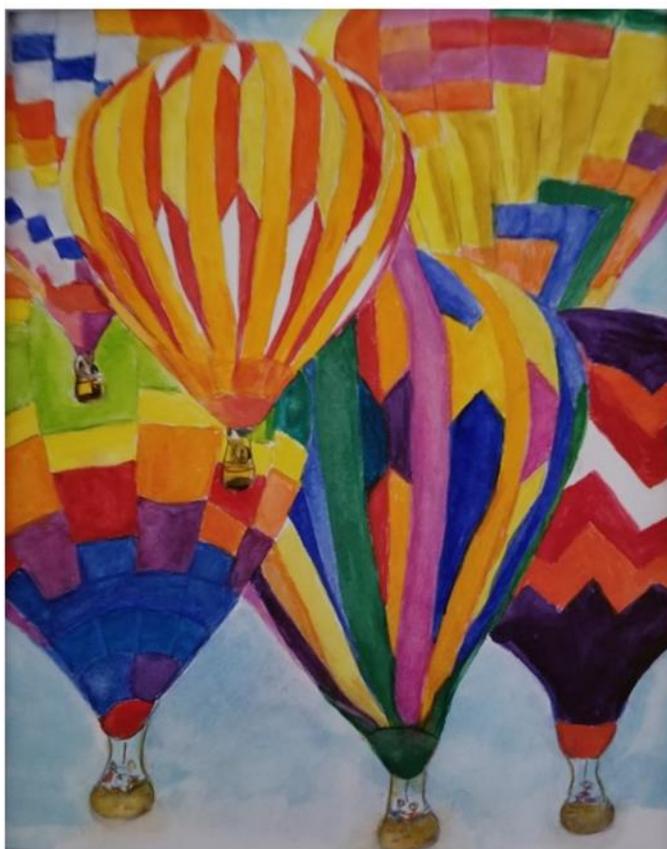




25th Anniversary

1996-2021

Stimulating Minds and Enabling Fellowship



Julie Manthei
RISE member

Art • Health and Wellness • Finance and Law • Natural Sciences and Mathematics
Religion and Spirituality • Social Sciences and History • Technology • Travel



**Register Any Time, Any Day on or
After Friday, March 5, 2021**

Call: 480-377-4262

Cathy Sheredy

e-mail: catherine.sheredy@riosalado.edu

OR

Call: 480-377-4296

Saundra Stanley

email: saundra.stanley@riosalado.edu

Website: riselearning.org

Facebook: Rise Learning for Life

Spring Term 2021

March 15 – May 7

LOOK for classes with **NEW in the title.**

We hope you enjoy them.

If you have questions, please call

Cathy at 480.377.4262

catherine.sheredy@riosalado.edu

or

Saundra at 480.377.4296

saundra.stanley@riosalado.edu

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Great Decisions 2021 (8 weeks)— NEW	Mar 17	Wednesdays	1:00 p.m.	Page 19
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END OF SEMESTER (Friday, May 7)

BOOK CLUBS—No Non-Fiction Book Club or Hooked on Books until RISE can meet in person

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Why Join RISE?

RISE is growing and expanding the curriculum. We offer a wide selection of classes each of four terms (fall, winter, spring, and summer), free access to Universal Class (over 500 online courses, with real instructors), and Zoom classes to reach members who cannot attend in-person classes.

RISE is the premier program of its type in the valley, offering more classes, more sessions, and more special events than any other. We are the least costly and most comprehensive program of our type, and for one low annual dues payment of only \$65 (**\$50 for 2020 – 2021**), you can take as many classes as you want. There may be an occasional lab fee where supplies for the class are provided by the instructor.

How to Join or Renew Membership in RISE

In person – RISE Learning for Life is located in the Rio Salado Surprise Campus, 12535 W. Smokey Drive in Surprise, AZ 85378 (next to the Windmill Inn). *However, due to the COVID-19 virus, the Rio Salado Surprise Campus is currently closed and membership fee payment in person option is understandably on hold until we can return to limited in-person services.* When the campus re-opens, we would love to meet and assist you!

By phone – Call the Rio Salado Cashier's Office directly at 480-517-8330 during the hours of 8:00 a.m. - 5:00 p.m., Monday through Friday. A Cashier's Office staff member will take your payment via credit or debit card. Alternatively, you may send an email to the Cashier's Office at dl-Rio-Cashier@riosalado.edu requesting a call-back to pay your membership fee. A staff member will contact you and transact the fee payment over the phone.

By mail – Complete the application form on page 7 of this catalog. Until such time as the Rio Salado Surprise Campus opens, please mail your check **with the form** to: Cashier's Office, Rio Salado College, 2323 W. 14th Street, Tempe, AZ 85281.

Pick up your Annual Guide, membership card, and badge or sticker when you come to campus.

Membership year runs July 1 – June 30. If you join in March – June, your membership dues cover you through June 30 of the following year! **Dues are only \$50 for 2020 - 2021.**

Questions? Call Cathy Sheredy, RISE Coordinator at 480-377-4262 or
Saundra Stanley, RISE Assistant at 480-377-4296

RISE REGISTRATION AND MEMBERSHIP DUES

SPRING SEMESTER: Monday, March 15 – Friday, May 7

Annual Membership Dues are \$65, **but only \$50 for 2020—2021**. The Annual Membership Dues covers all classes, including Universal Class (page 8-9). There are no class fees, unless an instructor will provide materials and charges a small fee for the materials.

1. Annual dues cover the period July 1 to June 30. Renew annually prior to June 30 (RISE does not send out reminders).
2. Payment: Credit or debit card or check, cash. Per Rio Salado policy we are no longer able to accept cash payments. No checks will be accepted without a membership application. Dues are not pro-rated
3. **No refunds in adherence to Rio Salado “No Refunds” policy**

CLASS REGISTRATION

Begins at 9:00 a.m. on **Friday, March 5** and will continue through the semester.

1. See below for instructions on how to register.
2. See class planning calendar (page 27-30) and class record form (page 31)

ONLINE at www.riselearning.org (You will need the class number to register)

1. Sign in
2. Enter your username: first and last name, no spaces, all lower case
3. Enter the password: password
4. Click the “Register for Classes” button (green)
5. Course finder: type the class number (e.g. 301) or enter a “keyword”, e.g. “art”
6. Select the blue “search” logo
7. If class number or keyword are not known, select “View All Our Courses”
8. Selected class: click on the class name
9. “Click Me to Register for this Class” (green button)
10. A green message appears “Successfully Registered” at the top of the page.
11. More classes: Click “Register for Another Class” button and repeat registration process

IN PERSON REGISTRATION:

On site, RISE Learning for Life, Rio Salado College, 12535 W. Smokey Drive, Surprise 85378. ***Due to the COVID-19 virus, in person registration is not available at this time.***

TELEPHONE REGISTRATION:

Call Cathy Sheredy at 480-377-4262 or Sandra Stanley at 480-377-4296. Please leave a voice mail, which will be transmitted to Cathy's and Sandra's computers as a text message and they will return calls in the order they come in.

CANCELLATION OF CLASSES:

www.riselearning.org

Sign in with username and password

1. Click on the "My Classes" button
2. Select class to be cancelled (little arrow in upper left)
3. Click on "Unregister" red button

Please DO cancel (either online or by telephone) if you know the class has a limited enrollment. This allows someone on the waiting list to register. Thank you.

