

LIFE PROGRAM

Learning Is ForEver

JAN/FEB/MAR 2024

WELCOME TO THE 2024 Winter Catalog

Over **80** different **ZOOM** class opportunities.

Over **40** Instructors including **17** that are brand new to our program.

New calendars, with page numbers added, for your reference.

New registration forms for both members and non-members.

A trip flyer from Community Education.

See you in class!

Kerry and Jamie

Heintz Center

1926 Collegeview Road SE-Box 50
Rochester, Mn 55904

Providing adult education, insight, and engagement

www.learningisforever.net | facebook.com/RCTCLIFE

FOR PROGRAM INFORMATION, PLEASE PHONE 507-280-3157

Supported by Rochester Community and Technical College



LIFE PROGRAM TUITION ASSISTANCE

LIFE Program tuition assistance is available as a result of a donation by a LIFE participant.
For more information, call 507-280-3157.

LIFE Program Gift Certificates Available!

For more information,
call 507-280-3157.

From the LIFE Board Chair



Hi LIFE Members,

Many people make New Year's resolutions every January. They usually revolve around improving their diet and exercise regimen. I avoid doing this. When I do make resolutions, I usually fail to keep the resolutions early on and feel like a failure. It doesn't help.

The one healthy thing I do gladly is to sign up for LIFE classes. I love reading the articles that encourage seniors to exercise their minds by learning new things. This is a pure joy for me. And I can feel virtuous while I'm doing it!

LIFE classes help me get through a long Minnesota winter. On a dark and cold day, I can get a cup of hot coffee and sit down at my computer for a journey into a new subject. The snow can fall and the wind can blow but I am cozy and happy listening to a lecture.

My advice for you is to sign up for some of the classes in this catalogue. Whether you want to travel to Bavaria or peruse the intricacies of Sputnik, it is available here. And if you don't turn on the camera you can watch in your jammies!

My New Year's resolution is to sign up for classes with the LIFE Program. Join me!

Jane Callahan, LIFE Advisory Board Chair, 2023-24

Pictured on the cover is LIFE Board Member, Debby Jacobsen.

I started work at Mayo in early 1972 and held a number of lab positions ("at the bench" and administrative) for the next 37+ years. I joined LIFE soon after retirement and have been an enthusiastic member ever since. I tend to gravitate to courses about history, but I love the wide variety of courses that LIFE offers and always find quite a few each quarter that I find enriching.

*Janet Bartz
Brenda Dicken
Peg Farrell
Tom Gaffey
Pamela Haase
Jane Hallman
Chad Israelson
Debby Jacobsen
Phil Karsell*

2023-24 LIFE ADVISORY BOARD OFFICERS

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Chair*

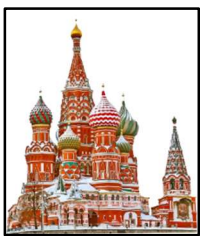
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RCTC LIFE Program – Winter 2024



Holiday Joy: Russian Winter Celebrations with Carol Veldman Rudie

In the darkness of the northern winters, holidays took on special meaning. From the celebration of Christmas through the festivities of New Year, the development of these depended much on the cultural and political context. Trace this history in a reprisal of art and crafts that has made this Russian holiday season distinct. This presentation correlates with "Winter Time Carnival", the current exhibition at the

Russian Museum of Art.

Date(s): Wednesday, January 3 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



Great Literature with Marita Heller & Betty Spitzmiller

The Great Books group meets the first Thursday of each month, September through June. We are in the midst of reading and discussing short stories and novellas from ***The Art of the Short Story***, edited by Dana Gioia and R.S. Gwynn, published in 2005 by Pearson. Please order the 1st edition of this anthology, which is available

through Barnes and Noble and Amazon as well as a few other places. This collection of stories by 52 writers, as diverse as Hemingway and Faulkner and Kafka and Flaubert, includes masterpieces from many different countries. Class fee covers the rest of the academic year, January-June.

Date(s): Thursdays, January 4, February 1, March 7 Time: 10:00 AM - 12:00 PM

of Sessions: 3 Location: Zoom

LIFE Member Fee: \$20 Non-Member Fee: \$30



The Life, Laughter, and Legacy of Robin Williams with Michelle Gibbons

When you think of comedian and actor Robin Williams, what fond memories do you have? Are you taken back to your childhood with Peter Pan in Neverland? Are you now in the magical city of Agrabah with the Genie? Or maybe you just met your charming whimsical nanny, Mrs. Doubtfire? To many, Williams' impactful talent was larger than life. Through his on-the-spot improvisational skills, genuine personality, and quick-witted humor, Williams captured the attention and hearts of many nationwide and globally. Historical presenter Michelle Gibbons will take you into the life and mind of the comic genius, Robin Williams. Gibbons will discuss Williams' famous works, movies, TV shows and success; his personal struggles and achievements; as well as the impact he made on others during and after his life. Gibbons will explain how an alien from outer space named Mork became a larger-than-life legend on Earth.

Date(s): Thursday, January 4 Time: 1:00 - 2:30 PM # of Sessions: 1 Location: Zoom

LIFE Member Fee: \$12 Non-Member Fee: \$22



Cutter Rescues-The Coast Guard's Finest Moments on the Lakes with Ric Mixter

Cutter Rescues chronicles the amazing history of four Great Lakes Coast Guard cutters; Mackinaw, Sundew, Hollyhock and Escanaba. The program profiles seven rescues that saved over 200 lives from 1934 until 1966, and

also features the tragic irony of the loss of the Escanaba, which was built in Bay City, Michigan and lost after a mysterious explosion near Greenland. Rare footage and interviews from four survivors and seven crewmembers make this a unique salute to the men and women who protect lives on our inland seas.

Date(s): Monday, January 8 Time: 10:00 - 11:30 AM # of Sessions: 1 Location: Zoom

LIFE Member Fee: \$12 Non-Member Fee: \$22

RCTC LIFE Program – Winter 2024



Barbie: The History of America's Most Famous Doll with Leslie Goddard

She might be the most famous doll in the world. For more than sixty years, Barbie has been played with, analyzed, collected, criticized and loved. In this illustrated lecture, historian Leslie Goddard delves into the history of Barbie. Learn what inspired Mattel to develop Barbie in 1959, how Barbie helped make Mattel one of the world's most successful toy companies, and what Barbie's impact has been on American culture.

Date(s): Monday, January 8 Time: 1:00 - 3:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



US China Trade Rivalry with Todd Lefko

China and the United States are engaged in a trade war. Microchips, rare earths, supply chains, the potential of a war over Taiwan, information systems, fights over the role of the dollar versus the renminbi have become part of this war.

The future of the world economy will be the result, with issues of international power and potential warfare, either directly or through proxy nations have become part of our lives. We will examine the factors involved in this conflict and their possible impact.

Date(s): Tuesday, January 9 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



The Sputnik Years with J. Kelly Beatty

Kelly Beatty is back with us to explore the birth of space exploration, highlighting Sputnik 1's launch in 1957 and the science and politics of that era.

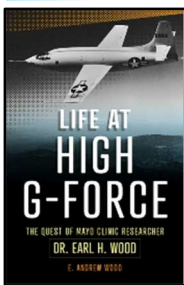
Date(s): Tues, Jan 9 Time: 1:00 - 3:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



The Life of President Franklin D. Roosevelt with Jim Gibbons

Historical presenter Jim Gibbons will present the life of our 32nd President of the United States, a man known to the world as "F.D.R." He was a man of great adversity who, though stricken with polio at a young age and confined to a wheelchair for the rest of his life, never gave up! With his infectious broad grin, positive attitude, and extreme confidence, he turned a nation's spirit around during the greatest depression in our nation's history. He stated these words, "The only thing we have to fear is fear itself!"

Date(s): Wednesday, January 10 Time: 10:00 - 11:30 AM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22

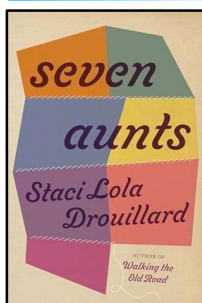


Life at High G-Force: The Quest of Mayo Clinic Researcher Dr. Earl H. Wood with Andrew Wood

Andrew Wood will discuss his biography of his father Dr. Earl H. Wood, one of Mayo Clinic's most prominent researchers. Dr. Wood was recruited by Mayo Clinic in 1942 to conduct research on gravitational physiology on their human centrifuge. Using themselves as experimental subjects, he and fellow scientists investigated the effects of acceleration and the cause of gravitational loss of consciousness. The result was a vastly improved G-suit, and self-protection straining technique which allowed allied pilots to outmaneuver Japanese and German planes and win the air battles of World War II.

Date(s): Wednesday, January 10 Time: 1:00 - 3:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25

RCTC LIFE Program – Winter 2024



She was the Cook: Food and Sustenance in Seven Aunts with Staci Drouillard

Seven Aunts (U of MN Press, 2022) is an inspired patchwork of memoir and reminiscence, poetry, testimony, love letters, and family lore. In this multifaceted, unconventional portrait, Staci Lola Drouillard summons ways of life largely lost to history and reveals the true heart and soul of that history: women who defied expectations and overwhelming odds to make a place in the world for the next generation. In this course, the author will introduce you to all seven aunts, sharing stories and leading a discussion around the themes of food, sustenance and

nourishment, and how this very rich topic relates to big, mid-western families, economic hard times and exceptions around sharing meals, managing the household and the sometimes complicated relationship that women and girls have with food. If you are interested in reading the book prior to the class, please go to <https://www.upress.umn.edu/book-division/books/seven-aunts>.

Date(s): Thursday, January 11 Time: 10:00 - 11:30 AM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22

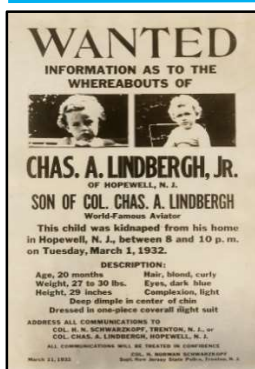


Putin's Russia: What Makes It (Still!) Tick with Dr. Asya M. Pereltsvaig

The goal of this lecture is to examine the workings of Putin's regime and what holds him in power for longer than any leader since Stalin, despite all the international pressure. We will discuss the current political, economic, and demographic situation in Russia and the roles that various individual, social, and institutional actors play.

With rapidly changing events, the lecture will be news-oriented and will aim to cover the latest development.

