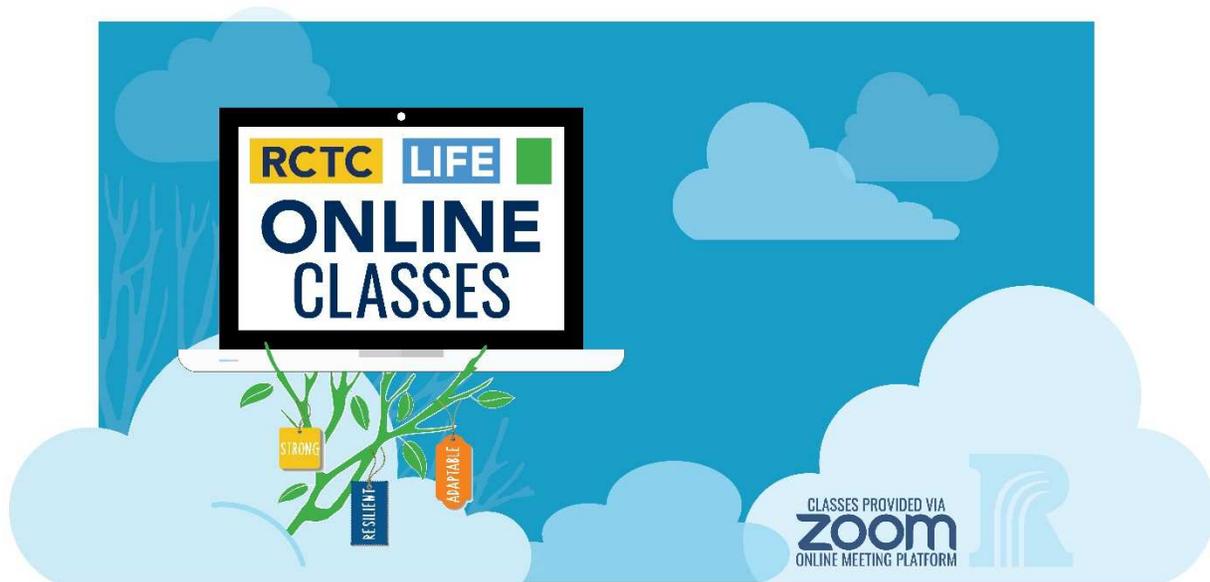


**RCTC LIFE Program**  
**Listing of Recorded Classes**  
**is Alphabetized**  
**(registration form is in this order!)**



**May 2020 - May 2021**  
**A Health Club for Your Mind.**

**Index starts on Page 57**

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

### **1918 Flu Pandemic in Rochester - Day by Day Through the Headlines, The**

9/21/2020

The flu pandemic of 1918-1920 is considered the worst flu outbreak in history. By some estimations over half the people in the world contracted the flu and between 50 to 100 million people died worldwide. Join Paul Koeller as he uses Rochester Post headlines from late 1918 for a day by day look at the flu in Southern Minnesota from the initial mention to massive outbreaks.

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

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### **1936 Berlin Olympics**

10/5/2020

The 1936 Olympic Games held in Berlin are notorious for the tightly controlled image the Nazis presented to the world. But, these Games also became a blueprint for future Games that is followed to the present day. We will look at the history of the Olympics and the complicated legacy of the 1936 Games.

*David Jones, a resident of Minneapolis, has been presenting on historical topics since 1996. He has made more than 1,500 presentations to over 40,000 people. He is a native of St. Peter, MN and a graduate of Gustavus Adolphus College*

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### **1970s, The**

11/17/2020

Relive one of the oddest decades in American History. We will cover how television, movies, and music of the decade reflected the events of this time period, and served as a response to the tumult of the 1960s.

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

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### **1980s, The**

3/3/2021

After the disruption of the 1960s and 70s many in America sought comfort in an attempt to return to a nostalgic period that was a media creation as much as it was a reality. At the same time, social, cultural, and technological forces were unleashed that made turning back the clock an impossibility. The Big 80s produced a decade that was largely that of style over substance, but continues to have a lasting effect on America today.

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

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

### **400 Years of Fire and Wind in BWCWA**

6/15/2020

Minnesota's Boundary Waters are world famous for studies of large natural disturbances. We will examine the landscape patterns that fires have created, as well as large fluctuations in fire frequency, over the last 400 years. In recent years changing climate has resulted in new disturbance types, including the big blowdown of 1999, and the return of large fires in the 21st century. We will discuss how the forests are responding to all of these changes.

*Lee E. Frelich is Director of the University of Minnesota Center for Forest Ecology. He received a Ph.D. in Forest Ecology from the University of Wisconsin-Madison in 1986. Frelich has authored more than 150 publications with 160 coauthors from 19 countries, including major works for Cambridge University Press and Oxford University Press. His research has been featured in the news media hundreds of times, including such venues as The New York Times, National Geographic, Newsweek, and CBS Radio Osgood Files.*

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### **4000 Year History of Santa**

12/17/2020

The celebration of Christmas is made up of rituals that developed over many centuries and in different cultures. Early Christians long debated over the date of the birth of Christ finally deciding to place the Nativity at the heart of winter. They borrowed or carried over elements of mid-winter celebrations, feasting, traditional foods, garlands of holly, raising the Christmas tree, but most of all, the giving of gifts. Today in our culture we recognize the gift giver as Santa Claus. This jolly fellow is the most loved fictional character of all time but so little of his development is well known. Bob will take us through 4000 years of the evolution of this legend from images of pagan gods to priestly figures as Christianity developed using some of the Christmas figures he carved over the last 30 years.