Office use only:
 Data entered by: _____ Payment entered by: _____
 Made copy of check: _____ Checked by: _____

RISE Learning for Life
Rio Salado College Lifelong Learning Center

MEMBERSHIP APPLICATION

(\$50 per year per member for 2020-2021)

I/We wish to become member/s of RISE Learning for Life: Membership from July 1- June 30

Name(s): (first) _____ (middle init.) _____ (last) _____
 (first) _____ (middle init.) _____ (last) _____

Address _____ City _____ State _____ Zip _____

Phone: _____

Cell Phone: _____ Cell Phone: _____

E-Mail: _____

(Contact office if any of the information above changes. RISE adheres to the Rio Salado no refund policy.)

Birthdate: Month _____ Day _____ Year _____ Month _____ Day _____ Year _____
(Please furnish complete information so Rio's Student Information System can distinguish between similar names.)

Year round resident? Yes No

If No, Alternate Address _____

From _____ To _____ Alternate Phone # _____
 (Month) (Month)

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

How did you hear about RISE? _____

FOR OFFICE USE ONLY

Membership #s: _____

Membership Year	Date	Payment Type (Check & #, Cash, CC Name)	Amount	Initials	Remarks



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 www.riselearning.org and log into your account (user name is first name and last name, all one word in lower case)
- Click the UNIVERSAL CLASS tab on the blue menu bar at the top
- When you get to the Universal Class page, "click here to register" link
- 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 each time you log into the Universal Class website and is separate from your RISE login.**
- 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 (this is your personal profile)
- 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 courses, you will need to verify your email address**

UNIVERSAL CLASS – FREE TO RISE MEMBERS!

CLASSES AVAILABLE IN:	NUMBER OF ONLINE COURSES
Accounting	40+
Alternative Medicine	40+
Business	100+
Career Training	100+
Crafts and Hobbies	70+
Computer Training	50+
Entrepreneurship	100+
Finance	65+
General Education	90+
Health and Medicine	45+
History	30+
Homeschooling	40+
How to/Do It Yourself	40+
Language Arts	35+
Law/Legal/Criminal	35+
Mathematics	10+
Medical Billing	15+
Office Skills	100+
Parenting and Family	45+
Personal Development	40+
Pet and Animal Care	10+
Psychology	55+
Real Estate	10+
Science	15+
Self-Help	70+
Social Work	35+
Special Education	15+
Spiritual Studies	35+
Teacher Resources	65+
Test Preparation	35+
Web Development	30+
Writing Skills	55+

For more information about **UNIVERSAL CLASS**, visit their website:

<https://www.universalclass.com>

BUT....remember to register through RISE, where it is included

FREE with your RISE membership!

ZOOM REFERENCE GUIDE/BEST PRACTICES

How to Access a Zoom Meeting/Class

FOR COMPUTER USERS:

1. Click on the link provided to you by your host/presenter to join the Zoom meeting/class. Once you click on the link, Zoom will ask you if you would like to download the Zoom application. Click on **“Download and run Zoom.”**
2. After Zoom downloads, follow the directions on your computer to install the application (NOTE: You will/should only need to install the Zoom application once.)
3. Once the app is installed, you will be asked you want to join the meeting/class with video. **Choose/Click on the button “Join with Video.”**
4. Next you will be asked if you want to join with audio. **Choose/Click on the button “Join with Computer Audio.”** (TIP: If you do not want to be prompted for this the next time you join, check “Automatically Join Audio by Computer,” when joining a meeting/class.
5. You will be asked to enter the meeting number and passcode (although sometimes you may only need to enter the passcode)
6. As soon as your host/presenter opens the meeting/class, the virtual room will pop up
7. If the host/presenter has muted all participants, you will only be able to hear your host at this time. The host/presenter will not be able to hear you. If your host invites you to speak, click on the **Unmute Myself** button (this may show as a blue popup button at the bottom of your screen.)
8. There is a menu bar on the bottom of the screen – you may have to hover your cursor over this to see the icons/buttons.

Microphone button/icon – click on this to mute or unmute

Video button – click on this to block or unblock video

Participants – click on this to view the all the participants in the meeting (this will show up either on the right side of the screen or across the top. If you choose “view full screen” at the top of your computer, you will only see the speaker and the PowerPoint presentation). When you click on the “participants” button you will see at the bottom an option to “Raise Your Hand.” If you have a question, click on this button and this allows the presenter to know you have a question and will call on you. Once your question is answered, click the button to “lower your hand”.

Chat – click on this to type in questions for the presenter or to chat privately with another class participant. Be sure to choose the person’s name from the dropdown box, or it will go to everyone

9. If you need to leave the meeting/class early or your presenter says the meeting/class has come to an end, you will want to exit the room by clicking **“Leave Meeting”** in the lower right- hand corner.

TROUBLESHOOTING:

What if my presenter cannot hear me even if I am unmuted?

Bottom left corner next to the microphone, click the **^ arrow** to try other microphones.

What if my presenter cannot see me even if my video is not blocked?

Bottom left corner next to the video camera, click the **^ arrow** to try other cameras your computer may be connected to.

Getting to Zoom the Second Time

The next time you follow a link to Zoom, you may be prompted to Open Zoom.us app. Click on **“Open zoom.us app.”** You will have to follow the steps again to join your video and audio, and then you will be taken to the meeting/class.

FOR IPAD USERS:

1. Download the Zoom Cloud Meetings Application.
2. There are two ways to access your meeting/class.

Option 1: Open the app. and tap **“Join.”**

Enter the meeting/class ID number your presenter sends you and then click **“Join.”**

Option 2: Click on the link your presenter sends or posts.

Tap **“Open”** to open the meeting/class in the Zoom app.

3. Tap **“Join with Video.”**
4. Tap **“Call using Internet Audio.”**
5. If you need to leave the meeting early or your presenter says the meeting/class has come to an end, you will want to exit the room by clicking **“Leave Meeting”** in the upper left corner.

TROUBLESHOOTING:

What if the presenter cannot hear me?

Top right corner next to the microphone, click the **^ arrow** to try other microphones.

What if the presenter cannot see me?

Top right corner next to the video camera, click the **^ arrow** to try other cameras your computer may be connected to.

Zoom has three video layouts: Active Speaker, Gallery View and Mini.

The Gallery view is what will let you see everyone on the Zoom call, in a grid format. Depending on your computer, you can display up to 49 participants in one page of Gallery view. If more than 49 people are in the meeting, 49 thumbnails are displayed on each page. You can scroll through pages in Gallery view to see up to 1,000 thumbnail participants.

Screen Saver and Energy Saver with Zoom Rooms

Disable Screen Saver

- Open the Control Panel
- Double-click on the display icon
- Click the **Screen saver** tab
- Select **None** as the **screen saver** choice

Disable Energy Saver Mode

Using Virtual Background

1. Sign into **Zoom desktop client**
2. Click **Settings**
3. Click **Virtual Background**
4. Click **on** an image to select the desired virtual background or add your own image by clicking + Add Image.....
5. To Disable virtual background, choose the option **None**

Best Practices while in a Class/Meeting

- Sign into the Zoom desktop client and stay signed in.
- Check your internet speed. If you are on free Wi-Fi you may need to keep your camera off, to improve quality.
- Turn your camera on and have your camera at eye level.
- Stay muted unless you are talking to reduce background noise.
- Make sure you sit in a well-lit and quiet place.
- Be mindful of what is going on behind you. Think about having a solid wall behind you or turning on the virtual background.
- Wearing earbuds/headset is an option that might enable you to hear better
- **Avoid eating/chewing gum on camera as it is distracting to the class. If you feel like a snack, just block your video/audio**
- Mute your microphone when the speaker/instructor begins the class and stay muted unless you are talking to the instructor

NOTE:

Please remember to sign in a few minutes **before** the class starts. The RISE Coordinator or RISE Assistant Coordinator will admit everyone to the virtual waiting room and will then turn it over to the instructor to “host” and share the presentation. However, once the instructor is the host, the Coordinator/Assistant Coordinator are no longer able to see the virtual waiting room and the instructor may be busy presenting and not see new participants in the waiting room.