Date(s): Thursday, January 11 Time: 3:00 - 5:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



The Lindbergh Kidnapping Hoax with Ronelle Delmont

Was the "Crime of the Century" ever truly solved? Was Bruno Richard Hauptmann guilty of such a hideous crime as kidnapping and murdering a young child or was he framed by N. J. Police to close a difficult case? More than 80 years have passed and researchers are still wondering how Hauptmann could have been rushed into the electric chair with so many unanswered questions. Even the Governor of New Jersey, Harold G Hoffman, desperately tried to save Hauptmann's life - but failed.

Date(s): Tuesday, January 16 Time: 10:00 AM - 12:00 PM # of Sessions: 1
Location: Zoom

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



Sky Hunters with Quarry Hill

Day and night, raptors rule the sky as winged hunters. But flight is not all these birds of prey have going for them. Learn what exactly raptors are and what makes them such efficient predators. This program features a live raptor!

Date(s): Tuesday, January 16 Time: 1:00 - 2:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$10 Non-Member Fee: \$20

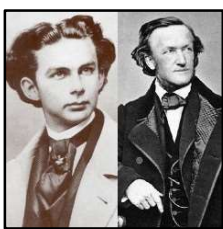
RCTC LIFE Program – Winter 2024



The Supreme Court and the U.S. Constitution with Michael Scheibach

The Supreme Court has played a major role in determining the course of American history as a result of its landmark decisions related to the U.S. Constitution. The Court's decisions have had a major impact on states' rights, presidential power, and individual rights. Moreover, the Court's interpretation of rights under the Constitution changes over time. Such decisions as Scott v. Sandford in 1854 declaring that Black Americans could never be American citizens, and Plessy v. Ferguson in 1896 upholding "separate but equal" are just two examples of decisions that reflected the era in which they were made. This presentation looks at some of the Supreme Court's more significant decisions in American history, as well as more recent decisions impacting women's rights, affirmative action, voting rights, and civil rights.

Date(s): Wednesday, Jan 17 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



Richard Wagner and King Ludwig of Bavaria—Between Music and Madness! with Anette Isaacs

The storied relationship between the brilliant and controversial composer Richard Wagner and his devoted patron, the extravagant, tragic – and mad—King Ludwig of Bavaria is legendary. Join German Historian Anette Isaacs and delve into a fascinating friendship that was defined by music, money, and a deep affection between two exceptional German cultural icons!

Date(s): Wednesday, January 17 Time: 1:00 - 2:30 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22



AI and Generative AI: Basics and Real-World Applications with Marmoun Benmamoun

We will explore the fundamentals of Artificial Intelligence (AI) and Generative AI. The session covers key concepts, technological underpinnings, and practical applications using ChatGPT and other GenAI tools. It also touches on ethical considerations and future trends in AI.

Date(s): Thursday, January 18 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



Why--and How--to Share Your Life Story with Sunny Morton

One of the most powerful and unique legacies you can leave behind is the story of who you are and where you came from. Your life stories and lessons matter--and have important effects on younger generations. Young people who know something about their family history are more resilient (even when you think they're not listening!). Those who know their family stories have a deeper sense of identity, purpose and connectedness. I'll share strategies for starting to reconstruct and share your memories and stories.

Date(s): Thursday, January 18 Time: 1:00 - 2:30 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22

RCTC LIFE Program – Winter 2024



LIFE Book Group with Steve Troutman, Facilitator

January's book is ***Good Economics for Hard Times: Better Answers to Our Biggest Problems*** by Abhijit V. Banerjee, Esther

Duflo, et al. February's book is ***Democracy Awakening: Notes on the State of America*** by Heather Cox Richardson. March's book is ***Recitatif: A Story*** by Toni Morrison. The class fee covers the rest of the academic year - January thru June.

Date(s): Fridays, January 19, February 16, March 15 Time: 10:00 AM - 12:00 PM

of Sessions: 3 Location: Zoom

LIFE Member Fee: \$20 Non-Member Fee: \$30



Molly Brant and the Native American Revolution with Richard Bell

The American Revolution was, in many important ways, an Indian War. It was a war in which ordinary Natives fought and died in great numbers; it was a war which unfolded not just in eastern coastal locations like Valley Forge, Lexington, Concord, and Yorktown, but also deep in the interior in skirmish after skirmish on the frontier between Native America and the backcountry settlements; it was a war in which ordinary Natives assumed critical, pivotal roles as war-fighters, spies, and scouts; a war that would reshape the balance of power between Europeans and Native Americans on this continent drastically and permanently. Join University of Maryland historian Richard Bell for a survey of the Revolutionary War in Native America, paying particular attention to the life and times of Molly Brant, an Iroquois woman who emerged during this long, bitter war as the most important military and cultural broker in Native America. The widow of an important British diplomat who died just before the Revolution began, Molly would spend the war years trying to hold together a fraying alliance between Britain and the Iroquois Confederacy, by speaking at war councils, bribing leaders, delivering strategic intelligence, and ministering to Native refugees displaced by the chaos around them.

Date(s): Monday, January 22 Time: 9:00 - 10:30 AM # of Sessions: 1 Location: Zoom

LIFE Member Fee: \$12 Non-Member Fee: \$22



Britain's Modern Monarch: Queen Elizabeth II with Andrew O'Brien

Queen Elizabeth II was raised in post-Edwardian splendor, and her life would span WW2, the cold war, and the age of the internet. We will explore Queen Elizabeth's role in the British state and the part that she played in the life of her son, as well as examining her personal life, especially her relationship to her mother, to her sister and her passion for dogs.

Date(s): Monday, January 22 Time: 2:00 - 4:00 PM # of Sessions: 1 Location: Zoom

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



How to Talk About Race with Anita Foeman

The topic of race can be a third rail in society. Yet, the ability to talk productively about race can allow us to have richer, deeper relationships with others, to solve problems and to build community. In this course, we will talk about how to talk about race, addressing important topics like identity, privilege, cultural styles, how to listen effectively, how to dialog with respect. Join us in an inclusive, hopeful discussion about race.

Date(s): Tuesday, January 23 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom

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

RCTC LIFE Program – Winter 2024



The Criminal Mind: Fact and Fiction with Dr. Steve Norton

This class will cover definitions of the Criminal Personality while reviewing characteristics, behavioral styles, treatment options, and connections to mental illness.

Date(s): Tuesday, Jan 23 Time: 1:00 - 3:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



The Baroque: A Grotesquely Beautiful Era (Part 1) with Taylor Hagood

Last winter, Professor Hagood gave a series of lectures on La Belle Epoque; this year, he returns to the series format, with a three-part offering on the Baroque era of the 17th and 18th centuries. This period saw the darkly beautiful work of Caravaggio, Rembrandt, Bernini, Vivaldi, Voltaire, and many other creative icons.

While this period receives much coverage in the realms of art and music, it is rarely presented along with its literature in holistic portrait. In this series, the causes, drives, and interconnections of writing, art, music, religion, and culture will be explored altogether. This opening lecture will define the term "baroque" and how it applies to the period it describes, with special focus given to writing of the period.

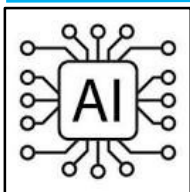
Date(s): Wednesday, Jan 24 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



Mideast Realignment with Nick Hayen

The United States and Middle East are at a crossroads. In spite of a reduced presence in the Middle East, the U.S. still has significant national interests there and the area is a key arena for global power politics. Can the U.S. continue to defend its interests in the Middle East and globally with a lower level of military and political involvement, or should it recommit to a leading role in the region?

Date(s): Wednesday, January 24 Time: 1:00 - 3:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



The Future of Autonomous Intelligence with David Staley

Rather than "artificial intelligence," it is probably more useful to refer to a host of new technologies—such as ChatGPT—as "autonomous intelligence:" an intelligent agent to which we have offloaded certain actions and tasks. One of the most important questions confronting us today, "How much autonomy will we grant this intelligence?"

Date(s): Monday, January 29 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



Britain's New King: King Charles III with Andrew O'Brien

As king-in-waiting for seventy years, Charles is the longest crown prince ever. We will explore his upbringing in the royal family, failure of his first marriage to Dianna and his unlikely love for Camilla. Uniquely in the royal family, Charles has a passion for the environment and his own private charity, the Prince's Trust. We will explore the contributions and DRAMAS made by Princes William and Harry and Kate and Meghan!

Date(s): Monday, January 29 Time: 2:00 - 4:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25

RCTC LIFE Program – Winter 2024



The SPAM™mazing Live Virtual Tour! with Terri Bergstrom

The SPAM® Museum virtual tour gives an inside look into the SPAM® Museum in Austin, MN, telling of the Hormel Foods Corporation and the growth of the SPAM® brand throughout history and throughout the world. You'll learn how Hormel Foods started over 130 years ago, how SPAM® products played a role in WWII, what REALLY makes up SPAM® Classic, the story behind the Hormel® Black Label® bacon motorcycle and so much more!

Date(s): Tuesday, January 30 Time: 1:00 - 2:30 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22



"Mary Queen of Scots: Villain or Victim?" with Jennifer Paxton

On Feb. 8, 1587, Mary, Queen of Scots, was executed for treason on the orders of her English cousin, Elizabeth I. It was a tragic end to a turbulent life. After a short-lived marriage to Francis II of France, Mary married her cousin Henry, Lord Darnley, an arrogant man with many enemies, who was assassinated in dramatic fashion. When Mary's quick marriage to one of Darnley's accused assassins led to speculation that she was part of the murder plot, she fled to England. But Queen Elizabeth, fearing Mary might act on her claim to the English throne, imprisoned her for 20 years. When she was named as a co-conspirator in a plot to kill Elizabeth, Mary's next move was to be her last: the gallows. Historian Jennifer Paxton explores Mary's life for an answer to one of history's enduring questions: Was Mary a failed conspirator or a martyr, a villain or a victim?

Date(s): Wednesday, Jan 31 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



"Nazi Titanic" & other Holocaust Era Maritime Disasters with Howard Kerner

Though the loss of over 1500 lives upon the sinking of the Titanic seems like an historical record, just 33 years later, during WW II in Europe, another shipping disaster caused the loss of six times as many! In this surprising audio/video program, we will feature generally unknown naval tragedies of the war years, how they came to be, and their alarming consequences.