*Originally from Chicago, Bob Nowicki has been a Rochester citizen for 46 years. He retired from IBM and immediately immersed himself in community service including serving on the Rochester City Council for 8 years. Bob has been an active member of the Rochester Woodcarvers Club since 1980 and is known for his unique use of small power tools to execute his carvings. Bob is an active member of the Rochester Kiwanis Day Makers, a Mayo Clinic Volunteer and Team Leader, board member and co-founder of RNeighbors, husband to Joan, 3 daughters, five grandchildren and one great-granddaughter. Bob is the creator of the Bare Foot Santa, a Santa figure which was reproduced and sold nationally for 8 years.*

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### **Across Cultures: Western Painting in Ukraine**

9/21/2020

Western influences came into Ukraine in several media. These influences blend with indigenous visual themes in the painting tradition. Tracing this history of painting shows how Ukrainian artists skillfully communicate their cultural roots in Western visual language. This ppt provides background to the current exhibit at The Museum of Russian Art.

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

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## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

### **America for Americans! XENOPHOBIA!**

1/27/2021

We are A NATION OF IMMIGRANTS — we also have a long history of XENOPHOBIA. Never heard of xenophobia until recently! Now it pops up all the time in discussions of social conflict in our world today. Xenophobia is briefly defined as fear and dislike of the “other.” Xenophobia explains a range of events from Jamestown and Plymouth right down to the present. This session will also explore ways in which xenophobia has been challenged because we are A NATION OF IMMIGRANTS.

*Bob Beery, PhD, was Rochester Public School’s Curriculum Director. He has enjoyed stints as adjunct faculty at the U of M, WSU, RCTC, and St. Mary’s University, His professional publications deal with the teaching of history and social sciences.*

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### **American Independence**

2/17/2021

This course will cover the story of how the American Colonies went from being fairly content members of the British Empire to declaring independence in just thirteen years. Along the way we will cover the well known and lesser known events as well as dispel some of the myths that have become embedded in our collective consciousness.

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

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### **Appomattox Campaign and Commissioner's Meeting**

12/15/2020

The Appomattox campaign was a series of American Civil War battles fought March 29 – April 9, 1865, in Virginia that concluded with the surrender of Confederate General Robert E. Lee’s Army of Northern Virginia to forces of the Union Army (Army of the Potomac, Army of the James and Army of the Shenandoah) under the overall command of Lieutenant General Ulysses S. Grant, marking the effective end of the war.

*Brandon Chamberlain began working for the NPS as a summer seasonal ranger and living historian at Fredericksburg & Spotsylvania National Military Park while attending San Jose State where he majored in military history. After making computer games for fifteen years, he returned to the only job he truly loved, working as a ranger for the Park Service. He spent the next six years as a seasonal Park Ranger working at Adams National Historical Park, Boston National Historical Park and Boston Harbor Islands National Recreation Area before gaining his permanent status at Saugus Iron Works National Historic Site and Salem Maritime National Historic Site. His passion for studying the American Civil War finally brought him to Appomattox Court House National Historic Park about nine years ago where he is the Lead Ranger, Education Coordinator, and Historic Weapons Supervisor.*

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## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

### **April Fools Crisis 2001 US\_China Mid-Air Collision**

6/23/2020

On April 1, 2001, a US reconnaissance plane and a Chinese fighter jet collided in the skies south of China. The Chinese pilot died and the US plane made an emergency landing at a Chinese air base, where the crew was detained and the plane was thoroughly investigated. I was one of a small team sent to negotiate the return of the crew and plane. How was this crisis, just three months into George W. Bush's first term, handled? How has the US - China relationship changed since then? How might the next crisis be handled?

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

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### **Arshay Cooper, Messenger of Hope - "A Most Beautiful Thing"**

11/2/2020

An unlikely lifeboat for urban youth: Rowing helped one man beat the odds; now he's paying it forward. "Their eyes have no soul, like life has been sucked out of them. They are as thin as drinking straws and speak no words, only noises. I'm petrified every time I tiptoe past them." That's how Suga Water author, activist and self-proclaimed messenger of hope Arshay Cooper describes the drug addicts in the West Side of Chicago building where he grew up. "You can be the product of your effort, not of your environment." His life story, a recent major motion picture, is a testament to the truth of that message. Cooper was raised by a single mother, who overcame drug addiction, in a neighborhood plagued by gang violence and drugs. He was recruited to the rowing team of Chicago's Manley Career Academy High School in 1997 to try out a predominantly white athletes' sport. Skeptical at first, he eventually joined the team, a decision that he says transformed his life. Cooper became crew team captain, graduated high school, "In rowing, you move forward by looking in the opposite direction. I learned that it's ok to look back, as long as you keep pushing forward." - Arshay Cooper Arshay made sports history when he became the captain of the rowing team at Manley High School in Chicago's East Garfield Park—the first all-Black high school rowing team in America. Cooper's experiences competing in an exclusionary and predominantly white sport are recorded in his striking memoir "A Most Beautiful Thing" and the recent documentary executive produced and narrated by Common. Arshay has also started several rowing programs for low-income youth across the country, anywhere a puddle of water exists, so that other young people can experience the profound change that can happen on the water. *Arshay Cooper is a Rower, Benjamin Franklin award-winning author, A Golden Oar recipient for his contributions to the sport of rowing, motivational speaker, and activist, particularly around issues of accessibility for low-income families. Arshay grew up on the West Side of Chicago, witnessing family and friends become products of their environment. But a chance encounter changed Arshay's life. In 1997, he joined (and later became captain of) the first African-American high school rowing team at Manley High*

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

*School, an experience that changed Arshay life. He dedicated two years of his life to AmeriCorps, focusing on diversity and inclusion, and soon after that, Arshay attended Le Cordon Bleu, becoming a personal chef for events and professional athletes. After years of working in the foodservice industry, Arshay returned to his true passion, working with young people. He coached rowing at the Chicago Urban Youth Rowing Club and worked as the youth program guidance counselor for the Victory Outreach's Midwest/Gulf Coast region.*

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### **Art of Seeing Session Three - Turn on Lights, The**

9/28/2020

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

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

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### **Art of Seeing: Session Four - Designs on Canvas, The**

9/28/2020

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

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

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### **Beyond IVF: New Frontiers in Assisted Reproductive Technology**

11/16/2020

In vitro fertilization (IVF) was originally introduced to overcome infertility for women with blocked or damaged fallopian tubes. With increasing success rates, IVF became the go-to treatment for all kinds of infertility. Today, outgrowths of the technology are allowing couples and individuals to preserve fertility prior to chemotherapy or radiation, overcome congenital barriers to infertility and avoid genetic diseases in their children.

