




www.riselearning.org

Facebook: Rise Learning for Life

Winter Term 2019

January 7 — March 1, 2019

LOOK for classes with a  they are new for this term. We hope you enjoy them.

If you have questions please call
Becky at 480.377.4262 or
Cathy at 480.377.4296
rebecca.schroeder@riosalado.edu or
catherine.sheredy@riosalado.edu

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Registration for Winter classes begins

Friday, December 21, at 9 a.m.

(or anytime after December 21st)

(You must be a current member in order to register.)

You can register for classes, as well as check out the latest class information and updates on our website.

<http://www.riselearning.org>

If you need help registering, come to RISE on December 21st between 9 a.m. and 11 a.m., mail in the registration form, OR give us a call.

TO REGISTER FOR CLASSES ONLINE

Reminder: Your dues must be **CURRENT** in order to register.

Dues expire on June 30th every year.

(We do not send out reminders)

- Select “Sign In”
- Enter your Username and Password. Username is your first and last name with no spaces, all lower case. Password is the word **password**.
- Click on the green “Register for Classes” button.
- Enter the Class Number under “Course Finder” or enter a “Keyword,” then select the blue search logo. If Class Number or Keyword is unknown, select “View all our courses” for a complete list.
- Select desired Class by clicking directly on the class name.
- Click the green “Click Me to Register for this Class” button.
- A green message will appear that says “Successfully registered” at the top of the page.
- If registering for more classes, select “Register For Another Class” button.
- If you find you cannot attend a class, you can cancel your registration by:
 - ◇ Log in to www.riselearning.org, click on the “My Classes” button, click on the little arrow in the upper left corner of the class you wish to unregister, and click on the red “unregister” button.

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RISE BADGES

Your RISE badge is your admission ticket to RISE classes. We ask that you **WEAR IT AT ALL TIMES WHEN YOU ARE IN THE BUILDING**. We will be providing gentle reminders if you arrive without yours. If you forget your badge please see the Registration Volunteers, Becky, or Cathy, who will give you a temporary badge for the day.

You will notice that there is a sticker on the badge signifying that you are a current member of RISE. This lets us know that you are entitled to all the benefits that your RISE membership provides.

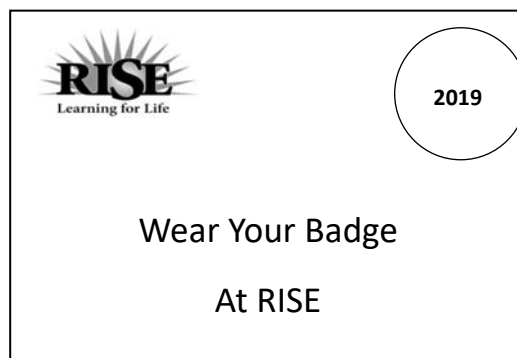
If you lose your badge -- Your first badge replacement will be free of charge, HOWEVER, the next replacements will cost you \$5.00 (cash only) each.

If you sign up for a new badge because yours was lost or damaged, you may pick it up at the registration table when you come to class.

If you have renewed your membership and have an existing badge, please pick up your current year sticker at the registration table on your next trip to RISE.

Remember – wear your badge and get to know your fellow RISE members.

Please complete the “In Case of Emergency” card behind your badge so we may know who to call in case you become incapacitated.



RISE Terms for 2018-2019

Fall 2018.....	October 1 — November 30
Winter 2019.....	January 7 — March 1
Spring 2019.....	March 11 — May 3
Summer 2019.....	June 3 — July 26

Holidays and Closures

November 12, 2018.....	Veterans Day
November 22-23, 2018.....	Thanksgiving
December 24-January 4, 2019.....	Winter Break
January 21, 2019.....	Martin Luther King Day
February 18, 2019.....	Presidents' Day
March 14-15, 2019.....	Spring Break
May 27, 2019.....	Memorial Day
July 4, 2019.....	Independence Day
September 2, 2019.....	Labor Day

Registration for classes begins:

Fall – Friday, September 21, 2018

Winter – Friday, December 21, 2018

Spring – Friday, March 1, 2019

Summer – Friday, May 24, 2019

***The RISE Curriculum Committee recognizes the importance of discussing Tolerance.
The classes in the black boxes are specially designed for tolerance discussions.***

Racism, Immigration, and Civil Rights, 1619 – Present (SS) #286

Dr. Bonnie Saunders

Wednesday, 1:30 – 3:30 p.m., January 9, 16, 23, 30; February 6, 13, 20, 27

Hate against black Americans and immigrants of color seems to raise its ugly head all too frequently in the modern era. How new is this situation? Alas, not new at all. In this course, Dr. Bonnie F. Saunders will discuss the history of and connections between racism and immigration in the United States since its founding. In addition to blacks who were imported as slaves, members of every group that has immigrated to the U.S. in substantial numbers have been dehumanized and demonized.

Visiting Holocaust Sites (SS) #335

Mark Brown

Thursday, 1 – 3 p.m., February 7

The killing fields and death camps conscripted by the Nazi regime were vast. One estimate holds more than 15,000 camps were instituted within German occupied lands. This course is representative of sites which remain and not meant as an exhaustive list. Visits include the camps at Dachau and Auschwitz-Birkenau, the killing fields outside of Vilnius, Lithuania, and Warsaw, the banks of Danube in Budapest, the Anne Frank House in Amsterdam and Oskar Schindler's enamel factory in Krakow, Poland. The journey includes personal accounts to these locations and offers travel tips for visiting these and other significant sites.

Law, Justice and Civil Rights in Statehood Arizona and Beyond (SS) #351

Mark Brown

Thursday, 1 – 3 p.m., February 28

Within a national perspective, legal decisions on segregation, desegregation and individual civil liberties had an important foundation in Arizona. This course examines the decisions of judges Charles Bernstein and Fred Struckmeyer which addressed segregation in Phoenix. Verdicts by both Bernstein and Struckmeyer were influential in the landmark United States Supreme Court *Brown vs. Board of Education* case and examined in this course. Events and arguments surrounding Ernesto Miranda are also considered. From Miranda's arrest in Phoenix in 1963 through the Supreme Court case addressing civil liberties, legal arguments are outlined, and the significance defined. The course will examine lesser known but equally important legal personalities, such as Rose Silver. Despite a diminutive 4 feet 10 inches, Silver was a giant in American jurisprudence. She was the first woman to graduate from the University of Arizona College of Law, and, at one time, represented the notorious outlaw John Dillinger.

Eastern Europe: Budapest, Warsaw, Dubrovnik,

Auschwitz, Bay of Kotor and other destinations (SS) #366

Mark and Waynette Brown

Friday, 10 a.m. - 12 p.m., January 25

Join us as we explore treasures and hidden gems from Estonia to the north and Croatia in the south. The journey takes us to several former Eastern Bloc countries and we see where little remains of the old Soviet influence. Our first stop is Tallinn in Estonia and we'll walk through the best-preserved medieval city in eastern Europe. Then, we'll travel to the resort town of Jurmala, outside of Riga, Latvia. We explore modern European history with stops at Vilnius, Lithuania, Warsaw, Krakow and Oskar Schindler's factory and an emotional visit to Auschwitz, the notorious Nazi death camp. We'll then journey to Budapest, discover the spectacular waterfalls of Plitvice National Park in Croatia and travel down the west coast of Croatia to great beaches, the walled city of Dubrovnik and the Bay of Kotor in Montenegro. We conclude with a visit to Lake Bled in Slovenia, one of the most remarkable inland waterways in Europe.

Monday Classes

Current Events (SS) #201

Monday, 10 a.m. – 12 p.m., January 7, 14, 28, February 4, 11, 25

Discuss and debate current events and topics in the news. Participants are encouraged to bring a topic to discuss to be voted on by the group. If you enjoy lively debate, this is the group for you. Each week a different member will facilitate the class – be ready to volunteer.

**RISE Facilitator
Limit 30**



Introduction to Essential Oils (HW) #202

Monday, 10 a.m. – 12 p.m., January 7

Do you want to learn how to kick chemicals out of your home and become the CEO of your health? Frankie will walk you step-by-step and give EASY, SIMPLE and AFFORDABLE tactics that anyone can do with the best essential oils on the planet. It is time to take control of the yuck in your home and kick it to the curb.

Frankie Eklund



What I Have Enjoyed in Arizona this Year (SS) #203

Monday, 10 a.m. – 12 p.m., January 7

Jeff has some new travelogues to share with us about his travels in Arizona. From abandoned ghost towns, to Arizona Festivals, to spectacular nature, Jeff has chronicled some of his recent adventures and cannot wait to share it with us.

Dr. Jeff Reed



Chakra Clearing and Charging (RS) #204

Monday, 1 - 3 p.m., January 7

The word Chakra is derived from the Sanskrit word meaning “wheel.” Literally translated from the ancient language of India (Hindi) it means “A Wheel of Spinning Energy.” You have them all over your body and they operate like whirling, vortex-like, powerhouses of energy. There are seven ‘common’ Chakras that we cover in the meditation. However, your other power centers will be affected, including your physical and energy body. In this meditation, we will clear our Chakras and charge them up with energy. You will be guided through a creative visualization that will teach you how to continue to clear and move this energy to help sustain you through the week.

Sandra Hickman

Add Thermography to Your Annual Self-Care Checklist (HW) #205

Monday, 1 - 3 p.m., January 7

We all have the same fear when it comes to our health. It seems like we sit and wait for whatever it is we are going to be diagnosed with...and all too often that diagnosis is devastating. OR - how many stories have we heard where the doctor was treating one thing and the patient suffered from something entirely different? You know, being totally misdiagnosed! Thermal imaging can help us detect cancer up to 10 years before it is developed. Those who add thermography to their annual self-care checklist will acquire an advantage to a longer, healthier life.

Kerry Press

Avoid Scams, Fraud, and Abuse (F) #206

Monday, 1 - 3 p.m., January 7

Adults over 65 are 35 times more likely to have lost money on a financial scam than people in their 40's, according to research from the Stanford Center on Longevity and the Financial Industry Regulatory Authority's Investor Education Foundation. In this session, you will learn how to prevent this from happening to your loved ones.

Nydia Montijo

Non-Fiction Book Club (BC) #901

Monday, 1 - 3 p.m., January 7, February 4

The Non-Fiction Book Club meets on the first Monday of each month at 1:00 p.m. Check the RISE bulletin board for book titles.

John Hjelm

Creation Stories You've Never Heard (RS) #207

Clare Goldsberry

Monday, 10 a.m. – 12 p.m., January 14

The Pagan Gnostics wrote several books containing creation stories that are fascinating and read like science fiction. The class will look at *The Secret Book of John*, a retelling of the creation story of Genesis from the Gnostic point of view; *On the Origin of the World*, a Gnostic tractate thought to have been written in Alexandria ca. 350-400 CE; *The Hypostasis of the Archons*, an anonymous tractate written in Q & A style between an angel and a questioner; *The Secret Book of James*, the role of the Father of Light, Sophia (the first female principle), and Ialdabaoth the bringer of evil; and *The Creation of the World and the Alien Man* - a Mandaean Gnostic work used by the sole Gnostic sect to survive into our time in Southern Iraq, whose theme is that man and woman are here in an alien world, estranged from the true world and exiled from true Life and Light, with elements of Judaism, Christianity, and Gnostic traditions.

Emergency Preparedness (SS) #208

Maria Coesens

Monday, 10 a.m. – 12 p.m., January 14

Join Maria to discover what you can do to protect yourself, family, or neighborhood from an event that will cause you to redefine preparedness. In the recent past, the United States has seen what has happened to California, our neighbor state, with the fires that have destroyed forests, towns, businesses, homes and people's lives. Hurricanes have done damage to Texas which wasn't supposed to happen. Puerto Rico is still and will for a long time continue the recovery of their country. Could you be stranded in the desert or on I17 for a period of time and if so, do you have enough supplies in your car to keep you safe? If you came upon an accident do you have a first aid kit in your car that may save somebody's life? Join Maria as she looks at ways to be aware, prepare, and practice for an event we hope will never occur.



Fresh from the Future – SUNI the Robot (T) #209

Scott Rose

Monday, 1 - 3 p.m., January 14

SUNI the Robot (pronounced "Sunny") is cutting-edge robotic technology from across planet internet, creating a truly unique educational experience. SUNI's core programming, navigation and embedded speech recognition systems are a worldwide collaboration currently being implemented. Watch and learn as SUNI becomes more AI right before your eyes!



Nine Tools Necessary for Successful Functioning at Any Age (HW) #210

Dr. Kay Wallach

Monday, 1 - 3 p.m., January 14

They are everywhere in our society and allow amazing achievement in all areas of life. Six of them are used by therapists, teachers, and other professionals; the other three are essential for creating peace within the individual and thus, for our world.

How to Plan for Care (F) #211

Nydia Montijo

Monday, 1 - 3 p.m., January 14

Medicare does not pay for long-term care. In this session, you will learn about options for paying for the healthcare needs of yourself and your loved ones.

Estate Organization (F) #212

Pam Prine and Kimberle Dyer

Monday, 1 - 3 p.m., January 14

An organized estate is more than signed documents filed away in a file cabinet or in a leather binder up on a shelf. Is it possible you have 'organized confusion'?? Join us for an enlightening discussion of how to overcome the common responses to estate organization:

- So, we have a Trust, now what??
- Life Insurance – I think it's still "in force" but I don't remember what kind of policy it is.
- I have my alpha child as a signer on my checking account and on the deed to my house – all is well.
- I received an annuitization notice in the mail. What does that really mean?

History of the Convention – An American Tradition (SS) #213

Mike Kapic

Monday, 10 a.m. – 12 p.m., January 28

This course will scan the many notable conventions of this American tradition from 1620 through 2017. We will delve into the pros and cons of the convention process. We will look at the Constitution's Article V and the established precedent of the two methods of amending the Constitution: Congress and a Convention of States.

How to Buy A Car (F) #214

Michael Willand

Monday, 10 a.m. – 12 p.m., January 28

Michael Willand from AAA Car Buying will explain how to purchase your next vehicle while avoiding costly mistakes common to consumers. He will review how to buy a vehicle; how to buy a pre-owned vehicle; financing; extended warranties; trade-ins; dealing with the business office; and using car buying services as an alternative to the dealer experience.

Healing Release (RS) #215

Sandra Hickman

Monday, 1 - 3 p.m., January 28

We have the ability to fully heal ourselves now! However, sometimes patterns of thinking, beliefs and our physical realities get in the way of executing this truth. In this Guided Meditation by Sandra Hickman, MA, CCHT, you will visualize the healing you desire and begin the process of activating your full healing potential. You will learn how to sustain your positive healing intentions.

Living Afloat (SS) #216

Eleanor Gobrecht

Monday, 1 - 3 p.m., January 28, February 4

Ever dream of leaving it all behind to cruise Tahiti in your own yacht? Eleanor and her partner Suzanne, both University Professors in their early 40s, did just that on their 30-ft sloop-rigged sailboat. Their crew of two were Eleanor's Siamese cat and her co-captain's French poodle. Join Eleanor for a sense of living afloat in tune with the Pacific Ocean, glimpsing the highlights of this amazing adventure which covered 21,000 miles throughout the 70s. What lessons they learned.

Fall Prevention (HW) #217

Nydia Montijo

Monday, 1 - 3 p.m., January 28

You will learn practical approaches for providing hands-on care. Learn how to make your home safer using adaptive aids, medical equipment and accessibility modifications.



Navigating IRA/ROTH IRA Distributions and RMD's (F) #218

Pam Prine and Kimberle Dyer

Monday, 1 - 3 p.m., January 28

This class will review the IRS regulations associated with IRA/Roth IRA Distributions and Required Minimum Distributions (RMD). You will learn the formula for calculating the annual distribution and the impact on taxes. The Roth IRA 5-year rule will be reviewed in detail. The distribution deadlines and penalties for not completing the distributions will be provided. Join us in an educational and enjoyable discussion about the strategies involved in converting an IRA account to a Roth IRA.



I Have Essential Oils, Now What? (HW) #219

Frankie Eklund

Monday, 10 a.m. – 12 p.m., February 4

You have your essential oils... You are loving them... And now you are wondering, "WHAT'S NEXT?" Or... You have some knowledge of essential oils, but not quite sure where to go from there!

History of the Convention – An American Tradition (SS) #220

Mike Kapic

Monday, 10 a.m. – 12 p.m., February 4

This course will scan the many notable conventions of this American tradition from 1620 through 2017. We will delve into the pros and cons of the convention process. We will look at the Constitution's Article V and the established precedent of the two methods of amending the Constitution: Congress and a Convention of States.



Tools for Peaceful Transitioning (SS) #221

Dr. Kay Wallach

Monday, 1 – 3 p.m., February 4

Thirteen tools for getting information and making decisions include clarification processes, compare/ contrast tools and more. Three levels of living and the tools used by people in each of the three levels are shared. Choices are always available to each of us; we sometimes let our emotions blind us to the possibilities.

Caring for the Caregiver (HW) #222

Nydia Montijo

Monday, 1 - 3 p.m., February 4

Each year, 61.6 million Americans provide care to a loved one. These family caregivers are providing an honorable service which can cause an incredible amount of stress. In this session, you will receive tips for stress relief, recognizing and addressing caregiver burnout, and creating a support system!



The Vision Workshop with the Balance of Essentials Oils (HW) #223

Frankie Eklund

Monday, 10 a.m. – 12 p.m., February 11

Ask yourself these three questions:

- Do you want to discover your true dream or purpose?
- Would you like to eliminate fear, doubt, and worry and move towards your goals with confidence?
- Do you want to increase prosperity and stay in complete harmony with your highest values and spiritual beliefs?

If these questions resonate with you, then you are going to love this workshop. Guest Teacher Roz Shanley has worked with individuals, helping them build their dreams, accelerate their results, and create richer, more fulfilling lives.

Non-TECHniques for Improving Presentations (T) #224

Dr. Thomas Everitt

Monday, 10 a.m. - 12 p.m., February 11

Have you ever been asked to give a presentation to a group and wondered if you have thought of all the little details which add to the interest? Have you wondered about humor integration, how much to say about yourself, how to control questions, how to compose effective hand-outs, and how to grab interest from the beginning and hold it to the end? Were you short of time or tech savvy to do a Power Point program? This class will answer those questions from the perspective of one who did it during his working career. Before the days of sophisticated technical support, the basics of reaching adult learners were known. These will be shared by the presenter, along with contributions from class participants.

Releasing Blocks (RS) #225

Sandra Hickman

Monday, 1:00 – 3:00 p.m. February 11

Memory is stored at the cellular level in your body. Sometimes traumatic memories ‘take hold of us.’ We may not be aware of how this is holding us back, yet at some level we feel “blocked”. Would you like to release the traumatic hold it has on your body and behavior? In this Guided Meditation, Sandra Hickman, MA, CCHT will help you visualize reprogramming your Body Mind so that the meaning you have given experiences will serve you now and the hold that it has on your body is released.



Differential Dialogue: Talk that Makes a Positive Difference (SS) #226

Dr. Kay Wallach

Monday, 1 – 3 p.m., February 11

How we say what we say and when we say it determines how others respond to us and the kind of information we receive. Participants gain insight into their own ways of communicating and develop effectiveness in listening, questioning techniques, conducting reality checks, member checks, creation checks and placement of personal story.



SOS (Save Our Souls) of Social Security (F) #227

Pam Prine and Kimberle Dyer

Monday, 1 - 3 p.m., February 11

This class will take you through the process of when to file for your social security benefits. It will provide a road map for maximizing your benefits with the Social Security Administration. Learn why it is important to establish an online account with the social security administration.

Reverse Mortgages (F) #228**Rex Duffin****Monday, 1 – 3 p.m., February 11**

What are Reverse Mortgage options and how can they benefit you? When does it NOT make sense? If you or your loved ones are 62 or better, this class is for you. For many seniors, their home is their largest asset. Learn how a Reverse Mortgage can be used to tap into that asset to provide immediate cash. An income stream, a line of credit, or a combination of both. We will also touch briefly on how the tax-free proceeds can be used as part of a comprehensive plan to provide financial security for seniors. We will be exploring the four myths about Reverse Mortgages and answer questions such as: How are Reverse Mortgages different from standard home equity loans? Why are they so popular recently? How your heirs will obtain an inheritance will also be discussed. Whether you are considering a Reverse Mortgage for yourself or a family member, this class will provide the in-depth information you should know. Questions will be welcomed!

How to Buy A Car (F) #229**Michael Willand****Monday, 10 a.m. – 12 p.m., February 25**

Michael Willand from AAA Car Buying will explain how to purchase your next vehicle while avoiding costly mistakes common to consumers. He will review how to buy a vehicle; how to buy a pre-owned vehicle; financing; extended warranties; trade-ins; dealing with the business office; and using car buying services as an alternative to the dealer experience.