Date(s): Wednesday, January 31 Time: 1:00 - 2:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$10 Non-Member Fee: \$20

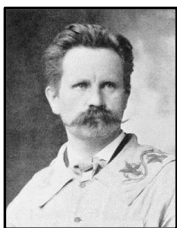


Where Did That Rule Come From? with Tom Rooney

Most sports have simple objectives (scoring a basket, a touchdown, a goal, a run). But the rule books for sports can be the size of an encyclopedia. This course will cover the background for some of the more interesting written (and unwritten) sports rules.

Date(s): Thursday, February 1 Time: 1:00 - 3:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25

RCTC LIFE Program – Winter 2024



The Talented Fjelde Family: Immigrant Artists from Norway with Kristin Anderson

In this session, we will meet the Fjelde family, immigrants from Norway who were famous and award-winning artists in late 19th century Minneapolis. Perhaps best known was Jakob Fjelde, who made the famous Hiawatha and Minnehaha statue at Minnehaha Falls and the Minnesota monument at Gettysburg. His sisters Pauline and Thomane were European-trained textile artists who won a gold medal at the Chicago World's Fair for their embroidery on the first Minnesota state flag. We will see many examples of their beautiful work in this presentation.

Date(s): Monday, February 5 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



WW2 - British Life During WWII Battle of Britain Through Winston Churchill's Eyes with Andrew O'Brien

A history of Britain's struggle for its survival from May 1940 (the fall of France) to June 1941 (the start of the war in Russia) as seen through the eyes of Winston Churchill. The course will focus on the role played by the British air force to head off a German invasion, the Blitz on London, the use of air raid shelters, radar, as well as German intelligence failures. Learn about the do and don't when around Churchill, rationing, black out procedures and sheltering in the London underground.

Date(s): Monday, February 5 Time: 2:00 - 4:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



The Our Lady of the Angels School Fire with Jim Gibbons

Historical Presenter, Jim Gibbons, offers a presentation on the 1958 tragedy in which 92 children and three nuns perished in the fire at Our Lady of the Angels School in Chicago. Inspired by reading the book, "To Sleep with the Angels: The Story of A Fire," he began researching the book and was able to contact some of the survivors.

Date(s): Wednesday, Feb 7 Time: 10:00 AM - 12:30 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$17 Non-Member Fee: \$27



Snoopy, Sparky, and Peanuts: The Life of Charles M. Schulz with Michelle Gibbons

Charles M. Schulz, nicknamed, "Sparky" was the genius cartoonist famously known for his creation of the Peanuts comic strips. Schulz brought to life the beloved characters of Snoopy, Charlie Brown, Lucy and all their friends, into the hearts and homes of Americans everywhere. Historical presenter Michelle Gibbons will discuss the life of Charles M. Schulz and his creation of the classic Peanuts' characters and storyline that became part of American culture. Gibbons will explain how Schulz became widely-known as one of the most influential cartoonists of all time, going on to receive many awards including the prestigious Congressional Medal Award signed by President Bill Clinton.

Date(s): Thursday, February 8 Time: 10:00 - 11:30 AM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22

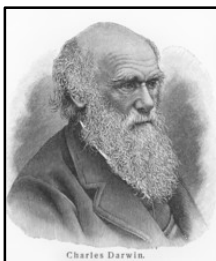
RCTC LIFE Program – Winter 2024



Innocence Project with Johnny Hincapie

In 1990, 18-year-old Johnny Hincapie was wrongfully convicted in the murder case of Brian Watkins in New York. Hincapie falsely confessed to the attack after he was physically intimidated and psychologically coerced by an investigator on the case. Hincapie testified that the cop beat him and yelled racial slurs. In 2015, based on new testimony from two witnesses as well as a co-defendant who said that Hincapie was not involved in the attack, a New York judge overturned his conviction. Hincapie was exonerated after he spent 25 years in prison for a crime he didn't commit. Today, Johnny—a gifted speaker—shares his powerful story along with education on coerced confessions and criminal justice reform at organizations across the United States.

Date(s): Thursday, February 8 Time: 1:00 - 3:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



The Life of Charles Darwin with Ronelle Delmont

English naturalist, geologist and biologist, Darwin is best known for his contributions to evolutionary biology. His legendary five year journey around the world aboard the HMS Beagle brought him to the brink of the most amazing discoveries about life on earth. His shocking proposition – that all species of life have descended from common ancestors - is now widely accepted as a fundamental concept in science.

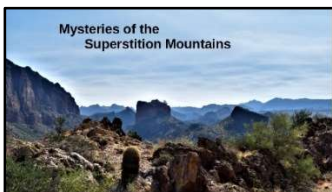
Date(s): Monday, February 12 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



"The Beatles and the Ed Sullivan Show: 60 Anniversary of the Night that Changed America" with John Lyons

Sixty years ago, the Beatles made their first visit to the United States and their live debut on American television on The Ed Sullivan Show on February 9, 1964. To commemorate this momentous event, author John F. Lyons examines the impact of the Beatles' appearance on an expectant public. Parents were bemused by what they saw, but their children thought that the long-haired foursome were the greatest thing to ever hit America. Many picked up musical instruments, formed bands, and ushered in one of the most exciting eras in American history. Through the use of music, video and photographs from the 1960s, this highly entertaining presentation reveals hitherto untold stories of the Beatles' first visit to the USA.

Date(s): Monday, February 12 Time: 1:00 - 3:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



Mysteries of the Superstition Mountains with David Czaplicki

Per square mile, the Superstition Mountains are the most dangerous mountains in the world. Over 600 people have died or gone missing. We will examine many of these cases.

Date(s): Tuesday, February 13 Time: 10:00 AM - 12:00 PM

of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25

RCTC LIFE Program – Winter 2024



Buster Keaton: Existential Slapstick with David Misch

Silent film comic Buster Keaton is recognized as one of the most daring, inventive and hilarious comedians ever. (And the subject of two biographies last year.)

Using copious clips, we'll look at how Keaton's art springs from the beginnings of comedy – the mythical Trickster – and how, without dialogue, he employs almost every other element of cinema. Join us for an overview of Keaton's amazing career, from his first (and pretty much last) onscreen smile at age 22 to doing pratfalls at 70, scenes that show both his cinematic ingenuity and almost unbelievable physicality, including both the most expensive and the most dangerous stunts in Hollywood history. See why Orson Welles called Keaton "a supreme artist" and, not incidentally, really really funny.

Date(s): Tuesday, February 13 Time: 1:00 - 2:30 PM # of Sessions: 1 Location: Zoom

LIFE Member Fee: \$12 Non-Member Fee: \$22



Carolina Tiger Rescue - Virtual Tour

Carolina Tiger Rescue is the only federally accredited and Global Federation of Sanctuaries accredited wildcat sanctuary in North Carolina. We are home to over 50 animals including tigers, lions, and servals who were rescued from roadside zoos or private owners, and they will live out the rest of their lives at the sanctuary. Join us for a virtual tour to meet some of our residents and hear their stories.

Date(s): Wednesday, February 14 Time: 10:00 - 11:30 AM # of Sessions: 1 Location: Zoom

LIFE Member Fee: \$12 Non-Member Fee: \$22



White Bear's Notorious Gangsters with Sara Markoe Hanson

The White Bear area was a haven for the 1920s and '30s era gangsters who wanted to get away from it all. Join us to hear the tales of infamous visitors such as Ma Barker, Alvin "Creepy" Karpis and Baby Face Nelson.

Date(s): Wednesday, February 14 Time: 1:00 - 2:30 PM # of Sessions: 1

Location: Zoom

LIFE Member Fee: \$12 Non-Member Fee: \$22



Becoming Greenlanders: A Premodern Immigration Story with Dr. Marguerite Ragnow

What makes a people indigenous? The story of the settlement of Greenland is long and complex, starting with migrations across the North American continent from the Pacific Northwest, through the Viking era, and into the 21st century. James Ford Bell Library curator, Dr. Marguerite Ragnow, will explore the layers of immigration to Greenland, linking the past to the present as Greenlanders continue to pursue their independence.

Date(s): Thursday, February 15 Time: 10:00 - 11:30 AM # of Sessions: 1 Location: Zoom

LIFE Member Fee: \$12 Non-Member Fee: \$22



RCTC LIFE Program – Winter 2024



Leningrad Underground with Carol Veldman Rudie

Understanding Soviet-era works of art from a less explored corner of the Soviet-era non-conformist artists means examining the long tradition of art in St. Petersburg. Unlike Moscow, Leningrad's unofficial art scene is less well-known, while at the same time creating a variety of styles and personalities. This overview touches on the ways in which tradition forms both the official art of the 20th century and the alternative

work that develops in its shadow.

Date(s): Thursday, February 15 Time: 1:00 - 3:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



Independence Lost: The American Revolution and the Invasion of India with Richard Bell

The Indian subcontinent had long been the target of British land grabs, and Indian rulers tried to use the distraction of American secession to push Britain out of Asia entirely. Consider Haidar Ali, the ruler of Mysore. By war's end, Ali and his son Tipu Sultan had put Britain firmly on the backfoot, forcing King George to order an all-or-nothing troop surge to India—a dramatic Swing to the East in which the independence of the entire subcontinent hung in the balance.

Date(s): Tuesday, February 20 Time: 9:00 - 10:30 AM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22



History of Smokejumping--Firefighters From The Sky with Chuck Sheley

This class will describe the development of a new way to deliver wildland firefighters--by parachute. We will go over the evolution of the program from 1940 to current day. We will also discuss Smokejumpers and the CIA, looking at the interesting connection to worldwide CIA events.

Date(s): Tuesday, February 20 Time: 1:00 - 2:30 PM # of Sessions: 1
Location: Zoom

LIFE Member Fee: \$12 Non-Member Fee: \$22



Life in the (NOT SO) Fabulous 1950's with Michael Scheibach

"Life in the 1950s" explores one of America's most pivotal decades. A decade that saw the heating up of the Cold War and the re-emergence of the civil rights movement, as well as a resurgence in the economy, the rapid expansion of suburbia, a burgeoning consumer society, advances in technology, especially television, the beginning of the baby boom generation and the birth of rock and roll. This multimedia presentation explores what life was like for parents and for children in a decade often called "The Fabulous Fifties."