*Dr. Elizabeth A (Ebbie) Stewart is Professor of Obstetrics and Gynecology in the Division of Reproductive Endocrinology at Mayo Clinic, Rochester, MN. Dr. Stewart is an internationally recognized expert in the fields of uterine fibroids and infertility. She has authored over 150 peer-reviewed articles and two books: Uterine Fibroids: The Complete Guide and Mayo Clinic Guide to Fertility and Conception. She has also served on the World Health Organization's Global Infertility Guideline Development Group and her research has been funded by the NIH, foundations and industry.*

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### **Brains in the City**

2/16/2021

Cities are unlike any environment animals have experienced in their evolutionary history. And yet, some species thrive in cities. In this talk, I review animal behavioral strategies that work well in human-dominated environments. I focus on learning and cognition, highlighting how the developmental costs

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

of learning result in a unique set of traits of 'smart' species that live alongside humans. I will also discuss more recent speculations that these species may form the basis of future animal lineages.

*Emilie Snell-Rood studies how animals adjust their behavior and development to changing environments, from cities to croplands. Much of her current research considers roadsides as habitat for pollinators, especially monarchs and bumblebees. She teaches animal behavior and bio-inspired design at the University of Minnesota. She trained at University of Arizona and Indiana University.*

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### **British Royal Grandchildren: Lives of Czarina Alexandra and Kaiser Wilhelm, Part 1**

3/22/2021

Learn about the continuing legacy of Queen Victoria through her two most famous grandchildren. Why was Kaiser Wilhelm hated by his English relatives, yet he was able to cradle Queen Victoria on her deathbed? Why was the Czarina Alexandra raised solely by her grandmother at Windsor castle?

*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 and St. Petersburg, FL.*

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### **British Royal Grandchildren: Lives of Czarina Alexandra and Kaiser Wilhelm, Part 2**

3/29/2021

Learn about the continuing legacy of Queen Victoria through her two most famous grandchildren. Why was Kaiser Wilhelm hated by his English relatives, yet he was able to cradle Queen Victoria on her deathbed? Why was the Czarina Alexandra raised solely by her grandmother at Windsor castle?

*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 and St. Petersburg, FL.*

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### **Bugs and Immunology: friends or foe?, The**

1/6/2021

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

*Veena Taneja, Ph.D., is an Associate Professor in the Department of Immunology with a joint appointment in the Division of Rheumatology at Mayo Clinic. She is a member of the Mayo Clinic Cancer Center Immunology and Immunotherapy Program. She has served on various study sections for National Institute of Health and Canadian Institute of Health Research. She is a member of Clinical Immunology Committee of the American Association of Immunologists. She also serves as an Academic Editor for PLOS One and two journals in the field of rheumatology. Research in her laboratory is focused on understanding the interaction between genetic and environmental factors that can modulate immune response in autoimmune diseases with special emphasis on sex-bias in autoimmunity. Her laboratory is investigating the basis for individualized medicine and therapeutic potential for the gut microbiome. Dr Taneja and her colleagues are determining whether bacteria isolated from a human gut biopsy can protect from arthritis. Since the bacteria are native to human gut, they are less likely to cause any serious*

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

*side effects and provide new insights in to the use of commensal bacteria as a novel therapeutic option. In addition, her laboratory is exploring ways to use this technology for other diseases like COPD to help patients in healthy aging. Dr. Taneja has received numerous awards and honors for her work. She recently received Excellence in research award from the Military Health Research for her work in delineating the use of gut microbiome for treating arthritis. Her research is funded by the National Institute of Allergy and Infectious Disease, the Department of Defense and the National Institute of Arthritis and Musculoskeletal and Skin Diseases, Regenerative Medicine Minnesota and Arthritis Foundation.*

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### **Captain Cook's Voyages of Discovery**

2/24/2021

Captain James Cook was the most prominent British explorer of the late 18th century, and perhaps one of the greatest explorers of all time. His three famous voyages of discovery to the Pacific Ocean not only contributed to Western knowledge of the region, but also contributed scientific data that advanced our ability to prevent scurvy and accurately calculate longitude at sea, as well. Join Marguerite Ragnow, curator of the James Ford Bell Library at the University of Minnesota, as she takes us on a journey in the wake of Captain James Cook.

*Dr. Marguerite Ragnow is the curator of the James Ford Bell Library, which documents the history and impact of global trade and cultural exchange in the premodern era, before ca. 1800. She also is on the graduate faculties of History, Early Modern Studies, and Medieval Studies at the University of Minnesota. The immediate past president of the Society for the History of Discoveries and past editor of its journal, Terrae Incognitae, Dr Ragnow is the co-author (with photographer Natasha D'Schommer) of Tulips, Chocolate & Silk. Celebrating 65 Years of the James Ford Bell Library, which was a finalist for the 2020 Minnesota Book Award in the Minnesota Non-Fiction category and also is a finalist for a Midwest Book Award.*

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### **Championship Season: Story of 1965 Minnesota Twins, The, Part 2**

3/30/2021

The entire Upper Midwest suffered Twins Fever in 1965, as the Twins, in only their fifth season in Minnesota, won the American League pennant and hosted the World Series. This class will explore the players, the season, and the World Series of one of the most famous teams in Twins history.

