$6 Non-Member Fee: \$9**

*Looking back on having spent a third of a century at the helm of RSOC, Jere Lantz wonders both that it has been so long and that it has been so much fun. Throughout the hundreds of concerts he has led in Rochester, Lantz has shown his acumen for imaginative programming and his ability to deliver dynamic and stirring performances. In addition to his leadership in Rochester, Maestro Lantz has served in Minnesota as Music Director of the Minneapolis Pops Orchestra, Minneapolis Chamber Symphony, Kenwood Chamber Orchestra, St. Cloud Symphony Orchestra, and Minnetonka Choral Society. In addition to conducting in regions as widespread as Europe, Asia and Latin America, Lantz has led ensembles from coast to coast, including major symphonies throughout the U.S. Jere Lantz's commitment to telling "the story behind the music" shines through in his program notes for hundreds of programs as well as innumerable appearances in person and through media. Sought for his understanding of music and its role in today's world, he has served as an advisor to the Minnesota State Arts Board, American Composers Forum, Minnesota Public Radio and the Conductors Guild of the League of American Orchestras.*

## Current Affairs



### Great Decisions 2020 Discussion Group Topic Red Sea Security

The Red Sea has remained vital for global trade since the time of ancient Egypt. Once home to the spice trade, the Red Sea now sees millions of barrels of oil a day transported across its waters. With major nations like China, France, Italy, and the U.S. building large ports and bases in the region, what does the future of the region look like? How important is Red Sea security for global security? Can the region be a place of global cooperation?



**Facilitator: Steve Troutman**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Tuesday, March 17 Time(s): 3:15-5:15 pm**

**Member Fee: \$10 Non-Member Fee: \$15**

*Stephen Troutman is a Futurist and frequent speaker on a number of diverse topics. At IBM for 33 years, Steve retired as an Executive Consultant in 2010. In the US Navy Reserve for 23 years, he was Commanding Officer of four units, and attained the rank of Captain. He has been a Futurist since 1999. He is an active volunteer serving on several Boards and as a SCORE Mentor to small business. He currently serves on the RCTC Advisory LIFE Board.*



## Travel Adventures



### A Salute to Ireland

Jeff will share a photo tour of Ireland to celebrate St. Patrick's Day! He will include helpful hints for traveling around the country.



**Instructor: Jeff Jones**

**Location: Heintz Center Rm. 1415    Session(s): 1**

**Date(s): Tuesday, March 17    Time(s): 1-2:30 pm**

**Member Fee: \$9    Non-Member Fee: \$13**

*Jeff, a professional travel director, adventure guide, and scuba instructor, has traveled around the world for the past twenty-five years. Through personal, private group, and corporate trips, Jeff has traveled internationally some sixty plus times to over twenty-five countries on five continents. From self-driving across Namibia's Skeleton Coast to scuba diving off Australia's Great Barrier Reef, Jeff has a love for travel and adventure he would like to share with you.*

## Literature



### "Main Street" at 100

The Nobel Prize committee cited Sinclair Lewis's "Main Street" as a major influence on his being the first American to receive the award for literature in 1930. "Main Street" was a publishing phenomenon in 1920. According to Lewis's biographer Mark Schorer, "In the first six months of 1921 it sold 180,000. It was finally to go into millions....printers could not keep up with the orders." Lewis's satiric expose of small town America set in Gopher Prairie, Minnesota (based on Lewis's home town of Sauk Centre) struck a nerve with citizens of his home town, but also with those on small towns across the nation. Author Jane Smiley observed, "Lewis perfectly renders the frequently nice and friendly narrow-minded prejudice of small town America that is all the more difficult to combat because it is well meaning and patriotic." We will discuss how Lewis's portrait of the great Midwest looks after 100 years.