Date(s): Wednesday, February 21 Time: 10:00 - 11:30 AM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22

RCTC LIFE Program – Winter 2024



The Rise and Fall of the Berlin Wall with Anette Isaacs

Immerse yourself in the captivating narrative of Berlin's history, where the Wall's construction on August 13th, 1961, marked a somber chapter in Germany's story. Yet, on November 9th, 1989, the world witnessed a remarkable transformation as the Wall came down, symbolizing unity and a brighter future. As we approach the 35th anniversary of this monumental event, join German Historian Anette Isaacs in honoring the resilience and progress that define Berlin's remarkable journey.

Date(s): Wednesday, February 21 Time: 1:00 - 2:30 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22



The Stoppel Farm with Olmsted County Historical Society

In 1856, two Stoppel brothers, Francis, usually called Joseph, and George settled side by side in Rochester Township and began building their lives here. George and Joseph came to Minnesota from Germany in the 1840s by way of Rochester, NY and Cincinnati, OH. The History Center of

Olmsted County is located on the grounds of their farmstead and is working to preserve the buildings for future educational experiences. This lecture will share more of the Stoppel family history, look at the German farmstead buildings the Stoppel brothers built, and talk about what the future of the buildings (and HCOC) looks like.

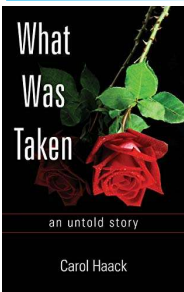
Date(s): Thursday, February 22 Time: 1:00 - 2:30 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22



WW1 - British Life on the Home Front in WWI with Andrew O'Brien

Rather than focus on the war in France and Belgium, this course will examine life on the home front in Britain from 1914-18. This course will explore the role of women in the factories and the fields, the conscription of men to the front, the food shortages as well as the part played by conscientious objectors. Under attack by nationalists in Ireland and suffragists in England, the UK was more socially polarized than it had ever been. Women will make REAL economic gains, but these same will lose them when the men return home.

Date(s): Monday, February 26 Time: 2:00 - 4:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



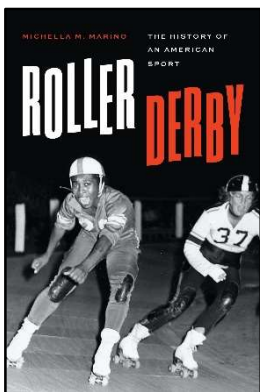
Rochester Forgotten Serial Killer with Carol Haack

For 30 years, Carol Haack believed she was the only person, besides his family, that David Torgerson had tried to kill. Years after David rolled her limp body in barbed wire and kicked her off a ravine, Carol was reading microfiche newsprint and discovered there were others. **What Was Taken** is a tribute to those other victims. Set in the 1960's and 70's, Carol Haack retells her story of an ordinary day in Austin MN that turned tragic as she was almost murdered at the hands of a serial killer.

This could have been the end of the story, but David Torgerson would be released to kill again, thus impacting eight families from Austin, Rochester, and the Twin Cities. **What Was Taken** was written to honor victims and trauma survivors as well as an expose of psychiatric and judicial system missteps - all issues we still grapple with today.

Date(s): Tuesday, February 27 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25

RCTC LIFE Program – Winter 2024



The People's Sport: The History of Roller Derby in America with Michella Marino

In this class, Dr. Michella Marino explores the long history of roller derby as it skated a thin line between sport and spectacle from its inception in 1935 to the present. She highlights the fascinating gender dynamics of the co-ed sport and its progressive inclusion of mothers and promotion of motherhood. Roller Derby, while both beloved and spurned for its hard hits, edgy attitude, and fast-paced action, offers insight to and lessons about American sporting culture.

Date(s): Tuesday, February 27 Time: 2:30 - 4:00 PM # of Sessions: 1

Location: Zoom

LIFE Member Fee: \$12 Non-Member Fee: \$22



The Baroque: Art Out of Control (Part 2) with Taylor Hagood

In this second part of the series on the Baroque, Professor Hagood delves deeply into the architecture, sculpture, and painting of the 1600s-1750s. In many ways, the art of the period expresses the conflicted nexus of the period. Not only will attention be given to specific artists and their works but also the products, techniques, and technical innovations of the era's artists. The lecture will highlight

such figures as Caravaggio, Rubens, Bernini, Rembrandt, Velázquez, and Vermeer.

Date(s): Wed, February 28 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom

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



Nazis and Other Highly Unlikely Holocaust Heroes with Howard Kerner

Among those who resisted the Nazis and rescued Jews during the Holocaust, were some surprising and unlikely people. In this uplifting presentation we will profile some amazing individuals including members of the Nazi party and royal family members who chose to risk their lives to help save persecuted Jews.

Date(s): Wednesday, February 28 Time: 1:00 - 3:00 PM # of Sessions: 1 Location: Zoom

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



What's Wrong with Our Schools? with Bruce Marlowe

In the fall of 2020, I took 23 USCB students to Finland. They were struck by the happiness and academic engagement of Finnish school children. Why, my students asked, don't American schools look like this? In this talk, I will argue that first, there really is something terribly wrong with our schools, and, second, that what is happening is a reflection of the broader erosion of public goods and services occurring throughout the United States and in much of the Western world.

Date(s): Thursday, February 29 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom

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

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RCTC LIFE Program – Winter 2024



Earthquakes in Turkey and Syria with Kenneth Verosub

Two weeks before the February earthquakes in Turkey, Ken Verosub was in Turkey, looking at, among other things, the seismic resistance of structures in the region. In this talk, he will share his information and observations about the earthquakes that took place in southeastern Turkey and northwestern Syria. He will talk about the geologic,

geographic and historical context for these earthquakes; the factors that contributed to the widespread collapse of buildings and the massive loss of life (over 60,000 people); and the sociological, cultural, economic, engineering and political consequences of this disaster.

Date(s): Thursday, February 29 Time: 1:00 - 2:30 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22



Great Lakes Treasure - Legendary Supposed Treasure Ships and Gold on the Great Lakes with Ric Mixer

The search for treasure on the Great Lakes has been the quest of many shipwreck hunters. Cargoes of pure copper exist on many wrecks, and the rumor of ships laden with gold salaries have not only consumed the minds of many, but also taken their own fortunes as men searched the lakes in vain.

This class will explore a Canadian venture that dissected a famous steel wreck from the 1913 Storm in search of four million dollars in gold. Ric will also highlight the 1969 quest to raise a lost schooner that was successful in bringing the Alvin Clark to the surface, but ultimately destroyed this one-of-a-kind treasure on the surface and also talk about Lake Michigan's chests of gold near Poverty Island, a supposed pay-off to fund confederate troops during the Civil War. Finally, he'll show some real treasure, not in the form of gold or silver, but in a brass bell that has brought millions of dollars to those who retrieved it from Lake Superior's icy depths.

Date(s): Monday, March 4 Time: 10:00 - 11:30 AM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22



Chicago Music Scene of the 1960s with John Lyons

With music, rare photographs, and insider stories, author John F. Lyons takes us back to the 1960s and to one of the most exciting eras in Chicago music history. During that decade, more people were involved in making music in the Windy City and its suburbs than at any other time in the city's history. A

multitude of recording studios, night clubs, record labels, and radio stations supported a variety of innovative and exciting musical forms, from electric blues to smooth soul, and from contemporary folk to garage rock, that made Chicago the music capital of the world.

Date(s): Monday, March 4 Time: 1:00 - 3:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



How Do You Wear Your Genes with Eric Matey

This class will focus on the role of pharmacogenes in relation to some prescribed and over the counter medications. Focusing on efficacy and potential adverse effects of these medications.

Date(s): Tuesday, March 5 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25

RCTC LIFE Program – Winter 2024



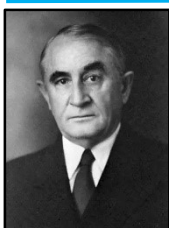
In Focus: Leonardo's Last Supper with Kristin Anderson

Widely known but only partly understood, Leonardo's Last Supper rivals his Mona Lisa as one of the most famous paintings in western art.

Leonardo altered the then-familiar formula for images of the Last Supper to create a new standard for depictions of this story. In this presentation,

we will look closely at the painting's setting, its history, and its many intriguing details.

Date(s): Wednesday, March 6 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



Dr. Charlie Love of Soil

This lecture will discuss Dr. Charlie Mayo and his influence with the Country Life Movement of the early 20th Century. The movement was a social movement which sought to improve the living conditions of rural communities. Dr. Charlie was influenced by the movement and cultivated new ideas for the rural areas of Rochester and Olmsted County.

Date(s): Thursday, March 7 Time: 1:00 - 2:30 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22



Royal Life at a VERY British Castle: Windsor with Andrew O'Brien

Explore England's most famous castle and royal residence. What would a visit to a medieval castle in the 1350s be like? What would you wear? What would you eat? How would you be entertained? How does the royal family live in Windsor Castle now? Learn about Megan Markle and Prince Harry's wedding. What happens to prepare for a state banquet? Learn about the royal family's peculiar

ways to be thrifty. Explore the treasures of Windsor including Queen Mary's dollhouse, Henry VIII's suit of armor and the clothes that Napoleon wore the night before the battle of Waterloo.

Date(s): Monday, March 11 Time: 2:00 - 4:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



The Underground Railroad and the Road to Freedom with Timothy VanCleave

Join a virtual presentation with the Harriet Tubman Underground Railroad National Historical Park Ranger, Tim Van Cleave, and explore the multifaceted narrative of the Underground Railroad and its profound influence on human

freedom. This historical journey delves beyond the common portrayal of northern abolitionists versus southern slaveholders, revealing a dynamic tapestry woven by diverse groups. Through the lens of individuals like Harriet Tubman, Free Black communities, Quakers, and Abolitionists, discover the intricate web of connections that empowered Freedom Seekers toward Canada or even Mexico. Delve into the strategies of the Underground Railroad - zigzagging through intricate routes, pathways, and waterways - and uncover its role in igniting change across regions. Join us to unearth the captivating stories of resilience, collaboration, and liberation that shaped a pivotal era.