All classes are two hours unless otherwise indicated

ART

German Expressionism #301 **NEW**

Allen Reamer

3 weeks on Tuesdays at 10:00 a.m.

March 16, 23, 30

Expressionistic artists painted to show emotion and their feelings, not reality. *'Art is nothing but the expression of our dreams'*. We will see the art movements that the Expressionists pulled from and what they reacted to. Expressionism was a German movement. We will discuss the history of Expressionism and some of the Expressionist schools and groups such as *Blue Rider*, *The Bridge*, and the secession movements. You will learn about these schools of art, the artists, and their artwork.

Iris to Zinnias with Watercolor #302 **NEW**

Allen Reamer

Tuesdays, 1 – 3 p.m., March 16, 23, 30; April 6

Flowers are beautiful and varied. This course takes a step-by-step approach to painting flowers with watercolor. Whether you have painted flowers or not, you will be able to produce beautiful colorful flowers using techniques and procedures that you will learn in this class. You will learn the steps to produce watercolors using a variety of techniques and tools. Most of the rest of the course will be spent in learning to draw and paint specific types of flowers starting with the Iris. **Class Limit 20. The supply list for the class will be sent prior to the first day of class.**

Picasso: The Early Years – His Life, His Women, His Art #303 **NEW**

Allen Reamer

Tuesday, April 6 at 10:00 a.m.

Picasso is often viewed as producing 'odd' paintings that we may not like and think Picasso cannot draw or do better. We will look at his art and discover his early drawing skills. We will discover he painted in cycles and in different styles. We will also look at the eight leading women in his life and how they affected his painting. We will begin at his birth and continue until we run out of time.

FINANCE/LAW

Arizona Law #304--**CANCELLED**

Robert Jeckel

8 weeks on Wednesdays at 10:00 a.m.

March 17, 24, 31; April 7, 14, 21, 28; May 5

This eight-session course provides in-depth information about areas which most affect your life and your estate as a retiree. Learn the law through stories and examples. This class promises to be fun, informative and interesting.

What Happens When You Die? #340

David Eastman

Monday, March 29 at 10:00 a.m.

Come listen to Estate Planning Attorney Dave Eastman talk about how to make sure all your documents are in order and the necessary steps to take in probate and trust administration.

What Happens When You Die? #341

David Eastman

Friday, April 16 at 10:00 a.m.

Come listen to Estate Planning Attorney Dave Eastman talk about how to make sure all your documents are in order and the necessary steps to take in probate and trust administration.

HEALTH AND WELLNESS

Writing my Personal Health Prescription for a Healthy Vibrant Life #305 **NEW**

Caren Marshall

Monday, March 15 at 10:00 a.m.

Developing the idea that "I am in charge of my health" can be a liberating and empowering. In this class, learn how to eat smart, exercise with ease at home, de-stress, improve sleep, and change "self-talk" to something powerful. Learn to listen to your body's quiet wisdom to determine what it needs. Hear an easy "letting go" exercise" as well as a gratitude exercise and mini-meditation. This is a fun and informative class with practical take home tips. Attendees should be prepared to take notes and can receive some handouts by email upon request.

Are you Dementia-Friendly? #306 **NEW**

This training from the Dementia-Friendly America National Network will ensure that you are!

Nydia Montijo

Monday, March 15 at 1:00 p.m.

Arizona has the second-highest growth rate for Alzheimer's—which is the sixth leading cause of death in the U.S. and just *one* of the dementias you can be diagnosed with. Is dementia a normal part of aging? Do only older adults get it? Is it more than just a memory problem? If you are diagnosed, what kind of quality of life can you expect? Our workshop will cover these questions and more, including what dementia is, what the warning signs are, and how to create an environment that is friendly to those who have been diagnosed. The question is not about whether you will run into someone with dementia, but when. If you want to be someone who can respond with respect for what they are going through and act in a way that is safe for both you and them, then this presentation is a must.

Spring Equinox, One of the All-Important Seasonal Treatments #343

Patricia Martin

Thursday, March 18 at 1:00 p.m.

Seasonal treatments are so important in maintaining long-term health. The Spring Equinox arrives on March 20th, its treatment *harmonizes* the Liver, the High Official of Making Plans, with its assistant, the Gall Bladder, known as the Minister of Carrying out Plans, so they can perform better within your Village, i.e. your own body. It's important to make plans at the (seasonal) beginning of each year; this acupuncture treatment is on the pathway of your having a clear vision in controlling your outcome. These organs are *harmonized* so they can better nurture their 'children', the Heart and the Small Intestine, which come into 'adulthood' with the Summer Solstice in June, at which time they are *harmonized* to better nourish their children...and so on, through each year. This class will acquaint you with the concept and the importance of Seasonal Treatments and why they should become a part of your long-term health plan.

Natural Solutions to High Blood Pressure, Stress and Sickness #307 **NEW**

Dr. Timothy Gerhart

Friday, March 19 at 8:30 a.m. (Time Change)

Dr. Timothy Gerhart will teach about Natural Solutions that can help reduce dependence on medications and help us enjoy new peacefulness. Learn ways to address high blood pressure and sickness through lifestyle and everyday choices. In these stressful times, hear how to reduce stress with some easy-to-do practices and mini-meditations. Research show that sickness is often linked to lifestyle choices and stress. Learn from Dr. Gerhart's 30 years of experience in Natural Health and from his authorship of five books that outline how we can take control over our own health. The goal is to achieve vibrant health and peacefulness. Dr. Timothy Gerhart, D.C., D.A.B.C.I., Dipl Ac., B.C.N. is Founder and Director of Renovare Wellness by Design Clinic.

The Science of Happiness #308 **NEW**

Caren Marshall

Monday, March 22 at 10:00 a.m.

Happiness is now being studied by scientists and seems to be more accessible than we thought. Is it genetic? Is it all do with circumstances and or choices? Is there a scientific reason a person might be happy? Do we have control over happiness? The class will bring together information by authors, scientists and doctors who look at cellular health, our thoughts, expectations and environment. Hear about the happiest man on earth who is an avocado vendor. Learn techniques that anyone can apply to begin or complete the journey to happiness. Attendees should take notes and can receive handouts by email upon request.

Five Element Acupuncture: The Village of "You" #344

Patricia Martin

Wednesday, March 31 at 1:00 p.m.

This particular style of acupuncture, Five Elements, originated in ancient China but over the centuries has evolved as a Japanese style of acupuncture, meaning the use of much thinner needles which require a vastly lighter touch than other styles. The Five Elements is a colorful and easy-to-understand look at how acupuncture works. The Elements are Wood, Fire, Earth, Metal and Water. Each Element stands for various organs in your body, the Village of You, which are represented as 12 Officials. You will recognize the names of the organs, but will now learn each of their varied job descriptions from the perspective of Asian medicine, a very different concept than Western medicine. For instance, the Spleen, has the incredible responsibility of keeping blood contained where it belongs. This means, in Asian medicine, that if someone has a hemorrhage, no matter where it occurs, it is the *spleen* which has failed in its task, not the organ where the hemorrhage occurred. Further, the spleen is charged with controlling the center. Come get acquainted with your Supreme Commander, your High Official of Making Plans, your Minister of Leisure. Join the class, take notes and feel free to ask questions. This instructor is a long-time favorite here at RISE who loves teaching.