**Instructor: Vaunceil Kruse MAE**

**Location: Heintz Center Rm. H1415    Session(s): 1**

**Date(s): Wednesday, February 12    Time(s): 1-3 pm**

**Member Fee: \$13    Non-Member Fee: \$21**

*Vaunceil Kruse, MAE, taught AP English in a small diverse high school in Illinois for over twenty years. After retirement she served as Communications Coordinator for NAMI Wisconsin. She has a Master's Degree in Education with a Specialty in English from Olivet Nazarene University.*

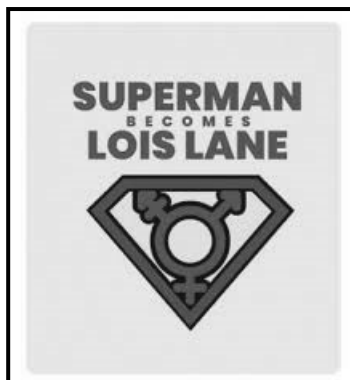
## One-Day Trips



### “Superman Becomes Lois Lane” at the St. Paul History

1982 & Beyond. Superman Becomes Lois Lane tells the story of the gender transition of Bob Sylvester, a former President of the Saint Paul City Council and successful investment banker, to Susan Kimberly, the first transgender woman to become the deputy mayor of a major American city. This is Susan's story written in her own words with passion and humor that has been a hallmark of this remarkable St. Paul figure. Funny, smart and insightful, this play is not to be missed! Fee includes coach transportation, theatre ticket, and lunch at Key's Cafe (Lunch choices: cheeseburger, hot turkey sandwich, or veggie sandwich.) **No refunds after January 10.**

**Location: RCTC Regional Sports Center-Parking Lot**  
**Date(s): Thursday, February 13** Time(s): 8 am-4 pm  
**Member Fee: \$86**



## History



### “Immoral” or “Incorrigible”:

### The Hidden History of Incarcerated Girls in Minnesota

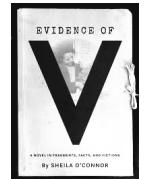
When author Sheila O'Connor set out to uncover buried family secrets, she discovered instead the little-known history of incarcerating adolescent girls for disturbingly long sentences for immorality” and “incorrigibility” in the early part of the twentieth century at the Minnesota Home School for Girls in Sauk Centre, Minnesota and across the United States. Confronted with a history of not one girl, or one family, but tens of thousands of victims, Sheila O'Connor set out to document, and bring to life, a silenced story that included corporeal punishment, solitary confinement, state-mandated breastfeeding, forced sterilizations, and parole assignments as domestic servants in private homes. Drawing on the facts of her own grandmother, who was sentenced as a pregnant fifteen-year-old to six years in 1935, Sheila will talk about the historical research that led to her book “Evidence of V,” her ongoing-work to bring this history to light, and the ways in which this lost past remains pressingly relevant to girls and women today.

**Instructor: Sheila O'Connor**

**Location: Heintz Center Rm. 1415** Session(s): 1

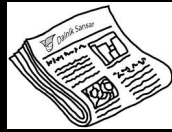
**Date(s): Monday, March 16** Time(s): 1-2:30 pm

**Member Fee: \$15 Non-Member Fee: \$25**



*Sheila is the author of six novels. Awards for her novels include the Michigan Prize for Literary Fiction, Minnesota Book Award, International Reading Award, and Midwest Booksellers Award among others. Her books have been included in Best Books of the Year by Booklist, VOYA, Book Page, Bank Street, Chicago Public Library, and Barnes and Noble Discover Great New Writers. A multi-genre writer, Sheila's short stories, poems, and essays have been published in magazines and anthologies including Minnesota Monthly, Baltimore Review, Great River Review, Blue Earth Review, and others. A graduate of the Iowa Writers' Workshop, she has been awarded Bush Fellowships, Minnesota State Arts Board Grants, and a McKnight Fellowship. She is a professor in the Creative Writing Program at Hamline University.*

## Current Affairs



### Climate Change: Adaptation and Mitigation? Authority and Markets?

The term “global warming” has quickly and virtually disappeared from popular press discourse in favor of a less contentious, more discernible “climate change” to garner popular acceptance, but the consequences of this phenomenon will not as effortlessly be addressed nor resolved. What is the best way to approach climate change? Given the limitations of the global system, can climate change be effectively addressed at the international level, or is a country-level approach the best that can be hoped for?