Date(s): Tuesday, March 12 Time: 10:00 - 11:30 AM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22

RCTC LIFE Program – Winter 2024



The Wrong Side of History: Loyalists in the American Revolution with Richard Bell

The loyalists were the losers of the American Revolution. The Americans who rejected independence and who fought to keep the colonies safely within the bosom of the British Empire lost almost everything when the patriots declared victory at the Battle of Yorktown in 1781. History quickly lost sight of them in the years afterwards and looking back now, it's hard to understand why so many ordinary Americans were actually bitterly opposed to the break with Britain and the birth of a new nation. Join University of Maryland historian Richard Bell as he takes us back in time to examine the American Revolution from their perspective. Focusing on individuals with compelling personal stories, Bell challenges deep-rooted stereotypes of loyalists as sycophantic, cowardly, and selfish persons of means and demonstrates that to understand who the loyalists were, and what they experienced, is to better understand the stakes of the entire American Revolution.

Date(s): Tuesday, March 12 Time: 1:00 - 2:30 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22



Notorious: The Life of Justice Ruth Bader Ginsburg with Michelle Gibbons

Supreme Court Justice Ruth Bader Ginsburg was a woman who knew if you are going to make a change, you have to initiate the change yourself. An inspiration to many, her strong will, persistence, and influential role in women's rights led her to become an icon to many Americans. As Superman would say, Ginsburg stood for, "Truth, Justice, and the American way" and was seen as a hero to many. Michelle Gibbons will discuss the life of Ruth Bader Ginsburg, a woman who flourished in the role as Supreme Court Justice for 27 years. A woman who was named one of the 100 Most Powerful Women in 2009; Glamour magazine's "Woman of the Year" in 2012; and Time magazine's most 100 influential people in 2015. A woman who knew that "if you're going to change things, you have to be with the people who hold the levers."

Date(s): Wednesday, March 13 Time: 10:00 - 11:30 AM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22



Goodness Knows no Age: Teen Rescuers of the Holocaust with Howard Kerner

Although most of the wonderful altruists who rescued Jews during the Holocaust were adults, there were an astonishing number of brave young people who similarly risked their lives to save Jews and obstruct the Nazi cruelty. These unknown stories of courageous teens are a testament to the power of youthful idealism and goodness. Learn about these courageous youths and be inspired!

Date(s): Wednesday, March 13 Time: 1:00 - 3:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



The Life of Amelia Earhart with Jim Gibbons

Historical presenter Jim Gibbons will present the life of the woman known as "Lady Lindy" - an American Aviation legend that on her final flight simply vanished. Did she drown at sea, or land on an island to live out the rest of her life? Was she taken captive by the Japanese and imprisoned as some claim or was she a spy for the United States Government? Gibbons will present the life and death, and the facts and theories of America's legendary first woman aviator.

Date(s): Thursday, March 14 Time: 10:00 - 11:30 AM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22

RCTC LIFE Program – Winter 2024



Minnesota Sports: A History of Heartbreak with Tom Rooney

Calamity, curse, nightmare, misfortune, tragedy: Minnesota sports teams have a history of breaking the hearts of the state's loyal fans. So get out your crying towels because in this course, we'll re-live some of the best (read: most tormenting) of these events.

Date(s): Thursday, March 14 Time: 1:00 PM - 3:00 PM # of Sessions: 1

Location: Zoom

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

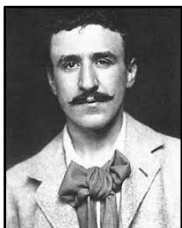


Oppenheimer with Ronelle Delmont

Born in New York City to Jewish immigrants from Germany, Oppenheimer was recruited to work on the Manhattan Project, in 1943 as director of the Los Alamos Laboratory in New Mexico. When Oppenheimer was stripped of his political influence in 1954, he symbolized for many the folly of scientists who believed they could control the use of their research, and the dilemmas of moral responsibility presented by science in the nuclear age.

Date(s): Monday, March 18 Time: 10:00 AM - 12:00 PM # of Sessions: Location:

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



Charles Rennie MacIntosh with Ken Allsen

Charles Rennie MacIntosh was an innovative architect and artist practicing from 1885 to 1920 in Glasgow, Scotland. As part of the European Art Nouveau Movement, his astounding buildings reinterpreted the past and opened the way to modernism in architecture. This class will give a survey of his career, and also explore his influence on the progressive architects of the Prairie School era in the United States.

Date(s): Monday, March 18 Time: 1:00 - 3:00 PM # of Sessions: 1 Location: Zoom

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



Climate Technology and Competition with Todd Lefko

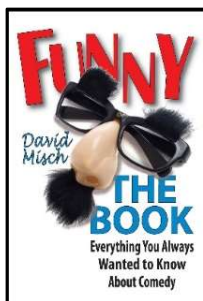
The climate is changing in Minnesota and around the world. Warming weather, changing ocean currents affecting fish supplies, the melting of glaciers, the rise in ocean levels, the emergence of climate migrants, the demands upon energy and workforce threats reflect what we have ignored for years. We will discuss if change is possible and if the change will be too late to save our environment and lifestyles.

Date(s): Tuesday, March 19 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom

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

**Encourage a friend to attend a LIFE class.
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RCTC LIFE Program – Winter 2024



Comedy vs. the Apocalypse with David Misch

Nowadays our inboxes are filled with memes, cartoons and jokes about our continuing political, economic and environmental disasters. And even though each one is another reminder of a horrible situation, we laugh. Why? Because we have to; laughter is critical in terrible times because it reminds us we can still feel joy and that the purpose of life is to do more than just survive. No matter the circumstances, people always crave what author Phillip Pullman calls “the value of simple delight.” Comedy vs. the Apocalypse looks at how comedy fights tragedy

with a different kind of distancing: lightening the frightening things by making them seem ridiculous. Laughter’s benefits are more than just psychological; physicians have long known that humor has real health effects. And not just doctors: “A merry heart doeth good like a medicine,” says no less an authority than God. Join David Misch, Mel Brooks, Samuel Beckett, Sarah Silverman, Charlie Chaplin, Laurel & Hardy and Key & Peele to see how comedy has always laughed at tragedy – from the Black Death to the Holocaust to 9/11 – how we’re doing it now, and how humor can help get us thru tomorrow.

Date(s): Tuesday, March 19 Time: 1:00 - 2:30 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22



The Baroque: Music of the Dark Divine (Part 3) with Taylor Hagood

The final lecture in the Baroque series turns to the music of the era. Professor Hagood will trace the development of new ways of thinking about composition and performance as well as the invention of new instruments to create the distinct sounds of the Baroque era. The major

figures of the period—from Scarlatti to Vivaldi to Handel to Bach—will then be presented alongside their work, with focus given to the ways they used the abstract depths of music to access the spirit of their time. The lecture, and the series, will conclude with a consideration of the legacy of the Baroque.

Date(s): Wednesday, March 20 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25

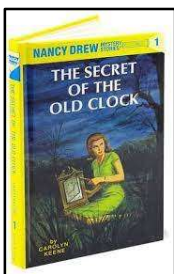


Contemporary Lessons & Holocaust Survivor Meet and Greet with Museum of Tolerance

Explore some of the Museum of Tolerance's most moving interactive exhibits examining themes such as dynamics of discrimination, personal responsibility and democracy and diversity. The session is designed to draw connections from history to current events and spark personal reflection on how to create the changes we seek. Conversation will focus on the impact of hate and hate crimes, media literacy and personal responsibility. After our discussion with MOT we will join a live Zoom to hear a Holocaust Survivor describe their experience during World War II.

Date(s): Wednesday, March 20 Time: 2:00 - 4:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25

RCTC LIFE Program – Winter 2024



The Mystery of Nancy Drew with Leslie Goddard

Ninety years ago, a plucky detective stepped out of her blue roadster and into the hearts of readers. The brainchild of publisher Edward Stratemeyer, Nancy Drew proved that a strong heroine with style and bravery could win huge popularity. Join historian Leslie Goddard, Ph.D., to explore the history of America's favorite girl detective. Who was Carolyn Keene, author of the series? Why did this girls' book series, more than any other, captivate generations of readers?

Date(s): Thursday, March 21 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



St. Patrick: The Man and the Myth with Jennifer Paxton

Did St. Patrick really drive the snakes out of Ireland? Much of what we think we know about St. Patrick is actually mythical, but the truth is even more interesting. In this talk, historian Jennifer Paxton will look at the surprising story of the apostle of the Irish, who endured slavery, capture by pirates, and backstabbing church politics on the way to converting Ireland to Christianity. St. Patrick speaks to us today as a model for perseverance in the face of hardship and persecution. Thanks to Irish immigrants, who brought the story of St. Patrick with them to their new homes, the whole world can celebrate his example on March 17!

Date(s): Monday, March 25 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



British Icon: Westminster Abbey with Andrew O'Brien

Explore 1,100 years of British royal history. Learn about the famous weddings and coronations at the Abbey. Did you know that Queen Victoria had to have food breaks, since the coronation lasted five hours? Learn how the British throne became covered in graffiti. Learn about famous weddings, coronations and the crown jewels. Discover the unexpected people buried at the Abbey as well as Queen Elizabeth I and Queen Mary Tudor.

Date(s): Monday, March 25 Time: 2:00 - 4:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



Pluto's Amazing Story with J. Kelly Beatty

Take a tour of this distant world and follow its history from discovery in 1930 to its planethood "demotion" and the latest results from NASA's New Horizons mission.

Date(s): Tuesday, March 26 Time: 10:00 AM - 12:00 PM # of Sessions: 1
Location: Zoom

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



The 1850's with Chad Israelson

As the US progressed toward Civil War, the country continued to change rapidly: economically; industrially; and politically among other ways. This course will cover the events of the 1850s that caused the Civil War as well as the things that helped set the stage for the transformation of a mostly agrarian country, into a super power.

Date(s): Wednesday, March 27 Time: 10:00 AM - 12:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25

RCTC LIFE Program – Winter 2024



NATO's Future with Nick Hayen

Since the Russian invasion of Ukraine in February 2022, the North Atlantic Treaty Organization (NATO) has come under increased scrutiny, not because NATO troops are involved in the conflict, but because of its role in relations between Russia and its neighbors. Will expanding membership in NATO protect countries, or will it further provoke Russia?

Date(s): Wednesday, March 27 Time: 1:00 - 3:00 PM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$15 Non-Member Fee: \$25



Owls Through the Ages with Owl Center

Owls are omens of death. Owls are creator beings. Owl eggs can cure serious diseases. These are all views that are currently held in different cultures on different continents. Why is it important to understand these different cultural beliefs? Because conservation efforts depend heavily on cultural attitudes.