**7 Rays – Universal Energy and Human Contact (RS) #230****Dr. Diana Warren****Monday, 10 a.m. – 12 p.m., February 25**

The universe is a network of energy and there are patterns within it. Seven unique streams of energy, the 7 Rays, originate from a particular constellation in the universe and influence us here on Earth. Learn about these Rays and how they affect you physically, emotionally and mentally. The Rays give us answers to our personal power and its purpose.

Add Thermography to Your Annual Self-Care Checklist (HW) #231**Kerry Press****Monday, 1 - 3 p.m., February 25**

We all have the same fear when it comes to our health. It seems like we sit and wait for whatever it is we are going to be diagnosed with...and all too often that diagnosis is devastating. OR - how many stories have we heard where the doctor was treating one thing and the patient suffered from something entirely different? You know, being totally misdiagnosed! Thermal imaging can help us detect cancer up to 10 years before it is developed. Those who add thermography to their annual self-care checklist will acquire an advantage to a longer, healthier life.

Reverse Mortgages (F) #232**Rex Duffin****Monday, 1 - 3 p.m., February 25**

What are Reverse Mortgage options and how can they benefit you? If you or your loved ones are 62 or better this class is for you. For many seniors, their home is their largest asset. Learn how a Reverse Mortgage can be used to tap into that asset to provide immediate cash. An income stream, a line of credit, or a combination of both. We will also touch briefly on how the tax-free proceeds can be used as part of a comprehensive plan to provide financial security for seniors. We will be exploring the four myths about Reverse Mortgages and answer questions such as: How are Reverse Mortgages different from standard home equity loans? Why are they so popular recently? How your heirs will obtain inheritance will be discussed. Whether you are considering a Reverse Mortgage for yourself or a family member, this class will provide the in-depth information you should know. Questions will be welcomed!

Introduction to Acupuncture and Oriental Medicine (HW) #233**Dr. Cynthia Poppe****Monday, 1 - 3 p.m., February 25**

Learn the theories and concepts, including its beginnings and the history of Acupuncture. Learn how diet and nutrition play a vital role, how to be your own doctor and take control of your health with simple, basic dietary changes that will help eliminate the need for some commonly prescribed medications. Learn the mechanism behind a needling technique that activates the body's own healing response and helps relieve pain instantly. Learn what to expect from a treatment, how many treatments are recommended, and what other issues Acupuncture can help with.

Care and Maintenance of Your Human Energy Body (HW) #234

Monday, 1 - 3 p.m., February 25

Beth Cornell

(Limited to 20 participants)

Learn ways to assess and access your energy body. Acquire knowledge to keep yourself happy and healthy including ways to clear and cleanse, ground, and protect. Become aware of subtle energies in order to better utilize them and reap the health benefits associated with energetic balance. There will be time for practicing the energetic techniques during class.

Class Track Legend

- (A) The Arts
- (F) Finance
- (HW) Health and Wellness
- (NS) Natural Science
- (RS) Religion and Spirituality
- (SS) Social Science
- (T) Technology

Tuesday Classes

Spiritual Growth and the Edgar Cayce Concepts (RS) #240

Rose and Bob Ferro

Tuesday, 10 a.m. - 12 p.m., January 8, 15, 22, 29, February 5, 12, 19, 26

Join us as we research the principles in the Edgar Cayce readings that provide us with the meaningful answers for an harmonious existence and discover your purpose in life. Facilitated by students of the Edgar Cayce principles for over 50 years.

Hooked on Books (BC) #902

Ruth Dibene

Tuesday, 10 a.m. – 12 p.m., January 8, 22, February 12, 26

Meets on the 2nd and 4th Tuesday mornings at 10 a.m. – 12 p.m., September through May. The group reads fiction and non-fiction. New members are always welcome. Check for the book selections on the RISE bulletin board.



Al Jolson Almost Live!!! (A) #241

Steve Rothschild

Tuesday, 10 a.m. – 12 p.m., January 8

Steve has been lip synching since he was a young boy (1959) and will do a group of Jolson Songs, talk a little about his life, the Jolson Society, and show the one movie that Jolson did with Ruby Keeler—"Go Into Your Dance."

Thyromania – The Epidemic of Thyroid and Autoimmune Disorders (HW) #242

Dr. Scott Timko

Tuesday, 10 a.m. – 12 p.m., January 8

Thyromania is a term Dr. Timko uses to describe the madness surrounding the treatment of thyroid disorders. There are many people who have thyroid symptoms but are told their blood work is normal or who are being treated with thyroid medication but still have symptoms. These symptoms range from fatigue, weight gain, headaches, loss of hair, cold sensitivity, dry or scaly skin to ringing in the ears, hormone imbalances and many more. In this class we will discuss specialized and often overlooked lab tests you must have performed to correctly diagnose your condition. He will also reveal the immune system's intimate connection to these symptoms. So, if you have been diagnosed with a thyroid condition, an autoimmune disease, or present with the symptoms mentioned above and would like to know more about alternative testing and treatment protocols, then this class is for you.

eBay – Tips and Tricks (T) #243

Steven Kahn

Tuesday and Thursday, 10 – 11:30 a.m., January 8 and 10

Make extra money! Join eBay's site for free - it's easy to sign up. Buy, sell, or clean out your garage and make some cash or just find great bargains. Learn inside tricks and strategies. Discover how to shoot great photos for your eBay page. Learn about auctions vs. buy it now to get the best deals and how to list your items. We will provide shipping hints and teach you to print your own labels - plus more. Buy on eBay and get bargains, to boot. We will provide hints and teach you the tricks we have learned through the years. This class is lots of fun!

Six Basic Principles of Using Food as Medicine for Wellbeing and Longevity (HW) #244

Dr. Lena Fernandez

Tuesday, 1 - 3 p.m., January 8

Food has been used as medicine for thousands of years. For this reason, Dr. Fernandez's mission is to educate her community on how to effectively read labels and make healthier food choices to prevent diseases and take charge of their health.

Introduction to Self-Hypnosis (HW) #245

Skip Albright

Tuesday, January 8, 1:00 – 4:00 p.m. (3 Hours)

Do you think hypnosis is fake? Learn the truth as Certified Hypnotherapist Skip Albright dispels falsehoods and demonstrates the power of hypnosis. Prepare to be relaxed! Grasp an understanding of hypnosis and your subconscious mind. Learn everything you need to conduct self-hypnosis to make life-improving changes. Skip will guide you through a hypnosis induction and share ways you can successfully use hypnosis to improve many aspects of your life.

Reverse Mortgages (F) #246**Rex Duffin****Tuesday, 1 - 3 p.m., January 8**

What are Reverse Mortgage options and how can they benefit you? When does it NOT make sense? If you or your loved ones are 62 or better, this class is for you. For many seniors, their home is their largest asset. Learn how a Reverse Mortgage can be used to tap into that asset to provide immediate cash. An income stream, a line of credit, or a combination of both. We will also touch briefly on how the tax-free proceeds can be used as part of a comprehensive plan to provide financial security for seniors. We will be exploring the four myths about Reverse Mortgages and answer questions such as: How are Reverse Mortgages different from standard home equity loans? Why are they so popular recently? How your heirs will obtain an inheritance will also be discussed. Whether you are considering a Reverse Mortgage for yourself or a family member, this class will provide the in-depth information you should know. Questions will be welcomed!

Ageless Wisdom Study Group (RS) #247**Dr. Diana Warren****Tuesday, 1 - 3 p.m., January 8, 22, February 5, and 19**

The Ageless Wisdom is a world-view and spiritual philosophy passed down through the ages. It offers practical guidance on how we can develop as souls and live a spiritual life. This group focuses on one book at a time, reading and discussing the material and its meaning.

Indians of Arizona (SS) #248**Rick Wambach****Tuesday, 10 a.m. – 12 p.m., January 15**

Have you seen many Apaches in the produce department at Fry's? Or, did you play pickleball with some Navajos last week? You'll be surprised why. Learn more about the Native Americans of your adopted homeland from a former guide at the Heard and River of Time museums. Lots of tradition, culture, history, and things you never knew. Impress your family back home and your neighbors here with your new knowledge.

**Brain Issues Make 'n Take (HW) #249****Jeannette Vaupel****Tuesday, 10 a.m. – 12 p.m., January 15 (Limit 12)**

A brief intro to what essential oils are, factors of quality, and effects on the brain will set the stage for choosing blends for specific purposes. Participants will choose from the following needs for themselves or loved ones: Worry and Unease; Grief and Sadness; Focus and Concentration; Memory and Aging Brain; Healthy Brain Cell Activity; or Stress. All necessary supplies and handouts will be provided. A lab fee of \$10 is payable to the instructor at the class.

**Valley of the Guns: The Pleasant Valley War and the Trauma of Violence (SS) #250****Dr. Eduardo Pagán****Tuesday, 1 – 3 p.m., January 15**

The Pleasant Valley War is often seen as a range war fought between rival ranching families in Pleasant Valley, Arizona, from 1882 through 1892. Drawing from history, geography, cultural studies, and trauma studies, Dr. Pagán uses the story of Pleasant Valley to demonstrate a new way of looking at the settlement of the West and the difficulties of survival in an isolated frontier community.

Heal Your Aching Back (HW) #251**Betsy Timmerman****Tuesday, 1 - 3 p.m., January 15**

Everyone suffers from back pain at one time or another in their lives but too many of us have chronic back pain. Most back pain can be a combination of inflammation, nutrient deficiencies, mechanical misalignments, weak and imbalanced muscles, trigger points, stress and past injuries. Find out how you can be your own doctor, druggist and dietitian when it comes to healing the root causes of most back pain. We will cover bulging discs, stenosis, scoliosis, spondylosis, spondylolisthesis as well as simple muscle weakness and imbalance. You will leave with simple yet effective exercises to strengthen and relax your back!

Drones 101: Yesterday, Today and the Future (T) #252

John Mullen

Tuesday, 1 - 3 p.m., January 15

Learn the history of the UAV (unmanned aerial vehicle), that began in 1916, and the growing role drones will play in our future. A handout will be included covering the FAA requirements of drone registration. See a “hands on” demonstration in the classroom of a hobby drone using GPS to control its flight, and on-board cameras. There will also be a brief outdoor flight to show the ability of today’s drone.



The Vision Workshop—You Are Not Too Old and It’s Not Too Late!

Roz Shanley

3 Keys to Accelerating Your Results (HW) #253

Tuesday, 1 - 3 p.m., January 15

- *Do you want to discover your true dream or purpose?*
- *Would you like to eliminate fear, doubt, and worry and move toward your goals with confidence?*
- *Would you like to have, be, or do more in any or all areas of your life?*

If these questions resonate with you, then you are going to love this seminar!

Rock Talk (NS) #254

Lynne and Terry Dyer

Tuesday, 1 - 3 p.m., January 15

The earth is over 70 percent water and that water is a mineral. Our bodies also contain a high percentage of water. No living thing can survive without water. Water is composed of the elements H₂O. Minerals are made of elements. Rocks are made of minerals. Mountains are made of rocks. Discussions in class will cover the three types of rocks: igneous, sedimentary, and metamorphic. The class will also cover how the mining of ores and the manufacturing of almost everything we use involves minerals. Everything we eat, wear or use involves minerals.



Pets, Essential Oils and You (HW) #255

Frankie Eklund

Tuesday, 10 a.m. – 12 p.m., January 22

Are you looking to spoil your fur babies with the best of everything? Our pets depend on us for everything: food, water, shelter, grooming and good health! Join us for a fun interactive gathering where you can discover some cool ways to enhance the life of your favorite four legged or two legged friends with essential oils! Have a senior pet who could use a little extra support to make them feel like a spring chicken! This class is for you!! We’ll also be taking about how to ease the stress of the holidays on our pets!

Fun with Math: Notable Numbers (SS) #256

Janet Teegarden

(for folks who never thought they would use math and fun in the same sentence!)

Tuesday, 1-3 p.m., January 22

Most people are familiar with even and odd numbers and perhaps prime numbers, square numbers, or pi. But in this session, we will also play with less known notable numbers such as amicable numbers, perfect numbers, Fibonacci numbers, narcissistic numbers, Kaprekar's number, and happy numbers. Come find out if you have a happy number name! Paper, pencil, and a calculator will be very useful.

Zentangle (A) #257

Marilyn Watkins

Tuesday, 1 - 3 p.m., January 22, 29 (Limit 18)

Have you ever doodled or wanted to? Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. No artistic talent is required as there is no right or wrong way to do it. You will be guided. Research shows that Zentangle can reduce stress, increase a sense of peace and calm, quiet the mind and produce a sense of accomplishment, satisfaction and confidence. Come and have fun! **There is a \$5.00 supply fee. (Limit 18 - Walk-ins cannot be accommodated.)**

Understanding Medical Marijuana (HW) #258

Kathy Inman

Tuesday, 1 - 3 p.m., January 22

Join us for the class that has been called the “best and most meaningful class taken” by fellow students of lifelong learning. Learn the history, uses, and medical applications of a substance that has long been misunderstood – marijuana. Understand how people are improving their health by using this as a natural alternative to prescription drugs. We will discuss how to legally obtain and use medical marijuana, the current laws, and much more.

Memory Health Training (HW) #259**Laurie Fox****Tuesday, 1 - 3 p.m., January 22**

This is an interactive class for people who want to enhance and keep their memory strong. There will be tips and tricks given for improving memory as well as a handout for notes to take away for continued practice at home. If you want to improve your memory, this is the class for you.

Healing Digestive Disorders (HW) #260**Dr. Scott Timko****Tuesday, 10 a.m. – 12 p.m., January 29**

Without proper digestion and absorption of nutrients, your body can never reach optimal levels of health. In fact, most disease processes including diabetes, high cholesterol, heart disease, arthritis, autoimmunity and others, start because of poor digestion. In this lecture, we will review the digestive and eliminative processes and discuss natural ways to heal stomach and intestinal inflammation and restore integrity to the entire gastrointestinal system. So, whether it's acid reflux, GERD, ulcers, irritable bowel, Celiac disease or any other gastrointestinal disorder, this is the class for you!

**Improbable to Unstoppable (T) #261****Fredi Lajvardi****Tuesday, 10 a.m.-12 p.m., January 29**

Fredi Lajvardi shares with audiences nationwide a first-hand account of the story that brought renewed national focus to S.T.E.M. (Science, Technology, Engineering and Math) education and inspired the critically acclaimed documentary *Underwater Dreams*, as well as the major motion picture, *Spare Parts*, starring comedic legend George Lopez. With humor and passion, Lajvardi reveals the simple secrets to his national champion robotics team's unprecedented success, and imparts to audiences the same wisdom, spirit of inventiveness, and determination that transformed an improbable group of disadvantaged Hispanic teenagers into an unstoppable national powerhouse. His heartfelt presentation captures the imagination, maximizes potential, and sparks the creativity in all of us.

Aging Gracefully (HW) #262**Betsy Timmerman****Tuesday, 1 - 3 p.m., January 29**

There is no reason why advancing years must be associated with pain, disability or mental decline. As we get older genetic tendencies and poor lifestyle choices can catch up with us causing DNA damage and deterioration of our arteries, joints, muscles, bones and organs. The good news is there are ways to stay healthy and fit while preventing or repairing damage. Learn how to live your best life through lifestyle changes that really matter: proper food planning, supplementation that heals, doable daily exercise that strengthens and stretches your muscles, nerves and connective tissue. We can all live our best lives as vibrant seniors. Come join the class and learn how.

Understanding Medical Marijuana (HW) #263**Kathy Inman****Tuesday, 1 - 3 p.m., January 29**

Join us for the class that has been called the "best and most meaningful class taken" by fellow students of lifelong learning. Learn the history, uses, and medical applications of a substance that has long been misunderstood-marijuana. Understand how people are improving their health by using this as a natural alternative to prescription drugs. We will discuss how to legally obtain and use medical marijuana, the current laws, and much more.

Annuities: Unlocking the Mysteries (F) #264**Jane Ceasor****Tuesday, 1 – 3 p.m., January 29**

Annuities and Life Insurance can be integral and valuable elements in a sound financial/retirement Plan in providing Income...Growth...Asset Protection...Death Benefits and more. Products vary greatly and can be quite complex. Discerning whether or not a product may be an appropriate fit for you can be a tall order. Learn more about these products and the clarification of some of the mystery that surrounds them. This course will be strictly educational and will not be representative of any financial services companies – products or entities.

The Mighty Navajo (SS) #265**Rick Wambach****Tuesday, 10 a.m. – 12 p.m., February 5**

A quick tour and history of the Navajo people. The largest reservation, the greatest population and a fantastic sense of humor. Come meet the people of the Navajo Nation.

Guiding you through the Fog of Medicare (F) #266

Brian Keep

Tuesday, 10 a.m. – 12 p.m., February 5

Many people do not understand all the nuances and options they have available to them when first entering Medicare or while in it. The purpose of this class will be to educate people on the specifics of Medicare and how it works. Some of the common questions to be answered are:

- When do I take Part B? What if I am still working?
- What is the difference between a Supplement and a Medical Advantage policy?
- What does AEP, Open Enrollment, Guarantee Issue mean?
- How does “Obamacare” affect me? I was means tested?

The class will address these questions and many more. It will walk students through, step by step, how Medicare works and what options are available to each individual. Attendees will be able make educated decisions once they have attended this class.

Computer Basics II (T) #267

Steven Kahn

Tuesday and Thursday 10 – 11:30 a.m., February 5 and 7

With a little basic knowledge of computers, you are ready to advance your skills. Make folders, learn copy and paste, basic word processing, saving and deleting, keyboard shortcuts, renaming files, being organized, and more! Slow paced, fun and non-intimidating!

Six Basic Principles of Using Food as Medicine for Wellbeing and Longevity (HW) #268

Dr. Lena Fernandez

Tuesday, 1 - 3 p.m., February 5

Food has been used as medicine for thousands of years. For this reason, Dr. Fernandez’s mission is to educate her community on how to effectively read labels and make healthier food choices to prevent diseases and take charge of their health.

Living Through Forgiving (RS) #269

Robert Corbin

Tuesday, 1 - 3 p.m., February 5 and 12

Rob’s story is an inspiration to all on how life’s blessings can come into our lives when we least expect it, even in the worst of adversity and challenges. He will help everyone attending understand the power of forgiveness and how doing so opens the path to a more fulfilled life. Learn to use these gifts to cope with those with whom you may have conflict

Everyday Uses for Essential Oils (HW) #270

Jeannette Vaupel

Tuesday, 10 a.m. – 12 p.m., February 12, 19, 26

Day 1: Explore what are essential oils and their grades; History of Use, Safety Considerations, Sensitivities/Reactions, Methods of Application, how essential oils work vs. how the body works; Learn about the benefits of Lavender, Lemon, Grapefruit, and Orange oils for sleep issues, anxiety, detoxing, weight loss, etc.

Day 2: Learn uses for Peppermint, Eucalyptus, and Bergamot oils for digestion, sinus issues, inflammation, weight loss, etc.; How distilled essential oils vs. fatty carrier oils are affected by temperature, x-rays, plastics, adulteration, etc. Differentiate allergic reactions from detox reactions.

Day 3: Gather information on essential oils helpful for colds/flu and skin issues; the value of coconut oil and its uses; insect bites; and many household uses. Discuss essential oils for varied health concerns (such as stress, tense muscles, emotions, cancer, etc.)

Pain Relief Without the Meds (HW) #271

Betsy Timmerman

Tuesday, 1 – 3 p.m., February 12

We hear it all the time, “exercise!” If you suffer from arthritis, fibromyalgia or chronic myofascial pain, you know it's crucial to your health. But how do we balance the activity without making your pain and inflammation flare? Betsy's workshop will teach you simple strategies to release and re-pattern your tight muscles without hurting yourself. It's all in the technique. Betsy will also explain how you can correct chronic pain, fueled by inflammation, with proper food planning and high-quality supplementation.

Avoid Scams, Fraud, and Abuse (F) #272

Nydia Montijo

Tuesday, 1 – 3 p.m., February 12

Adults over 65 are thirty-five times more likely to have lost money on a financial scam than people in their 40's, according to research from the Stanford Center on Longevity and the Financial Industry Regulatory Authority's Investor Education Foundation. In this session, you will learn how to prevent this from happening to your loved ones.

Writing Children's Picture Books (SS) #273

Charline Profiri

Tuesday, 1 – 3 p.m., February 12

Charline will share her journey to a successful career writing for children and answer your questions. Topics covered: picture book vs. magazine story, word and page counts, genres, manuscript formatting, finding a publisher.

Blood Sugar Blues (HW) #274

Dr. Scott Timko

Tuesday, 10 a.m. – 12 p.m., February 19

Although Hypoglycemia, Diabetes and Hyperglycemia are all blood sugar disorders, they also affect fat and protein metabolism as well, often leading to a variety of other conditions detrimental to our health. Technology has allowed for much better diagnosis and treatment of these diseases. However, the key to slowing down the "Blood Sugar Epidemic" does not lie in better diagnosis and treatment but with better strategies to prevent these problems in the first place. We will be discussing these strategies as well as the cause, diagnosis and holistic treatment protocols for all of the "Blood Sugar Blues."