**Instructor: Richard Leitch PhD**

**Location: Heintz Center Rm. H1100 Session(s): 1**

**Date(s): Thursday, March 12 Time(s): 1-3 pm**

**Member Fee: \$15 Non-Member Fee: \$25**



*Dr. Leitch earned his BA in East Asian Studies from Colby College in 1985, and went on to earn an MA in Asian Studies from the University of Illinois, Urbana-Champaign after a two year career on Wall Street. He earned his Ph.D. in Political Science from Illinois in 1995, where he was the recipient of the Harriet and Charles Luckman Award for Distinguished Undergraduate Teaching, and the College of Liberal Arts Award for Distinguished Teaching by a Graduate Assistant. He has been a member of the Political Science Department at Gustavus since 1996, where he teaches courses in International Relations, Comparative Politics, Asian Politics, Environmental Politics, and the Politics of Poverty. In 2000 he received the Swenson-Bunn Award for Teaching Excellence at Gustavus, and in 2008 the Edgar M. Carlson Award for Distinguished Teaching. In 2012 he was included in The Princeton Review's The Best 300 Professors. His research interests include Japanese domestic politics and foreign policy, and he is the co-author of Japan's Role in the Post-Cold War World.*

## One-Day Trips



### "Fools Fall in Love" at the Ives Auditorium in Bloomington

Experience the signature love songs of 1950s and 1960s beginning with doo-wop groups like The Drifters and The Platters up to Frankie Valli and the Four Seasons. Featuring four of the Twin Cities best male vocalists, Fools Fall in Love celebrates the swinging quartet-driven harmonies of the era to tunes such as “Earth Angel,” “A Sunday Kind of Love,” “Can’t Take My Eyes Off of You,” “Come Go with Me,” “Unchained Melody,” “Sherry,” and “Big Girls Don’t Cry.” Fee includes coach transportation, theatre ticket, and lunch (roast beef, cheesy potatoes, glazed carrots, winter salad, dinner rolls, desserts, and coffee/hot tea) at the Masonic Heritage Center. **No refunds after January 5.**

**Location: RCTC Regional Sport Center-Parking Lot**

**Date(s): Friday, February 14 Time(s): 10 am-5:30 pm**

**Member Fee: \$86**



## Current Affairs



### Headliners

LIFE “Headliners” is a discussion group where people gather to listen, to learn, and to engage in an open and thoughtful exchange of ideas, opinions, and information. It is a place to flex the brain, to find gratification in being acknowledged for what you know, and to be humbled by the knowledge of others. Please bring current newspaper/magazine topics you would like to discuss.



**Instructor: Steve Frytak**

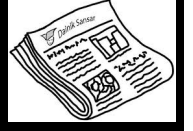
**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Tuesday, February 18 Time(s): 10 am-Noon**

**Member Fee: \$5 Non-Member Fee: \$10**

*Stephen Frytak is a retired Mayo Medical Oncologist. Steve currently serves on the Learning Is ForEver (LIFE) Board.*

## Current Affairs



### India and Pakistan: Enemies from Birth, with Nuclear Weapons

The religious divide between Muslims and Hindus is the common explanation for the founding of India and Pakistan in August 1947, but the entrenched, now decades-long enmity between these neighboring nation-states transcends differences in their views of the other-worldly. We will analyze the key issues that have divided these two regional rivals, and the prospects for diplomatic solutions.



**Instructor: Richard Leitch PhD**

**Location: Heintz Center Rm. H1100 Session(s): 1**

**Date(s): Thursday, March 12 Time(s): 10 am-Noon**

**Member Fee: \$15 Non-Member Fee: \$25**

*Dr. Leitch earned his BA in East Asian Studies from Colby College in 1985, and went on to earn an MA in Asian Studies from the University of Illinois, Urbana-Champaign after a two year career on Wall Street. He earned his Ph.D. in Political Science from Illinois in 1995, where he was the recipient of the Harriet and Charles Luckman Award for Distinguished Undergraduate Teaching, and the College of Liberal Arts Award for Distinguished Teaching by a Graduate Assistant. He has been a member of the Political Science Department at Gustavus since 1996, where he teaches courses in International Relations, Comparative Politics, Asian Politics, Environmental Politics, and the Politics of Poverty. In 2000 he received the Swenson-Bunn Award for Teaching Excellence at Gustavus, and in 2008 the Edgar M. Carlson Award for Distinguished Teaching. In 2012 he was included in The Princeton Review’s The Best 300 Professors. His research interests include Japanese domestic politics and foreign policy, and he is the co-author of Japan’s Role in the Post-Cold War World.*