Healthy Body for Life #309

Claudia LeBaron Islas

Wednesday, April 7 at 1:00 p.m. (this is a 1.5-hour class)

Your body has intelligence and knows how to heal and restore itself—if you let it. Get to know the workings of your nervous system, how your organs are being affected when you are stressed out, and what you can do to let your body restore itself. You will also learn how to use the HARMONY SCALE to help you identify the emotions you are feeling when you are stressed out, how those emotions affect your body, and what you can do to begin feeling better. The goal is that you feel you have power over the dis-eases in your body.

Our U.S. Healthcare System: How Has the Pandemic Changed our Healthcare System?

What Does It Mean for Us? #310 NEW

Winnie Fritz

Thursday, April 8th at 10:00 a.m.

The pandemic has certainly challenged our nation's healthcare system, our communities, and us. We will spend our time examining what we have learned as well as the changes being proposed and made. We will also discuss what we each can do personally to enhance our health and reduce our risks. Questions to be addressed:

1. How has the pandemic impacted our healthcare system? Lessons learned?
2. How is our healthcare system changing in response to the pandemic? How will things be different?
3. What can we do to reduce our risks for illness/death?

Demystifying Detox – A Whole Body Cleansing Program #311

Dr. Scott Timko

Thursday, April 15 at 10:00 a.m.

Everyone is equipped with natural mechanisms to remove toxins from our body. However, our current lifestyles may be overworking these processes. A detox diet is a great way to take the pressure off your organs so you can keep them healthy for the future. It can be dangerous if you don't know what you are doing. Because there are many detox diets out there, it can be difficult to know how to choose the right one. It is essential to understand the body's natural detox process and provide your body with the nutrition it needs during a detox. Dr. Timko's goal is to help you understand the symptoms of a toxic build up and share how to get started with a detox that is right for you. Finding the right detox for your needs will help get you the results you want and your body needs!

Healthy Body for Life #312

Claudia LeBaron Islas

Wednesday, April 21 at 1:00 p.m. (this is a 1.5-hour class)

Your body has intelligence and knows how to heal and restore itself—if you let it. Get to know the workings of your nervous system, how your organs are being affected when you are stressed out, and what you can do to let your body restore itself. You will also learn how to use the HARMONY SCALE to help you identify the emotions you are feeling when you are stressed out, how those emotions affect your body, and what you can do to begin feeling better. The goal is that you feel you have power over the dis-eases in your body.

How to Virus Proof your Life #313 NEW

Betsy Timmerman

Monday, April 26 at 1:00 p.m.

You have control over whether you attract and incubate viruses. Given the amazing information that has been disseminated to the world-wide medical community this past year re: COVID-19 we know how not to be a host to any virus. Learn which supplements best boost immunity, the therapeutic lifestyle changes that must be followed and what medicines have the power to keep you from replicating viral loads. Protocols and doctors to protect you from getting sick and if you get a virus how to stop its replication quickly. Betsy will talk a little bit about vaccines. First and foremost, we need to have healthy immune systems and a pH environment that cannot allow disease to flourish.

The Autoimmune Matrix #314

Dr. Scott Timko

Thursday, April 29 at 10:00 a.m.

While it is true genes do come into play with autoimmune diseases, we also have control over how our genes are expressed. According to the field of epigenetics, our environment, lifestyle choices, and dietary habits all can turn

on certain genes that can cause the development of autoimmune complications. Although conventional medicine believes the only true weapon against autoimmunity is drugs (which only mask the symptoms and suppress the immune system), research has shown that there are many effective, alternative treatments. Health is represented in different forms such as chemical, physical and emotional and it is imperative to address all these simultaneously to achieve optimal health. Join Dr. Timko to learn how to take control of your health by getting to the root of autoimmunity, addressing deficiencies, and becoming a more active participant in your healing process.

Gravity: Don't Let It Win #315 NEW

How to Prevent Falls and Common Related Injuries

Friday, April 30 at 10:00 a.m.

This thorough workshop teases out all the shocking, little-known causes of falls and injury IN YOUR OWN HOME AND VEHICLE! We will show you how health and self-care relate to preventing falls and bring safety concepts to life by virtually going room-by-room throughout a typical residence, identifying risk factors, and easy, practical fixes to making your home the safest it can be. We will also show you some life-saving safety tools you can purchase online for your vehicle as well as connect you to resources that allow you to try out various products for free. If your house or car will, at any point welcomes an older adult or young child into its cozy recesses, you need to see this!

Mindfulness Yoga—Awakening Spirit #338 NEW

Shel Fanelli

5 Weeks on Mondays at 10:00 a.m. (this is a 1.25 hour class)

April 5, 12, 19, 26; May 3

This class incorporates gentle yoga postures, breath work, supported silent meditation, guided meditation, supporting increased awareness and mindfulness using the breath to quiet the nervous system. No experience needed. Props such as blocks, blankets and meditation cushions are encouraged. **Class Limit 15**

Supporting Immunity—Taking Control of Your Health NEW

Shel Fanelli

Wednesday April 26 and May 5 at 1:00 p.m.

Taking charge of our health is more important now than ever before. We will take this journey to better health with discussion on the microbiome, micronutrients, macronutrients, the truth about fats and cooking preparations for optimal nutrition.

HISTORY AND SOCIAL SCIENCES

Current Events #316

RISE Facilitator

8 Weeks on Mondays at 10:00 a.m.

March 15, 22, 29; April 5, 12, 19, 26; May 3

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.

Ancient World History: to 1500 # 317 NEW

Dr. Bonnie Saunders

8 weeks on Tuesdays at 1:00 p.m.

March 16, 23, 30; April 6, 13, 20, 27; May 4

Dr. Bonnie F. Saunders will talk about the history, culture, and religion of the ancient and medieval world -- the Middle East, South and East Asia, Africa, North and South America, and Europe. Come and learn about the relevance of these civilizations to the modern world.

Phoenix Sky Harbor International Airport – Past, Present and Future #318 NEW

Heather Shelbrack

Wednesday, March 17 at 10:00 a.m.

Phoenix Sky Harbor International Airport is America's Friendliest Airport®. In this presentation, learn about the Airport's history from its beginnings in the late 1920s to today as it continues to modernize and grow. You will find out more about the Airport's capital investment program that features two exciting projects and learn how the Airport is adapting its operations during the COVID-19 pandemic. Attendees will also learn more about the Airport's unique services and amenities as well as hear more about new air service.

Great Decisions 2021: U.S. Foreign Policy #319 NEW

Dr. Bonnie Saunders

8 weeks on Wednesdays at 1:00 p.m.

March 17, 24, 31; April 7, 14, 21, 28; May 5

Dr. Bonnie F. Saunders will once again lead discussions on eight U.S. foreign policy topics: Global Supply Chains and U.S. National Security, The Future of Persian Gulf Security, Brexit: Taking Stock and Looking Ahead, The Coldest War: Toward a Return to Great Power Competition in the Arctic? China and Africa, The Two Koreas, The World Health Organization's Response to COVID-10, and The End of Globalization? Come, listen, think, ask questions, discuss, agree, or disagree -- we have civil discussions!

The book will be available for \$20 before the class starts. After you sign up, please e-mail Bonnie Saunders (Bonniesau@aol.com) to find out how to get the book.