How to Plan for Care (F) #275

Nydia Montijo

Tuesday, 1 – 3 p.m., February 19

Medicare does not pay for long-term care. In this session, you will learn about options for paying for the healthcare needs of yourself and your loved ones.

Understanding Medical Marijuana (HW) #276

Kathy Inman

Tuesday, 1 - 3 p.m., February 19

Join us for the class that has been called the "best and most meaningful class taken" by fellow students of lifelong learning. Learn the history, uses, and medical applications of a substance that has long been misunderstood – marijuana. Understand how people are improving their health by using this as a natural alternative to prescription drugs. We will discuss how to legally obtain and use medical marijuana, the current laws, and much more.



***Western Europe: Paris, London, Stockholm, Vienna,
Amsterdam and other destinations (SS) #277***

Mark and Waynette Brown

Tuesday, 10 a.m. – 12 p.m., February 19

While we'll explore the popular destinations associated with this region, we will go off the beaten path to the great market towns in France, beach-hopping on the island of Corsica, visit with Vincent Van Gogh in Arles, France and take the Chunnel from Paris to London.

The journey begins in Stockholm, and we'll peek into the great hall at City Hall where the Nobel prizes are awarded each year. Then, on to Vienna and the great museums. First, we'll view "The Kiss," by Gustav Klimt, one of the great paintings of modern art and that's in the Belvedere. We'll also visit the Albertina, Vienna's museum of modern art and take in a concert in the concert hall where the famous New Year's Eve event is held, by musicians dressed in 18th century period fashions.

Then, on to France. First, we'll drive from Paris to the Cote d'Azur and stop at the Mont Blanc, located in Chamonix, where the first winter Olympic Games were held in 1924. We'll take a cabin in Hyeres on the southern coast, and then from that location explore Menton, Nice and Marseille. Then, it's a ferry to the sun-splashed beaches of Corsica and the ferry back to travel through lavender-scented Provence. Then, it's on to the Dordogne region and the D-Day beaches at Normandy. From Paris, we'll visit Claude Monet at Giverny and say hello to the Mona Lisa in the Louvre. We'll break up France with five days in London and conclude with a visit to Amsterdam.

Memory Health Training (HW) #278

Laurie Fox

Tuesday, 1 – 2:30 p.m. (90 min.), February 26

This is an interactive class for people who want to enhance and keep their memory strong. There will be tips and tricks given for improving memory as well as a handout for notes to take away for continued practice at home. If you want to improve your memory, this is the class for you.

Fall Prevention (HW) #279

Nydia Montijo

Tuesday, 1 – 3 p.m., February 26

You will learn practical approaches for providing hands-on care. Learn how to make your home safer using adaptive aids, medical equipment and accessibility modifications.

Understanding Medical Marijuana (HW) #280

Kathy Inman

Tuesday, 1 - 3 p.m., February 26

Join us for the class that has been called the “best and most meaningful class taken” by fellow students of lifelong learning. Learn the history, uses, and medical applications of a substance that has long been misunderstood – marijuana. Understand how people are improving their health by using this as a natural alternative to prescription drugs. We will discuss how to legally obtain and use medical marijuana, the current laws, and much more.



What's a Burial Trust? (F) #281

Marcus Moran

Tuesday, 1 – 3 p.m., February 26

Over the years people have asked to be educated on Life Insurance. This class will explore options that can eliminate life insurance premiums, help protect you from Long-Term Care Spend-Down issues and still have sufficient funds set aside for final expense coverage. The Burial Trust is often over-looked in many portfolios but has recently seen new popularity due to the advantages it can provide. This class will provide answers on how to properly plan for final expenses, based on your situation and your wishes. This is a new class that has been requested.

Wednesday Classes

Tai Chi Essentials--Beginner (HW) #282

Charlie Gill

Wednesday, 10 – 11 a.m., January 9, 16, 23, 30, February 6, 13, 20, 27 Limit 20

Tai Chi Essentials provide many benefits which can be learned in a short period of time. It uses five basic postures and can improve balance, flexibility and digestion. Additional benefits are: stress relief, integrated movement, improved awareness, correct breathing and a strengthened immune system. A student handbook will be provided. Wear comfortable clothing and shoes. **Limit 20**



Seated Qigong (Chi Kung) (HW) #283

Charlie Gill

Wednesday, 11 a.m. – 12 p.m., January 9, 16, 23, 30, February 6, 13, 20, 27

Limit 20

A powerful Qigong exercise developed to benefit those who cannot stand for an extended period. The exercises are specifically designed to restore youthful vigor, energy and overall well-being. Studies have shown that practicing Qigong increases the level of neurotransmitters in the blood. Deficiency of these elements can lead to Parkinson's disease, Alzheimer's, chronic depression and insomnia. Qigong can also increase range of motion, ease arthritis pain, lower blood pressure and build a stronger immune system. All exercises will be done in a chair. **(Limit 20)**

Arizona Law (F) #284

Robert Jeckel

Wednesday, 10 a.m. - 12 p.m., January 9, 16, 23, 30, February 6, 13, 20, 27

This eight-session course on Law, Wills, Trusts, Estates and Disability will provide you with in-depth information about the subjects which most affect your life and your estate as a retiree. Learn the law through stories and examples. The class is fun, informative and interesting.



Yoga Teacher – Paramahansa Yogananda (RS) #285

Dr. Diana Warren

Wednesday, 10 a.m. - 12 p.m., January 9

Yogananda was the first Hindu teacher of yoga to spend a major portion of his life in America. He taught the knowledge of definite scientific techniques for attaining direct personal experience of Spirit and the common features of Christianity and yoga. We will watch a video of one of his direct disciples as he talks informally to a group of his students about meditation and other practices that get us in touch with Spirit.

Racism, Immigration, and Civil Rights, 1619 – Present (SS) #286

Dr. Bonnie Saunders

Wednesday, 1:30 – 3:30 p.m., January 9, 16, 23, 30; February 6, 13, 20, 27

Hate against black Americans and immigrants of color seems to raise its ugly head all too frequently in the modern era. How new is this situation? Alas, not new at all. In this course, Dr. Bonnie F. Saunders will discuss the history of and connections between racism and immigration in the United States since its founding. In addition to blacks who were imported as slaves, members of every group that has immigrated to the U.S. in substantial numbers have been dehumanized and demonized.

Air Quality and the Health Effects of Pollutants in Maricopa County (SS) #287

Dr. Ron Pope

Wednesday, 1 - 3 p.m., January 9

This presentation will discuss air quality regulation in the United States, including the history of the Clean Air Act and pollution trends across the country. Next, air quality in Maricopa County will be presented, including discussion about the air pollutants of most concern, their sources, chemistry, and patterns, and long-term trends. Finally, the general health effects of these pollutants will be discussed and several local scientific studies about air pollution and public health will be presented.



I'd Rather Die Than Talk About Life Insurance (F) #288

Pam Prine and Kimberle Dyer

Tuesday, 1 - 3 p.m., January 9

Come learn about the need for a life insurance audit and what information it will provide. This class will review the different types of life insurance policies and how they can meet your needs. We will review the life insurance offered by Employers, Financial Institutions, and from TV ads. You will learn how to evaluate policies, their options and discuss common pitfalls

Leonardo and Michelangelo: Their Lives and Art (A) #289

Allen Reamer

Wednesday, 10 a.m. - 12 p.m., January 16, 23, 30, February 6

Leonardo da Vinci and Michelangelo are High Renaissance artists who are still recognized as geniuses, but their lives were like soap operas. In this course we will learn about their lives in detail, their art and the historical context in which they worked.

Nutrition and Aerobics for Seniors (HW) #290

Dr. Herbert Kwittken

Wednesday, 1 - 3 p. m., January 16

After suffering with angina (heart attack) at the age of 38, Dr. Kwittken was guided by Divine Spirit to change his life style and become an avid student of aerobics and proper nutrition. Having completed seven marathons since (including Boston, New York, London and Athens, Greece) from 1979-1985, he feels inspired to share what he knows about senior nutrition and aerobics. Dr. Kwittken is 85 years of age and still performing daily aerobics with proper nutrition.



Arizona Sunset Landscapes with Watercolor or Ink and Watercolor (A) #291

Allen Reamer

Wednesday, 1 - 3 p.m., January 16, 23, 30, February 6, 13

Arizona has beautiful sunsets. In this class you may produce a variety of sunsets, some very dramatic and some less dramatic. You will learn the color scheme logic behind a successful sunset landscape and how this logic can be used to develop other successful paintings. In addition to technique, you will learn how to produce both very dramatic and less dramatic sunsets in a southwest landscape setting. You may work from a copyright free image or make up your own objects in your southwest sunset landscape. If you have not drawn a particular object before, the teacher can show you how to draw that object. The teacher will give you any other help you may need in painting or drawing. The teacher will not draw or paint on your artwork. We aim to produce one or more paintings each week. If you wish, positive critiques will be given about your artwork.

Supplies:

Watercolor

140 pound or heavier watercolor paper

Watercolor brushes: the larger the art the larger the brush, plus a small round brush, a mop or hake brush.

A natural sponge is also useful.

A set of watercolor paints. You will need black, red, yellow, blue, orange and purple paint.

Two containers to hold liquid

Soft paper towels

Liquid soap

Pencil: HB or #2 pencil and a vinyl easer

Rubber cement or masking fluid

Ink and Watercolor

All the watercolor supplies

A very thin line **waterproof** ink pen

Add Thermography to Your Annual Self-Help Checklist (HW) #292

Kerry Press

Wednesday, 1 - 3 p.m., January 16

We all have the same fear when it comes to our health. It seems like we sit and wait for whatever it is we are going to be diagnosed with...and all too often that diagnosis is devastating. OR - how many stories have we heard where the doctor was treating one thing and the patient suffered from something entirely different? You know, being totally misdiagnosed! Thermal imaging can help us detect cancer up to 10 years before it is developed. Those who add thermography to their annual self-care checklist will acquire an advantage to a longer, healthier life.

Fibromyalgia and Arthritis Recovery from the Inside Out (HW) #293

Betsy Timmerman

Wednesday, 1 - 3 p.m., January 23

Healing from Arthritis and Fibromyalgia requires thinking outside of the box. In this class we will look at traditional medical thinking and also explore Functional Medicine approaches to these diseases. There is a general protocol everyone can follow to recovery initially, but individual health issues must be looked at as unique challenges to must be righted as well, Generally. lifestyle changes, gut healing, nutrient deficiencies, food sensitivities, tests that determine endocrine and metabolic weaknesses and exercising without hurting your body starts you on the road to recovery. I have had both Arthritis and Fibromyalgia since childhood, so I know firsthand how much better you can feel in a fairly short period of time when you know what to do.

Finding Peace in an Unpeaceful World (HW) #294

Shirley Mahood

Wednesday, 1 - 3 p.m., January 30

Although the world has always had its struggles to be peaceful, all through history, but never before have we had such access, 24 hours a day, to all the problems, the lack of civility, the violence, and the constant barrage of political dissension, not just here in the United States, but world-wide. So, how do we manage to not be so affected by outside events? Add to this, many of us have our own personal problems to deal with, perhaps health issues, perhaps financial issues, problems with family members, to mention a few. Join Shirley Mahood, author, international speaker, and frequent RISE presenter in a discussion of the ways we can lessen our stress and become more peaceful.

Heavy Metal Toxicity: Where does it come from and what can we do about it? (HW) #295

Naomi Malter Brand

Wednesday, 1 – 3 p.m., February 6

Lead, Mercury, Aluminum, Cadmium and Copper are just some of the toxins more and more people are being exposed to in greater quantities these days. Where does this exposure come from? Can we limit our exposure? How do we detect our exposure? What are the symptoms of toxic exposure? Can we detox from this exposure? The information in this presentation will possibly astound you and maybe even disturb you. It will definitely make you think. If you are ready for this important information, come prepared to have your beliefs challenged and understanding stretched. Part of the class material will include clips from the docuseries *Vaccines Revealed* and the associated documentaries. Respectful conversation and discussion will be encouraged during the class.

History of Sculpture in 117 Minutes (A) #296

Allen Reamer

Wednesday, 10 a.m. – 12 p.m., February 13

Do you want to know everything there is to know about sculpture? You won't find it here. You will get an overview of sculpture from Neolithic to Kinetic and beyond. You will see examples and learn the characteristics of the many periods and styles of sculpture.



Construction of the Twin Towers (SS) #297

Elizabeth Giannini

Wednesday, 1 – 3 p.m., February 13

This presentation is based on a collection of slides taken by Elizabeth's father, William C. Borland, during the construction; he was the engineer in charge of getting all the materials to the site. Additional material will be covered from the book, "Twin Towers," by Angus Kress Gillespie, associate professor of American Studies at Rutgers University, New Jersey. This talk will not cover the destruction of the towers but will include pictures of the site as it appears now and those of the National September 11 Memorial Museum.

Tax Efficiency in Retirement (F) #298

Scott Sandell

Wednesday, 1 – 3 p.m., February 13

This class is a necessity for all. In this day of low interest rates and volatile markets, it has become extremely important to become tax efficient in retirement, to maximize what you have. We will review how current taxation works and explore the most common ways to save taxes in retirement. Scott promises this is not a dry boring tax class. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.



Planets, Moons and Other Stuff (NS) #299
Wednesday, 10 a.m. – 12 p.m., February 20

Gary Loeb

Everyone has heard of Mars, Jupiter and Pluto. But few have ever heard about Weywot, Paaliaq, Melpomene or Hi'iaka! Our solar system is a varied assortment of tens of thousands of named planets, dwarf planets, minor planets, moons and other objects. This class will cover a SAMPLING of some of the weird and wonderful objects orbiting our Sun and its planets, as well as the origin of their names, descriptions and how they were discovered.



Can We Be Too Responsible? (HW) #300
Wednesday, 1 – 3 p.m., February 20

Shirley Mahood

In a society that often teaches us to think more about other people than ourselves, we can occasionally take that need to help others too far, to our own detriment. We know that too often caregivers become ill if they don't allow themselves some breaks, some respite. But even those of us who are not caregivers in the general sense can become too wrapped up in the lives of others, especially family members, but also with friends. This not only causes us stress but is actually detrimental for those we think we are helping. Join Shirley Mahood, author, international speaker, and frequent RISE presenter in a discussion of the ways we can lessen our stress and become more peaceful.

Drones 101: Yesterday, Today and the Future! (T) #301
Wednesday, 1 – 3 p.m., February 20

John Mullen

Learn the history of the UAV (unmanned aerial vehicle), that began in 1916, and the growing role drones will play in our future. A handout will be included covering the FAA requirements of drone registration. See a "hands on" demonstration in the classroom of a hobby drone using GPS to control its flight, and on-board cameras. There will also be a brief outdoor flight to show the ability of today's drone.



Stem Cell Therapy (HW) #302
Wednesday, 10 a.m. – 12 p.m., February 27

Dr. Robert Graham

Without stem cells, humans would only survive for about one hour. Stem cells are the key to our regenerative and "natural" healing powers. Autologous stem cell therapy is able to address many medical problems organically, at the cellular level. Clinical treatments are focused on the root cause, not just symptoms. Come learn what stem cell therapy is all about.



The Vision Workshop- You Are Not Too Old and It's Not Too Late!
3 Keys to Accelerating Your Results (HW) #303
Wednesday, 1 – 3 p.m., February 27

Roz Shanley

- Do you want to discover your true dream or purpose?
- Would you like to eliminate fear, doubt, and worry and move toward your goals with confidence?
- Would you like to have, be, or do more in any or all areas of your life?

If these questions resonate with you, then you are going to love this seminar!



Have You Ever Thought of Making Your Own Books? (A) #304
Wednesday, 1 – 3 p.m., February 27 (Limit 15 participants)

Julia Jai Miller

Join us as we fold, cut, glue, and stitch our way through handmade books. Explore a variety of handmade paper, bookbinding materials, tools, and techniques as you create your own books. All materials and tools are provided for your creation of two beautiful books! There is a \$15 supply fee. **(Limit 15)**

Annuities: Unlocking the Mysteries (F) 305
Wednesday, 1 – 3 p.m., February 27

Jane Ceasor

Annuities and Life Insurance can be integral and valuable elements in a sound financial/retirement Plan in providing Income...Growth...Asset Protection...Death Benefits and more. Products vary greatly and can be quite complex. Discerning whether or not a product may be an appropriate fit for you can be a tall order. Learn more about these products and the clarification of some of the mystery that surrounds them. This course will be strictly educational and will not be representative of any financial services companies – products or entities.

Thursday Classes



Sole Stories: American Indian Footwear (HW) #310

Marcus Monenerkit

Thursday, 10 a.m. - 12 p.m., January 10

The theme is centered on a single object type; footwear. An enduring symbol of culture, clothing material, style, and embellishments are indicators of a people's worldview and relationships with one another. As part of our cultural wardrobe, footwear gives us clues to the group's organization; economic structure, political, religion, and individual position. The meaning of the subject lies heavily in the universality of footwear. Most people wear shoes and understand the protection and comfort provided by this often-overlooked wardrobe item. However, the shoe has provided much more than physical stability. Material culture changes as technology and access to materials differ from past methods, yet the moccasin remains an enduring symbol of American Indian culture. Social structures such as class, rank, position or lineage are frequently imparted by clothing designs, materials and embellishments and garments frequently imply a particular social status. The presentation will focus on some of these ideas and talk about the process of conceptualizing, designing, and operationalizing large international exhibitions.



Brain Issues Make 'n Take (HW) #311

Jeannette Vaupel

Thursday, 10 a.m. - 12 p.m., January 10 (Limit 12)

A brief intro to what essential oils are, factors of quality, and effects on the brain will set the stage for choosing blends for specific purposes. Participants will choose from the following needs for themselves or loved ones: Worry and Unease; Grief and Sadness; Focus and Concentration; Memory and Aging Brain; Healthy Brain Cell Activity; or Stress. All necessary supplies and handouts will be provided. **A lab fee of \$10 is payable to the instructor at the class.**



Be Aware of your Programs and Beliefs (HW) #312

Claudia LeBaron Islas

Thursday, 10 a.m. - 12 p.m., January 10

We all have programs written in the depths of our being. Some are good and some not so much. In this class you're going to learn to why you have the programs you have, how you got them in the first place, what to do with them and how to change them. Once you know how to change your foundational programs and beliefs, you'll be actively modifying your patterns and habits you want to improve.



Can Everyone Be Right? (RS) #313

Rev. James Yeaw

Thursday, 1 - 3 p.m., January 10, 17, 24, 31; February 7, 14

This is a review of the truths that form the basis of the major religions, especially Christianity, Buddhism, Taoism, and Judaism. We will look at Love and Service to Humanity; Reward and Punishment; God, The Path (Way); the Nature of Humanity; the Golden Rule; Moral Laws; Immortality; Creation and the Creator; Christ, Krishna, and Buddha. As we have time, we will look at Esotericism and a short topic on Science and Religion. The only requirement for this class is an open heart and mind. What is the truth? Can everyone be right? The conclusion will be left to you.

"Spiritual Psychology: Steppingstones on the way to the great SELF within" (RS) #314

Dr. James Ulness

Thursday, 1 - 3 p.m., January 10, 17, 24, 31; February 7, 14, 21, 28

Overcoming materialism leads to a much broader picture of human development. History, evolutionary biology, psychology, sociology, anthropology, all take on new meaning. There are two selves, the ordinary self and the greater Self. The ultimate purpose of life is to become who you were created to be.

Dealing with Conflict (SS) #315

Dr. David Gershaw

Thursday, 1 – 3 p.m., January 10

In this presentation on how to deal with conflicts and problems ... or "Can we agree to disagree?" Dr. Gershaw discusses and demonstrates some more effective methods for conflict resolution and problem solving. Handouts are included.

Medicare Basics: "The Dis-enrollment Period" YES you can still

Change Your Plan!!! Learn How... (F) #316

Marcus Moran

Thursday, 1 – 3 p.m., January 10

This class is for those with Medicare questions, maybe about the plan you just enrolled in? Or maybe you think you missed the window? Guess what? You have not – you can still make changes! Let's make sure you understand a period of time called the Medicare Dis-enrollment period. This class is usually a great learning experience for all those attending and will make those fears in the back of your mind go away, once you understand a few simple basics in order to control your health coverage! Having this healthcare piece of your retirement puzzle solved will make other planning decisions fall into place.

History of Sahuaro Ranch (SS) #317

Renee Aguilar

Thursday, 10 a.m. - 12 p.m., January 17

Enjoy a multi-media presentation on the history of the Historic Sahuaro Ranch, one of the Valley's oldest and most magnificent preserved ranches located in Glendale, Arizona. Using a combination of historic photographs and videos, this presentation will cover the history of the families that owned the Ranch and kept it operating from 1886 to 1977. Listed on the National Register of Historical Places, Sahuaro Ranch was once known as the "Showplace of the Valley" and covered over 1200 acres. Currently, Historic Sahuaro Ranch consists of 17 acres featuring 13 original buildings, a rose garden, and historic orchards. Now owned and operated by the City of Glendale Parks and Recreation Department, the Ranch offers a variety of exhibits, guided tours, educational programs, and special events related to the history of agriculture life in the early 1900's and the significance of the Ranch to Arizona's history.