# History



## Pirates: Predators of the Seas

Ahoy there, mateys! Arrrhhhh ..... you looking for adventure and excitement? Do you long for a life that is free from the restrictions, limitations, and boredom of everyday life? Would you like to travel to exotic places and see the world? Can you see yourself at sea, with the wind blowing through your hair as you scan the horizon with your spy-glass from high up in the crow's nest of your ship, looking for treasure-laden Spanish galleons to prey upon? Would you like to learn how to fight with a cutlass or be trained as part of a gun crew, firing the ship's massive cannons? If so . . . It's the Pirate's life for you! But, not so fast, me hearty! What exactly is a pirate? Is a pirate's life everything that you have been led to believe? Do books and movies about pirates give us an accurate picture of what it was really like to be one? What is life aboard a ship really like? What were the dangers of pirating? Perhaps you had better look a little closer into the world of the pirate before you jump aboard. You can learn everything you need to know! This presentation is for people of all ages. Presenter, Arn Kind, will separate the myths from the facts about piracy, from ancient times to modern day pirates. He will get down to the nitty gritty of what piracy was!

**Instructor: Arn Kind**

**Location: Heintz Center Rm. H1100 Session(s): 1**

**Date(s): Wednesday, March 11 Time(s): 1-3 pm**

**Member Fee: \$19 Non-Member Fee: \$29**



*Arn Kind has been an educator for 40 years, both in the classroom, teaching grades 4 through 12 and through his presentations to young people and adults of all ages. Arn is a member of the First Minnesota Volunteer Infantry Regiment; a reenactment group based out of Fort Snelling. Because this group is noted for its authenticity, they have appeared in many documentaries and historical feature films such as The Blue and the Gray, North & South, Glory, Gettysburg, Dances With Wolves, and Gods and Generals. Arn brings this authenticity to his presentations.*

# History



## FDR, the King and the Curmudgeon

From 1939 through World War II Franklin Roosevelt dealt with Great Britain's two most powerful men: King George VI and Winston Churchill. A June, 1939 trip to the United States by England's King and Queen was more than a mere social visit it was an important political maneuver. Learn how a simple hot dog played a role in world diplomacy. Prime Minister Churchill was a bulldog tugging at FDR's leg trying to drag our country into the war. Once we were at war the Churchill-Roosevelt partnership was close and sometimes continuous. Learn about their relationship. Q & A will follow the presentation.



**Instructor: Gary Stamm**

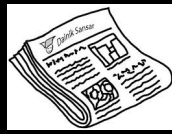
**Location: Heintz Center H1418 Session(s): 1**

**Date(s): Tuesday, February 18 Time(s): 1-3 pm**

**Member Fee: \$15 Non-Member Fee: \$25**

*Gary Stamm has entertained and informed people from coast to coast with his portrayal of our 32nd President. His uncanny resemblance and capture of the personality of FDR coupled with his extensive knowledge of the man all team to leave audiences feeling that they have been in the presence of the individual many historians judge to be the greatest person of the twentieth century.*

## Current Affairs



### Great Decisions 2020 Discussion Group - 8 Part Series

The 2020 Topics are Climate Change and the Global Order, India and Pakistan, Red Sea Security, Modern Slavery and Human Trafficking, U.S. Relations with the Northern Triangle, China's Road into Latin America, The Philippines and the U.S., and Artificial Intelligence and Data. Fee includes Foreign Policy Association's Great Decisions 2020 book. **Register by February 5.**



**Facilitator:** Steve Troutman      **Session(s):** 8  
**Location:** Heintz Center Rm. H1415  
**Date(s):** Tue, Feb. 18, Mar. 3, 17, Apr. 7, 21, May 5, 19, June 2  
**Time(s):** 3:15-5:15 pm  
**Member Fee:** \$60   **Non-Member Fee:** \$75