Conscious Aging #320 NEW

Diane Lukich

8 weeks on Thursdays

March 18, 25; April 1, 8, 15, 22, 29; May 6

What is Conscious Aging? In our youth obsessed culture there can be anxiety about aging. Yet these years are a time of great opportunity for spiritual, emotional, and psychological growth. In this workshop you will learn how to:

- Explore unexamined, self-limiting beliefs and assumptions about aging/learn to make better choices about how to age more consciously
- Develop the skills of self-compassion to cope more effectively with stresses associated with aging
- Discover what gives heart and meaning to your life and how that can enrich your intentions for a healthy aging process
- Identify regrets, sufferings, and negative self-concepts that have kept you from more fully appreciating yourself and your life
- Minimize feelings of isolation
- Learn to manage your fears (and those of your loved ones) in the presence of death through the transformative power of surrender and acceptance

- Cultivate a personal roadmap for your own aging journey by deepening your spiritual life and learning to make each moment matter

The workshop will focus on listening to our own inner wisdom and guidance, integrating talking points and best practices, sharing in intimate conversation circles, and listening to the collective wisdom of the group

Guided Autobiography #321 NEW

Diane Lukich

7 Weeks on Mondays at 1:00 p.m.

March 22, 29; April 5, 12, 19, 26; May 3

Guided Autobiography (GAB) is a method for helping people document their life stories. Guided by a trained instructor, participants are led through themes and priming questions that evoke memories of events once known but filed away and seemingly forgotten. Participants write a story on a theme each week, bring it to class and read it to a small group of receptive classmates. Writing and sharing life stories is an ideal way to find new meaning in life and put life events into perspective. While connecting with one another, participants feel enlivened by the group experience and gain a greater appreciation of their own lives and of the lives of others. GAB can be a powerful catalyst for improved self-esteem, self-confidence, and communication within communities and within families.

Sensational Summer Salads and Perfect Ribs #322 NEW

Michael Hodgins

Friday, March 26 at 10:00 a.m.

Program Director at Rio Salado College and chef-by-trade Michael Hodgins will share recipes and tips on how to make several light, healthy salads that are great choices as the weather warms up in the valley. In part two of the presentation, we will dive into BBQ ribs with tips and recipes for tender and tangy ribs. **(Note: This is not a cooking demonstration.)**

A Little-Known American History #323

(this is a repeat of the cancelled Winter Semester class)

Mike Kapic

Friday, April 2 at 10:00 a.m.

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.

Sex Trafficking in Your Neighborhood #345 **Added class******

Nancy Ash

Monday, April 5 at 1:00 p.m.

Did you know that sex trafficking is occurring inside fake massage parlors here in Sun City West, Sun City and Glendale where illicit sexual services are given? Elements of sex trafficking are also happening through technology in your home! This class will talk about sex trafficking, how it happens (especially through apps), why it happens and debunk some myths about prostitution. Help stop this crime and help the women through education awareness and action.

Avoid Fraud, Scams, and Abuse #324

Nydia Montijo

Wednesday, April 14 at 10:00 a.m.

We all know they are out there: people who are hunting vulnerable individuals to take advantage of them. How do you safeguard yourself, your money, and those you love? Arm yourself with insider knowledge. Whether you

are an older adult or have older adults in your life you want to protect, this is a workshop that will ensure you don't fall prey to common traps set out in both the digital and interpersonal world. You will learn what is out there, how to easily identify them, why they work, and how to avoid them. We will also give you resources for further education and protective services.

Your Home; Your Investment #325

Michael Shepp

Thursday, April 15 at 10:00 a.m.

Protect your home, add value and save money on these common-sense home improvements. Your HVAC system, when to replace. Attic insulation how much is enough? Sealing your ductwork, adding a smart thermostats and LED light bulbs. Does this really help? Find out all about these topics and more.

Flourishing #326 NEW

Tom Lux

Tuesday, April 20 at 10:00 a.m.

Traditionally, the goal of psychology has been to relieve human suffering, but the goal of the Positive Psychology Movement started 15 years ago, is different. It's about raising the bar for happiness and human flourishing. We will explore new techniques and learn more about the 3 to 1 ratio of positive over negative emotions that we all need to fully flourish. Much of the material we will review is from three stalwarts of this new movement; Martin Seligman, Ph.D., author of Flourish; Barbara Fredrickson, Ph.D., author of Positivity; and Shawn Achor, MA, author of The Happiness Advantage.

Educational Seminar on Solar Energy #327

Michael Shepp

Tuesday, April 27 at 10:00 a.m.

This class explores the essentials of "going solar." Areas covered include which are the best solar panels and why, the positives and negatives of warranties are discussed, and include how long and on what? We will discover energy reductions and ways to cut your power bill by 20 percent without going solar. The purpose of this class is strictly educational, and no selling is involved.

Construction of the Twin Towers #328

Elizabeth Giannini

Monday, May 3 at 1 p.m.

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.

History and Architecture of Baseball #329 NEW

Mark and Waynette Brown

Thursday, May 6 at 10:00 a.m.

Over the years, the game of baseball has changed due, in large part, to the structure of the stadium. Journey back to the 19th century and explore the original construction of baseball parks. We will explore the reality of how natural disasters forced changes in construction of new parks and the evolution of baseball stadiums through the 20th century. We will discover how players took advantage of the configuration and fans adopted to see the game and their favorite players "up close and personal." Looking to the future, we will explore how economics changed the game and new stadiums developed to complement expanding civic and commercial purposes.

NATURAL SCIENCES AND MATHEMATICS

The Rebel Women of Mathematics #330

Janet Teegarden

Thursday, March 18 and March 25 at 10:00 a.m.

Famous mathematicians are not usually household names, and famous *female* mathematicians, even less so. For centuries women were made to believe, either implicitly or explicitly, that women couldn't/shouldn't do math. In celebration of **Women's History Month**, come hear the stories of some women in the last 2000 years who rebelled against that edict and went on to become highly successful mathematicians. Some related activities may be interspersed as well.

Red Planet: Exploring Mars #331

Dr. David Williams

Friday, April 23 at 1:00 p.m. *this is a one-hour class*****

The planet Mars has been the primary focus of NASA's planetary exploration program for the last couple of decades. What have we learned? Join Professor David Williams, from ASU's School of Earth and Space Exploration, for a review of the geology of Mars and the most recent results from our active missions, with a look ahead to future exploration as we prepare for humans on Mars!

Lowell Observatory: 126 years and Counting #332 **NEW**

Jeffrey C. Hall

Tuesday, May 4 at 10:00 a.m.

Lowell Observatory is an independent, non-profit institution dedicated to astronomical discovery and outreach to the public. In this talk, Dr. Hall will discuss the long history of the institution, the modern research programs, the flagship telescopes, and the extensive outreach programs for the public. He will also discuss the exciting plans for the new Astronomy Discovery Center, which is intended to be a world-class destination for astronomy education and outreach.

RELIGION AND SPIRITUALITY

Healing with Angels #342

Marilyn Poscic

Thursday, March 25 at 10:00 a.m.

We are living in a time when natural healing is becoming more and more popular. These natural healing ways goes back to the beginning of time. Are you tired of conventional western medicine and the costs they incur? Have you been curious to other ways of healing that are all natural? Join Marilyn Poscic, as she enlightens you how to use, Angels, Sun, Moon, Stars, breathing techniques, even colors, to not only heal your physical body, but emotionally, mentally as well as spiritually! If you are a firm believer in conventional medicine, this class is probably not for you.

The Mystical Nature of Humans #333

Dr. Irwin Wiener

4 Weeks on Thursdays at 1:00 p.m.

April 15, 22, 29; May 6

Week one: The various aspects of human characteristics: Humility - Character - Angels - Joy - Negative vs. Positive.

Week two: Pain experiences - real or imagined and fears - how to face them and possibly eliminate them.

Week three: Miracles - created by whom?

Week four: Love - Origins - Transforming Need to Love.

TECHNOLOGY

Internet Safety # 334

(this is a repeat of the cancelled Winter Semester class)

Khester Kendrick

Tuesday, April 20 at 10:00 a.m. (Date changed from April 13)

Keeping your computer safe from malware is essential but it's easy to do. This class will teach you how to take simple steps to protect your computer and your files. There are several programs which will do the trick. Some take only a few clicks. Everything will be explained in plain, easy to understand language too.