Gadgets and Gizmos of an Acupuncturist – Part 1 (HW) #318

Patricia Martin

Thursday, 10 a.m. - 12 p.m., January 17

This two-part class will be a Show and Tell of the many and varied Tools of the Trade used in the practice of Asian medicine beginning with the most obvious, acupuncture needles, and fire cups, Gwa Sha spoons, liniments. Esoteric acupuncture, Toyo Hari and warm hands. You'll be enticed back for Part 2 with Patricia Martin, Licensed Acupuncturist *Extraordinaire*, a long-time RISE favorite



Feel Your Way to Peace and Joy (HW) #319

Claudia LeBaron Islas

Thursday, 10 a.m. – 12 p.m., January 17

Your feelings are your guide to a life of peace and joy. In this class you're going to learn why feeling angry is better than feeling depressed, and why feeling indifferent is better than feeling worried. You'll be surprised to see how close you are to feeling joyful and at peace most of the days of your life.



The 3 M's – Midway Island/Monument Valley/Mozambique (SS) #320

David Reesor

Thursday, 1 – 2 p.m., January 17

This presentation will talk about the following three places:

- Midway Island – the famous battle of WW2. We visit the military camp, the beaches and the 'gooney birds – the albatross who think golf balls are lost eggs, making it very difficult to finish 18 holes.
- Monument Valley – site of so many Westerns -- Quintessential Arizona.
- Mozambique – Africa – beautiful beaches, abandoned French forts, colorful faces.

Solving the Annuity Problem (F) #321

Marcus Moran

Thursday, 1 – 3 p.m., January 17

This class will explore concepts about Annuities and deciding if they are right for you. Many questions about this product are confusing people, some say it's bad, some say it's vital! After this class you will have a clear understanding of how Annuities work and whether or not it's right for your portfolio! Please also feel free to come with questions about current Annuities you have...and let's make sure you understand what's happening with your investment!



Emotional Healing Techniques (HW) #322

Claudia LeBaron Islas

Thursday, 10 a.m. - 12 p.m., January 24

We all carry emotional hurts since we were children and continue to collect even more as we grow older. If you're ready to heal from those emotional hurts from childhood, then it's time for you to learn a few techniques available to help you remove that emotional pain. Not everyone is ready to let go of their emotional pain; so, if you resonate with this class it means the time to let go of your emotional pain has arrived. Come and learn how.

Teaching in Alaska (SS) #323

Dr. Thomas Everitt

Thursday, 10 a.m. - 12 p.m., January 24

The presenter spent three years as the Personnel Director of the North Slope Borough School District, based in Barrow, Alaska, the United States' northern most city. In this class, he will share his experiences about living in Barrow and working in the eight villages in the District spread out over a borough the size of Minnesota.

Change Your Thoughts, Change Your World (RS) #324

Marilyn Poscic

Thursday, 10 a.m. - 12 p.m., January 24

Do you know what some say is the definition of insanity? Doing the same things over and over and expecting new results. Do you find yourself doing this? Are you finding the need to change your world or to find more fulfillment? Would you like more happiness? Abundance? Fulfillment? Trust and understanding? Join Intuitive Angel Messenger/Medium, Educator and Author, Marilyn Poscic in this interactive class as she explains by understanding how your thoughts, words, and actions can change your world to create more happiness, abundance, fulfillment, trust and understanding to allow the miracles in your life that you deserve.

Let's Talk Hollywood and the Movies (SS) #325

Richard Gira

Thursday, 1 – 3 p.m., January 24

Why are most of today's movies "R" rated? What is the "Studio System?" Have you ever attended a movie in one of the beautiful movie palaces of yesterday? What did some of the famous actors (like Red Skelton and Desi Arnaz) do during World War II? What was the Hollywood Canteen? Who won the legal battle between the studios and the actors? How much money did some of our biggest stars earn? Are women treated unfairly in Hollywood? And what about those spectacular movie musicals and comedies? These questions will be addressed, and more interesting information will be provided and highlighted with some film clips for your enjoyment.

The Worry-Free Retirement (F) #326

Marcus Moran

Thursday, 1 – 3 p.m., January 24

This class will explore concepts specific to Retirement Planning, a great class for those new or approaching retirement or those people that are in retirement and want to re-direct the path. A worry-free retirement is possible, but it requires some direction and a willingness to review decisions often. Just like any finely tuned machine, your retirement plan needs regular maintenance, but the problem facing most people is not understanding what parts of the plan need reviewing. This class will highlight the basics and give everyone a chance to set a new path towards worry-free retirement!



What You Think About Comes About (HW) #327

Claudia LeBaron Islas

Thursday, 10 a.m. - 12 p.m., January 31

Mental science is all about consciously using and managing your thoughts to improve yourself and your life. In this class you're going to learn how is it that what you think about manifests. Don't like what's in your life? Not a problem. Come and learn about the process you need to follow to ensure that you love what you manifest in your life from now on.

Introduction to Essential Oils (HW) 328

Jeannette Vaupel

Thursday, 10 a.m. - 12 p.m., January 31

We will examine the basics: what essential oils are, how they are obtained, what constituents they contain, and 21 key facts. Also, to be discussed is avoiding fraud by differentiating between a true essential oil and fragrance oils by looking at labeling, type of container, source, etc. Learn safe use and when to dilute by using with an appropriate carrier oil. Some oils will be available to smell, and a handout will be provided. Bring your questions!



Gadgets and Gizmos of an Acupuncturist - Part 2 (HW) #329

Patricia Martin

Thursday, 10 a.m. - 12 p.m., January 31

In this second class of Show and Tell of the tools of the trade of Asian medicine, Patricia will introduce you to the use of crystals, brass singing bowls, craniosacral therapy, high power magnets and more. Please join Patricia Martin, Licensed Acupuncturist *Extraordinaire*, a long-time favorite here at RISE.

Stress and Energy Profiles: Are your minerals in balance? (HW) #330

Naomi Malter Brand

Thursday, 1 - 3 p.m., January 31

Dr. Henry Schroeder, MD coined the term "Minerals are the spark plugs of life." Unfortunately, in modern medicine today there is a medicine/mineral disconnect even in medical education and training. Most people aren't even aware of what a vital role proper mineral balance plays in our overall health and well-being. The various methods of testing, especially hair tissue mineral analysis, will be presented as well. Join us for an eye-opening class that could explain a lot about where common symptoms stem from: **mineral deficiencies and imbalances.**



Understanding the Law of Attraction (RS) #331

Claudia LeBaron Islas

Thursday, 10 a.m. - 12 p.m., February 7

The Law of Attraction (LOA) exists and it works as good and as constantly as gravity works. Many will tell you it's a fad, or that it doesn't work, but that's not true. What happens is that they're missing one key ingredient in the process of creating their affirmations. Come and learn about that missing key ingredient and take advantage of the LOA so you can attract everything you want to be or do or have.



The Love Lives of Four Presidents: Kennedy, Reagan, Johnson and Trump (SS) #332

Dr. Diane Cheney

Thursday, 10 a.m.-12 p.m., February 7

Who knew how unusual and Interesting the love lives of these four presidents would be? It just took a little research to learn about how important lovers would be to a president and the movie stars who would populate their lives.

Long Term Care: The elephant in the room ("How to protect your Investments and provide peace of mind") (F) #333

Marcus Moran

Thursday, 1 - 3 p.m., February 7

Don't mind the long-term care elephant sitting in the living room . . . you've been hoping it will go away if you ignore it. It's a problem that you don't want to face, let alone consider. You know it must be expensive, but will you even use it? Family would certainly help, you think. You SHOULD be fine! While most people fear the "what if", very few actually plan for it. Let this course answer questions on the topic of Long-Term Care using some basic educational tools to determine how your situation can best be protected. Remember, not everyone needs additional insurance, sometimes you just need to allocate what you already have, properly. When the class is finished, the elephant will be gone! You will be empowered to make decisions!

The Art of Listening or "That Isn't What I Heard" (SS) #334

Dr. David Gershaw

Thursday, 1 - 3 p.m., February 7

We often hear people say, "that isn't what I heard." Join David Gershaw in learning more about the art of truly listening and hearing what is being said. Handouts will be provided on how to pay better attention to what is being said and how to understand what others are saying.

Visiting Holocaust Sites (SS) #335**Mark Brown****Thursday, 1 – 3 p.m., February 7**

The killing fields and death camps conscripted by the Nazi regime were vast. One estimate holds more than 15,000 camps were instituted within German occupied lands. This course is representative of sites which remain and not meant as an exhaustive list. Visits include the camps at Dachau and Auschwitz-Birkenau, the killing fields outside of Vilnius, Lithuania, and Warsaw, the banks of Danube in Budapest, the Anne Frank House in Amsterdam and Oskar Schindler's enamel factory in Krakow, Poland. The journey includes personal accounts to these locations and offers travel tips for visiting these and other significant sites.

**Experience Heaven on Earth (RS) #336****Claudia LeBaron Islas****Thursday, 10 a.m. – 12 p.m., February 14**

Heaven is not a faraway place guarded with tall golden gates to which only a few have access to. Heaven is actually so much closer than we could ever imagine; but so is hell. Both heaven and hell exist here in this world. This class is not about religion; it's about your connection with yourself and with your Spirit. In this class you're going to learn how to make sure you're spending most of your days living and experiencing heaven on this earth.

**American Utopianism (SS) #337****Clare Goldsberry****Thursday, 10 a.m. – 12 p.m., February 14**

The Rise and Fall of Early America's Communal Living Ventures. During the period of the Second Great Awakening, communal living became one of the greatest American experiments in creating "utopia." Some of these Utopias were successful for several decades while others collapsed after a short period of time causing those who invested in the community to lose their life savings. What about these Utopian communities attracted people to a "communist" way of living? Why did most of them fail? What lessons were learned about society and people seeking equality that we can apply to today's social justice movement?

**What's Love Got to do With It? (RS) #338****Marilyn Poscic****Thursday, 10 a.m. – 12 p.m., February 14**

Some of the greatest teachers of love are the ones that made the biggest changes in history. Jesus, Gandhi, Buddha and Martin Luther King, made lasting changes in the world in spite of being persecuted for their efforts. Join nationally known Angel Messenger/ Medium/Author/ Spiritual Mentor, Marilyn Poscic and Spiritual Voyager Bob MacCallum, as they help you cope with today's problems with love. Marilyn survived the passing of her last surviving relative 9 years ago as well as the loss of a marriage, home and business. Without the loving guidance of her Angels, she would not be here today! Bob spent 68 years doubting Christianity and 48 years in a loveless marriage. Nine years ago, Bob found love by reuniting with his grade school sweetheart and has found comfort and guidance through spirituality. Together Bob and Marilyn will help find what's love really got to do with it to help you in all areas of your life!

**The Beatles: "From Liverpool to Abbey Road" (A) #339****Vincent "Vinnie" Bruno****Thursday, 1 – 3 p.m., February 14, 21**

This lecture will follow in the footsteps of The Beatles as they embark on their historic journey starting from their early days as a cover band in Liverpool and Hamburg, into the excitement of Beatlemania, including concert performances, and films, through their creative ground breaking studio albums (Rubber Soul, Revolver, Sgt. Pepper's) to the formation of Apple Corps and finally to their remarkable final recordings at Abbey Road Studios. Coming full circle, we will explore the highlights of each individual's post Beatles work.

The Spiritual Path (RS) #340**Dr. Diana Warren****Thursday, 1 – 3 p.m., February 14**

All religions and spiritual traditions speak of a spiritual path that humans experience. What is the spiritual path? Why do we need to know about it? Am I on it now? These and other questions will be answered as we look at examples of the path and talk about how important it is to each and every human.



Get Your Own Answers from Spirit (RS) #341

Claudia LeBaron Islas

Thursday, 10 a.m. – 12 p.m., February 21

You've probably heard many people say that you have all the answers within you. But, for some reason you just cannot imagine, much less, get to that place. In this class you're going to learn how to connect with that inner place of yours, so you can consciously gain access to all the guidance and answers you need. There are no shortcuts to going within and you're the only one who can do it for you. So, come ready to do the work.



Find Your Mark (SS) #342

Frankie Eklund and Amy Marble

Thursday, 10 a.m. – 12 p.m., February 21

Feel confident without compromise. Learn about a mineral-based makeup line which combines premium formulas with pure ingredients. Come find the perfect products to help you make your mark.



Casablanca (SS) #343

Dr. Diane Cheney

Thursday, 10 a.m. – 12 p.m., February 21

This presentation will discuss the story, the music, the stars, the famous lines, and the unusual making of this movie which have put it the category of "best motion picture of all time". Fun interactions make this a wonderful experience.



Spiritual Service (RS) #344

Dr. Diana Warren and David Hopper

Thursday, 1 – 3 p.m., February 21

Each of us has an opportunity to be of service to humanity and help cultivate goodwill in the world. What is the work to be done? What areas of service exist? How do we find the area that best fits us? Are others working in these areas? In this class you will learn the answers to these questions and hear about the Group of World Servers and the part it plays in spiritual service. We will explore how World Servers are motivated by a greater purpose or Plan and the Guides or Teachers behind it. Guest speaker, David Hopper, is the author of two books on spiritual service and teaches locally and nationally.



Gifts My Mother Gave Me (SS) #345

Dr. Kay Wallach

Thursday, 1 – 3 p.m., February 21

Remember all the things your mother did for you, to you, around you? This is my personal tribute for all the things mothers do and don't do that support us in growing into productive adults. Many personal stories will be shared to illustrate how important mothers are in setting us up and debriefing us.

Spring Equinox: The Liver, The High Official of Imagination (HW) #346

Patricia Martin

Thursday, 10 a.m. – 12 p.m., February 28

Spring is the 'time of the Liver'; the Liver governs the eyes, vision of the eyes and the spiritual vision, and, thus, the ability to 'see ahead;' so goes the belief of centuries of Asian medicine. Seasonal acupuncture treatments at the times of solstices and equinoxes are provided as a way to harmonize the organs of each season and ultimately improve your overall health. Join Patricia Martin, Licensed Acupuncturist *Extraordinaire*, for this scintillating conversation.

Create the Life You Always Wanted (RS) #347

Claudia LeBaron Islas

Thursday, 10 a.m. – 12 p.m., February 28

It's never too late to create the life you've always wanted. In this class you're going to learn how your attention to your emotions can help you bring the empowering thoughts you need to stay on top of the things that are truly important to you. You already have all the power within you to do this. Get ready to choose and create the life you've always wanted; it's definitely possible.

Chakra (Energy centers) Understanding/Grounding and Protection Class (RS) #348
Thursday, 10 a.m. – 12 p.m., February 28

Marilyn Poscic

Ever feel out of balance, wake up in a bad mood, have trouble expressing yourself, don't feel well either emotionally or physically, don't feel loved or need more love? Ever feel like there is something in your home or others' that doesn't feel right? Go to a party, a friend's house, in public, for a drive, and you have a strange feeling that something bad is going to happen? Do you ever meet someone, and for no apparent reason you don't like that person? The hairs on the back of your neck stand up? Join nationally known Angel Messenger/Medium/Author/Spiritual Mentor, Marilyn Poscic, to help you understand the energy centers in your body known as Chakras, locations, colors, disease associated to each chakra. How to balance them to keep you centered, focused, grounded, and healthy, every day of your life! In addition, you will learn how to protect, not only yourself, but your loved ones, pets, home, car, work, school, whatever you want to protect, to feel safe and secure every day!



Alzheimer's Disease – Know the 10 Signs: Early Detection Matters and
Healthy Living for Your Brain and Body: Tips from the Latest Research (HW) #349
Thursday, 1 – 3 p.m., February 28

Martha Burrue

Each of these two important topics will be presented for one hour.

1. Learn the facts and warning signs of Alzheimer's disease and the need for early detection, information about drug therapy, enrolling in clinical studies, and planning for the future.
2. Learn the latest research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Hands-on tools will be used to help you incorporate these into a plan for healthy aging.



The Middle East: What's Going on There? How Is This Impacting Us with
Immigrants, Refugees, Asylees? (SS) #350
Thursday, 1 – 3 p.m., February 28

Winnie Fritz

From the perspective of one who has lived and worked in the Middle East for over 40 years, we will:

- Refresh ourselves on the geography and treaties/agreements which influence current issues and conflicts;
- Review the impact of ethnic groups and religions;
- Discuss the current Middle East situation and possible actions; and
- Analyze the "Refugee" and "Asylee" issues and the immigration laws and impact in the U.S.

Law, Justice and Civil Rights in Statehood Arizona and Beyond (SS) #351
Thursday, 1 – 3 p.m., February 28

Mark Brown

Within a national perspective, legal decisions on segregation, desegregation and individual civil liberties had an important foundation in Arizona. This course examines the decisions of judges Charles Bernstein and Fred Struckmeyer which addressed segregation in Phoenix. Verdicts by both Bernstein and Struckmeyer were influential in the landmark United States Supreme Court Brown vs. Board of Education case and examined in this course. Events and arguments surrounding Ernesto Miranda are also considered. From Miranda's arrest in Phoenix in 1963 through the Supreme Court case addressing civil liberties, legal arguments are outlined, and the significance defined. The course will examine lesser known but equally important legal personalities, such as Rose Silver. Despite a diminutive 4 feet 10 inches, Silver was a giant in American jurisprudence. She was the first woman to graduate from the University of Arizona College of Law, and, at one time, represented the notorious outlaw John Dillinger.

Friday Classes



Discover Your Roots (SS) #355
Friday, 10 a.m. - 12 p.m., January 11

Lou McLean

Would you like to take one of the most exciting and rewarding journeys of your life? Genealogical research of your loved ones is more than a trip down memory lane. It is an ongoing legacy to your family. Just beginning? Learn how to navigate the websites and how to start your own research. Come join Lou from the West Valley Genealogical Society and discover your roots!

**Long Term Care Insurance Planning: “Not Your Parent’s
Long Term Care Insurance;” The “New Face!” (F) #356**
Friday, 10 a.m. – 12 p.m., January 11

Jane Ceasor

The decades-old format of ‘traditional’ LTC Insurance has been in place for over 40 years. NEW innovations and breakthroughs in design for “Asset Based” LTC protection have recently been introduced. These include the benefits of both today’s Annuities and Life Insurance. LTC Insurance can be an essential tool in your retirement security and planning. Learn about securing your freedom of choice to receive care **in your own home**, as well as the latest, leading-edge trend and platforms of new benefits – features, options and how these compare to the LTC Insurance platforms ‘of old.’ This course will be strictly educational and will not be representative of any insurance companies – products or entities.

Let’s Grow Our Own Moringa (HW) #357
Friday, 10 a.m. – 12 p.m., January 11

Kelli Price

While nursing with Mercy Ships in Togo, West Africa, Kelly learned about a remarkable plant, *Moringa oleifera*. It is gaining in popularity in the US and can be found on the shelves in health food stores. Come learn about this remarkable plant which we can grow right here in the Valley. Learn its health benefits, how to grow it, how to prepare it, and how to eat it.

Dogs and Cats--Our Extended Family (SS) #358
Friday, 10 a.m. – 12 p.m., January 11

**Kathy Bayer and Audra Colson
of Chance Shelter**

What can you do to help make your pets’ lives better? You will learn how to recognize signs of illness, basic CPR, and how you can help by becoming a foster home in our Neighbors Helping Neighbors program. If you have a pet, you will benefit from this class.

Annuities – The Devil is in the Details (F) #359
Friday, 10 a.m. - 12 p.m., January 11

Pam Prine and Kimberle Dyer

Actions we take, even though they may have the best of intentions, can often turn in to ‘unintended consequences.’ As financial advisors, we see the aftermath of the ‘unintended consequences’ of those who ‘don’t know what they don’t know.’ Join us as we discuss how to avoid common pitfalls which include:

- Making your Trust the beneficiary of your IRA’s
- Not understanding your Life Insurance policies
- Emotionally managing investments
- Not being educated on fees of investment
- Being too conservative - not outpacing inflation
- Not updating your beneficiaries and estate plan
- Putting a child on your checking account or deed to your home
- Not communicating with advisors and heirs
- Not properly funding your Trust
- Living too long – dying too soon



3 Minutes a Day for 30 Days Can Change Your Life (RS) #360

Laura Lee Perkins

Friday, 10 a. m. – 12 p.m., January 18

Spiritual growth doesn't require you to become a hermit or to change your life completely, but it does require commitment to a simple daily practice. If a daily practice of just 3 minutes a day allowed the other 1437 minutes of your day to flow more easily, would you be willing to try it for 30 days? Your sacred time needs a structured foundation upon which you can build. A simple spiritual practice, based on deeply rooted intention and sincere commitment, opens our lives in ways we never imagined. There is a \$10 lab fee for the workbook. Instructor **Laura Lee Perkins, MS** has been teaching at RISE for over a decade and her classes are always popular.