*Stephen Troutman is a Futurist and frequent speaker on a number of diverse topics. At IBM for 33 years, Steve retired as an Executive Consultant in 2010. In the US Navy Reserve for 23 years, he was Commanding Officer of four units, and attained the rank of Captain. He has been a Futurist since 1999. He is an active volunteer serving on several Boards and as a SCORE Mentor to small business. He currently serves on the RCTC Advisory LIFE Board.*

[www.learningisforever.net](http://www.learningisforever.net)

## Humanities and the Arts



### The Art of Seeing: Session One A Little Perspective Please!

Can an ordinary person who loves art do more than just look at a piece? How does knowing the artist's visual vocabulary help us see more? In four sessions, workshop participants expand their ability to appreciate art and practice different ways to interact with it. Designed for the average museum-goer and not for the professional, this art experience will emphasize group and individual participation. Examples will come from the history of Russian art. **Admission to The Museum of Russian Art is included in the fifth capstone session.** Session One: How do artists create visual space in their works? Explore multiple ways in which we sense something beyond the canvas surface.

**Instructor:** Carol L. Veldman Rudie  
**Location:** Heintz Center Rm. H1415      **Session(s):** 1  
**Date(s):** Tuesday, March 10      **Time(s):** 10 am-Noon  
**Member Fee:** \$15   **Non-Member Fee:** \$25



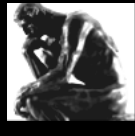
### The Art of Seeing: Session Two When Color isn't Color...

Adding color to an art object makes room for more visual options. A short exploration of color's effect shows us how.

**Instructor:** Carol L. Veldman Rudie  
**Location:** Heintz Center Rm. H1415      **Session(s):** 1  
**Date(s):** Tuesday, March 10      **Time(s):** 1-3 pm  
**Member Fee:** \$15   **Non-Member Fee:** \$25

*Carol Veldman Rudie is the lead docent and the coordinator of outreach education at The Museum of Russian Art in Minneapolis. She regularly leads classes and speaks on topics of Russian art. A former college teacher, she has done PhD work at the University of Minnesota in English literature and art history.*

## Humanities and the Arts



### Cheers for 40 Years!

Rarely does a conductor stay with an orchestra through four decades. But the Rochester Symphony's maestro has. We explore what music has been the most rewarding to conduct in those decades, from Wagner's "Overture" to "The Mastersingers of Nuremberg" to Walton's film score from Henry V and Brahms' "Second Symphony."

**Instructor: Maestro Jere Lantz      Session(s): 1**

**Location: Kellogg Middle School Rm. 115, 503 17th St NE**

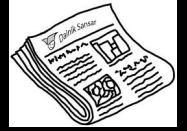
**Date(s): Monday, March 9    Time(s): 6-7 pm**

**Member Fee: \$6    Non-Member Fee: \$9**



*Looking back on having spent a third of a century at the helm of RSOC, Jere Lantz wonders both that it has been so long and that it has been so much fun. Throughout the hundreds of concerts he has led in Rochester, Lantz has shown his acumen for imaginative programming and his ability to deliver dynamic and stirring performances. In addition to his leadership in Rochester, Maestro Lantz has served in Minnesota as Music Director of the Minneapolis Pops Orchestra, Minneapolis Chamber Symphony, Kenwood Chamber Orchestra, St. Cloud Symphony Orchestra, and Minnetonka Choral Society. In addition to conducting in regions as widespread as Europe, Asia and Latin America, Lantz has led ensembles from coast to coast, including major symphonies throughout the U.S. Jere Lantz's commitment to telling "the story behind the music" shines through in his program notes for hundreds of programs as well as innumerable appearances in person and through media. Sought for his understanding of music and its role in today's world, he has served as an advisor to the Minnesota State Arts Board, American Composers Forum, Minnesota Public Radio and the Conductors Guild of the League of American Orchestras. Having assumed the additional role of President/CEO of the RSOC in September, Maestro Lantz is committed more than ever to the success of good musician Southeastern Minnesota.*

## Current Affairs



### Great Decisions 2020 Discussion Group

#### Topic: Climate Change and the Global Order

Climate change has become one of the defining issues of our time. As much of the world bands together to come up with a plan, the U.S. remains the notable holdout. What is the rest of the world doing to combat climate change? What impact will the effects of climate change have on global geopolitics?