*Tom Rooney, a retired CPA, has been an employee of the Minnesota Twins for the last ten seasons. For eight seasons he was a game day usher (Sections 116/117; the two best sections in the entire stadium). For the last two seasons he has been a member of the Twins Tour and Education Organization. Tom is also a tour guide at US Bank Stadium.*

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### **Championship Season: The Story of the 1965 Minnesota Twins, The, Part 1**

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The entire Upper Midwest suffered Twins Fever in 1965, as the Twins, in only their fifth season in Minnesota, won the American League pennant and hosted the World Series. This class will explore the players, the season, and the World Series of one of the most famous teams in Twins history.

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## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

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### **Charles Lindbergh**

7/22/2020

In 1927, Charles Lindbergh became the first pilot to fly solo from New York to Paris. This feat made him one of the biggest celebrities of his time. However, his life following the flight was filled with tragedy and controversy. Join us to explore the complicated life of a complex man.

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

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### **China --The Coming Breakup?**

9/11/2020

Nearly every country of the world includes restive groups of people who seek official, greater autonomy from the central government. This session will examine four areas of China—Xinjiang, Tibet, Taiwan, and Hong Kong—that are challenging China’s image as a consolidated nation-state.

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

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### **China's Role in Africa: Not a Flash in the Pan Modern**

1/21/2021

Modern China’s commitment to the multi-national African continent dates to the Maoist era. But with Africa’s prominence in contemporary China’s Belt and Road Initiative, and Chinese designs of a more global influence, that relationship has come under increased scrutiny. What are the key issues in that relationship, and how might it affect the US role in the world? This topic is among the Great Decisions 2021 Topics from the Foreign Policy Association.

*Dr. Richard Leitch earned his BA in East Asian Studies from Colby College in 1985, and went on to earn an MA in Asian Studies from the University of Illinois, Urbana-Champaign after a two year career on Wall Street. He earned his Ph.D. in Political Science from Illinois in 1995, where he was the recipient of the Harriet and Charles Luckman Award for Distinguished Undergraduate Teaching, and the College of Liberal Arts Award for Distinguished Teaching by a Graduate Assistant. He has been a member of the Political Science Department at Gustavus since 1996, where he teaches courses in International Relations, Comparative Politics, Asian Politics, Environmental Politics, and the Politics of Poverty. In 2000 he received the Swenson-Bunn Award for Teaching Excellence at Gustavus, and in 2008 the Edgar M.*

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

*Carlson Award for Distinguished Teaching. In 2012 he was included in The Princeton Review's The Best 300 Professors. His research interests include Japanese domestic politics and foreign policy, and he is the co-author of Japan's Role in the Post-Cold War World.*

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### **Chronic Wasting Disease (CWD) in Minnesota**

3/10/2021

Chronic wasting disease (CWD) is a fatal, neurological disease of deer, elk, and moose that is spreading through Minnesota. CWD is caused by infectious, misfolded proteins, i.e., prions, that cause a chain reaction that leads to neurodegeneration and death. Prions are especially concerning because of their potential to infect other species, universal lethality, and ability to remain infectious in the environment for years. We will discuss the spread of CWD in Minnesota and implications for deer, elk, and moose conservation, food production, and human health.

*Eric Seabloom, PhD (Department of Ecology, Evolution and Behavior). Dr. Seabloom is Professor with decades of experience in plant, community, and disease ecology. He also has expertise in experimental design and statistical analysis.*

*Peter Larsen, PhD (Department of Veterinary and Biomedical Sciences). Dr. Larsen is an assistant professor with over 18 years of research experience in mammalogy, molecular biology, and genomics. He has developed advanced molecular diagnostic tools for the detection of CWD prions.*

*Marc Schwabenlander, MPH (Department of Veterinary and Biomedical Sciences). Schwabenlander is the Chronic Wasting Disease Research Program and Outreach Manager at MNPRO. He is a wildlife disease specialist with a background in wildlife management, veterinary post-mortem investigation, and public health administration and policy.*

*Tiffany Wolf, DVM, PhD (Department of Veterinary Population Medicine). Dr. Wolf is a wildlife epidemiologist with over 15 years of experience working on the study of disease risks as they pertain to impacts on wildlife populations or human health.*

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### **Climate Change and Hardiness Zones**

2/11/2021

A warming climate means that hardiness zones are shifting northwards. However, warmer mean temperatures during winter are also associated with increasing variability. Also, Minnesota will still have shorter winter daylengths and lower sun angle than areas further south, so that extreme winter minimum temperatures will not warm up as fast mean winter temperatures. Caution is needed in decisions regarding planting of new long-lived woody species that originate from areas south of Minnesota. We will review potential nonnative tree species that are likely to be successful in Minnesota with a warmer climate.

*Lee E. Frelich is Director of the University of Minnesota Center for Forest Ecology. He received a Ph.D. in Forest Ecology from the University of Wisconsin-Madison in 1986. Frelich has authored more than 150 publications with 160 coauthors from 19 countries, including major works for Cambridge University Press and Oxford University Press. His research has been featured in the news media hundreds of times, including such venues as The New York Times, National Geographic, Newsweek, and CBS Radio Osgood Files.*

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## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

### Climate Change: What we know and what it means?

9/29/2020

Climate change is an increasingly important topic. Steve has been a student of the climate change research for many years, and he has presented on the topic of climate change a number of times. His most recent climate presentation to LIFE was in 2014. It is time for an update! We will review key scientific research, the resulting findings, and recent model projections. We will learn why there is, but should not be, an on-going debate about global warming. We will look at the projected effects worldwide, and in the Midwest, and will discuss the likely impacts on daily lives.