Toxin Free Living with Essential Oils (HW) #361

Frankie Eklund

Friday, 10 a.m. - 12 p.m., January 18

Did you know almost one in four women are on antidepressants and anti-anxiety meds? Or that 100,000 people die a year from taking their prescription medications as prescribed. Scary right? It is so important to do what we can to find total wellness, so we don't become a statistic. Join us for a fun, interactive time of learning how to kick simple toxins to the curb and be the CEO of your own health and wellness.

The Physician in You (HW) #362

Dr. Greg McWhorter

Friday, 10 a.m. - 12 p.m., January 18

Learn to embrace the body's innate intelligence and the power of self-healing. This class provides self-help techniques for the diagnosis and healing of our emotional, structural, nutritional, and environmental causes of disease. Join the class, become a "Wellness Warrior," and take control of your health!



Stem Cell Therapy (HW) #363

Dr. Robert Graham

Friday, 10 a.m.-12 p.m., January 25

Without stem cells, humans would only survive for about one hour. Stem cells are the key to our regenerative and "natural" healing powers. Autologous stem cell therapy is able to address many medical problems organically, at the cellular level. Clinical treatments are focused on the root cause, not just symptoms. Come to learn what stem cell therapy is all about.

Aspects of Energy Medicine (HW) #364

Harold Sexson

Friday, 10 a.m.-12 p.m., January 25

Energy medicine is not a new technology but has been with many cultures for thousands of years. This talk will touch upon several aspects of these and new technology used throughout the world today. Particularly used in countries where the government is part of the medical system and is trying to keep cost low.

Learn to Play the Native American Flute (A) #365

Laura Lee Perkins

Friday, 10 a.m. - 12 p.m., January 25, February 1, 8

Limit 15

(This classes requires a supplies purchase of: The Native American Flute Tutor (\$25). This can be purchased from the instructor at the first class.)

Non-music readers are welcome, and no musical background is required. We supply flutes free of charge for at-home for practice. These classes are fun, and all will be able to play a wide variety of songs on your 6-hole Native American-style flute. "The sound of the Native American flute reverberates deeply within the human soul as we learn to transform a piece of wood back into life with our own breath. This ancestral instrument is often described as haunting and magical and the soul connection is undeniable. Marrying the soul is each personality's goal, but the soul and the personality often take decades to meld. The Native American flute can be the vehicle that makes the union possible."

Laura Lee Perkins, MS

**Eastern Europe: Budapest, Warsaw, Dubrovnik,
Auschwitz, Bay of Kotor and other destinations (SS) #366
Friday, 10 a.m. - 12 p.m., January 25**

Mark and Waynette Brown

Join us as we explore treasures and hidden gems from Estonia to the north and Croatia in the south. The journey takes us to several former Eastern Bloc countries and we see where little remains of the old Soviet influence. Our first stop is Tallinn in Estonia and we'll walk through the best-preserved medieval city in eastern Europe. Then, we'll travel to the resort town of Jurmala, outside of Riga, Latvia. We explore modern European history with stops at Vilnius, Lithuania, Warsaw, Krakow and Oskar Schindler's factory and an emotional visit to Auschwitz, the notorious Nazi death camp. We'll then journey to Budapest, discover the spectacular waterfalls of Plitvice National Park in Croatia and travel down the west coast of Croatia to great beaches, the walled city of Dubrovnik and the Bay of Kotor in Montenegro. We conclude with a visit to Lake Bled in Slovenia, one of the most remarkable inland

The Evolution of Spirituality and Money (RS) #367

Dave Newman

Friday, 10 a.m. - 12 p.m., January 25

Buddhism regards wealth as a source of desire and attachment which necessarily creates suffering. Christ took issue with the Temple money changers and also said, "Ye cannot serve God and mammon". (Matt 6:24) Lao Tzu proclaimed, "Searching for precious goods leads astray." (Tao Te Ching chap. 12). The great religious traditions seem to agree: Divinity shouldn't touch dollars. Although no faith forbids using money, most frown upon, if not outright prohibit, charging money for spiritual teaching and wisdom. They believe that since money was made by man, it is of the material world. Therefore, true spiritual Guides, Gurus, Saints, and Sages should avoid contaminating themselves with the "filthy lucre": "Feed the flock of God which is among you, taking the oversight thereof, not by constraint, but willingly; not for filthy lucre, but of a ready mind." (1 Peter 5:2) So... Buddhist monks beg while Benedictine monks take a vow of poverty. But is there a way to resolve this conflict of interest between Cash and Conscience? Is it possible to metaphysically balance Dharma and Dollars? Can we invest in the stock market without sacrificing ourselves on the Altar of the Tao Jones?! Please join us as we explore the historical relationship between Faith and Finance and whether past beliefs might still be influencing us today. Then, after tracing across time past ideas entangling God and Gold, we'll push what we've discovered into the future, hoping to glimpse the next stage of spiritual and monetary evolution.

Basic CPR (HW) #368

Joe Seoane

Friday, 10 a.m. - 12 p.m., January 25

Most Americans (70 percent) feel helpless to act during a cardiac emergency because they don't know how to administer CPR, or they are afraid of hurting the victim. If you see a teen or adult collapse, you can perform hands-on CPR with just two easy steps: 1) Call 911; 2) Begin compressions. They may be someone special to you. Join us in learning hands-on CPR. This class will teach you the Skills needed to help someone in a cardiac emergency. Be part of an ongoing American Heart Association campaign to raise awareness about this wonderful lifesaving method.



Imagination—Your Greatest Tool for Creating (SS) #369

Dr. Kay Wallach

Friday, 10 a.m. - 12 p.m., January 25

We will discuss and participate in exercises to use your imagination to create fun, love, joy and health and maybe even transform the world a bit!

Train Your Brain (HW) #370

Keli Price

Friday, 10 a.m. - 12 p.m., February 1

Come and learn techniques to strengthen our ability to learn and remember. This class will demonstrate techniques that are being scientifically proven and encouraged by psychiatrists studying neuroplasticity to keep the brain working well. We will practice daily activities that can be done to keep our brain pathways firing and strong; we will focus specifically on how to strengthen short term memory, long term memory, and problem solving.... these are referred to as executive functioning skills. These techniques are also highly beneficial for students, and you can teach them to your grandchildren. Come have some fun and leave with a toolbox of techniques to strengthen your thinking skills.



Let's Play with Robots! (T) #371

Friday, 10 a.m. – 12 p.m., February 1

Jennifer Velez

Through this interactive, hands-on workshop, participants will explore the world of LEGO EV3 robotics through a series of challenges that teach basic robotics programming skills. No prior experience necessary. This workshop is fun for everyone.

Beneficiary Blunders (F) #372

Friday, 10 a.m. - 12 p.m., February 1

Pam Prine and Kimberle Dyer

When was the last time you updated your beneficiary information? When does a beneficiary designation override the designated beneficiary in a Will or Trust? Uncle Sam is NOT a relative – do you really want a large portion of your retirement accounts to go to him anyway? What does ‘per stirpes’ mean and what difference would it make to your beneficiaries? Join us as we answer these and more questions as we go through a beneficiary audit and discuss key information to help you avoid dangerous designations!!!

Science of Fire Investigation (SS) #373

Friday, 10 a.m. - 12 p.m., February 8

Dick Ciesla

A fire investigator looks at the fire remains and obtains information to reconstruct the sequence of events leading up to the fire. A broad study of fire investigation is presented. The means to identify the origin and cause of a fire and properly conduct a fire scene investigation are emphasized. Topics include fire behavior, determining point of origin, ignition sources and fire scene investigation. One of the challenging aspects of fire investigation is the multi-disciplinary basis of the investigator's job. As fires can be caused by or involve many ignition sources and fuels, fire investigators need to know not only the science of fire behavior, but also to have a working understanding of many different areas of study including construction, electricity, human behavior, and mechanical devices.

Understanding Market Corrections (F) #374

Friday, 10 a.m. - 12 p.m., February 8

Pam Prine and Kimberle Dyer

We've been in the second longest bull run in history. However, the market just reminded us that volatility can unexpectedly rear its head with a vengeance. When that happens, it's difficult to keep emotions in check. The media can use it as a tool to boost ratings, with headlines that create hysteria. Sit back, breath, and let's take refresher course in Understanding Market Corrections. It's normal to worry.... we would rather you let us worry for you. Let's start by talking. We'll share tips on how to stay on your 'best financial behavior' during volatile times as we face the certainty of uncertainty.

Stress and Energy Profiles: Are your minerals in balance? (HW) #375

Friday, 10 a.m. – 12 p.m., February 8

Naomi Malter Brand

Dr. Henry Schroeder, MD coined the term "Minerals are the spark plugs of life." Unfortunately, in modern medicine today there is a medicine/mineral disconnect even in medical education and training. Most people aren't even aware of what a vital role proper mineral balance plays in our overall health and well-being. The various methods of testing, especially hair tissue mineral analysis, will be presented as well. Join us for an eye-opening class that could explain a lot about where common symptoms stem from: **mineral deficiencies and imbalances.**



3 Minutes a Day for 30 Days Can Change Your Life

A Simple, Effective Spiritual Practice (RS) #376

Friday, 10 a.m. - 12 p.m., February 15

Laura Lee perkins

Spiritual growth doesn't require you to become a hermit or to change your life completely, but it does require commitment to a simple daily practice. If a daily practice of just 3 minutes a day allowed the other 1437 minutes of your day to flow more easily, would you be willing to try it for 30 days? Your sacred time needs a structured foundation upon which you can build. A simple spiritual practice, based on deeply rooted intention and sincere commitment, opens our lives in ways we never imagined. **There is a \$10 lab fee for the workbook. Easy Stuff to Easy**



Easy Stuff to Improve Your Health (HW) #377

Patricia Martin

Friday, 10 a.m. - 12 p.m., February 15

Sometimes the answers are right at our fingertips. Patricia will bring a red wagonful of books that she has used on her long journey – books by Muramoto, Rogers, Aihara, Nussbaum, Ohashi and others, including Healing Ourselves, Reading the Body, Sugar Blues. No doubt, something will resonate with each of you. Patricia Martin, Licensed Acupuncturist *Extraordinaire*, a long-time RISE favorite, always provides a different and interesting approach to maintaining good health.

Let's Grow Our Own Moringa (HW) #378

Keli Price

Friday, 10 a.m. - 12 p.m., February 15

While nursing with Mercy Ships in Togo, West Africa, Kelly learned about a remarkable plant, *Moringa oliefera*. It is gaining in popularity in the US and can be found on the shelves in health food stores. Come learn about this remarkable plant which we can grow right here in the Valley. Learn its health benefits, how to grow it, how to prepare it, and how to eat it.

Should I Pay Off My Mortgage Under the Trump Tax Reform? (F) #379

Pam Prine and Kimberle Dyer

Friday, 10 a.m. – 12 p.m., February 15

Is it advantageous to pay off my home mortgage? Do I have enough guaranteed income to pay a mortgage? If I need long-term care, can I still afford my mortgage payment? "SALT" is a new buzz word – does it impact Real Estate? Are home equity loans still a good idea? Does refinancing still make sense? If you have asked yourself any of these questions lately, join us for an informative presentation that includes insight from a Mortgage Loan Officer and a Financial Advisor.

How Unique Can It Get? (SS) #380

Dr. Jeff Reed

Friday, 10 a.m. - 12 p.m., February 15

This travelogue takes us to many of the unique and unusual destinations throughout Arizona. From "off the road" adventures to very beautiful scenic settings throughout Arizona.

Six Basic Principles of Using Food as Medicine for Wellbeing and Longevity (HW) #381

Dr. Lena Fernandez

Friday, 10 a.m. – 12 p.m., March 1

Food has been used as medicine for thousands of years. For this reason, Dr. Fernandez's mission is to educate her community on how to effectively read labels and make healthier food choices to prevent diseases and take charge of their health.

History of the Convention – An American Tradition (SS) #382

Mike Kapic

Friday, 10 a.m. - 12 p.m., March 1

This course will scan the many notable conventions of this American tradition from 1620 through 2017. We will delve into the pros and cons of the convention process. We will look at the Constitution's Article V and the established precedent of the two methods of amending the Constitution: Congress and a Convention of States.

Preventing Alzheimer's and Memory Loss; Effective, Safe, Natural

Approaches for Preventing and Recovering from Cognitive Decline (HW) #383

Dr. Timothy Gerhart

Friday, 10 a.m. - 12 p.m., March 1

Dr. Timothy Gerhart will use colorful slides and case histories to describe how it is possible to maintain and even recover strong brain function. New discoveries teach us how our lifestyle combined with new therapies and smart supplementing can support a healthy brain and body for a lifetime. Dr. Gerhart is Founder and Director of Renovare Brain Wellness and is the author of three Books including "Change Your Brain, Transform Your Life."



Care of the Caregiver (HW) #384

Friday, 10 a.m. - 12 p.m., March 1

Nydia Montijo

Each year, 61.6 million Americans provide care to a loved one. These family caregivers are providing an honorable service which can cause an incredible amount of stress. In this session, you will receive tips for stress relief, recognizing and addressing caregiver burnout, and creating a support system!

Train Your Brain (HW) #385

Friday, 10 a.m. - 12 p.m., March 1

Keli Price

Come and learn techniques to strengthen our ability to learn and remember. This class will demonstrate techniques that are being scientifically proven and encouraged by psychiatrists studying neuroplasticity to keep the brain working well. We will practice daily activities that can be done to keep our brain pathways firing and strong; we will focus specifically on how to strengthen short term memory, long term memory, and problem solving – these are referred to as executive functioning skills. These techniques are also highly beneficial for students, and you can teach them to your grandchildren. Come have some fun and leave with a toolbox of techniques to strengthen your thinking skills.



Storytelling and Journaling (SS) #386

Friday, 1 – 3 p.m., March 1

Dr. Kay Wallach

What's your story? Who are the main characters? How do they influence your life and what you do? How does storytelling help us create a better world—both individually and collectively? Great insights can come when we look at our own stories and how they have changed us over the years.



Robotic Exploration of the Solar System and

Exploring Exoplanets: Strange New Worlds in our Galaxy (NS) #387

Friday, 1 – 3 p.m., March 1

Dr. David Williams

Dr. Williams will speak on the following two topics:

- How have robotic spacecraft advanced since NASA began exploration of the Solar Systems back in the 1960s? What kinds of new spacecraft are on the design boards? Join Professor David Williams of ASU's School of Earth and Space Exploration for a discussion of the history of robotic exploration of our Solar System, with a look ahead to upcoming missions.
- Exoplanets are planets around other stars in our galaxy. How are they detected? What kinds are out there? Join Professor David Williams of ASU's School of Earth and Space Exploration for a discussion of the amazing variety of exoplanets that have been discovered by Kepler and other missions and where research is going in coming years.



Non-fiction Book Club #901

John Hjelm, Facilitator

Meets the first Monday afternoon
each month at 1 p.m. October through May.

The list of book selections is posted on the bulletin board outside the RISE office.

Hooked on Books #902

Ruth Dibene, Facilitator

Meets on the 2nd and 4th Tuesday afternoons at 1 p.m.,
September through May.

The group reads fiction and non-fiction. New members are always welcome.

The list of book selections is posted on the bulletin board outside the RISE office.

ALL BOOK CLUBS MEET AS STATED ABOVE.
EXCEPT WHEN THE RIO SALADO CAMPUS IS CLOSED
OR RISE IS ON BREAK



RISE Learning for Life, is pleased to offer **Universal Class**, a unique and powerful online learning and continuing education service.

RISE members join over 300,000 students around the world who have benefited from Universal Class' unique instructional technologies. With real instructors guiding the learning, engaging video-based lessons, a collaborative learning environment, (graded lesson tests and certificates of achievement, if needed) and Continuing Education Units available for selected courses, students enjoy an engaging and measurable learning experience that helps them satisfy their curiosity and/or master their goals.

With a growing catalog of over 500 courses, Universal Class offers **RISE** members a unique online educational experience. Universal Class offers courses in Exercise and Fitness, Entrepreneurship, Arts and Music, Home and Garden Care, Cooking, Computers and Technology, Health and Medicine, Homeschooling, Job Assistance, Law and Legal, Parenting and Family, Pet and Animal Care...plus 100's and 100's more.

UNIVERSAL CLASS REGISTRATION INSTRUCTIONS

- ◆ Go to riselearning.org and log in to your account.
- ◆ Click the UNIVERSAL CLASS tab.
- ◆ Click on the "Click here to register" link.
- ◆ You will be directed to the Universal Class registration website.
- ◆ You will be prompted to "Enter your Library Card Number."
****NOTE** your library card number is your 4 digit RISE member number!**
- ◆ Click the green "GO" button.
- ◆ Step 1. Choose Username and Password- You will create a username and password. This is what you will use to log into the Universal Class website.
- ◆ Step 2. Enter Email Address- You will need a valid email address to access Universal Class.
- ◆ Step 3. Enter Member Information- You will be prompted to enter your personal information.
- ◆ Final Steps- Agree to the Terms of Service and click "Continue."

You are now registered for Universal Class and may begin selecting courses!

***Before selecting your courses you will need to verify your email.**

NEW MEMBERS—How to Join RISE

**It's Easy. And only \$65 per year (July 1—June 30)
Join March-June and your membership is good through June 2019!**

We're glad to see that you are interested in joining RISE! To do so, please come into the Rio Salado Lifelong Learning Center located at 12535 W. Smokey Drive (next to the Windmill Inn). The front desk staff will be happy to set up your membership, give you an Annual Guide, a membership card, and give you a chance to see the Rio Salado campus where our classes are held. We like the personal touch, and your coming in to join gives us a chance to meet you!

To join by mail, complete the application on the next page and mail your check and application to the address above. No checks will be accepted without an application. You can pick up your Annual Guide and membership card when you come into RISE.

Membership year runs July 1st through June 30th for only \$65 per year. After you pay your dues there are no charges for classes. Rise adheres to the Rio Salado "No Refunds" policy. We look forward to meeting you! Dues can be paid by check, cash, credit or debit card. (Exact change please, if you bring cash.) You can also join over the phone with a credit or debit card. If you join March-June, you get the extra months free!

It's time to RENEW your Membership!

(Current Members only)

RISE IS GROWING AND EXPANDING! We are offering more Friday classes, extended summer sessions and Universal Class. Universal Class is free to all members and offers 500+ additional classes you can take online on a schedule that suits you. The Council has surveyed numerous lifelong learning programs in Arizona and has found that RISE easily remains the *premiere* program in the Valley of the Sun, offering more classes, more sessions and more special events than any other. We are proud to be the least costly and most comprehensive program of our type. Dues are only \$65.00 per year and the Membership year runs from July 1 through June 30. As always, once you are a member there are no additional charges for classes.

Please renew your membership before June 30, 2019.

TELEPHONE NUMBERS TO REMEMBER:

Rio Salado Front Desk 480-377-4251

Becky Schroeder, Coordinator, 480-377-4262

Cathy Sheredy, Assistant, 480-377-4296



_____ New Member
 _____ Renewal: (Member # _____)
 (Member # _____)

Office Use Only

Check # _____ Amount \$ _____ Check Date _____
 Credit Card Name _____ Amount \$ _____
 Cash Amount \$ _____ Date Payment Received _____
 Initials _____

RISE Learning for Life
Rio Salado College Lifelong Learning Center
12535 W. Smokey Drive, Surprise, AZ 85378
480-377-4251

NEW MEMBER APPLICATION/RENEWAL APPLICATION (\$65 per year per member)

Membership from 07/01/____ to 06/30/____

Dues of \$65 are payable by July 1 each year. Members must be paid in full to participate in classes and activities.

CHECKS PAYABLE TO: RISE LEARNING *RISE adheres to the Rio Salado **no** refund policy.*

Name: (first) _____ (middle init.) _____ (last) _____
 Birth Date: ____ / ____ / ____

Name: (first) _____ (middle init.) _____ (last) _____
 Birth Date: ____ / ____ / ____

(Please use complete legal name. No nicknames.)

Address _____ City _____ State _____ Zip _____

Phone: _____ **Cell :** _____

E-Mail: _____

Update your profile online or contact RISE if any of your information changes.

RISE adheres to the Rio Salado no refund policy.

CHARTER MEMBER RENEWAL(S)
(Membership number 2000 and lower \$35.00)

REGULAR MEMBER RENEWAL(S)
(Membership number 2001 and higher \$65.00)

Renewal Membership: Stop Here **New Membership: Complete Form**
Year round resident? Yes No **From** _____ **To** _____ (months)
If No, Second Address

Are you in the U.S. on a Visa? Yes No **If so, what type?** _____

How did you hear about RISE? _____

NEW MEMBERSHIP # _____
 # _____

Office use only

Data entered by: _____ Pymt entered by: _____
 Made copy of chk: _____ Checked by: _____

Be Our Guest!

Please use this Guest Pass to try a class at RISE.

MEMBERS— We encourage you to use as many guest passes as you like to invite your friends, family, neighbors to come and enjoy a class at RISE! If you need more passes, please see the RISE staff.