Where people have positive attitudes towards owls it is much easier to promote actions that are beneficial to owls. If people fear them, they will be more likely to want to kill owls than conserve them. Education and personal gain have both been successfully used by several innovative individuals to make the world a better place for owls. This presentation will take you on a tour around the world and throughout history to see how owls have been viewed, and hear inspiring stories of people who are creatively changing negative views.

Date(s): Thursday, March 28 Time: 10:00 AM - 11:30 AM # of Sessions: 1 Location: Zoom
LIFE Member Fee: \$12 Non-Member Fee: \$22

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Instructor Biographies



Ken Allsen is a freelance architectural historian, author and artist. He has taught LIFE classes for years with topics in architectural and local history. Ken has authored five books covering local and regional architectural history. He also volunteers at the History Center of Olmsted County, Mayo Clinic Archives and Assisi Heights where he conducts architectural tours. **Page 19.**



Kristin Anderson is a Professor of Art at Augsburg University in Minneapolis. Her courses include art history and architectural history surveys as well as more specialized offerings such as American Art, Scandinavian Art, and Women and Art. A graduate of Oberlin College, Kristin has master's degrees in art history (University of Minnesota) and church history (Luther Seminary) as well as a Ph.D. in American Art, Architecture, and Popular Culture from the University of Minnesota. **Pages 10 and 17.**



J. Kelly Beatty is an award-winning science journalist and astronomer. During the 1980s he was among the first Western journalists to gain direct access to the Soviet space program. Kelly is a former Senior Editor of Sky & Telescope magazine (serving over 40 years) and former editor of Night Sky magazine. Now retired from the magazine, he remains actively involved in many Sky & Telescope articles, tours, and other projects. He holds a Bachelors degree in geology from the California Institute of Technology and a Master's degree in science journalism. Specializing in planetary science and space exploration, Kelly conceived and edited The New Solar System, considered a standard reference among planetary scientists. **Pages 4 and 21.**



Richard Bell is Professor of History at the University of Maryland and author of ***Stolen: Five Free Boys Kidnapped into Slavery and their Astonishing Odyssey Home*** which was a finalist for the George Washington Prize and the Harriet Tubman Prize. He has held major research fellowships at Yale, Cambridge, and the Library of Congress and is the recipient of the National Endowment of the Humanities Public Scholar award and the 2021 Andrew Carnegie Fellowship. He is a Trustee of the Maryland Center for History and Culture and a fellow of the Royal Historical Society. **Pages 7, 13 and 18.**



Mamoun Benmamoun, Ph.D. is an Associate Professor and Online Teaching Fellow for Reinert Center for Transformative Teaching and Learning. Dr. Ben has a Ph.D. in Policy Analysis and Evaluation and an MBA in International Business and Finance from Saint Louis University. His research interests include International E-Business Strategy, Application of AI and Analytics in International Business Decision Making. He has been the co-author of several reviews and journal articles as well as is the recipient of X-Culture Global Education Award (2020), Beta Gamma Sigma Outstanding Teacher Award (2016), and Distinguished Service Award, Saint Louis University (2012). **Page 6.**



Terri Bergstrom has been with Hormel Foods for five years, beginning in 2016 with the opening of the newest SPAM® Museum. Living in Austin her whole life, she has raised two boys who have grown up to be amazing young men and she is delighted to be a grandma to a four year old granddaughter! At the museum she is amazed every day as visitors come from all over the world with stories of their travels and their connections to the SPAM® brand. She has a great team of SPAMBassador™ to work with and is so happy to be apart of the SPAM®ily! **Page 9.**



The **Carolina Tiger Rescue** is working to saving and protecting wild cats in captivity and in the wild. Their rescues come from private owners, mom and pop zoos traveling circuses and other facilities as a result of being abandoned, relinquished, or confiscated by authorities. Working towards a day when wild cates are living in their native habitat and are not exploited by humans, the Carolina Tiger Rescue believes that advocacy is an important part of their mission. **Page 12.**



David Czaplicki is an author of three novels including his latest, ***The Superstitions Hidden Secrets***. Originally from Western New York, Mr. Czaplicki relocated to Arizona, at the base of the Superstition Mountains, where he now enjoys semi-retirement splitting his time between writing, his family, his career and spending time in the Superstition Mountains. **Page 11.**



Ronelle Delmont is a long-time resident of Greenwich Village in NYC and was a newcomer to Florida's lecture circuit when she began an unexpected career in public speaking. She is an adjunct professor at FIU where she received her degree in International Relations in 1996. She also presents lectures on a wide variety of topics for the Lifelong Learning Society at Florida Atlantic University in Boca Raton and NOVA. Her stimulating book and varied lecture topics are always meant to provoke thought and be entertaining at the same time. **Pages 5, 11 and 19.**



Staci Lola Drouillard is a Grand Portage Band of Ojibwe direct descendant. She lives and works in her hometown of Kitchibitobig-Grand Marais, on Minnesota's North Shore of Lake Superior. Her first book ***Walking the Old Road: A People's History of Chippewa City and the Grand Marais Anishinaabe*** (UMP, 2019) won the Hamlin Garland Prize in Popular History and the Northeastern Minnesota Book Award for nonfiction and was a finalist for a Minnesota Book Award. Her second book ***Seven Aunts*** (UMP, 2022) won the 2023 Minnesota Book Award and the Northeastern Minnesota Book Award for Memoir and Creative nonfiction. Staci works as a radio roducer for WTIP North Shore Community Radio and authors the monthly column Nibi Chronicles for Great Lakes Now, a branch of Detroit Public Media. **Page 5.**



Dr. Anita Foeman is Professor Emerita of the Communication and Media Department at West Chester University. She received her Ph.D. from Temple University in 1982. Dr. Foeman was one of the first in her field to publish on diversity in the workplace as a positive development, her publication record and consulting work is extensive. For the past two decades, Dr. Foeman's research has examined identity based on ancestry DNA data. This project has ancestry tested over 3000 individuals and is the most extensive project of its kind. Her work has received coverage in The New York Times, The Washington Post, Here & Now on NPR, the BBC News Hour, National Geographic Magazine, National Geographic Explorer, and NOVA. Her coauthored book ***Who Am I? Identity in the Age of Consumer DNA Testing*** was released in February 2021 and received an award for Most Promising Textbook in 2022. She completed two Wondrium courses, Identity in the Age of Ancestral DNA and How to talk About Race. She is also working with a research team on people who discover unexpected parentage based on DNA findings. **Page 7.**



Jim Gibbons, a Marengo, IL resident and historical presenter, has made a name for himself teaching the importance of history. Using his passion for and strong knowledge of history, Jim offers over 176 riveting presentations topics Jim has been researching history and historical figures since he was in college. Using his slogan, "Life is no mystery when you know your history," he has a passion for retelling historical stories of presidential, world, and United States history, with a strong emphasis on how history continually repeats. Jim's goal is to not only teach the important parts of history, but to point out that if history's warnings are heeded, mankind stands to have a brighter future. **Pages 4, 10, and 18.**



Michelle Gibbons is making a name for herself teaching the importance of history. Through her passion for history and training from her father, Michelle debuted at several locations in early 2020. Michelle received her BA Degree from NIU in 2008 with double majors in Journalism and English and a minor in Political Science. Using her father's slogan, "Life is no mystery, when you know your history", her goal is to not only teach the important parts of history, but to help others learn its value in today's society. **Pages 3, 10, and 18.**



Leslie Goddard, Ph.D., is an award-winning historian who has been presenting on topics in American history and women's history for nearly twenty years. She holds an interdisciplinary Ph.D. from Northwestern University (U.S. History/American Studies/Theater History) as well as master's degrees in both museum studies and in theater. A former museum director, she currently works full-time as a public speaker and author. Her presentations have been seen by audiences in more than thirty states, including scores of universities, museums, libraries, festivals, and civic organizations. **Pages 4 and 21.**



Carol Haack holds a BS in English/Psychology and an MA in Communications. She has written two other works of nonfiction and has been recognized for her poetry and short fiction. She worked as a technical writer for several corporations before pursuing her love of teaching. You can watch a video about Carol's recently released fiction book, **Thumbprint**, on YouTube. Carol has retired from teaching and now lives with her rescue pup in a mountain town in Arizona. **Page 14.**



Nicholas Hayen is the Marketing & Communications Manager, with Global Minnesota since February 2022. Nick manages Global Minnesota's external communications and marketing strategy including newsletters, social media, website updates, media relations, The World Thread blog, and The Global Minnesota Podcast. Nick has a passion for international affairs education and the promotion of global engagement. In particular, Nick strives to help Minnesotans understand how global events and issues matter locally. He firmly believes that we can all become better citizen diplomats when we translate the benefits of international connections and global engagement for all Minnesotans. In this role, Nick helps to grow and expand Global Minnesota's audience via email marketing campaigns, social media promotion, media outreach, and by telling the compelling stories of Minnesota's international connections. Nick originally grew up in the small town of Mitchell, South Dakota. He completed his undergraduate degree in World History from South Dakota State University. After completing a Master's degree in Middle East History with an emphasis on International Relations from the University of Utah, Nick and his family moved to Minnesota in 2014. Nick currently also serves as President Emeritus of the Minnesota International NGO Network (MINN) and sits on the Minnesota Advisory Committee for the U.S. Global Leadership Coalition. In what little spare time he has, Nick enjoys biking, gardening, and collecting vinyl records. **Pages 8 and 22.**



The **Olmsted County Historical Society** was established in 1926 by Burton Eaton and several other founding members with the intention of collecting and preserving the history of Olmsted County. Our first museum opened in the basement of the Rochester Public Library in 1940. In 1959, we moved into what had been the Bethel English Lutheran Church, but soon outgrew the space. We then built a new museum building on land purchased in southwest Rochester in 1972, where we have been collecting, preserving, and educating ever since. In 2006, the Olmsted County Historical Society began doing business as the History Center of Olmsted County (HCOC). **Pages 14 and 17.**



Taylor Hagood has been lecturing in the LIFE program since 2021. A professor of American literature at Florida Atlantic University, he lectures on a range of topics in literature, art, music, history, and travel. He is the author of multiple books, including the biography/true crime ***Stringbean: The Life and Murder of a Country Music Legend***; ***Faulkner's Imperialism: Space, Place, and the Materiality of Myth; Secrecy, Magic, and the One-Act Plays of Harlem Renaissance Women Writers***; and ***Faulkner, Writer of Disability***, winner of the C. Hugh Holman Award for Best Book in Southern Studies. **Pages 8, 15, and 20.**