*Stephen Troutman is a futurist and frequent speaker on a diverse set of futures and business topics, including this, his favorite and oldest topic. He has been a Futurist since 1999, but also completed two careers, retiring from both IBM and the US Naval Reserve. He is an active volunteer serving on the Boards of LIFE and SCORE (free mentors to small business).*

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### College of St. Teresa, The

10/21/2020

Almost everyone knows about the major building projects undertaken by the Franciscan sisters here in Rochester. But generally lesser known is the college for women they founded in Winona, Minnesota and operated from 1912 to 1989. This class focuses on its architectural history, and also the underlying story of how it became one of the premier Catholic women's colleges in the country.

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

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### Coming Age of Chinese World Leadership, The

9/11/2020

All of us have known only U.S. world leadership during our lives. But what is the potential for Chinese world leadership, what might it look like, and why should we care? Are we already in a transition period from U.S. to Chinese world leadership?

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

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### Corps of Discovery's Rainy Winter at Fort Clatsop, The

2/24/2021

In late 1805, the 33 people (and one dog) of the Lewis and Clark Expedition realized they needed to winter west of the Rocky Mountains as it was too dangerous to return through those mountains with

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

winter snow accumulation. They settled on a site along a small stream near the mouth of the Columbia River (future northwest Oregon) and built their Fort Clatsop campsite. This presentation will discuss why this site was chosen, the challenges of the winter season, and highlights of their December 1805-March 1806 time camped in the homeland of the Clatsop Indians.

*Sally Freeman is a National Park Ranger who grew up near St. Paul, Oregon. She earned a B.S. in biology and a B.A. in communication arts along with a minor in history at George Fox College (now a university) in Newberg, Oregon. For the next two years she was a biology graduate student at the University of Victoria, in B.C., Canada. Sally's National Park Service work experience began as a Student Conservation Association volunteer backcountry information aid at North Cascades National Park in the summer of 1984. She began working as a seasonal park ranger (interpreter) at Fort Clatsop National Memorial in 1989. In 1993 she had a position with Hagerman Fossil Beds National Monument/City of Rocks National Reserve working with the "Official Oregon Trail Sesquicentennial Wagon Train." That September she returned to Fort Clatsop. Her duties at Fort Clatsop (now Lewis and Clark National Historical Park) include managing the volunteer program, supervising the historic weapons program, compiling and calculating visitation statistics, as well as coordinating tour groups, a guest speaker series, special events, and much of the daily operations of the visitor center and the fort.*

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### **COVID-19 Update from an Infectious Diseases Physician in Utah, Eddie Stenehjem**

1/5/2021

Dr. Eddie will provide an update on Covid-19 along with answering your questions.

*Dr. Eddie Stenehjem is Intermountain Healthcare's Medical Director of Antimicrobial Stewardship, overseeing antimicrobial stewardship programs across 23 hospitals and over 185 outpatient clinics throughout Utah and Idaho. Dr. Stenehjem trained in Internal Medicine at the University of Colorado and completed his Infectious Diseases Fellowship at Emory University in Atlanta. Dr. Stenehjem founded Intermountain's Infectious Diseases TeleHealth Program which provides real time Infectious Diseases consultation and antimicrobial stewardship support to 19 small community hospitals. His research is focused on improving the quality of infectious diseases care delivered to patients with an emphasis on developing, implementing, measuring, and studying methods of improving antimicrobial stewardship practices across the continuum of care. His current work has focused on improving antimicrobial use in Intermountain's network of 39 urgent care clinics. Dr. Stenehjem has served on multiple national committees and has represented Intermountain Healthcare at the United Nations, the CDC, and the White House.*

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### **Cyber Conflict**

6/25/2020

Nation-states no longer have to rely on conventional military means to get what they want in conflict with others; they can attack an opponent's technological infrastructure through cyberwarfare with debilitating effects. But nation-states are not the only actors whose security is at risk, nor are they the only actors in this new form of conflict. Individuals and groups of individuals can also be both the perpetrators and targets of malicious intent, and the consequences of their actions are real. Will the planned global rollout of the 5G network enhance or compromise security, and how is it related to contemporary international relations?

*Dr. Richard Leitch earned his BA in East Asian Studies from Colby College in 1985, and went on to earn an MA in Asian Studies from the University of Illinois, Urbana-Champaign after a two year career on Wall*

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

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### **Detention and Deportation: What can we expect in the next four years?**

1/14/2021

This talk will discuss connections between creativity, prolific idea generation, humor, and play. Specifically, humor and creativity both involve making non-obvious connections between seemingly unrelated things. It was found that improvisational comedians produced more creative ideas than professional designers in controlled, time-limited idea generation challenges, and that engineers can generate significantly more ideas after improvisational training. Researchers have also found that a playful attitude is helpful in creative problem solving and ideation. It seems obvious to promote play for children, but we tend to discourage it in adults. If we want to be creative leaders, we should encourage play and humor in our work environments.

*Dr. Kudrowitz is an associate professor and director of product design at the University of Minnesota. He received his PhD from the Mechanical Engineering Department at the Massachusetts Institute of Technology (MIT), studying humor, creativity, and idea generation. Dr. Kudrowitz is interested in how creativity is perceived, evaluated and learned. He has years of experience working with the toy industry and has taught toy design for over a decade. Dr. Kudrowitz co-designed a Nerf toy, an elevator simulator that is in operation at the International Spy Museum in Washington, D.C., and a ketchup-dispensing robot that was featured on the Martha Stewart Show. He is also the associate editor of the Journal of Food Design.*

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### **Diagnosing Giants: Solving the Medical Mysteries: Beethoven and Washington**

3/25/2021

Beethoven

His deafness is the problem most people are familiar with. However, Beethoven had numerous, other serious medical problems beginning in his teens and plaguing him throughout his life. When he died and an autopsy was performed, in addition to complete destruction of his auditory nerves, he was found to have advanced cirrhosis of his liver, cerebral (brain) atrophy, an abnormal pancreas and diseased kidneys. Did Beethoven have one disease or many? How did his disabilities affect his work? Dr.

Mackowiak will review Beethoven's medical history in detail and share his thoughts as to the answers to these questions.