**Facilitator: Steve Troutman**

**Location: Heintz Center Rm. H1415    Session(s): 1**

**Date(s): Tue, February 18    Time(s): 3:15-5:15 pm**

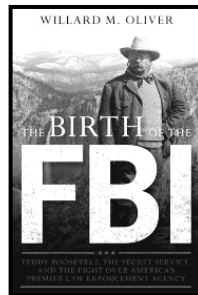
**Member Fee: \$10    Non-Member Fee: \$15**

# History



## Teddy Roosevelt and the Creation of the FBI

Teddy Roosevelt was always a reformer and in this course we will examine the many changes in law enforcement in America during his time and the impact they have had on us today. We will learn about his important role as a police Commissioner in New York city and the reputation he developed within the police force and the public, challenging both. We will explore the decision by Congress to protect the President in 1902 and why the currency protecting secret service was chosen as the branch of government to do so. Discussion will end with Roosevelt's creation of the foundation of what would become the FBI, and its importance in law enforcement then and today.



**Instructor: Adam Lindquist**

**Location: Heintz Center Rm. 1100 Session(s): 1**

**Date(s): Wednesday, February 19 Time(s): 1-2:30 pm**

**Member Fee: \$15 Non-Member Fee: \$25**

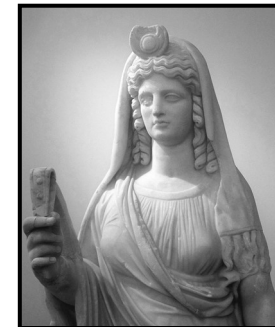
*Adam Lindquist is a 3-time National Champion living History performer who portrays Roosevelt across the country to over 125,000 people annually. His work sends him to schools, colleges, Washington D.C and more. Adam's uncanny resemblance and portrayal of our 26th President will bring the man to life in this fun, educational, and entertaining course.*

# Literature



## Black Persephone: African-American Women Write Greek Myth

In addition to Toni Morrison, several of the most prominent contemporary African-American women writers employ Greek myth or mythological archetypes, especially that of Persephone, to structure their work. After an initial explanation of relevant mythological themes and contemporary issues in African-American feminist critique, this class will explore literature by Rita Dove, Gloria Naylor, and Alice Walker. **Bag lunch is included if your registration is received by Feb. 26.**



**Instructor: William K. Friert**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Wed, March 4 Time(s): 10 am-Noon, 1-3 pm**

**Member Fee: \$35 Non-Member Fee: \$45**

*William Friert is an Emeritus Professor at Gustavus Adolphus College, where he helped found the Department of Classics. Will's research dealt with the reception of Classical literature and over the last ten years he has focused on using Mindfulness Meditation in academia.*



## Current Affairs



### Great Decisions 2020 Discussion

#### Group Topic: India and Pakistan

India's Prime Minister Narendra Modi rode a wave of Hindu nationalism to a historic reelection in 2019. His first order of business was to revoke the special status granted to the Kashmir region, inflaming the rivalry between India and Pakistan. How will the Kashmir situation affect the region, both economically and politically?



**Facilitator: Steve Troutman**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Tuesday, March 3 Time(s): 3:15-5:15 pm**

**Member Fee: \$10 Non-Member Fee: \$15**

**Invite a friend to try RCTC LIFE!**

**All ages are welcome.**

**Bring a friend to any two-hour class**

**at Heintz for *free*!**

**Good for ONE class per new participant!**

## Current Affairs



### Bridging the Political Divide: Conversation Skills

In our current polarized political environment, many people avoid or even dread political conversations with friends or family members whose politics differ from their own. They worry, rightly so, that any attempts at political discussions will devolve into arguments and acrimony, and result in hurt feelings or anger. In this interactive Better Angels workshop you will learn skills for having respectful conversations that clarify differences, search for common ground, and affirm the importance of the relationship. Anyone interested in having better conversations with people on the other side of the political aisle will benefit from this workshop. Goals include: To learn about the perspectives, feelings, and experiences of someone who differs from you politically; To have a sense of satisfaction about how you conveyed your own perspective, feelings, and experiences; and To discover some common ground, if it's there any. After a brief introduction and a discussion about what can go wrong in political discussions, participants in a skills workshop can expect to learn the following: Tone setting skills; Listening skills; Speaking skills; and Handling difficult moments. You will practice conversation skills in a pair with someone of your same political persuasion—red or blue. “Reds” lean conservative/libertarian and tend to vote Republican. “Blues” lean liberal/progressive and tend to vote Democratic. If you fall somewhere in the middle, you can choose a side for purposes of practicing the skills. **Bag lunch is included if your registration is received by Feb. 13.**