Marita Heller is retired from careers in Education and Human Resources. She has an MA in history from the University of Iowa and in Business Administration from Stanford University. **Page 3.**



The Innocence Project works to free the innocent, prevent wrongful convictions, and create fair, compassionate, and equitable systems of justice for everyone. Founded in 1992 by Barry C. Scheck and Peter J. Neufeld at the Benjamin N. Cardozo School of Law at Yeshiva University, the organization is now an independent nonprofit. Our work is guided by science and grounded in anti-racism. The Innocence Project is committed to helping each person we represent rebuild their life and working to prevent future wrongful convictions. The organization provides holistic re-entry support, working closely with our clients to ensure they have safe and comfortable housing, access to healthcare, and meaningful employment opportunities. **Page 11.**



The **International Owl Center** is the only all-owl education center in the United States. The goal of the Owl Center is to educate, inspire and empower people. We have lots of displays where people can learn more about these fantastic feathered creatures and what you can do to help them. Our educator, Jo Severson, has worked as an educator at the Center for eight years, after graduating from Winona State University with a degree in Ecology in 2013. **Page 22.**



Anette Isaacs, German born and raised, is a historian and public educator who has been presenting hundreds of programs on more than 40 different topics (all pertaining to her native country's history, politics, and culture) all over the United States. She holds Master's Degrees in American Studies, Political Science, and History and is currently serving as the Director of OLLI at FIU (Florida International University) in Miami, FL. **Pages 6 and 14.**



Chad Israelson received his BA from the University of Wisconsin-La Crosse and his MA from the University of Nebraska. Israelson has taught at RCTC since 1996. He has also taught at UW-La Crosse, Augsburg, and Winona State. Chad won "Outstanding Educator" in 2003 and 2012. Chad recently coauthored the book ***The Political World of Bob Dylan: Freedom and Justice, Power and Sin*** and has authored ***Kings of North: Photographs and History of the Minnestoa Vikings, Football and Family: The Justin Jefferson Story***, and ***Small Town, Big Dreams: The Kirill Kaprizov Story***. Chad is on the RCTC LIFE Board. **Page 21.**



Howard Kerner received his BA and MA in English from the State University of NY at Albany and did additional graduate work towards his Ph.D. at the University of Virginia. Howard has taught at the high school, college and university levels for 47 years, has lectured extensively and has published over 700 articles, many on the Holocaust. His "passion project" since retirement is researching and sharing uplifting and inspiring stories of human goodness during the Holocaust. **Pages 9, 15 and 18.**



Todd Lefko is President of the United Filtration Company, an import-export firm dealing with water purification equipment, art, linen, kilns, and new technologies in agri-business. He has worked in Russia for over 35 years and has homes in both Moscow and Minnesota. He was the weekly columnist for *Rossiske Vesti*, the political newspaper of the Russian Presidential Administration for eighteen years and has written over 700 articles in *Rossiske Vesti* and other newspapers and magazines. Todd is on the Editorial Board for the *Russian Historical Reporter* and has been the English editor for four Russian books. Todd is Chairperson of East-West Connections, an international non-profit, focused on citizen diplomacy. He has taught over 4400 students at the University of Minnesota and other Minnesota colleges. He has lectured at universities in Russia, Germany, China, Belarus, Kazakhstan and Turkmenistan. Todd is a Fellow for the Caux International Roundtable. He is also a member of the Technical Advisory Committee at the Almaty Management University in Kazakhstan. Todd holds a BA in History, an MA in Public Administration and the coursework for a Ph.D. in Urban History from the University of Minnesota. He has also studied Public Policy as a Bush Fellow at Harvard University, and Urban Planning at the University of Manchester, England. He is one of the Founders of Global Volunteers and has served as their Treasurer and Representative at the United Nations. Todd has also been a member of the Twin Cities Metropolitan Council, the Regional Transit Board and the Minnesota Experimental City Authority. **Pages 4 and 19.**



Dr. John F. Lyons was born in London, England. He lives in Chicago and works as a Professor of History at Joliet Junior College, where he teaches classes in British and US history. He has appeared on podcasts and radio shows discussing popular music and is a noted public speaker who has spoken to audiences in the US and Europe. ***Joy and Fear: The Beatles, Chicago and the 1960s*** is his latest book. **Pages 11 and 16.**



Dr. Michella Marino grew up in Morristown, Indiana. She graduated with her B.A. from Hanover College, M.A. from the University of Louisville, and Ph.D. from the University of Massachusetts-Amherst. She works as a public historian in Indianapolis and is the author of ***Roller Derby: The History of an American Sport***. **Page 15.**



Sara Markoe Hanson has been the executive director at the White Bear Lake Area Historical Society since 2001. Through her position, she has been able to develop programming objectives that meet the needs of the community and fit her enthusiasm for research, writing and sharing the past. She embraces the challenge to uncover new information and continue adding to the collective story. Connecting people to the past through commemorative events, publications and programs are her passion. Hanson earned a bachelor's degree in American Studies with minors in English and Anthropology and a master's degree in Public History, both from St. Cloud State University. **Page 12.**



Bruce Marlowe, began as a special education teacher in MD in 1983, and since then has held positions including psychology associate, HS English teacher, special education consultant, and university professor. Before assuming his current role as chair of the Education Department at USCB, he served in a variety of administrative capacities, including as the Interim Dean of the School of Education at Roger Williams University, and as the Coordinator of Graduate Education at Johnson State College. Throughout his career, he has also been actively involved in research, writing, and public speaking. He is the co-author of ***Creating and Sustaining the Constructivist Classroom*** (2005), and the co-editor of three additional books: ***Educational Psychology in Context*** (2006); ***The Wiley International Handbook of Educational Foundations*** (2019); and ***Educational Foundations: An Anthology of Critical Readings*** (2021). He is also the author of 11 book chapters or forewords, twenty periodicals in academic publications, and the co-author of a six-part video series titled *Creating the Constructivist Classroom*. He has presented his work at conferences throughout the United States, as well as internationally at academic conclaves in Finland, Turkey, Germany, Japan, Malta, Italy, and France. **Page 15.**



Eric Teye Matey PharmD, RPh, BCACP, has been a pharmacist at Mayo Clinic since graduating from Howard University School of Pharmacy in 2004. From 2006 through 2009, he worked with Mayo Specialty Pharmacists in charge of Growth Hormone Deficiency, Primary Immune Deficiency and Hepatitis C to ensure appropriate medication dosing and patient education. In 2009, he began working as a Medication Therapy Management (MTM) pharmacist with an interest in pharmacogenomics and *Mycobacterium Avium Complex* (MAC). He became a Board-Certified Ambulatory Care Pharmacist (BCACP) in 2012. In his current role as Pharmacogenomics Pharmacist at Mayo with the Center for Individual Medicine (CIM), Dr. Matey has been instrumental in the implementation of a pharmacogenomics consult service at Mayo. As the pharmacogenomics pharmacist, he consults with patients and collaborates with providers to improve patients' medication experience. He is the current pharmacogenomics Residency Program Director. Dr. Matey is also in pharmacogenomic practice improvement pilots with various departments at Mayo to assess the utility of pharmacogenomics testing in various patient populations. Dr. Matey is a member of the pharmacogenomics task force at Mayo and serves as an advisor regarding pharmacogenomics related decisions implemented at his institution. In his spare time, he enjoys biking and as captain of Team Humphrey's (Tour de Cure-ADA) continues to raise funds for diabetes research and awareness. He is a board member of Africa Partners Medical, a nonprofit organization, which primary goal is to stop needless death in Africa. **Page 16.**



David Misch is a former stand-up comedian, screenwriter ("Mork and Mindy," "Saturday Night Live," "The Muppets Take Manhattan"), author of ***Funny: The Book***, ("A Beginner's Guide To Corruption"), teacher (his own courses on comedy at USC and musical satire at UCLA) and lecturer at Yale, Columbia, the Smithsonian, 92nd St. Y (NYC), Oxford University, Trinity College Dublin, University of Sydney, VIEW Cinema (Torino, Italy) and San Miguel (Mexico) Writers' Conferences, Raindance Film Festival (London), Austin Film Festival, American Film Institute, Writers Guild of America, Sony, DreamWorks, Lucasfilm, Disney, Second City, Actors Studio. More at davidmisch.com. **Pages 12 and 20.**



Ric Mixter is one of the busiest maritime speakers, rumored to be the most requested historian on the Great Lakes. Visiting museums, libraries, NASA and his live music concert "STORM", thousands of audience members get a new appreciation for our unique inland-sea history through his spellbinding lectures. Millions of television viewers recognize Ric as a shipwreck researcher, diving over 100 shipwrecks in the Great Lakes, including the Edmund Fitzgerald. He has produced over 30 programs for PBS and the Outdoor Channel, and appeared as a expert on the History and Discovery Channels. He leads the pack when it comes to sharing our unique underwater resources with the general public, thousands of dive show patrons, and countless school kids. Ric's stories appear in books, magazines (including Michigan History Magazine) and in radio and TV news programs. Mixter's YouTube videos have over three million views, covering shipwrecks in four of the Great Lakes and adventures in several foreign lands. With over 20 years of stories on historical preservation, Ric was awarded the 2009 Award for Historic Interpretation by the Association for Great Lakes Maritime Historians. In 2011 he was elected to their board of directors. Ric was also the Great Lakes Lighthouse Keepers Association's third president. He has hosted the largest dive show in Ontario and also MC'd the midwest's largest show in Chicago. He was a frequent speaker at Ghost Ships in Milwaukee and Michigan's largest show "Great Lakes Shipwrecks," held annually in Ann Arbor. **Pages 3 and 16.**



Sunny Jane Morton is a Contributing Editor at Family Tree Magazine and Content Director at YourDNAGuide.com. She also writes for the world's biggest free genealogy website, FamilySearch.org. She's the author of ***Story of My Life: A Workbook for Preserving Your Legacy*** and co-author of the acclaimed ***How to Find Your Family History in U.S. Church Records***. Find her at www.sunnymorton.com. **Page 6.**



Museum of Tolerance was the recipient of the Global Peace and Tolerance Award from the Friends of the United Nations, the Museum of Tolerance (MOT) is a human rights laboratory and educational center dedicated to challenging visitors to understand the Holocaust in both historic and contemporary contexts and confront all forms of prejudice and discrimination in our world today. **Page 20.**