Guests may come to one class or attend one session of a multi-session course and try us out. We think you will love RISE and want to become a member.

Each individual guest may use only one Guest Pass per year (July 1-June 30)

The RISE Guest Pass does *not* guarantee you a seat. Some of our more popular classes may be full and, due to fire code capacities, we will be unable to seat you. As always, paid RISE members are seated first.

Please call RISE at 480.377.4296 or 480.377.4262 with any questions.



Please fill out the RISE Guest Pass before your arrival to expedite your entry into class.

Guest Pass

Present to RISE staff upon arrival.

NAME _____

ADDRESS _____

May attend one class/one session of a series if open seats are available. One pass per guest per year.

(Class number, name and date)

May we send you the next catalog? ___ Yes ___ No

Phone: _____

Approved by RISE _____

Rio Salado College Surprise

Authorized by: *RS&F Governing Council*

12535 W. Smokey Drive

Surprise AZ 85378

(480) 377-4296

Revised 11/18

RISE *Governing Council Application*

We are seeking members to serve on the RISE Governing Council. The Council is a policy making group for RISE. If you would like to be considered for election, please return the application, including a brief bio of yourself. The Nominating Committee will review the applications in late January. Elections will be held at the RISE Annual Meeting on Friday, February 22, 2019.

To be eligible to run as a candidate for the Governing Council, an individual must be a member of RISE 3 months prior to the annual meeting.

RISE Governing Council Member Responsibilities

The Nominee must have a desire to work with people and promote RISE. After election by the general membership at the Annual meeting, or appointment as an alternate, the new Governing Council member has the following responsibilities:

To have current membership status.

To attend regular Governing Council meetings and other meetings and functions throughout the year.

To be aware of Parliamentary Procedure, be informed on the issues, and initiate and vote on motions.

To serve on committees and participate fully.

To have the ability to use contemporary communications.

Submit your answers to the following questions, as well as your personal information, in the body of an email and send to Gordon Rosier, President, fifisdads@msn.com, by January 11th. (Or hand deliver a hard copy on separate sheet of paper to the RISE office.)

Why do you wish to serve on the Governing Council?

What qualities and background experience would you bring to the council?

Provide a brief bio including your education, career and leadership experiences.

Name _____ Date _____

Address _____ Phone _____

Email address _____



RISE ANNUAL MEMBERSHIP MEETING

AGENDA

All RISE members are invited to RISE Learning for Life on Friday, February 22, 2019 at noon. Come to socialize with fellow members, elect new Council members and enjoy lunch from Birt's Bistro.

Lunch will be served at 12 Noon followed by the General Meeting. Please RSVP by Friday, February 15th to Cathy at catherine.sheredy@riosalado.edu or 480.377.4296.

Welcome and Introduction of

Governing Council and Staff

Gordon Rosier, President

Election of Governing Council Members

for 2019-2020 term

Nomination Committee Chair

Rio Salado College Remarks

Rio Salado Partners

Coordinator's Report

Becky Schroeder

RISE Coordinator

Committee Reports

Curriculum, Membership,

Public Relations, Technology

Committee Chairs

Financial Status Report

Janet Teegarden, Treasurer

Election Results

Nomination Committee Chair

HERE'S YOUR CHANCE TO SAY THANK YOU!

As you know, RISE wouldn't be the success it is without the countless volunteered hours of our amazing presenters.

You can show your thanks by donating baskets, cash, or gift cards.

Just bring them to Becky or Cathy at the RISE Office.

Donations will be accepted during the weeks of February 4th– March 1st.

The baskets will be filled with useful items and raffled off at the Presenters' Luncheon on
March 22, 2019.

If you have any questions, call or email:

Becky: 480-377-4262
rebecca.schroeder@riosalado.edu

-
Cathy: 480-377-4296
catherine.sheredy@riosalado.edu

Surprise Saturday Science Café

S³

FREE

First Saturday of the Month at 11AM – 12

January 5th

February 2nd

March 2nd

April 6th

May 4th

June 1st



At Birt's Bistro Restaurant

16752 N Greasewood St, Surprise, AZ 85378

This is a collaboration between Science The Earth, RISE Learning for Life, and Designed From Scratch Concepts. Funding provided by City of Surprise Community Outreach Program.

RISE DISCLAIMER

Welcome to RISE. We hope you enjoy the classes we have provided for you this term. We try to cover a variety of topics and include different perspectives. RISE/Rio Salado College neither endorses nor opposes the information presented in classrooms. We provide it as a purely educational experience allowing you, the member, to determine the value of the content. Any views or opinions expressed are solely those of the presenter and do not necessarily represent those of RISE Learning for Life. This information is not intended or implied to be a substitute for professional financial, legal, medical, or mental health advice. Content is merely information — NOT ADVICE.



CROWD RELEASE

By attending classes and entering the classrooms of Rio Salado/RISE you are consenting to be interviewed, photographed or recorded by audio and/or video. You are also permitting the release of any of the above for publication or reproduction for webcasts, promotional purposes or advertising on websites, social media or any other purposes. You waive any claims for payment or royalties in connection to use of same. You have been fully informed of your consent, waiver of liability and release before entering the event.

CODE OF CONDUCT

RISE adheres to the established Rio Salado Code of Conduct as well as local, state, and federal laws. RISE specifically prohibits the disruption of classes or RISE activities, abusive treatment of others, theft or dishonesty, and the failure to comply with RISE policies. Membership, presenter status, or leadership positions may be revoked by the Governing Council for breaking the Code of Conduct, dereliction of duty, breaking protocols or violating Presenter Guidelines. Depending on the severity of the situation, a three step process should progress from a documented verbal warning, to a written warning, to the final step of removal from the membership or position by the Council. Extreme disruption may result in immediate removal by onsite security.

**Thanks to our RISE Presenters who
volunteer their time in support of lifelong learning.
We appreciate their efforts!**

Renee Aguilar is the Museum and Education Specialist at the Historic Sahuaro Ranch in Glendale, AZ. With over 13 years working in Arizona museums, she has a passion for preserving Arizona's cultural and historical resources, while providing meaningful opportunities for the public to engage with history to connect the past to their lives today. She received her M.A. in Museum Studies from the University of Newcastle-upon-Tyne and her B.A. in Anthropology from Arizona State University.

Skip Albright MA, CHt., is a Surprise, Arizona-based Certified Hypnotherapist certified by the National Guild of Hypnotists. He received his training in hypnosis and hypnotherapy from the Knightsbridge Institute in Portland Oregon. He has also received specialized training in areas such as Emergency Hypnosis, Post-Traumatic Stress Disorder, Self-Hypnosis, and Pain Management to name a few. He is also a member of the Arizona Society for Professional Hypnosis. He earned a Master of Arts Degree in Management from Webster University and a Bachelor of Sciences Degree in Human Services from Thomas Edison State College. Skip is a retired Special Agent from the Air Force Office of Special Investigations where he conducted criminal, fraud and counterintelligence investigations worldwide. He was also an instructor and course manager at the Special Investigations Academy in Washington D.C. Skip has a private Hypnotherapy practice in Surprise, Arizona, Skipnotherapy LLC, and focuses on assisting clients in making life-improving changes for a variety of psychological and physiological issues including but not limited to pain management, weight reduction, smoking cessation, anxiety, depression, fears and phobias, self-confidence, sports improvement, etc. Skip can be reached through his website, www.skipnotherapy.com, on Facebook, or by email at Skipnotherapy@gmail.com.

Naomi Malter Brand, B.A. is a Certified Thermographic Technician and Professional Member of the Professional Academy of Clinical Thermology (PACT) and Breast Thermography International (BTI). She is an active practitioner with the Malter Institute where they focus on the Mind Body connection for better health, utilizing Hair Tissue Mineral Analysis (HTMA), Thermography and Life Coaching to help clients understand underlying causes for health issues. Naomi presents holistic preventative health education for her clients and the communities she works in throughout Arizona.

Mark Brown earned a BA in United States history from the University of Wisconsin-Superior and received his MA from Old Dominion University. Upon graduation, Mark worked for the city of Trenton, NJ, in formation of that city's participation in the United States Bicentennial celebration, and later pursued a career in journalism. While working as a sports editor, Mark received Honorable Mention by the Associated Press Society of Ohio for his commentary. Currently, he is writing a scholarly account of the American decision to participate in the 1936 Olympics and awarded a research grant in this area from Herbert Hoover Presidential Library.

Waynette Brown, a native of New Jersey, earned a BA in Spanish from the University of North Carolina at Chapel Hill. After graduation, she served in the Peace Corps in Peru in urban community development. Upon return, she established a career in the retail industry and financial field. For the last eight years, she worked seasonally for the concessionaire in Yosemite National Park. An avid hiker, Waynette has traversed most of the popular trails in Yosemite and backpacked to several High Sierra camps. She enjoys exploring other national parks and remains a passionate traveler.

Vincent "Vinnie" Bruno is a Beatles scholar and Sixties Rock Historian. He is recently retired as the Director of First Year Programs at LaGuardia Community College (City University of New York). He holds an MPA from Baruch College and as an adjunct professor for the past 25 years, he has taught courses in numerous disciplines including Humanities, Business, Mathematics, and Cooperative Education. As a Beatles scholar and storyteller, he looks to both embrace not just their legacy but to present an entertaining, interactive, and informative session for both the casual listener as well as the hard-core Beatles fan. He currently resides in both New Jersey and Arizona.

Martha B. Burruel received her Master's in Elementary Education in 2005 from the University of Phoenix. Her experience spans over 25 years working in the health education arena. She has been with the Alzheimer's Association for over six years as the Community Resource Manager where she manages education programs and support groups and trains/works closely with volunteers.

Jane Ceasor has served in the Financial Services industry for 35 years in Arizona and has taught courses and workshops on Long Term Care and Asset Protection for numbers of organizations for decades. Her family company, CEASOR INSURANCE CONSULTANTS INC., was founded in 1958 and is celebrating 60 Years with offices in both Sun City and Scottsdale/Carefree.

Chance Shelter of Surprise assists pets and their owners in need of assistance due to a crisis situation. Help offered includes pet assistance and referral to critical resources for disasters such as house fires, natural disasters, a death of a family member with no placement for the animal, fostering pets while owner is hospitalized, traffic accidents with animals involved, and needs necessary to assist the family in an effort to keep pets with their owners.

Dr. Diane Holloway Cheney, Ph.D. is a retired nurse/psychologist, current board member of two local fire districts of Sun City West, and board member of ONN (Our Neighbor Network) and wrote 20+ books. She attended London School of Economics, Sorbonne (Paris), Texas Woman's University and University of California (for extra training in forensic psychology). Diane was an instructor at Southwestern Medical School Dallas, Texas; Director of Psychiatric Hospital in Waxahachie, Texas; City of Dallas Drug "Czar" Coordinator; developer of first Assessment Center for high ranking uniformed officers of Dallas Police Department, management consultant for 17 national companies and two U.S. governmental organizations consulting with city governments dealing with major drug problems and consulting with police officials in Calgary, Canada. She is a member of the American Psychological Association, Arizona Psychological Association, International Association of Police Chiefs, International Association of Fire Chiefs, American Nursing Association, and American Academy of Sleep Medicine.

Some books: *Before You Say "I Quit"; The Mind of Oswald; Dallas and the Jack Ruby Trial; Analyzing Leaders, Presidents and Terrorists; American History in Song: Authors' Famous Recipes and Reflections on Food; American Police Dilemma; Who Killed New Orleans; Jacuzzi: A Father's Invention to Ease a Son's Pain; Winslow's La Posada Hotel; and Sleep Problems: Food Solutions.*

Richard Ciesla is a 33-year veteran of the Massachusetts Fire Service. He served on the Southbridge, Massachusetts Fire Department for 33 years as a career firefighter and retired as Chief of the Department in 2012. He holds a bachelor's degree in fire science. Richard is a nationally certified Fire Officer IV, credentialed as a Fire Chief by the Commonwealth of Massachusetts and a graduate of the UMass Donahue Institute's Chief Fire Officer Management Training Program.

Mr. Ciesla's structural fire and explosion investigative experience for various types of occupancies has given him an in-depth knowledge of building construction, fire behavior, and post investigation techniques for analyzing fire cause and origin. His full-time experience in the fire service, building construction and hazardous material field spans more than thirty years. He has over 35 years' experience in the Fire Service and Fire Investigation Profession with extensive experience, specialized knowledge, and achievement in areas of Fire Investigation and Fire Management.

Maria Coesens was the first RISE coordinator and has periodically taught classes. She returns this year as part of the Surprise Citizens Corps Council.

Robert Corbin is President of Safety First Financial and insurance solutions and specializes in fixed annuities for seniors to help his clients achieve safety of principal and competitive rates of return. Robert has personally sold over 200 million dollars in fixed annuities and is recognized as an authority on the subject. Robert has been seen on CBS and heard on various radio programs. In addition, he has authored various newspaper articles on the subject of annuities for focusing on the use of annuities to help for additional income and multiple tax benefits. Robert was given the high honor of becoming the featured advisor for a national publication "Senior Market Advisor" seen all over the country.

Beth Cornell has been meditating for over 30 years. Beth owned Arizona Energy Wellness LLC, during which she facilitated meditation classes, wrote for several publications and offered private sessions at her office in Surprise, Arizona. With a love for sharing the benefits of meditation and offering a steady grasp of foundational principals, Beth can skillfully impart with simplicity and understanding to students of all levels of practice. Since closing her business, she has turned her attention toward non-profit endeavors. She lives with her husband and one cat and enjoys traveling as much as possible.

Rex Duffin, CRMP, Certified Reverse Mortgage Professional entered the mortgage industry in 1978 and has been a VP with Sun American Mortgage Company since 1984. With a background in FHA underwriting training, construction lending and Reverse Mortgages, Rex has abundant knowledge as a mortgage advisor. Rex has been well received at RISE Learning.

Kimberle M. Dyer and Pamela B. Prine are co-owners of Keystone Capital Management Group, LLC, in Glendale, Arizona. Keystone is an investment and retirement planning firm committed to the growth and protection of their client's assets. Combined, they have over a quarter of a century of experience. As financial advisors they embrace the opportunity to educate, guide and simplify the complex. It is important to help people understand the unique challenges that exist relative to investments and retirement income planning in the volatile times ahead.

Terry and Lynn Dyer are volunteers for the Earth Science Museum Outreach program and are members of the Mineralogical Society of Arizona. They enjoy sharing their love for the earth and all its wonderful creations.

Frankie Eklund has recently retired from her 9 to 5 job as an Activity Director for the past 20 years. She found her passion in Young Living Essential Oils one and a half years ago and has been educating people around the valley since on how to gain better health and wellness. She feels it is time for you to become the CEO of your health.

Dr. Thomas Everitt spent 33 years as a math and science teacher, Adult Education Director, Labor Relations Director, and Personnel Director in school districts in Pontiac, Michigan, Milwaukee, Oregon, Anchorage, Alaska, and Barrow, Alaska. Born and raised in Indiana, he graduated from Indiana University, Michigan State University, and Arizona State University, with a doctorate in adult education. Tom was a partner in a consulting company which made more than 300 presentations to school administrators in more than 30 states. He taught personnel and labor relations classes at the University of Oregon and Portland State University and coauthored six administrative manuals.

Dr. Lena Fernandez is a Board Certified, Licensed Naturopathic Doctor in the state of Arizona. She is the CEO and founder of a thriving clinic, Moringa Natural Health Center located in Sun City, Arizona. In addition to completing postgraduate studies in general family medicine, Dr. Fernandez has advanced training in Anti-Aging Medicine, Bio-identical Hormones, and Natural Regenerative Medicine such as Platelet Rich Plasma and Stem Cell Therapy to eliminate pain and enhance longevity. Furthermore, Dr. Fernandez's passion is to inspire, empower, and transform lives with natural solutions. For this reason, she trains and educates people globally on how to regain health and stay well from within. Her personal life journey began in Europe-Kosovo, where she was born and grew up on her family organic farm.

Robert Ferro is the Arizona Coordinator for the Association for Research and Enlightenment (A.R.E.) a non-profit international organization dedicated to researching holistic modalities for personal growth. Bob holds an MBA in business management with a minor in personnel psychology and personality types. As a member of A.R.E. since 1965, he held various leadership positions and duties within the organization. Presently his duties include being the liaison between the Headquarters in Virginia Beach, VA and the Arizona A.R.E. Community. He is entrusted to spearhead programs, workshops, retreats, and community functions on behalf of the A.R.E. Over the years, Bob participated, and led, various research projects including: dreams, meditation, leadership development, group dynamics and the art of balanced living, primarily by implementing the volumes of information found in the psychic work of Edgar Cayce.

Rose Ferro has an extensive background in the field of health care, ministry and transpersonal psychology. She initiated a career in nursing at the International Missionary Training Hospital in Ireland and pursued Theological Studies in the Boston area. Rose holds certificates in Women's Studies and Health and Wellness, awarded by ASU's Center for Lifelong Learning. She is also a graduate of Rio Salado Community College Chemical Dependency Counseling Program. Presently, Rose is a member of the A.R.E. community core team, responsible for presenting programs and conducting Spirituality Groups, and she has been a RISE presenter for the past 8 years.

Laurie Fox has been in the non-medical field since 1999 in Maricopa County. She is a Certified Senior Advisor (CSA); trained as a *memory care trainer* for Banner Alzheimer's Institute as well as a facilitator for many of Duet's (local 501 C-3) caregiver support groups. She also serves on the Board of Directors of Sierra Winds in Peoria, is on the management team of the West Valley Professionals' Roundtable and in addition is a facilitator of a large, women only, networking group in Sun City. Laurie enjoys working at Homewatch Caregivers assessing cases and helping families find solutions for their loved ones. She always says, "it's personal" as she was the POA for over seven years for her mother who had Alzheimer's Disease. Laurie resides in Peoria, Arizona.

Winnie Fritz, MSN EdD CNA/NEA-BC has held positions as a CEO, Chief Clinical Officer, and Chief Nursing Officer in a variety of U.S. and international hospital and healthcare organizations including for-profit and not-for-profit care providers. Her experience also includes serving as the Director of International Healthcare Operations for HCCA International, where she has worked in Europe, the Middle East, Africa, and Asia. She was employed by His Majesty King Hussein of Jordan as the Dean of a School of Nursing and later as a network Clinical Operations Officer (COO) for 28 hospitals. For her success in strategic and financial planning and in improved clinical performance in Jordan's hospitals, she was awarded His Majesty's Medal of Honor. Winnie was also recognized as a Chief Clinical Officer/CNO of the Year by Vanguard Health System and has been honored by U of MO with Alumni and Lifetime Citation of Merit Awards. During her tenure as a nurse in the US Army, Winnie earned her pilot's wings and held leadership positions in the U.S., Thailand, and Vietnam where her commendations included the Bronze Star. She has served as an Assistant Professor at Georgetown University, University of Maryland, University of Missouri, and the University of Nevada, Las Vegas. Currently, Winnie is the COO/Sr. V.P. of Clinical Operations and Services for HCCA Management, Nashville, TN. She works in the U.S. and in international hospitals and health systems in Africa and the Middle East to build, equip, and operate patient-centered healthcare facilities; to develop physician/staff/team competencies; AND to "innovate" - improving population health.... while enhancing clinical, consumer/patient experience, staff engagement, and financial outcomes.

Dr. Timothy Gerhart, D.C., D.A.B.C.I., Dipl Ac., is the Founder and Director of Renovare Wellness by Design and Renovare Brain Peak Performance, located in nearby Peoria, Arizona. He has over 30 years of experience in teaching physicians and patients how to put together the puzzle of why they suffer with chronic disease. He uses colorful slides and stories to teach how to deal with the root causes of most chronic diseases, so patients can enjoy high level energy, vitality, and wellness. Dr. Gerhart is the author of two books: "7 Secrets to Wellness" and "Change Your Brain; Transform Your Life".

Dr. David Gershaw is a retired professor of psychology from Arizona Western College in Yuma, where he taught for almost 40 years. He is also a returning presenter for RISE.

Elizabeth Giannini taught piano privately for forty years in New Jersey, and also was an organist and choir director for several different churches during that time. She was also a volunteer for the United States Park Service and taught nature studies at the Pocono Environmental Center in Pennsylvania. Now she volunteers at the Musical Instrument Museum and at Rio Salado College.

Charles Gill is the Director and Senior Instructor at the Southwest Center for Taoist Studies. He is a 40+ year practitioner and over 30 years teaching experience in Tai Chi and Qigong. Mr. Gill began his studies in Tucson Arizona. After 10 years of study he moved to Phoenix, Arizona where, with his teacher's permission, opened the Southwest Center for Taoist Studies. Mr. Gill has studied with several masters here in the United States and has studied in China. He teaches Tai Chi both as a martial art and a healing exercise. He is currently focused on the healing aspects of Medical Qigong and has developed a system for improving bone density and is currently working on a Chinese Healing Exercise program for Parkinson's Disease.