TRAVEL

Gardens and Mansions #335 **NEW**

Mark and Waynette Brown

Thursday, April 1 at 10:00 a.m.

We'll stroll through some of the most magnificent gardens and structures in the world. Our journey takes us to Luxembourg Gardens and the Tuileries in Paris, the Huntington in southern California, the Brooklyn Botanical Gardens, the Leu Gardens in Orlando, Bartram's Garden and the Morris Arboretum in Philadelphia, the Atlanta Botanical Gardens, and several others. Along the way, we'll stop at several American mansions and historical houses, including but not limited to the Flagler Museum in Palm Beach, the Henry Ford and Thomas Edison winter residences in Fort Myers, residences of George Washington at Mount Vernon, Abraham Lincoln in Springfield III and Thomas Jefferson at Monticello, the Shirley estate on the Vicksburg, Mississippi battlefield, presidential libraries, and the White House in Washington. Journey across the pond to some of the great palaces of Europe, including Versailles, the Royal Palace in Budapest, Topkapi Palace in Istanbul and the Ville d'Este in Rome.

45 Days from Indianapolis to Phoenix #336 **NEW**

Dr. Michael Moore

Thursday, April 8 at 1:00 p.m.

Due to commitments along the way the presenter took 45 days to travel to Phoenix from Indianapolis. The route included Chicago, Portland Maine, Orlando, and Pensacola, Florida with numerous stops en-route. Much of the route traveled was off the main beaten path and included points of interest that were found intriguing.

Travelling Through Arizona # 337 **NEW**

Mark and Waynette Brown

Thursday, April 22 at 10:00 a.m.

Journey with us through the familiar and not so familiar destinations in the Grand Canyon State. We'll stop at the six National Parks within the boundaries as well as sites designated as National Monuments, including Fort Bowie

and Chiracahua, both in the southeast corner. Explore Sedona, Tombstone, Bisbee, Show Low, and Kartchner Caverns State Park. We'll stop at sites important to the state's indigenous people, including Canyon de Chelly, Monument Valley, and Tuzigoot National Monument. Visits to state parks include Lost Dutchman, Picacho Peak, Tonto Bridge and the some of the best hiking trails in the state. Join us for a drink along Whiskey Row in Prescott and conclude by visiting several museums, including the Tucson Art Museum, the Museum of Northern Arizona in Flagstaff, the Heard in Phoenix, the Desert Caballeros Western Museum in Wickenburg and the Arizona Historical Society.

Presenter Bios

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

Ash, Nancy - Since being trained in anti sex trafficking efforts in Houston from 2012-2014 and then moving to Surprise, she brought the focus to the West Valley co-founding Mercies New. This organization of volunteers offers awareness presentations to prevent human sex trafficking and reaches out to women in fake massage parlors that are fronts for brothels. Nancy also volunteers with Fountain of Hope as an advocate to assist women walking the streets caught in sex trafficking.

Brown, Mark 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 and awarded a research grant in this area from Herbert Hoover Presidential Library.

Brown, Waynette 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

Eastman, David – is affiliated with Wealth Counsel, a top estate planning organization in the United States. For fifteen years, David has served residents of Arizona in all their estate planning needs. His passion to safeguard the temporal heritage built by small business owners, non-profit organizations, industry professionals, and every day families has only intensified during that time.

Fanelli, Shel - is a transformational coach specializing in homeopathy, herbal medicines, integrative nutrition, yoga and guided meditation. She is an enthusiastic presenter who is a committed advocate for the health and wellness of others.

Fritz, Winnie, RN, MSN, EdD, NEA-BC is a former Illinois farm girl who has held CEO, COO, and Chief Nursing Officer roles in a variety of U.S. and international healthcare organizations. For decades, she worked with the late King Hussein of Jordan as Dean of a School of Nursing and later as network COO of a 28-hospital system. For her success in bringing about operational and clinical improvements, she was awarded His Majesty's Medal of Honor. During her tenure as a nurse in the U.S. Army, she earned her pilot's wings and served in the U.S. Thailand, and Vietnam; her commendations include the Bronze Star. She has been an Ass't Professor at U. of MD, U of MO, and Georgetown. Winnie is currently COO/Sr V.P. Clinical Ops for HCCA Management and has worked extensively on healthcare projects in the Middle East, Asia, and Africa to improve clinical, patient safety, service excellence, and financial outcomes. Most recently, her projects are in Jamaica, Nigeria, and Jordan.

Gerhart, Dr. Timothy, is the Founder and Director of Renovare Wellness by Design and Renovare Brain Peak Performance, located in nearby Peoria, Az. 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" and is ready to publish his third book on natural solutions to the results of concussions.

Giannini, Elizabeth taught piano privately for forty years in New Jersey, and 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.

Hall, Dr. Jeffrey has served as Lowell's Director since June 2010. He joined the staff at Lowell in 1992 as a postdoctoral research fellow. Dr. Hall is presently a member of the American Astronomical Society's standing committee on light pollution, space debris, and radio interference, and has played an active role in dark-sky preservation efforts around Arizona. He serves as a member of Flagstaff's leadership group, the Northern Arizona Leadership Alliance, and is former President of the Board of Directors of the Flagstaff Symphony Orchestra. His principal avocation is music, and he has been a substitute organist at the Episcopal Church of the Epiphany as long as he has lived in Flagstaff.

Jeckel, Robert 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.

Kapic, Michael is a retired business executive with a bachelor's degree from Auburn University. He studied and researched history and economics. 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 and his wife, Joanne reside in Sun City West, Arizona.

LeBaron Islas, Claudia is an Emotional Healer, Spiritual Teacher and Writer. She has integrated her Engineering background with her Healing, Intuitive, and Spiritual gifts to pass down enlightening teachings to those who are ready to hear. Currently, she is working on her first book while she teaches at Rio Salado College in Surprise, Arizona through the RISE Learning for Life Center.

Lukich, PsyD, Dr. Diane H. Diane's professional career started later in life after her two sons were in their teens. When her youngest son graduated from college, she read about a master's degree program in Spiritual Psychology at the University of Santa Monica (USM) and "knew" she had to attend. While attending USM, she awakened to a life of purpose and service learning a skill "unconditional positive regard" that transformed her life. She was awakened to self-awareness, getting in touch with her source, leading a life of service and supporting others in their personal and spiritual growth. Diane has earned her doctorate in clinical psychology. Her passions are psychology, spirituality and education which she combines into classes and workshops for adult learners. I look forward to collaborating with you on your continued growth at RISE.

Lux, Tom has served as a consultant and trainer for a wide range of companies. Through clear communication, and his enthusiastic and highly motivational approach, Tom offers insight into his topics. Author of *The Golden Attitude*, Tom acquired his communications skills from his MA in Communication and Training and his experience as a motivational speaker and college professor.

Marshall, MSW, CH, CA, Caren is a Social Worker and Health Coach. She combines years of experience in the fields of medical rehabilitation and natural health. She holds a master's degree in Social Work from Indiana University and a Certification as a Health Coach from the Institute of Integrative Nutrition in New York. She works as a Health Coach with Renovare Wellness by Design. Caren and her husband moved Arizona from Indiana 12 years ago. They love to travel worldwide and to continue learning and sharing and encouraging.