Washington

The standard account of his death in his late 50s is that he developed an infection of his epiglottis (voice box), which was causing him to suffocate. His physicians treated him by removing a massive amount of blood, which likely hastened his death. Nevertheless, their treatment was the best available at the time. Dr. Mackowiak will review Washington's legacy as the father of our country and his medical history in

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detail. In the process, he'll take issue with the amount of blood reported to have been removed during his final illness, whether he received the best care available at the time, and suggest a diagnosis other than epiglottitis.

*Philip A. Mackowiak is Emeritus Professor of Medicine and Carolyn Frenkil and Selvin Passen History of Medicine Scholar-in-Residence at the University of Maryland School of Medicine in Baltimore, Maryland. He is the author of "Diagnosing Giants: Solving the Medical Mysteries of Thirteen Patients Who Changed the World."*

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### **Disappearing Lake Pepin**

7/7/2020

Lake Pepin is disappearing from sediment accumulation that is 10x greater than normal. Annual sediment loads - equivalent to a city block filled to the height of the Foshay Tower - are wreaking havoc on communities, recreation, and fish and wildlife in Lake Pepin. There is a statewide focus to clean up the Minnesota River, which contributes 75-90% of the sediment, and yet sediment loads are not diminishing. This class will focus on how Minnesota's changing hydrology is outpacing mitigation efforts, how impairments in Lake Pepin demonstrate broader challenges on the Upper Mississippi River, and the emerging solutions that can help protect ecological systems and navigation on the river.

*Rylee Main is the Executive Director of the Lake Pepin Legacy Alliance, a grassroots organization dedicated to saving a disappearing Lake Pepin. She received her Master's Degree in Public Policy from the Hubert H. Humphrey School of Public Affairs, with a focus on water resources in Minnesota. In 2017 Rylee was appointed by Governor Mark Dayton to represent environmental organizations on Minnesota's Clean Water Council. Rylee currently serves as chair of the Minnesota Environmental Fund's Board of Directors and formerly served on the board of the Minnesota Conservation Federation.*

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### **DMC 5 Year Update and COVID-19 Impact**

2/10/2021

As part of the 5-year update to the Destination Medical Center (DMC) Development Plan, DMC commissioned HR&A Advisors to perform a scenario analysis of the potential impacts of COVID-19 on the local economy and the DMC Initiative. The results of that study will be presented, where DMC will discuss how COVID-19 may affect Rochester's jobs, economic activity, and the DMC's planning and investment strategy.

*Jamie Rothe is the Destination Medical Center Director of Community Engagement and Experience. Jamie has had multiple roles on the DMC initiative since she joined in the team in 2013 when the DMC legislation passed. She is responsible for development and implementation of the community engagement and experience strategy for DMC the DMC district, focusing on building relationships throughout the community. Jamie has her undergraduate in business administration and MBA from Augsburg University. Jamie's personal passions include professional and community capacity building for all ages. She is on the board of executive directors for the Boys & Girls Club of Rochester and the board of United Way of Olmsted County.*

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### Ensuring All Kids Can Learn in the Times of Corona Virus

10/27/2020

The global COVID-19 pandemic is shining a bright light on the role of the Internet in keeping us all connected. But many Minnesota students lack access to the technology they need for remote learning. Partnership for a ConnectedMN was created by philanthropic and business leaders, in collaboration with Governor Tim Walz and Lt. Governor Flanagan, to ensure Minnesota's students from disinvested communities have the tech devices and high-speed internet connectivity they need to learn, thrive and prosper. Bernadine Joselyn, Director of Public Policy & Engagement for Grand Rapids-based Blandin Foundation, will describe why and how the Partnership was formed, and how the funds it is raising are being used to ensure that schools and teachers are prepared to offer equitable access to quality distance learning this fall and for the duration of the COVID-19 pandemic.

*Bernadine Joselyn directs Blandin Foundation's Public Policy and Engagement program area, where she leads efforts to facilitate the building of knowledge and catalyze community action around issues and opportunities that align with the Foundation's mission of strengthening rural Minnesota communities, especially the Grand Rapids area. A native of Minnesota, Bernadine spent the first 15 years of her professional life in Soviet (and then post-Soviet) Affairs. She served seven years as diplomat with the U.S. Department of State, where — after an initial tour in New Delhi, India — she was assigned to Moscow, Russia, and Washington, D.C., focused on the U.S.-Soviet/Russian relationship. After the collapse of the Soviet Union Bernadine left the diplomatic corps to work on international academic and cultural exchange programs with the International Research & Exchanges Board (IREX) and subsequently the Eurasia Foundation, where she oversaw a \$5 million annual grant program. In 2000 Bernadine returned to Minnesota to complete a second masters degree in public affairs at the University of Minnesota's Humphrey Institute. She also has an undergraduate degree from the University of Minnesota and a master's degree in international security policy and certificate in advanced studies from Columbia University.*

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### Every Bird has a Story

9/10/2020

We love birds and share our lives with them. Bring your stories on how you got interested in birds or how birds enhance your existence.

*Al Batt of Hartland, Minnesota is a writer, speaker, storyteller and humorist. Al writes humor and nature columns for many newspapers and does regular radio shows about nature. He writes a number of popular cartoon strips that are syndicated nationally and is author of the book, "A Life Gone to the Birds." He is a columnist for "Bird Watcher's Digest" and writes for a number of magazines and books. He is a trustee of the American Bald Eagle Foundation in Haines, Alaska. Al hosted TV shows for many years and speaks at various festivals, conferences and conventions all over the world. He has received the Ed Franey Conservation Media Award from the Izaak Walton League, the Thomas Sadler Roberts Award from the Minnesota Ornithologists' Union for lifetime contributions to birding and was recognized by Bluebirds Across Nebraska for outstanding contributions to wildlife conservation. Al speaks to anyone who will listen. His mother thinks he is special.*

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## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

### F. Scott and Zelda Fitzgerald

2/11/2021

F. Scott Fitzgerald is well known as the voice of the jazz age, and his wife Zelda was the quintessential flapper. While Scott's writing has long been lauded, Zelda's writing and art are only now beginning to be appreciated fully. Research has shown that Zelda's own writing informed Scott's from the beginning of his career, even as his own writing offered her the path to claim her hand. The Fitzgeralds' adult lives eerily reflected two drastically different decades—where their star had beamed with the Roaring 1920s, they both descended into poor physical and mental health during the Great Depression of the 1930s. This lecture will trace the lives and love of these two larger-than-life figures, focusing especially on the way their relationship drove and furnished material for their writing and art.