Steven Norton Ph.D. LP is a private practice psychologist in Rochester MN, specializing in criminal, forensic, and law enforcement psychology. Dr. Norton worked for over 15 years in different correctional facilities, working with a range of offenders and criminal personalities. He also provided training for staff, as well as academic coursework for graduate students, in correctional psychology. **Page 8.**



Andrew O'Brien was born in the U.K. and graduated with a Bachelor's and Master's degree in History from Oxford University. Andrew also has a teaching degree from London University and a Masters in teaching from Johns Hopkins University. After teaching in the UK, he taught middle school for 21 years in Maryland. Recently retired, Andrew and his wife live in North Carolina. **Pages 7, 8, 10, 14, 17 and 21.**



Jennifer Paxton is working on a book manuscript entitled ***Chronicle and Community in Twelfth-Century England***, which looks at the ways in which medieval English monastic communities used historical texts to assert various claims to power and authority in a rapidly changing political, economic, and spiritual landscape. She is focusing on chronicles written at eastern English monasteries in the aftermath of the great upheavals of the Norman Conquest and the civil war of King Stephen's reign, in which monastic compilers deployed every resource at their command to distinguish themselves from rival houses and defend themselves against the sometimes aggressive claims of lay lords and even bishops. Dr. Paxton is also working on a further project that examines changing views of abbatial leadership across the Anglo-Norman world in the eleventh and twelfth centuries. **Pages 9 and 21.**



Asya Pereltsvaig received a degree in English and History from the Hebrew University of Jerusalem and a Ph.D. in Linguistics from McGill University. She taught at Yale, Cornell, and Stanford Universities, and has been teaching in lifelong education programs since 2010. Her expertise is in language, culture, and history, and the relationship between them. Asya has published five scholarly books with Cambridge University Press. Asya is a popular instructor for several Osher Lifelong Learning Institutes around the country and was the faculty host for the OLLI trip to the Baltic countries and St. Petersburg in July 2017. **Page 5.**



Quarry Hill Park was originally a part of the former Rochester State Hospital farm and was purchased from the state by the City of Rochester in 1965. The Nature Center opened in 1973 as a cooperative effort between the Rochester Park Department and the Rochester Public School District. Today, Quarry Hill offers opportunities for looking, learning and hands-on fun. The Nature Center and the surrounding 329 acre "outdoor classroom" provides a perfect setting for hands on exploration and learning for students, families and nature enthusiasts! The experienced staff at Quarry Hill is made up of naturalists and licensed K-8 science teachers. **Page 5.**



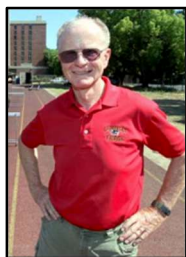
Dr. Marguerite Ragnow is the curator of the James Ford Bell Library, which documents the history and impact of trade and cultural exchange around the world before ca. 1800 CE. She also is on the graduate faculties of History, Early Modern Studies, and Medieval Studies at the University of Minnesota, and recently taught the undergraduate course "The Viking World: Story, History, Archaeology." Dr. Ragnow is a Fellow of the Society for the History of Discoveries, for which she has also served as president and editor of its journal, *Terrae Incognitae*. She currently is on the editorial board of *The Portolan*, the journal of the Washington Map Society. She most recently contributed the chapter "Ideal and Idealized Explorer Typologies, 500 CE to 1500 CE" to volume 2 of ***The Cultural History of Exploration*** (forthcoming 2024). **Page 12.**



Tom Rooney, a retired CPA, has been an employee of the Minnesota Twins for the last thirteen seasons. First as a game day usher, now a member of the Twins Tour and Education Organization. Tom is also a tour guide at US Bank Stadium. **Pages 9 and 19.**



Michael Scheibach, Ph.D., currently teaches for the Osher Lifelong Learning Institute (OLLI) at the University of Miami and Florida International University. He received his doctorate in American Studies from the University of Kansas and taught for several years as an adjunct professor for Kansas City, Missouri-area colleges prior to moving to Miami, Florida. Scheibach is the author of five books on the early Cold War and Atomic Age, including ***Atomic Narratives and American Youth: Coming of Age with the Atom, 1945-1955; Atomics in the Classroom: Teaching the Bomb in the Early Postwar Era; "In Case Atom Bombs Fall": An Anthology of Governmental Explanations, Instructions and Warnings from the 1940s to the 1960s; Protecting the Home Front: Women in Civil Defense in the Early Cold War; and Atomic Alert: The Atomic Bomb and The Show That May Save Your Life.*** He has given presentations at colleges and organizations on a wide range of history topics. **Pages 6 and 13.**



Charles N. "Chuck" Sheley has been a teacher and a track and cross-country coach for Chico Jr. High for over 36 years. Sheley has been a wildland firefighter for the US Forest Service for 34 years, spent two years as an Engine Crewman, 12 years smokejumper in Oregon and Alaska and 19 years as a Wildfire Crew Coordinator Mendocino National Forest (Calif). Sheley is the Vice President of National Smokejumper Association and Editor of "Smokejumper" magazine since 1999. Among his many notable recognitions for his time running and coaching cross country and track Chuck was also named Chico Education Hall of Fame "Most Inspirational Teacher" in 1990. **Page 13.**

Betty Spitzmiller received her Ph.D. from the University of Minnesota. Betty is a retired college teacher of courses in writing, literature, classical mythology and humanities. **Page 3.**



David Staley is an academic, writer, designer, futurist and journalist. He is an Associate Professor in the departments of History and Design at The Ohio State University. He is the author of ***Alternative Universities: Speculative Design for Innovation in Higher Education***, the co-author of ***Knowledge Towns: Colleges and Universities as Talent Magnets*** and author of ***Visionary Histories, A Collection of Futures Essays***. He is an Honorary Faculty Fellow at the Center for Higher Education Leadership and Innovative Practice (CHELIP) at Bay Path University, and a fellow at the Center for Science and the Imagination at Arizona State University. In 2022 he was awarded "Best Freelance Writer" by the Ohio Society of Professional Journalists for his "Next" futures column with Columbus Underground. **Page 8.**



Stephen Troutman is a Futurist and frequent speaker on a number of diverse topics. At IBM for 33 years, Steve retired as an Executive Consultant in 2010. In the US Navy Reserve for 23 years, he was Commanding Officer of four units, and attained the rank of Captain. He has been a Futurist since 1999. He is an active volunteer serving on several Boards and as a SCORE Mentor to small business. He currently serves on the Advisory LIFE Board. **Page 7.**



Tim Van Cleave is a 21-year veteran of the National Park Service and moved to Maryland's Eastern Shore to begin a new position at Harriet Tubman Underground Railroad National Historical Park in 2020. Like many park rangers, Tim spent a few seasons traveling from Alaska to Virginia and all points in-between as a seasonal ranger. In 2003, Tim received his permanent appointment at Natchez National Historical Park in Mississippi. Tim then moved onto George Washington Carver in southwest Missouri for two years. In 2011 Tim began working at Cane River Creole National Historical Park in Natchitoches, LA for nine years. Born and raised in Indiana, Tim holds a M.A. in American History from Western Carolina University. **Page 17.**



Carol Veldman Rudie is a docent and the coordinator of outreach education at The Museum of Russian Art in Minneapolis. She regularly leads classes and speaks on topics of Russian art. A former college teacher, she has done Ph.D. work at the University of Minnesota in English literature and art history. **Pages 3 and 13.**



Ken Verosub is distinguished professor emeritus in the Department of Earth and Planetary Sciences at UC Davis. His interests range from understanding the behavior of the Earth's magnetic field to deciphering the Earth's climate. For many years, he has also been studying the interface between geologic processes and human activity, including earthquake preparedness and response, volcanic eruptions that have caused global cooling, and the relationship between geology and wine (terroir). **Page 16.**



E. Andrew Wood is the last of four children born to Earl Howard and Ada Catherine (Peterson) Wood in Rochester, Minnesota. He is a graduate of Hamline University, the Mayo Clinic School of Health-Related Sciences and has a Master's degree from the University of Minnesota. Andy spent over 25 years at General Mills as the Manager of Health Promotion and Ergonomics and two years as Director of Ergonomics and Corporate Solutions at Muve Inc. a joint venture with Mayo Clinic, where he was responsible for developing and implementing activity based ergonomic and wellness programs for corporate clients. Andy was a consultant for ergonomics at Ferguson Risk Management, where he provided ergonomic and wellness strategies for corporations including Land O' Lakes, Bayer, Bosch, Dairy Farmers of America, CVS Health and several government agencies until his retirement in 2021. Andy has authored several articles on the development and assessment of ergonomic and health promotion programs in industry. As a person with severe dyslexia, Andy is a graduate of the Rochester Reading Center and is a spokesperson for the Dyslexia Institute of Minnesota. **Page 4.**

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Their first Zoom class is free!
Contact Jamie for the Zoom link!**

LIFE Registration Information

LIFE Membership: All individuals participating in LIFE classes are required to either be a LIFE member or pay an increased fee as a non-member. Membership for the academic year is **\$25** per person and covers the academic year from July 1-June 30. An additional fee is charged per course. There are no refunds on LIFE Membership purchases. There are no educational requirements, no term papers, no tests—everyone succeeds! **All ages are welcome!**

Gift Certificates: Gift certificates may be purchased at learningisforever.net or call 507-280-3157 for more information.

Location: LIFE offers classes online via Zoom and in person at the RCTC Heintz Center located at 1926 Collegeview Road SE.

Registration: There are two ways to register:

- Mail registration forms and your check payable to **"RCTC LIFE"** to: RCTC LIFE Program
851 30th Ave SE, Box 50
Rochester, MN 55904
- Online registration is available for LIFE members with credit card payment. Please email jamie.schroeder@rctc.edu with questions.

Tuition Assistance: Scholarships are available. Please contact the LIFE office at 507-280-3157.

Cancellation/Refund Policy:

- Cancellation requests must be made **5 business days prior** to the class start. A \$5 processing fee will be retained.
- In the event the LIFE Program cancels, a full refund will be issued.

Inclement Weather Policy: In the event that RCTC classes are cancelled all LIFE classes will be cancelled and rescheduled if possible.

- If Rochester Public Schools are closed and RCTC is open, we will hold our LIFE class.

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For more information call 507-280-3157 or email jamie.schroeder@rctc.edu.