Richard Gira is a retired architect and educator, and a native of Indianapolis, Indiana. He received an A.A.S. and B.S. from Purdue University and a M.S. from Indiana University. He has addressed many church, social and business groups throughout the Sun Cities area on such topics as: Hollywood and the Movies, Hollywood Goes to War, Women in the Armed Forces, the Economy, Growing Old, The Failure of Our Public Schools, the Redistribution of Wealth, the B-29 Bomber, America Discovers Columbus, and Our Crazy English Language. He was previously Chairman of the Friends of the R.H. Johnson Library Film Committee for thirteen years, which produced the Thursday Night Movies at the Stardust Theater in Sun City West.

Eleanor Gobrecht entered Heidelberg College as a musician and slipped into drama, with her BA, MA, and Ph.D., focusing on Theater, Speech, American literature, and ESL. She taught at the University of Arizona and several California universities. Unwilling to give up on a 10-year sailing adventure in the South Pacific, she surrendered her tenured professorship. She taught English in Tokyo universities. She was an RV traveler and Work-Kamper in West Coast RVs. Throughout her life she was a choir singer and brass player and retired from Mesa City and in 2016.

Clare Goldsberry is a journalist and author by profession, and a life-long student of religious and spiritual traditions that include studies in Judaism including Kabbalah and Hebrew classes; Christianity (including beginning a Masters in Divinity); Gnosticism, and the Eastern spiritual and philosophical traditions of both Hinduism and Buddhism. She is also engaged with the many esoteric traditions of the Ageless Wisdom including the Hermetic writings, and the Theosophical writings of Mdm. H.P. Blavatsky. Clare is eclectic in her own practice and development of her personal theosophy, believing that all paths are connected to the One, however she is a practicing Buddhist of more than 20 years. Her teaching style is light and engaging, even humorous as she encourages students to find their own Personal Truth.

Sandra Hickman, MA, CCHT is a Master Neuro-Linguistic Hypnotherapist who is passionate about shining the light on something new and seeing what's familiar from new perspectives. By using a variety of methods including Advanced Language Techniques, hypnosis, neuro-linguistic programming, and energy therapies combined with curiosity, intuition and practicality, she helps people bridge the gap between what they know and what they think they know. As owner of the Healing Intention Community, a healing arts clinic in Sun City, she creates space for people to accelerate healing and reinvent themselves. Her teaching style is provocative, funny and empowering. Sandra holds a variety of professional healing arts certifications and is currently a candidate for her PhD and Doctorate in Natural Medicine. She is researching Digital Homeopathy, the delivery of medicine through sound, for her dissertation and is excited about sharing this new technology with the world. Sandra, a Sun City resident, is a speaker at RISE Rio Salado Community college, PORA and other local community organizations.

Kathy Inman is the Executive Director of MomForce AZ, a nonprofit organization for cannabis education, harm prevention, and whole health solutions. She has been running pro-cannabis (marijuana) organizations in Arizona since 2008 and has been delivering her research to officials and citizens across our state through public education, meetings, and seminars.

Robert Jeckel is a native of New Jersey and a practicing attorney in Sun City. He is a frequent speaker and college lecturer throughout the Phoenix area and is a returning presenter for RISE. We value his experience, expertise and willingness to enrich our program with his knowledge.

Steven Kahn has been teaching computer classes to beginners and seniors for over 18 years. He makes classes easy and fun with extreme patience. Steve speaks in plain, easy to understand, non-technical language and loves what he does - it shows during the classes!

Michael Kapic is retired business executive with a bachelor's degree from Auburn University. He has been studying and researching history and economics for many years. He is the author of three yet to be published novels and published the non-fiction book *Conventions That Made America: A Brief History of Consensus Building*. He has presented to civic groups and appeared on radio and television. He and his wife, Joanne reside in Sun City West, Arizona.

Brian Keep has been in the insurance industry since 1986. He started his career at Allstate on Long Island New York, and held many positions ranging from Operations Manager to Territorial Manager. Subsequently Mr. Keep held positions with agencies and companies from 2000 to 2011 involved with Health, Life, Medicare, and many other insurance products. In 2011 Mr. Keep started an agency dedicated to Medicare, Health, and Life with his wife, and other family members. The Agency's mission is to provide educational consultation for people currently in Medicare and those preparing to enter Medicare. With this mission as their main focus they now have 2,500 clients they call family.

Dr. Herbert Kwittken is a retired orthopedic surgeon and received his training at The Bronx Municipal Hospital Center affiliated with The Albert Einstein Medical Center (1958-61). He became a Diplomate of The American Board of Orthopedic Surgery (DOS) in 1961 and Fellow of the American Academy of Orthopedic Surgery (F.A.A.O.S.) in 1964. After serving as associate director of orthopedics at New York Medical Center in Valhalla, New York (1962-64) and senior attending orthopedist at The Phelps Memorial Hospital in North Tarrytown, New York, he joined the USAF and was active duty as an orthopedic surgeon and flight surgeon until 1985. He was honorably discharged with the rank of Lt. Colonel. He graduated Phi Beta Kappa and Cum Lauda from Indiana University in 1951 and received his doctorate in medicine from the Indiana University Medical School in 1954. He is presently an A.A.O.S. Emeritus Fellow Member.

Fredi Lajvardi is a nationally recognized STEM Educator and Subject of the critically acclaimed documentary, *Underwater Dreams*, the major motion picture, *Spare Parts* and the IMAX film *Dream Big*. Fredi kindles your innate sense of ingenuity with his remarkable firsthand account of how he transformed a group of high school students into a national champion robotics team. Fredi captivated the country when he led his team of disadvantaged teenagers in a university-level underwater robotics competition, where they defeated leading schools, including top-ranked MIT. Their story inspired the acclaimed documentary *Underwater Dreams* and was also adapted into the major motion picture, *Spare Parts*, starring actor and comedian, George Lopez as Fredi. His award-winning Falcon Robotics team is also featured in the 2017 film *Dream Big*. Honored with numerous awards for his spirited passion for teaching, Fredi continues to serve as a prominent advocate about the importance of STEM education nationwide. With humor and compassion, Fredi brings audiences on his inspiring journey, illustrating the need to embrace diversity and invest in people to help others realize their potential. His incredible real-life tale equips you with the real-life encouragement to maximize your own potential and to work together to solve complex problems.

Claudia LeBaron Islas is a writer, an emotional healer, and a spiritual teacher, who believes that the key to a truly meaningful and fulfilling life is to learn to deliberately choose the thoughts and emotions we want in our lives. She also believes that it's never too late to start healing and improving ourselves. Claudia has an Industrial Engineering degree from Arizona State University, certifications in Energy and Emotional Healing, and a certification as an Intuitive Coach. She has integrated her bachelor's degree and certifications with the spiritual knowledge she has learned, and continues to learn, from her enlightened Spiritual Teachers to pass it on to those who are ready to hear. Currently, she's helping men and women to release their emotional blocks and emotional hurts they've been carrying in their bodies since childhood. She also teaches them to be aware of their emotions, so they know how to process them, release them, and manage them. Claudia loves it when people find their own personal truth, feel empowered, and take back the control of their lives. You can learn more about Claudia in her website www.claudialebaron.com.

Gary A. Loeb recently retired after a 39-year career as an electric power generation engineer and is now a docent with the Arizona Challenger Space Center, where he is assisting with development of the Center's new facility, soon to be built in the metropolitan Phoenix area. Gary is originally from the east coast and has a BS in Chemical Engineering from Worcester (MA) Polytechnic Institute.

Shirley Mahood is a former teacher of English, public speaking and psychology. For the past twenty-five years she has been leading workshops, teaching classes and doing retreats both here and in England. Her book *“Making Our Lives Work, Strategies to Lessen Stress and Build Self-Esteem”* is the basis for her teachings. Shirley’s classes are a way of teaching people to take control of their lives.

Patricia Martin, Licensed Acupuncturist Extraordinaire, M.A., in Communication, has been deeply involved with Asian medicine since 1980, practicing Acupuncture since 1991 in Florida, Georgia and Arizona. She has been a Visiting Instructor and on faculty at four acupuncture schools, on the board of Florida and Arizona professional acupuncture associations and appointed by the governor of Arizona to the Arizona State Acupuncture Board of Medical Examiners. Patricia was commended and thanked by a sitting President of the United States for her comments to him on acupuncture. Her most recent advanced training includes Biophysics and Vector Theory in the use of acupuncture, the Development and Aging of the Brain and Master Kawaii’s Diode Rings, and she participates yearly in Acupuncture volunteerism at Arizona StandDown, a 2-day annual event providing acupuncture to over 300 (mostly homeless) veterans. She has a private practice in the West Valley. Since 2006 she has been teaching at RISE and remains a member favorite.

Lou McLean is President of the West Valley Genealogical Society. The West Valley Genealogical Society and Library had its beginning in 1972 in Sun City, Arizona. Since that year they have grown from 36 charter members to well over 700 members, who share a common interest – researching the lives of ancestors, while archiving and preserving their legacy.

Dr. Greg McWhorter is a chiropractic/naturopathic doctor who has been in practice for 22 years. With a psychology degree from UA, and a Doctorate of Chiropractic from Palmer College of Chiropractic, Dr. McWhorter is also a fellow of the International Academy of Clinical Acupuncture and a member of the Arizona Chiropractic Association. He has extensive post-graduate training in Acupuncture, Clinical Nutrition, Kinesiology, Homeopathic Therapy and more.

Julia Jai Miller is an Arizona-based artist working in mixed media and artist books. She has a BFA from the University of Arizona. Her works have been exhibited nationally and internationally and are held in public and private collections including the Special Collections at the University of Arizona Libraries and University of Washington Libraries’ Special Collections. One of her pieces was selected by Julie Chen for inclusion in the second volume of *500 Handmade Books* (Lark Crafts, 2013). Julia has taught art, photography, book arts, and art history to students from 3 to 83. In addition to her work as an artist, Julia is also a GED instructor at Rio Salado.

Marcus Monenerkit has curated multiple exhibits while at the Heard Museum and presented at local, national, and international conferences. He has been on staff at the museum since 1998. Currently a member of the education team, his goals are to continue to strive for knowledge using a multidisciplinary approach and define the importance of art to both sociological theory and practice.

Nydia Montijo is the Outreach Coordinator at the Foundation for Senior Living (FSL), since January 2017. She has a Masters of Public Health in Community Health Practice and almost 40 years of non-profit health and human services experience, 20 of those focused in gerontology. She has most recently had hands-on experience as a caregiver of both her parents, from 2008 until 2015, while also being the administrator of an older-adults long-term care facility. Her presentations are in large part based on that experience, as well as her professional development.

Marcus Moran graduated from the University of Utah in 2001 with a Bachelor’s Degree in Organizational Communication. Prior to becoming a licensed insurance professional in 2013, Marcus spent seven years in the Assisted Living Business in the Sun City area. It was during this time period that Marcus gained valuable and practical experience in the inner workings of both Medicare and Long-Term Care, through helping families navigate the difficult process of enrolling their loved ones into assisted living facilities. Through his background in assisted living administration, Marcus also gained a keen awareness of the obstacles that may be present to Medicare and Long-Term Care recipients. As a result, Marcus is dedicated to educating the senior community regarding their rights and options in the Medicare and Long Term Care fields, in order to effectively equip seniors with the information they need to be prepared.

John Mullen was raised in California, spent twenty years in Colorado and has lived in Surprise for the last four years. He is a retired mortgage banker. John spent four years in the Marine Corps where he was a helicopter and jet engine mechanic. Though he has only been exploring the RC (radio control) hobby world, and more specifically “drones” for the last twelve months, he has a wealth of knowledge and engineering experience he enjoys sharing. He spends his time now building custom drones and teaching flying lessons, from his home office in Surprise.

Dave Newman has worn many hats: gardener, pool cleaner, grocery bagger, produce lug stacker, tutor, teachers' aide, electrician, and quality control technician but never a butcher, baker, nor candlestick maker. He then found his true calling as a software developer which allowed him to become simultaneously self-employed and semi-retired at 27. He filled his semi-retired free time by volunteering at homeless shelters, libraries, rehabs, non-profit organizations, and food banks among others. Although a native Californian, he moved to Arizona in 2012 to assist in caring for his disabled mother. He takes a certain amount of pride in being fashion dysfunctional, follicly challenged, and pop-culture illiterate. In his early 30's life's mysteries such as "Who am I?" and "Why am I here?" gradually began occupying his mind eventually taking up permanent residence. Finding answers led him to philosophy in general and metaphysics in particular. Dave plans on living to 120 (minimum!) so stays fit by playing golf, weight training, and eating a healthy diet. He's known to make a mean clam chowder along with a killer cheesecake. Semi-retirement also allowed Dave to complete over 200 units of college work. Unfortunately, no school offered a Ph.D. in "having fun" so he never graduated.

Eduardo Pagán, Arizona State University's Bob Stump Endowed Professor of History, was born and raised in the Phoenix area and began his college career at Mesa Community College. He received a B.A. from ASU, an M.A. from the University of Arizona, and an M.A. and Ph.D. from Princeton University in U.S. history. At Arizona State University, he has served as a vice provost, associate dean, department chair, President of the West campus Faculty Senate, and as the Faculty Council Chair for the Arizona Board of Regents. Before returning to ASU, Dr. Pagán served as an assistant dean of students at Princeton, a faculty member at Williams College, and a senior program officer at the National Endowment for the Humanities in Washington, D.C. He has held an NEH Fellowship and was a postdoctoral fellow at Wesleyan University and at the University of California, San Diego.

Dr. Pagán was one of the hosts of *History Detectives* (PBS), a historical consultant with *American Experience* (PBS), and has appeared in national and international documentaries and television shows. He has served as a panelist for the Department of Education, the National Endowment for the Humanities, and the Arizona Humanities Council, as a committee member for the Organization of American Historians, and as a judge for the National Academy of Television Arts and Sciences.

His latest book "Valley of the Guns: Arizona's Pleasant Valley War, 1882-1892, and the Trauma of Violence" is scheduled for publication in 2018. *Murder at the Sleepy Lagoon: Zoot Suits, Race, and Riot in Wartime L.A.* is published by University of North Carolina Press. He has also published in scholarly journals in the fields of history, geography, and sociology, and in international journals. In addition, Dr. Pagán authored *Historic Photos of Phoenix*, which was reissued in paperback as *Remembering Phoenix*, and won the Arizona Book Publishing Association's 2008 Glyph Award. Dr. Pagán's courses include "The Bill of Rights and the US Supreme Court," "The Hispanic Southwest," "American Indians," and "Historical Methods."

Laura Lee Perkins, MS, has been a life-long spiritual educator, writer and professional musician specializing in Native American flute. She has been teaching at RISE for over a decade and her classes are always popular. Laura was awarded 13 grants and 5 artists residences. She has published 7 books, 5 CDs and is internationally known for her expertise in Native American flute and her passion for Exploring the Soul's Wisdom. She teaches over 50 classes annually in Maine, Massachusetts, New York and Arizona, and welcomes suggestions for new topics beyond her current offerings.

Anita Pinalto earned her Certificate in Plant Based Nutrition after retiring from her Cruise Travel business of 22 years. She now volunteers her time to promote the many benefits of a plant-based lifestyle. Her passion is helping others live healthier lives.

Dr. Ronald Pope has worked in the field of environmental science for over twenty years, working with both water and air quality. For the last fifteen years he has worked for the Maricopa County Air Quality Department where he currently holds the position of Atmospheric Scientist. In 2014, Ron finished his PhD in Biology from Arizona State University with an emphasis on landscape ecology, an interdisciplinary spatial science that is concerned with the relationships between pattern and process. His past and current research areas include analysis of air pollution patterns, environmental justice, and asthma epidemiology.

Dr. Cynthia Poppe is a graduate from the Arizona School of Acupuncture and Oriental Medicine (ASAOM) in Tucson, Arizona where she completed her Master's Degree in Acupuncture (MAc) with Certification in Asian Bodywork Therapy/Tui-Na (Cert.A.B.T/Tui-Na), Clean Needle Technique Certification (CCAOM) and CPR. She is a board-certified Diplomate of Acupuncture through the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM). She was a student of Dr. Yi Cao of Heilongjiang, China who specializes in Neurology and Psychology. She has completed workshops with Dr. Shi Xue Min of Tianjin, China ("9000 Needles") documentary specializing in stroke and internal diseases. She also has special certification in the Mei Zen Cosmetic Acupuncture System by Dr. Martha Lucas of Denver, CO.

Marilyn Poscic is a nationally known Angel Messenger/Medium/Teacher and Spiritual mentor. She is a returning favorite at RISE.

Kerry Press is a Certified Clinical Thermographer (CCT) and the President and Founder of Thermal Imaging Centers of America™. When Kerry was diagnosed with breast cancer in 2008, she knew nothing about thermography. At that time, she was led down the path of “fear and urgency” by her doctors and chose to have a double mastectomy with reconstruction for early stage DCIS (ductal carcinoma in situ) with no lymph involved, stage 0. She truly does believe that if she had known about thermography, she would still have her breasts today. Though she does have the platform of helping others in her clinics, her true mission is to help others by sharing her story and helping them understand all of the amazing benefits of digital infrared thermal imaging.

Keli Price has taught mathematics and science from elementary to community college level in public, private and home education venues in the USA and Zambia. She has a Chemistry degree from Colorado College and nursing license from Colorado State University. She is a lifelong learner wanting to share her passion for growing moringa in the Phoenix Valley and for inspiring people to challenge their minds/brains to continue to grow. She is the owner of her own business, IntelliBlast, which trains students and small groups/individuals to improve confidence, improve academic performance, and have more focused thinking.

Charline Profiri, a former primary grade teacher began writing for children in 2000. Her writing has appeared in several children’s magazines including *Highlights for Children* and has won numerous awards. The author of three traditionally published books for children, Charline was named the 2016 Judy Goddard Arizona Children’s Author. Visit her website www.cprofiri.com for more information.

Allen Wood Reamer was fortunate to be born into a long line of artists. He has also been fortunate to know what he wanted to do at a young age and be able to do it. He received a B.A. in art, and a Masters of Fine Arts degree in sculpture. His post-graduate work is in art history and education. Allen developed and taught a great variety of studio art and art history courses for thirty-two years before coming to Arizona. During this time, he was the president of the District of Columbia Art Education Association for ten years and very active for a decade with the National Art Education Association in the areas of curriculum and assessment. He has been a member or chair of a number of art related boards and has gratefully been recognized in a variety of ways including art teacher of the year, a fellowship to China, and upon retiring, letters from a number of politicians. Since coming to Arizona in 1999, he has been able to produce art and teach art history and studio art from the moment he arrived. Allen has taught for Arizona State University for over a decade. He exhibits with the Neu Art Group in Arizona. areamerart@mindspring.com

Dr. Jeff Reed is a retired gerontologist and founder of TJ’s Travel Club for Seniors. He draws on his experiences while traveling over one million miles throughout Arizona with the Travel Club he founded twenty-some years ago. Jeff prides himself on knowing about unique and out of the way destinations and experiences and enjoys sharing that information with people who like to explore this beautiful land of ours.

David Reesor is a financial advisor by trade and a world traveler by heart. Join him as he shares his adventures from around the world. David is returning to RISE after a five-month journey that began in Japan.

Steve Rothschild was a NYC School Teacher for 35 year as well as a children’s day camp owner. He has grown up as a huge Al Jolson Fan (60 years) and is a member of the International Al Jolson Society. In addition, he has a huge Jolson Memorabilia Collection and every song that Jolson ever recorded on CD as well as many of his radio shows and all of his movies.

Scott Sandell, MBA, is President of the Phoenix Chapter of the Foundation for Personal Financial Education (FPFE) which is a 20-year-old nationwide nonprofit speaker’s bureau dedicated to providing financial education without bias or the burden of sales.

Dr. Bonnie Saunders teaches history at Glendale Community College and joins us at RISE for classes in Foreign Policy and the Middle East. Her Ph.D. focused on U.S. policy in the Middle East and she has published a book on a CIA plot to overthrow the Syrian government in 1957. She has shared her knowledge with RISE members since 1999. She also serves on the RISE Curriculum Committee.

Roz Shanley has worked with individuals, helping them build their dreams, accelerate their results, and create richer, more fulfilling lives. Roz has worked in many industries but getting to know people and what makes them “tick” is her passion. She can listen, decipher and help you pinpoint your dream life and coach you through attaining it. Whether it’s a for a short 10- minute talk, or an afternoon workshop – you, or your group, will be ignited by this training! Roz’s favorite quote is by Mark Twain, “The two most important days in your life are the day you are born, and the day you find out why.” Her “why” is helping you find your “why”! Roz is also a 21-year resident of Arizona, where she has lived in the same Peoria home with her husband of 28 years and where she raised two wonderful daughters. She has a Masters in Social Work and is a transformational life coach. She also designs swimming pools, substitute teaches, sits on the Board of Directors for a local non-profit, is an aspiring writer, draws, and loves sports, her two dogs, and chocolate.