*Taylor Hagood teaches American literature, with specialization in the writing of William Faulkner, African American literature, and the literature and culture of the United States South. His scholarship examines literary and cultural production in an approach informed by postcolonial theory, theorizing of social interaction via secrecy as a cultural item, and disability studies. Hagood's books include Faulkner's Imperialism: Space, Place, and the Materiality of Myth (2008); Secrecy, Magic, and the One-Act Plays of Harlem Renaissance Women Writers (2010); and Faulkner: Writer of Disability (2014), winner of the C. Hugh Holman Award for Best Book in Southern Literary Studies. Along with these monographs, he edited Critical Insights: The Sound and the Fury (2014) and coedited Undead Souths: The Gothic and Beyond in Southern Literature and Culture (2015) with Eric Gary Anderson and Daniel Cross Turner. Additionally, he has published articles and reviews in numerous journals, including African American Review, Anthurium, College Literature, European Journal of American Culture, Faulkner Journal, Literature Compass, Mississippi Quarterly, Southern Literary Journal, Studies in Popular Culture, and Walt Whitman Quarterly Review. In the way of current work, Hagood is pursuing a number of projects.*

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### FDR and the Fight for Freedom

10/26/2020

Our country and, indeed, the entire world was challenged and changed as a result of WWII. Franklin Roosevelt, at first, faced pressure to keep our country out of the conflict. But once the war was thrust upon us he very successfully stepped into the role of Commander in Chief and also kept the nation productive and engaged. This program will discuss our country's military and civilian involvement in the mightiest struggle of mankind. Certainly, "The Greatest Generation fought for our freedom and kept the home fires burning. Q&A will follow the presentation.

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

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### From Saint to Santa: The Evolution of Father Christmas

12/16/2020

He goes by many names: Sinter Klaas, Père Noël, Babbo Natale, Kris Kringle. But how did a Christian saint become transformed into the sleigh-riding, present-delivering, cookie-devouring, "jolly old elf" that we know today? From a real-life fourth-century bishop to the patron saint of New York, from the reindeer who pull his sleigh to the Krampus who tags along and punishes misbehaving children, we'll explore the magic and mystery of the world's most iconic character.

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*Drawn to music at a young age, Travis Beck started piano lessons at age 5 and began playing for his church's worship services at age 13. A native of Nashua, IA, he once filled in for his childhood piano teacher at the historic Little Brown Church and played for seven weddings over New Years' Eve and New Years' Day. His education includes degrees in music from Wartburg College and Luther Seminary. He currently serves full-time as Director of Worship, Music, & Arts at Mount Olive Lutheran Church in Rochester, MN. When he's not busy with his day job, Travis reads non-fiction, drinks coffee, and makes soap. He lives in Rochester with his wife, Samantha, and their daughter, Nora.*

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### **Generational Cycles - Learning the past Understanding the present seeing**

9/17/2020

We've all heard about Boomers, Gen X, Millennials, and, recently, Gen Z. What you may not know is that these generational types are not new. They are part of a parade of generations cycling in a repeating 80-year cycle. This cycle enables us to see, and predict, major shifts in our cultural, and explains the current divisiveness in politics. We will discuss the generations research, the model which it uncovered, and what it predicts for the future. You will understand why we see the societal discord we see today, and what lies ahead.

*Stephen Troutman is a futurist and frequent speaker on a diverse set of futures and business topics, including this, his favorite and oldest topic. He has been a Futurist since 1999, but also completed two careers, retiring from both IBM and the US Naval Reserve. He is an active volunteer serving on the Boards of LIFE and SCORE (free mentors to small business).*

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### **George Washington: Man and Myth**

2/12/2021

George Washington is one of the best known figures but also one of the most mythologized people in world history. Most people can't tell the difference between what is real, and what is myth when hearing about the life of George Washington. This program will investigate the myths and ask the question; can a person be both real and myth?"

*Scott Hill was born in Beeville, Texas but moved to Colorado at a very young age. He earned a Bachelor of Arts Degree in History from Metropolitan State College in Denver, Colorado and a Master's Degree in American History from George Mason University in Fairfax, Virginia. Scott has worked for the Federal Government for over 27 years; 24 of those years with the National Park Service as an Interpretive and Supervisory Park Ranger at eight different NPS units (Fredericksburg/Spotsylvania NMP, Richmond NBP, Petersburg NB, C&O Canal NHP, Ford's Theatre NHS, Appomattox Court House NHP, George Washington Birthplace NM and Thomas Stone NHS.) He also spent two and a half years as a Museum Technician at the United States Holocaust Memorial Museum. For the last ten years, he has served as the Chief of Interpretation at George Washington Birthplace NM and Thomas Stone NHS. During his NPS experience, Scott has been filmed for C-Span and Fox News about the Assassination of Abraham Lincoln at Ford's Theatre NHS; written an article published in the book, "Oh, Ranger" about Thomas Stone NHS; read the Declaration of Independence (in colonial costume, no less) in front of a large crowd at the Washington Monument on the 4th of July and participated in Civil War Sesquicentennial events at Manassas NB, Antietam NB, Fredericksburg/Spotsylvania NMP and Appomattox Court House NHP as well as a War of 1812 Bicentennial event at Fort McHenry NM and Historic Shrine. For the past eight years, he has also taught U.S. History and American Military History as an adjunct professor at the College of Southern Maryland in LaPlata, Maryland and for four years at Rappahannock Community College in King George,*