Martin, Patricia – is a Doctor of Oriental Medicine (FL), Licensed Acupuncturist (AZ), Master of Arts in Communication (University of Central Florida), and has been deeply involved with Asian medicine since 1980, with acupuncture licenses in Florida, Georgia and Arizona. She has been a Visiting Professor and on faculty at four acupuncture schools, on the board of Florida and Arizona professional acupuncture associations, and was appointed by the governor of Arizona to the Arizona State Acupuncture Board of Medicine. Patricia was commended and thanked by a sitting President of the United States for her discussion with him regarding acupuncture. Her adventures include spending a half-year backpacking solo and working in hospitals in Shanghai and Wuhan, Peoples Republic of China, and Medan, Sumatra, Indonesia, with additional patients in several other Asian countries. She's accumulated over 6,000 hours of training in over 50 different styles of acupuncture, most recently treating the central nervous system with gui (ghost) and shen (spirit) points. Since 2006 she has been teaching at RISE & remains a member favorite.

Moore DVM, Michael is a native of Kansas and is a retired food animal veterinarian. He practiced in southern Nebraska for 28 years before entering the veterinary biological industry involved with manufacture and sale of vaccines. Dr. Moore has been involved with numerous professional organizations. Michael and his wife Judy love to travel.

Montijo, Nydia - is the Community Outreach Coordinator for FSL – Foundation for Senior Living, a non-profit health and human service organization dedicated to helping people of all ages maintain independence. She brings her presentations to you out of her interest in assisting with issues affecting healthy aging.

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

Reamer, Allen Wood received a B.A. in art, and a Master 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. Allen has taught for Arizona State University for over a decade. He exhibits with the Neu Art Group in Arizona. areamerart@mindspring.com

Saunders, Dr. Bonnie 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

Shelbrack, Heather is the Public Information Manager for the City of Phoenix Aviation Department, which includes Phoenix Sky Harbor International Airport and two general aviation airports Phoenix Deer Valley and Phoenix Goodyear. She is responsible for overseeing media relations, the department's websites, social media, video production and printed material. With more than 17 years of experience in the public relations industry, Heather has worked in the Aviation Department since 2007. Her previous work includes corporate communications for a financial services company and an airline. She holds bachelors' degrees in telecommunications and history from Indiana University and a master's degree in communications from the Johns Hopkins University. Heather is past chair of USO Arizona Advisory Board and is a current member of the Airport's Council International – North America's (ACI-NA) Marketing and Communications Steering Group.

Teegarden, Janet 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 several 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 do not think they ever liked math.

Timko, Dr. Scott 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.

Timmerman, Betsy 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. Irwin Wiener is an ordained rabbi and a Doctor of Divinity and is involved in activities designed to enhance life through spirituality that is the bedrock of Judaism. It is the source of values, compassion, healing, creativity and abundance. Speaker, educator, author and writer. Dr. Irwin writes occasionally for the Arizona Republic and other publications. He is a spiritual leader of the Sun Lakes Jewish Congregation and National Chaplain, Jewish War Veterans - USA.

Williams, Dr. David A. 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. In 2014 David was elected a Fellow of the Geological Society of America, and asteroid 10,461 DAWILLIAMS was named in his honor.

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.



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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.

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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.

SPRING 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
Mar 15		Mar 16		Mar 17		Mar 18		Mar 19	
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.	
316	Current Events	301	German Expressionism (Allen Reamer)	304	Arizona Law (Robert Jeckel)--CANCELLED	330	Rebel Women/Mathematics Part 1 (Janet Teegarden)	307	Natural Solutions to High Blood Pressure (Dr. Gerhart)
305	Personal Prescription (Caren Marshall)			318	Phx Sky Harbor Airport (Heather Shelbrack)				
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.	
306	Are You Dementia Friendly? (Nydia Montijo)	302	Iris to Zinnias Watercolor (Allen Reamer)	319	Great Decisions 2021 (Dr. Bonnie Saunders)	320	Conscious Aging (Diane Lukich)		
		317	Ancient World History (Dr. Bonnie Saunders)			343	Spring Equinox (Patricia Martin)		
Mar 22		Mar 23		Mar 24		Mar 25		Mar 26	
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.	
316	Current Events	301	German Expressionism (Allen Reamer)	304	Arizona Law (Robert Jeckel)--CANCELLED	330	Rebel Women/Mathematics Part 2 (Janet Teegarden)	322	Summer Salads/Ribs (Michael Hodgins)
308	Science of Happiness (Caren Marshall)					342	Healing with Angels (Marilyn Poscic)		
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.	
321	Guided Autobiography (Diane Lukich)	302	Iris to Zinnias Watercolor (Allen Reamer)	319	Great Decisions 2021 (Dr. Bonnie Saunders)	320	Conscious Aging (Diane Lukich)		
		317	Ancient World History (Dr. Bonnie Saunders)						

SPRING 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
Mar 29		Mar 30		Mar 31		Apr 01		Apr 02	
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.	
316	Current Events	301	German Expressionism (Allen Reamer)	304	Arizona Law (Robert Jeckel)--CANCELLED	335	Gardens and Mansions (Mark & Waynette Brown)	323	A Little Known American History (Mike Kopic)
340	What Happens When You Die? (David Eastman)								
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.	
321	Guided Autobiography (Diane Luckich)	302	Iris to Zinnias Watercolor (Allen Reamer)	319	Great Decisions 2021 (Dr. Bonnie Saunders)	320	Conscious Aging (Diane Lukich)		
		317	Ancient World History (Dr. Bonnie Saunders)	344	Five Elements (Patricia Martin)				
Apr 05		Apr 06		Apr 07		Apr 08		Apr 09	
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.	
316	Current Events	303	Picasso--The Early Years (Allen Reamer)	304	Arizona Law (Robert Jeckel)--CANCELLED	310	Our U.S. Healthcare System (Winnie Fritz)		
338	Mindfulness Yoga (Shel Fanelli)								
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.	
321	Guided Autobiography (Diane Luckich)	302	Iris to Zinnias Watercolor (Allen Reamer)	309	Healthy Body for Life (Claudia LeBaron Islas)	320	Conscious Aging (Diane Lukich)		1:00 pm Governing Council
345	Sex Trafficking In Your Neighborhood (Nancy Ash)	317	Ancient World History (Dr. Bonnie Saunders)	319	Great Decisions 2021 (Dr. Bonnie Saunders)	336	45 Days Indianapolis/Phoenix (Dr. Michael Moore)		

SPRING 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
Apr 12		Apr 13		Apr 14		Apr 15		Apr 16	
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.	
316	Current Events			304	Arizona Law (Robert Jeckel)--CANCELLED	325	Your Home; Investment (Michael Shepp)	341	What Happens When You Die? (David Eastman)
338	Mindfulness Yoga (Shel Fanelli)			324	Avoid Frauds/Scams/Abuse (Nydia Montijo)	311	Demystifying Detox (Dr. Scott Timko)		
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.	
321	Guided Autobiography (Diane Lukich)	317	Ancient World History (Dr. Bonnie Saunders)	319	Great Decisions 2021 (Dr. Bonnie Saunders)	320	Conscious Aging (Diane Lukich)		
						333	Mystical Nature of Humans (Dr. Irwin Wiener)		
Apr 19		Apr 20		Apr 21		Apr 22		Apr 23	
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.	
316	Current Events	326	Flourishing (Tom Lux)	304	Arizona Law (Robert Jeckel)--CANCELLED	337	Travelling Through Arizona (Mark and Waynette Brown)		
338	Mindfulness Yoga (Shel Fanelli)	334	Internet Safety (Khester Kendrick)						
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.	
321	Guided Autobiography (Diane Lukich)	317	Ancient World History (Dr. Bonnie Saunders)	312	Healthy Body for Life (Claudia LeBaron Islas)	320	Conscious Aging (Diane Lukich)	331	Red Planet: Exploring Mars (Dr. David Williams)
				319	Great Decisions 2021 (Dr. Bonnie Saunders)	333	Mystical Nature of Humans (Dr. Irwin Wiener)		