Janet Teeguarden is a Professor Emeritus, having taught college mathematics for over 50 years. She most recently was a mathematics tutor here at Rio Salado, helping the GED students master mathematics. She has presented talks at numerous local, state, national, and international conferences, all of which were very well received. She has also received a number of awards for excellence in teaching and outstanding service, including her most prestigious Teaching Excellence Award from the American Mathematical Association of Two-Year Colleges in 2011. She loves sharing the FUN side of mathematics with those who don't think they ever liked math.

Dr. Scott Timko has over twenty-five years of experience treating patients for a multitude of health issues. He constantly strives to improve and update his knowledge in the field of Health and Nutrition. In addition to his extensive schooling, he has taken hundreds of hours of continuing education to further his knowledge in these fields and is always ready to use his expertise to help you in matters of health and healing. Dr. Timko's lectures are designed to give you the information you need on very relevant topics in a concise, easy to understand format while still being entertaining and fun. Join him for one of his talks and learn how to take charge of your health so you can add life to your years and years to your life!

Betsy Timmerman CBPM, CTLE is a Certified Therapeutic Lifestyle Educator, Fibromyalgia Educator, and Certified Myotherapist and Exercise Therapist. Betsy has earned Certificates of Achievement in Nutritional Protocols for Disease Management from the University of San Diego Medical School and at Omega Institute she earned her Certificate in Nutritional Therapy in Medical Practice. As a Therapeutic Lifestyle Educator, she helps her clients prevent and reverse disease with proper food planning, high quality supplementation and exercise. She is the owner of EastWest Pain Solutions.

Dr. James Ulness, a long time Professor of Psychology at Concordia College in Moorhead, MN, integrated the best of mainstream psychology with the Depth Psychology of Carl Jung and the spiritual insights of Rudolf Steiner.

Jeannette Vaupel, RN, BSN, LMT After holding several nursing positions in acute care, Jeannette became a massage therapist and entered private practice. This led to teaching anatomy and physiology along with seeing clients. From 1993 – 2007 Jeannette owned, directed and instructed at Northern Prairie School of Therapeutic Massage and Bodywork in Sycamore, IL. After closing the school, she taught in the massage program at Kishwaukee College from 2008-2014. Jeannette has presented hundreds of nutrition and health talks to professionals and the general public in Illinois and Arizona. Her focus on essential oils began in the early 90's and more recently she has created products using medical grade oils for enhancing immune function as well as giving relief from pain, headaches, anxiety, depression, sore muscles, etc.

Jennifer Velez is a Program Coordinator Senior with the K-12 Engineering Education and Outreach team at the Ira A. Fulton Schools of Engineering at ASU. Since joining the team in 2013, Velez has managed such programs as FIRST LEGO League Robotics, MESA, and the National Summer Transportation Institute. She currently coordinates EPICS High (Engineering Projects in Community Service) to engage high school and middle school students in human-centered engineering projects in their communities. Through this program, Velez works to build partnerships with school districts, industry, and non-profits to bring STEM programming to underserved communities across the state. Before joining ASU, Velez spent seven years as an elementary educator at a STEM focus school. She currently holds a Master of Education in Curriculum and Instruction.

Dr. Kay Wallach has her doctorate in curriculum and education, has taught in five states and five colleges and universities as well as teaching from kindergarten through high school in those same five states. Her favorite positions have been facilitating courses for highly gifted children. She also has training in NLP, Brain Gym, Rubenfeld Synergy, Tomatis Auditory Training, Covey's Seven Habits, and Increasing Human Effectiveness Training. The courses she's teaching this fall resulted from the integration of her teaching experiences and her amazing personal life.

Rick Wambach graduated from Marquette University in 1960 and went exploring on the Navajo Reservation in Arizona. Over the next 50 plus years, he worked with Arizona Indians in Phoenix and on reservations in many capacities—from teaching, coaching, counseling, to advising "survival skills." For over 20 years, he served as a guide at the Heard Museum in Phoenix and the River of Time Museum in Fountain Hills. He retired from the Phoenix Union High School System in 1996, but not from his interest in the Indians of the Southwest.

Dr. Diana Warren hails from Pennsylvania and Michigan. Before retiring, she worked in business and education. She has a Ph.D. in Religious Studies and an M.A. in Human Development. Her experience includes university faculty positions teaching religion, ethics, psychology, and business as well as corporate training in team building, communication, and management skills. Her certifications include gerontology, Myers-Briggs, energy medicine, esoteric healing, and Reiki, among others. She is a lifelong student of the ageless wisdom/theosophy, alternative healing, and the spiritual path. Diana loves teaching, travel,

dance, music and reading.

Marilyn Watkins is a retired art teacher from California. She holds a BA in Art Education, an MA in Special Education, and a Masters in Arts and Consciousness (from JFK in Berkeley, Calif. She has taught all ages and loves to help people find their creativity.

Michael Willand of Precision Fleet Services, comes to RISE with 20 years of experience in automotive management and sales.

Dr. David A. Williams is an Associate Research Professor in the School of Earth and Space Exploration at Arizona State University, Tempe, Arizona. Dr. Williams is the Director of the Ronald Greeley Center for Planetary Studies, the NASA Regional Planetary Information Facility at ASU. He is also the Director of the NASA Planetary Aeolian Laboratory, which administers wind tunnels at ASU and the Ames Research Center in California. David is currently performing research in volcanology and planetary geology, with a focus on planetary mapping, geochemical, and remote sensing studies. His research has included computer modeling of seismic wave propagation through planetary interiors, visible and near-infrared spectroscopy of the lunar surface, planetary geologic mapping of the satellites of Jupiter, the planet Mars, and the asteroid Vesta, computer modeling of the physical and geochemical evolution of lava flows in a variety of planetary environments, and petrologic study of lava samples from Mount St Helens. He was involved with NASA's *Magellan* Mission to Venus and *Galileo* Mission to Jupiter. He is a Co-Investigator on the European Space Agency's *Mars Express* orbiter mission, and he is a Science Team Member on NASA's *Dawn* Mission to asteroid Vesta and dwarf planet Ceres. He is also a Co-Investigator on NASA's newly selected *Psyche* Mission. In 2014 David was elected a Fellow of the Geological Society of America, and asteroid 10,461 DAWILLIAMS was named in his honor.

Rev. James R. D. Yeaw, M.S., D.D. holds a Master's Degree and a Doctorate of Divinity as well as three ordinations: Baptist, Interfaith and Unity School of Christianity, and has published more than 20 books on these and other religious subjects.

WINTER 2019

Monday		Tuesday		Wednesday		Thursday		Friday	
Jan 07		Jan 08		Jan 09		Jan 10		Jan 11	
	10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.
201	Current Events	240	Spirit Grth-Edgar Cayce-Bob & Rose Ferro	285	Yoganada-Dr. Diana Warren	310	Sole Stories-Marcus Monenerkit	355	Discover Your Roots!-Lou McLean
202	Intro to Essential Oils-Frankie Eklund	241	Al Jolson-Steve Rothchild	282	10am Tai Chi Essentials	311	Brain Issues-Jeanette Vaupel-Limit 12/\$10 fee	357	Grow Moringa-Keli Price
203	What I Enjoyed in AZ-Dr. Jeff Reed	242	Thyromania-Scott Timko	283	11am Seated Chi Kung	312	Be Aware/Prgms/Beliefs-Claudia LeBaron Islas	359	Annuities-Devil in Details-Pam Prine/Kim Dyer
		243	eBay Tips & Tricks - Steve Kahn	284	AZ Law-Bob Jeckel	243	eBay Tips & Tricks - Steve Kahn	356	Long-Term Care Ins. Plan.-Jane Ceasor
		902	Hooked on Books					358	Dogs & Cats - Kathy Bayer
	1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.
204	Chakra Clearing-Sandra Hickman	244	Food as Medicine-Dr. Lena Fernandez	286	1:30 Racism & Civil Rts-Dr. Bonnie Saunders	314	Spiritual Psychology - Dr. James Ulness		12 p.m. Governing Council Meeting
205	Thermography-Kerry Press	247	Ageless Wisdom Study Group-Dr. Diana Warren	287	Air Quality-Dr. Ron Pope	313	Can Everyone be Right?-Rev. James Yeaw		
206	Avoiding Fraud-Nydia Montijo	245	Self-Hypnosis-1-4pm-3hrs.-Skip Albright	288	I'd Rather Die/Talk Life Ins.-Pam Prine/Kim Dyer	315	Dealing w/ Conflict-Dr. David Gershaw		
901	Non-Fiction Book Club	246	Reverse Mortgages-Rex Duffin			316	Medicare Basics-Marcus Moran		
	Jan 14		Jan 15		Jan 16		Jan 17		Jan 18
	10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.
201	Current Events	240	Spirit Grth-Edgar Cayce-Bob & Rose Ferro	289	Leonardo/Michelangelo-Allen Reamer	317	History of Sahuaro Ranch -Renee Aguilar	360	3 Minutes a Day-Laura Lee Perkins
207	Creation Stories-Claire Goldsberry	248	Indians of AZ-Rick Wambach	282	10am Tai Chi Essentials	318	Gadgets of Acup. Part 1-Patricia Martin	361	Toxin-Free Living-Ess. Oils-Frankie Eklund
208	Emerg. Preparedness-Maria Coesens	249	Brain Issues-Jeanette Vaupel-Limit 12/\$10 fee	283	11am Seated Chi Kung	319	Feel Way to Peace/Joy-Claudia LeBaron Islas	362	Physician in You-Dr. Greg McWhorter
	1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.
209	SUNI The Robot-Scott Rose	250	Valley of the Guns - Eduardo Pagán	290	Nutrition/Aerobics for Seniors-Dr. Herbert	320	3 M's-Midway/Mon. Val./Moz.-David Reesor		
211	Plan Long-Term Care-Nydia Montijo	251	Heal Aching Back-Betsy Timmerman	291	Arizona Sunset Landscapes-Allen Reamer	314	Spiritual Psychology - Dr. James Ulness		
212	Estate Organization-Pam Prine/Kim Dyer	252	Drones 101-John Mullen	286	1:30 Racism & Civil Rts-Dr. Bonnie Saunders	313	Can Everyone be Right?-Rev. James Yeaw		
210	Nine Tools/Success-Kay Wallach	253	Vision Workshop-Roz Shanley	292	Thermography-Kerry Press	321	Solving Annuity Problem-Marcus Moran		
		254	Rock Talk-Lynne & Terry Dyer						

WINTER 2019

Monday		Tuesday		Wednesday		Thursday		Friday	
Jan 21		Jan 22		Jan 23		Jan 24		Jan 25	
10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.	
MLK Day	240	Spirit Grth-Edgar Cayce-Bob & Rose Ferro	289	Leonardo/Michelangelo-Allen Reamer	322	Emotional Heal. Technq.-Claudia LeBaron	365	Native Am. Flute-Laura Lee Perkins-Limit 15	
Rio/RISE Closed	902	Hooked on Books	282	10am Tai Chi Essentials	323	Teaching in Alaska-Dr. Tom Everitt	366	Eastern Europe-Mark & Waynette Brown	
	255	Pets, Ess. Oils & You-Frankie Eklund	284	AZ Law-Bob Jeckel	324	Change Your Thoughts-Marilyn Poscic	367	Evol. Of Spirit & Money-Dave Newman	
1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.	
	256	Notable Numbers-Janet Teegarden	291	AZ Sunset Landscapes-Allen Reamer	314	Spiritual Psychology-Dr. James Ulness	363	CPR-Joe Seoane	
	247	Agl. Wis. Study Grp.-Dr. Diana Warren	286	1:30 Racism & Civil Rts-Dr. Bonnie Saunders	313	Can Everyone Be Right?-Rev. James Yeaw	369	Stem Cell Therapy-Dr. Robert Graham	
	257	Zentangle-Marilyn Watkins-Limit 18-\$5 fee	293	Fibro. & Arth.-Betsy Timmerman	325	Let's Talk Hollywood-Richard Gira	364	Imagination-Dr. Kay Wallach	
	258	Medical Marijuana-Kathy Inman			326	Worry-Free Retirement-Marcus Moran		Aspects of Energ. Med. - Harold Sexson	
	259	Memory Training-Laurie Fox						1:00-3:00 p.m.	
Jan 28		Jan 29		Jan 30		Jan 31		Feb 01	
10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.	
201	260	Healing Dig. Disorders-Dr. Scott Timko	289	Leonardo/Michelangelo-Allen Reamer	327	What You Think About-Claudia LeBaron Islas	370	Train Your Brain-Keli Price	
213	240	Spirit Grth-Edgar Cayce-Bob & Rose Ferro	282	10am Tai Chi Essentials	328	Intro to Essential Oils-Jeannette Vaupel	365	Native Am. Flute-Laura Lee Perkins-Limit 15	
214	261	How to Buy a Car-Michael Willand	284	AZ Law-Bob Jeckel	329	Gadgets & Gizmos Part 2-Patricia Martin	372	Beneficiary Blunders-Pam Prine & Kim Dyer	
		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		Let's Play w/ Robots-Jennifer Velez	
215	263	Healing Release-Sandra Hickman	291	AZ Sunset Landscapes-Allen Reamer	314	Spiritual Psychology-Dr. Ulness		1:00-3:00 p.m.	
216	257	Living Afloat-Eleanor Gobrecht	286	1:30 Racism & Civil Rts-Dr. Bonnie Saunders	313	Can Everyone Be Right?-Rev. James Yeaw			
217	262	Fall Prevention-Nydia Montijo	294	Finding Peace-Shirley Mahood	330	Stress & Energy Profiles-Naomi Brand			
218	264	Nav. IRA/ROTH IRA-Pam Prine & Kim Dyer							

Monday		Tuesday		Wednesday		Thursday		Friday	
Feb 04		Feb 05		Feb 06		Feb 07		Feb 08	
10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.	
201	Current Events I Have Ess. Oils, Now What?-Frankie Eklund	265 Mighty Navajo-Rick Wambach	289 Leonardo/Michelangelo- Allen Reamer	331 Underst. Law of Attract.- Claudia LeBaron	373 Science of Fire Invest.- Dick Ciesla	219	What?-Frankie Eklund	332 Love Lives of Four Pres.- Dr. Diane Cheney	365 Native Am. Flute-Laura Lee Perkins/Limit 15
220	Hist. of Am. Convention -Mike Kopic	266 Guide Thru Fog of Medi- care-Brian Keep	284 AZ Law-Bob Jeckel	333 Long-Term Care-Marcus Moran	374 Underst. Market Correct. -Pam Prine/Kim Dyer	221	Tools for Peaceful Trans.-Dr. Kay Wallach	335 Basic Computer II-Steve Kahn	375 Stress & Energy Profiles- Naomi Brand
1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.	
216	Living Afloat-Eleanor Gobrecht	269 Living Thru Forgiving-Rob Corbin	291 AZ Sunset Landscapes- Allen Reamer	314 Spiritual Psychology-Dr. Ulness	12 p.m. Gov Council	222	Caring for Caregiver- Nydia Montijo	334 Art of Listening-Dr. David Gershaw	
223	Vision Wkshp. w/ Ess. Oils-Frankie Eklund	902 Hooked on Books	282 10am Tai Chi Essentials	337 American Utopianism- Clare Goldsberry	377 Easy Stuff to Improve Health-Patricia Martin	224	Present.-Dr. Tom Everitt	338 What's Love Got to do With It-Marilyn Poscic	378 Grow Own Moringa-Keli Price
1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.	
225	Releasing Blocks-Sandra Hickman	269 Living Thru Forgiving-Rob Corbin	291 AZ Sunset Landscapes- Allen Reamer	339 The Beatles-Vincent Bru- no	380 How Unique Can it Get?- Dr. Jeff Reed	226	Differential Dialogue- Dr. Kay Wallach	340 Spiritual Path-Dr. Diana Warren	1:00-3:00 p.m.
228	Reverse Mortgages-Rex	273 Writing Children's Pic	298 Tax Eff. In Retire-Scott	313 Can Everyone be Right?-					
10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.	
201	Current Events	240 Spirit Grth-Edgar Cayce- Bob & Rose Ferro	296 History of Sculpture-Allen Reamer	336 Experience Heaven on Earth-Claudia LeBaron	376 3 Minutes a Day-Laura Lee Perkins	225	Current Events	336 American Utopianism- Clare Goldsberry	377 Easy Stuff to Improve Health-Patricia Martin
223	Vision Wkshp. w/ Ess. Oils-Frankie Eklund	902 Hooked on Books	282 10am Tai Chi Essentials	337 American Utopianism- Clare Goldsberry	377 Easy Stuff to Improve Health-Patricia Martin	226	Differential Dialogue- Dr. Kay Wallach	338 What's Love Got to do With It-Marilyn Poscic	378 Grow Own Moringa-Keli Price
224	Present.-Dr. Tom Everitt	270 Jeannette Vaupel	284 AZ Law-Bob Jeckel	338 With It-Marilyn Poscic	378 Price	228	Reverse Mortgages-Rex	379 Should Pay Mortgage?- Pam Prine/Kim Dyer	
1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.	
225	Releasing Blocks-Sandra Hickman	269 Living Thru Forgiving-Rob Corbin	291 AZ Sunset Landscapes- Allen Reamer	339 The Beatles-Vincent Bru- no	380 How Unique Can it Get?- Dr. Jeff Reed	227	SOS of Soc. Sec.-Pam Prine/Kim Dyer	340 Spiritual Path-Dr. Diana Warren	1:00-3:00 p.m.
227	SOS of Soc. Sec.-Pam Prine/Kim Dyer	271 Pain Relief-Betsy Tim- merman	286 Dr. Bonnie Saunders	314 Spiritual Psychology-Dr. Ulness		228	Reverse Mortgages-Rex	313 Can Everyone be Right?-	

WINTER 2018

Monday		Tuesday		Wednesday		Thursday		Friday	
Feb 18		Feb 19		Feb 20		Feb 21		Feb 22	
	10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.
	President's Day	270	Everyday Use Essential Oils-Jeannette Vaupel	299	Planets, Moons, & Other Stuff-Gary Loeb	341	Get Your Own Answers-Claudia LeBaron		Membership
	Rio/RISE Closed	240	Spirit Grth-Edgar Cayce-Bob & Rose Ferro	282	10am Tai Chi Essentials	282	Find Your Mark-Frankie Eklund		Luncheon
		264	Blood Sugar Blues-Dr. Scott Timko	283	11am Seated Chi Kung	283	Casablanca-Dr. Diane Cheney		No Classes
	1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.
		247	Ageless Wis. Stud. Grp.-Diana Warren	286	1:30 Racism & Civil Rts-Dr. Bonnie Saunders	339	The Beatles-Vincent Bruno		Membership
		275	How to Plan for Care-Nydia Montijo	300	Can We Too Responsible-Shirley Mahood	314	Spiritual Psychology - Dr. James Ulness		Luncheon
		276	Medical Marijuana-Kathy Inman	301	Drones 101-John Mullen	344	Spiritual Service-Dr. Diana Warren		No Classes
		277	Western Europe-Mark & Waynette Brown			345	Gifts My Mother Gave Me -Dr. Kay Wallach		
	Feb 25		Feb 26		Feb 27		Feb 28		Mar 01
	10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.		10:00-11:55 a.m.
201	Current Events	270	Everyday Use Essential Oils-Jeannette Vaupel	302	Stem Cell Therapy-Dr. Robert Graham	346	Spring Equinox-Patricia Martin	381	Food as Medicine-Dr. Lena Fernandez
229	How to Buy a Car-Michael Willard	240	Spirit Grth-Edgar Cayce-Bob & Rose Ferro	282	10am Tai Chi Essentials	282	Create the Life You Want-Claudia LeBaron	382	History of the Am. Convention-Mike Kapic
230	7 Rays Universal Energy-Dr. Diana Warren	902	Hooked on Books	284	11am Seated Chi Kung	283	Chakra (Ener. Ctrs.)-Marilyn Poscic	383	Preventing Alzheimer's-Dr. Timothy Gerhart
	1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		1:00-3:00 p.m.		Caring for Caregiver-Nydia Montijo
231	Thermography-Kerry Press	279	Fall Prevention-Nydia Montijo	286	1:30 Racism & Civil Rts-Dr. Bonnie Saunders	314	Spiritual Psychology - Dr. James Ulness	385	Train Your Brain-Keli Price
232	Reverse Mortgages-Rex Duffin	278	Memory Training-Laurie Fox-1-2:30 p.m.	303	Vision Workshop-Roz Shanley	349	Alzheimer's & Healthy Living-Martha Burrue		1:00-3:00 p.m.
233	Intro to Acupuncture-Dr. Cynthia Poppe	280	Medical Marijuana-Kathy Inman	304	Make Your Own Books-Julia Jai Miller-Limit 15/\$15 Fee	350	The Middle East-Winnie Fritz	386	Storytelling/Journaling-Dr. Kay Wallach
234	Care & Maint. Body-Beth Cornell/Limit 20	281	What's a Burial Trust?-Marcus Moran	305	Annuitants: Unlocking the Mystery-Jane Ceasor	351	Civil Rights in Arizona-Mark Brown	387	Solar System/Exoplanets-Dr. David Williams