**Instructor: Better Angels Facilitators**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Thursday, Feb 20 Time(s): 10-11:30 am , Noon-1:30 pm**

**Member Fee: \$19 Non-Member Fee: \$29**

# Health and Science



## The Habsburg Lip: A Dominant Trait in a Dominant Family

The Habsburgs ruled the Austro-Hungarian Empire for six centuries (1273-1918). Dynastic unions and intrafamily marriages sustained (and weakened) the Habsburg reign. Family members had distinctive and characteristic facial features. Dr. Jimenez will illustrate these dominant traits and show current surgical methods for correcting them.



**Instructor: Rafael E. Jimenez MD**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Monday, February 24 Time(s): 10 am-Noon**

**Member Fee: \$13 Non-Member Fee: \$21**

*Dr. Jimenez is recognized as a national and international expert in surgical pathology. In addition, his avocation is medical history with special interest in Austro-Hungarian and Russian Czarist medical issues.*

# History



## Popular Culture in America in the Post-War 20th Century

This course will examine the rise of popular culture and mass media from the period following WW II to the end of the century. It will examine the causes, primary elements (including TV, music, film, and sports), and impact that this phenomenon has had on the United States and how a uniquely American popular culture emerged not only at home but also abroad.



**Instructor: Chad Israelson MA**

**Location: Heintz Center Rm. H1415 Session(s): 1**

**Date(s): Tuesday, March 3 Time(s): 12-2 pm**

**Member Fee: \$13 Non-Member Fee: \$21**

*Chad Israelson received his BA from the University of Wisconsin-La Crosse and his MA from the University of Nebraska. Israelson has taught at RCTC since 1996. He has also taught at UW-La Crosse, Augsburg, and Winona State. Chad won "Teacher of the Year" in 2003, 2011, and 2012. Chad recently coauthored the book "The Political World of Bob Dylan: Freedom and Justice, Power and Sin." Chad is on the RCTC LIFE Board.*

## Health and Science



### Youth Vaping: What Adults Need to Know

Youth vaping has been deemed an epidemic by the FDA and the U.S. Surgeon General. Attendees will learn the basics of e-cigarettes, the risks of youth vaping, current trends, and youth specific resources to quit.



**Instructor:** Pa Houa "PH" Moua

**Location:** Heintz Center Rm. H1415    **Session(s):** 1

**Date(s):** Thursday, February 27    **Time(s):** 1-2 pm

**Member Fee:** \$5    **Non-Member Fee:** \$8

*Pa Houa 'PH' Moua is a Community Health Specialist for Olmsted County Public Health. She received her bachelor's degree from Minnesota State University Mankato in Community Health. PH has worked on the Statewide Health Improvement Partnership (SHIP) grant for two years to help combat tobacco use and obesity rates. PH is a 2019 Truth Ambassador with Truth Initiative, America's largest nonprofit public health organization committed to making tobacco use a thing of the past. In her free time, she enjoys cuddles with her pets, Rocket and Bean.*

## Current Affairs



### North Korean Nuclear Negotiations

Ambassador Wendy Sherman, who led the successful nuclear negotiations with Iran, called the talks with North Korea, "the hardest negotiations." A series of US administrations, over several decades, has tried to persuade North Korea to give up its nuclear weapons program, with fairly consistent incentives: economic assistance including relief from sanctions, a formal end to the Korean War, and an upgrade in bilateral relations. In some cases, agreements were reached and there were signs of progress. However, none of the efforts succeeded in reining in North Korea's nuclear weapons program and many observers today doubt whether Pyongyang ever intended to give up their nukes. President Trump has tried his own brand of personal diplomacy, meeting Kim Jung Un in Singapore, Hanoi, and the DMZ. This has helped improve the atmosphere, but otherwise achieved very little. How did we get into this situation and what are the prospects for solutions?