SPRING 2021									
Monday		Tuesday		Wednesday		Thursday		Friday	
Apr 26		Apr 27		Apr 28		Apr 29		Apr 30	
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.	
316	Current Events	327	Seminar on Solar Energy (Michael Shepp)	304	Arizona Law (Robert Jeckel)	314	The Autoimmune Matrix (Dr. Scott Timko)	315	Gravity: Don't Let It Win (Nydia Montijo)
338	Mindfulness Yoga (Shel Fanelli)								
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.	
313	Virus Proof Your Life (Betsy Timmerman)	317	Ancient World History (Dr. Bonnie Saunders)	319	Great Decisions 2021 (Dr. Bonnie Saunders)	320	Conscious Aging (Diane Lukich)		
321	Guided Authobiography (Diane Lukich)			339	Supporting Immunity (Shel Fanelli)	333	Mystical Nature of Humans (Dr. Irwin Wiener)		
May 03		May 04		May 05		May 06		May 07	
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.	
316	Current Events	332	Lowell Observatory (Dr. Jeffrey Hall)	304	Arizona Law (Robert Jeckel)	329	History/Architecture Baseball (Mark and Waynette Brown)		
338	Mindfulness Yoga (Shel Fanelli)								
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.	
321	Guided Autobiography (Diane Lukich)	317	Ancient World History (Dr. Bonnie Saunders)	319	Great Decisions 2021 (Dr. Bonnie Saunders)	320	Conscious Aging (Diane Lukich)		
328	Construction of Twin Towers (Elizabeth Giannini)			339	Supporting Immunity (Shel Fanelli)	333	Mystical Nature of Humans (Dr. Irwin Wiener)		



SPRING 2021 CLASS SCHEDULE

Class	Instructor	Sessions	Day (s)	Date	Time	Class Title
301	Allen Reamer	3	Tuesdays	Begins Mar 16	10 a.m.	German Expressionism
302	Allen Reamer	4	Tuesdays	Begins Mar 16	1 p.m.	Iris to Zinnias with Watercolor
303	Allen Reamer	1	Tuesday	April 6	10 a.m.	Picasso: The Early Years
304	Robert Jeckel	8	Wednesdays	Begins Mar 17	10 a.m.	Arizona Law (8 weeks)
305	Caren Marshall	1	Monday	Mar 15	10 a.m.	Writing My Personal Health Prescription
306	Nydia Montijo	1	Monday	Mar 15	1 p.m.	Are You Dementia Friendly?
307	Dr. Timothy Gerhart	1	Friday	Mar 19	8:30 a.m.	Natural Solutions to High Blood Pressure
308	Caren Marshall	1	Monday	Mar 22	10 a.m.	Science of Happiness
309	Claudia LeBaron Islas	1	Wednesday	Apr 7	1 p.m.	Healthy Body for Life
310	Winnie Fritz	1	Thursday	Apr 8	10 a.m.	U.S. Healthcare System: Pandemic Lessons
311	Dr. Scott Timko	1	Thursday	Apr 15	10 a.m.	Demystifying Detox
312	Claudia LeBaron Islas	1	Wednesday	Apr 21	1 p.m.	Healthy Body for Life
313	Betsy Timmerman	1	Monday	Apr 26	1 p.m.	How to Virus-Proof Your Life
314	Dr. Scott Timko	1	Thursday	Apr 29	10 a.m.	The Autoimmune Matrix
315	Nydia Montijo	1	Friday	Apr 30	10 a.m.	Gravity: Don't Let It Win
316	RISE Facilitator	8	Mondays	Begins Mar 15	10 a.m.	Current Events
317	Dr. Bonnie Saunders	8	Tuesdays	Begins Mar 16	1 p.m.	Ancient World History
318	Heather Shelbrack	1	Wednesday	Mar 17	10 a.m.	Phoenix Sky Harbor Airport
319	Dr. Bonnie Saunders	8	Wednesdays	Begins Mar 17	1 p.m.	Great Decisions 2021
320	Diane Lukich	8	Thursdays	Begins Mar 18	1 p.m.	Conscious Aging
321	Diane Lukich	7	Mondays	Begins Mar 22	1 p.m.	Guided Autobiography
322	Michael Hodgins	1	Friday	Mar 26	10 a.m.	Sensational Summer Salads/Perfect Ribs
323	Mike Kapich	1	Friday	Apr 2	10 a.m.	A Little-Known American History
324	Nydia Montijo	1	Wednesday	Apr 14	10 a.m.	Avoid Fraud, Scams and Abuse
325	Michael Shepp	1	Thursday	Apr 15	10 a.m.	Your Home; Your Investment
326	Tom Lux	1	Tuesday	Apr 20	10 a.m.	Flourishing
327	Michael Shepp	1	Tuesday	Apr 27	10 a.m.	Seminar on Solar Energy
328	Elizabeth Giannini	1	Monday	May 3	1 p.m.	Construction of the Twin Towers
329	Mark & Waynette Brown	1	Thursday	May 6	10 a.m.	History and Architecture of Baseball
330	Janet Teeguarden	2	Thursdays	Mar 18 & 25	10 a.m.	Rebel Women of Mathematics
331	Dr. David Williams	1	Friday	Apr 23	1 p.m.	Red Planet: Exploring Mars
332	Dr. Jeffrey Hall	1	Tuesday	May 4	10 a.m.	Lowell Observatory: 126 Years and Counting
333	Dr. Irwin Wiener	4	Thursdays	Begins Apr 15	1 p.m.	Mystical Nature of Humans
334	Khester Kendrick	1	Tuesday	Apr 20	10 a.m.	Internet Safety
335	Mark & Waynette Brown	1	Thursday	Apr 1	10 a.m.	Gardens and Mansion
336	Dr. Michael Moore	1	Thursday	Apr 8	1 p.m.	45 Days from Indianapolis to Phoenix
337	Mark & Waynette Brown	1	Thursday	Apr 22	10 a.m.	Travelling Through Arizona
338	Shel Fanelli	5	Mondays	Begins Apr 12	10 a.m.	Mindfulness Yoga—Awakening Spirit
339	Shel Fanelli	2	Wednesdays	Begins Apr 28	10 a.m.	Supporting Immunity
340	David Eastman	1	Monday	Mar 29	10 a.m.	What Happens When You Die?
341	David Eastman	1	Friday	Apr 16	10 a.m.	What Happens When you Die?
342	Marilyn Poscic	1	Thursday	Mar 25	10 a.m.	Healing with Angels
343	Patricia Martin	1	Thursday	Mar 18	1 p.m.	Spring Equinox
344	Patricia Martin	1	Wednesday	Mar 31	1 p.m.	Five Elements Acupuncture
345	Nancy Ash	1	Monday	Apr 5	1 p.m.	Sex Trafficking in Your Neighborhood

RISE Terms for 2020 - 2021

Spring 2021 March 15 – May 7

Summer 2021..... June 7 — July 29
(no classes on Fridays during the summer)

Fall 2021 September 27 – November 19

Winter 2022 January 3 – February 25

Holidays and Closures

March 8 – 12, 2021 Spring Break

May 31, 2021 Memorial Day

September 6, 2021..... Labor Day

November 11, 2021 Veterans Day

November 22 – 26, 2021..... Thanksgiving Break

Registration for classes begins:

Spring – Friday, March 5, 2021

Summer – Friday, May 21, 2021

Fall – Friday, September 17, 2021

Winter – Friday, December 17, 2021