**Instructor:** Mark Canning

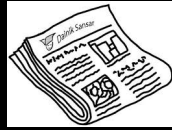
**Location:** Heintz Center Rm. H1100    **Session(s):** 1

**Date(s):** Tuesday, February 25    **Time(s):** 10 am-Noon

**Member Fee:** \$15    **Non-Member Fee:** \$25

*Mark was born in Munich of American parents but grew up in Minnetonka. (His dad was the Managing Editor of the Star). After graduation from college in 1977, he went overseas and only moved back last spring. Most of those 41 years were spent with the State Department as a diplomat. He lived in, and had to study the languages of, Poland, South Africa, Zambia, the Czech Republic, Hungary, Korea, and China. He also worked as a college lecturer and radio news announcer (Taiwan), soldier (Korea) and student (London, the Soviet Union). Mark retired from the State Department on April 1, 2018. Since then he has taught Chinese at Concordia College, given lectures on North Korea, been a panelist at Twin Cities Public Television, and mentored an exercise for the Army War College based on the North Korean nuclear talks. Mark is married and has four grown kids who grew up overseas, but now live in the Twin Cities. He loves cycling.*

## Current Affairs



### South Korea--Like Us but Different

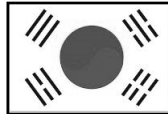
South Korea is a major ally, an economic powerhouse, and a very interesting place. It resembles the US in some ways; multiparty democracy, free market economy, professional baseball, an addiction to coffee (more than 1,000 Starbucks). But in many other ways we differ. Korea has mandatory military service for males, leads the world in plastic surgery, has the best subway system in the world, has broadband everywhere, along with the world's fastest download speeds, has a one-term presidency, and doesn't allow same-sex marriages. We'll look at US-Korea ties since the Korean War and some of the reasons our two countries are so close, in spite of the many ways in which we differ.

**Instructor:** Mark Canning

**Location:** Heintz Center Rm. H1418    **Session(s):** 1

**Date(s):** Tuesday, February 25    **Time(s):** 1-3 pm

**Member Fee:** \$15    **Non-Member Fee:** \$25



*Mark Canning was born in Munich of American parents but grew up in Minnetonka. (His dad was the Managing Editor of the Star). After graduation from college in 1977, he went overseas and only moved back last spring. Most of those 41 years were spent with the State Department as a diplomat. He lived in, and had to study the languages of, Poland, South Africa, Zambia, the Czech Republic, Hungary, Korea, and China. He also worked as a college lecturer and radio news announcer (Taiwan), soldier (Korea) and student (London, the Soviet Union). Mark retired from the State Department on April 1, 2018. Since then he has taught Chinese at Concoridia College, given lectures on North Korea, been a panelist at Twin Cities Public Television, and mentored an exercise for the Army War College based on the North Korean nuclear talks. Mark is married and has four grown kids who grew up overseas, but now live in the Twin Cities. He loves cycling and has raced on four continents.*

## Nature and Ecology



### Monarch Butterflies, Indoor Caterpillar Raising, and Gardening for Butterflies

This talk starts with a description of the life cycle of the monarch butterfly. Then goes into details for raising monarch caterpillars indoors including: the types of equipment required, the steps in the process, and tips to ensure healthy butterflies. Finally, gardening to attract butterflies will be discussed including specifics on planting and growing native prairie plants.



**Instructor:** Keith Anderson

**Location:** Heintz Center Rm. H1415    **Session(s):** 1

**Date(s):** Wednesday, February 26    **Time(s):** 1-3 pm

**Member Fee:** \$13    **Non-Member Fee:** \$21

*Keith Anderson is a 2018 Olmsted County and RPU Environmental Achievement Award Recipient. He has raised and released over 1300 monarch butterflies over the course of the past three summers. He has shared monarch eggs, caterpillars, and butterflies along with equipment and expertise with interested friends and several schools including Pine Island and Rochester Public Schools. He and his wife were awarded one of the 2010 Realize Raingarden Cost-Share Grants from the City of Rochester to install a raingarden. Since then he has had a passion for raising native prairie plants. He currently has over 25 native species of plants in his gardens and raingardens.*