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*Virginia. Apart from history, his other loves are his wife, Vickie, who works at the National Museum of the Marine Corps as a Contract Specialist; his step-daughter Ashleigh and her husband Manny, and his granddaughters, Brooklyn and Isabella; and all Colorado sports teams, both professional and collegiate.*

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### **Get Over It**

2/10/2021

The "Get Over It", class is a discussion of the history of the Blue Eye/Brown Eye exercise, and how the learning that takes place during the exercise applies to what is going on, where the \*melanemic and the \*melanacious groups are concerned, in this society. It will also enlighten the members to the ignorance of using words like, 'black' and 'white', to describe and separate people in the 21st century. The similarity, of what is transpiring in the US today, to what transpired in Germany from 1933 to 1945, will also be part of the lesson. Ray was a student in Jane's class.

*Jane Elliott, internationally known teacher, lecturer, diversity trainer, and recipient of the National Mental Health Association Award for Excellence in Education, exposes prejudice and bigotry for what it is, an irrational class system based upon purely arbitrary factors. And if you think this does not apply to you. . . you are in for a rude awakening.*

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### **Gilded Age**

6/16/2020

The Gilded Age marked the birth of modern American and laid the foundations for the country's rise in what would be known as the American Century. Mark Twain coined the term Gilded Age to describe a time period that may have seemed like an era of growth and progress, but upon further examination revealed significant flaws. Attend this class and see what parallels can be drawn between this timeframe and our own.

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

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### **Global Supply Chains and Security**

2/17/2021

We have built global supply chains. Benefits of lower cost and access to new markets bring interdependence, in a world at peace. With Covid-19, the tension between China and the US, and increasing demands for rare earths, minerals, and national control of desired products, like medicine or face masks, new voices have been raised.

How will the pandemic change global supply lines, with calls for economic nationalism. To what level can the United States be economically self-sufficient? Can any nation achieve that level? If our security depends upon imports of required products, how do we protect ourselves in an ever more divided world? This topic is among the Great Decisions 2021 Topics from the Foreign Policy Association.

*Todd Lefko is the President of the International Business Development Council, an import-export firm. He has homes in Minnesota and Moscow and has worked in Russia for more than 25 years. His weekly articles appear in "Rossiske Vesti," a Russian political newspaper, and he is a contributor to "Rusya-Al Youm," the Russian Arabic Television channel for the Middle East. He has lectured at universities in*

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*Russia, China, Belarus, Germany, Kazakhstan, and Turkmenistan. Mr. Lefko has also taught urban affairs and sociology at the University of Minnesota, and political science, international relations, political philosophy, political campaign management, leadership, organizational development, and public administration at other Minnesota colleges. He is one of the founders and current treasurer of Global Volunteers, and has worked in villages in Jamaica, Mexico, and Guatemala. He is the group's representative at the United Nations.*

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### **Great Decisions 2021 Discussion Group Topic: Global Supply Chains and National Security**

3/16/2021

The shutdown of global supply chains due to the Covid-19 pandemic brought to the fore an issue with the high level of global economic interdependence: what happens when one country is the main source for an item, say face masks, and then can no longer supply the item? Countries suddenly unable to meet the demand for certain supplies are faced with growing calls for economic nationalism. What are some of the lasting effects that the pandemic could have on global supply chains and trade? How would this affect national security?

*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.*

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### **Great Decisions 2021 Discussion Group: Persian Gulf Security Issues**

3/30/2021

The Persian Gulf remains tense as the rivalry between the regional powers of Saudi Arabia and Iran continues. Tensions escalated in early 2020 as the United States began to intervene in the Gulf, launching an airstrike that killed two Iranian military commanders. What are the historical influences that have led to these tensions? What role, if any, should the United States play? Is using military force a viable foreign policy option for 2021 and beyond?

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### **Great Decisions AI and Data (Stephen Troutman)**

6/2/2020

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

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*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.*

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### **Great Decisions India Pakistan**

6/16/2020

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

*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*

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### **Great Decisions Philippines (Stephen Troutman)**

5/18/2020

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

*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.*

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### **Great Decisions Slavery and Human Trafficking**

7/14/2020

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

*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*

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### **Gunflint and Lake Superior Railroad**

7/15/2020

This is the story of a Wisconsin logging company whose headquarters was located in Port Arthur (Thunder Bay) and for many years was the largest employer in the city. It incorporated and built a railroad in Minnesota to harvest timber, and in the process created one of the most unique logging operations in North America. The railroad had no American terminus or connection; its only access was through Canada. The logs cut in Minnesota were transported to Port Arthur to be processed into lumber and then were shipped primarily to a burgeoning construction market in western Canada.

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*Dave Battistel is a history teacher and instructional leader at St. Patrick High School in Thunder Bay, Ontario. Since 1994 he has been actively researching and writing about the history of the Port Arthur, Duluth and Western Railway, as well as its associated ventures (silver and iron mining and logging). He is currently writing a book on the Gunflint & Lake Superior Railroad.*

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### **Happy Days and Hard Times: Christmas in the 1920s and 30s**

12/7/2020

Dunn County Historical Society Executive Director Melissa Kneeland will present about holiday celebrations of the 1920s and 30s here in the United States. Topics will range from traditions that began in that era, to the effects that the Great Depression and Prohibition had on the holiday season. Wear your favorite holiday sweater!

*Melissa Kneeland is the director of the Dunn County Historical Society in Wisconsin.*

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### **Hidden Fort Pulaski, The**

2/2/2021

Fort Pulaski is best known for the thirty-hour bombardment in 1862 during which the Union's rifled artillery made masonry forts practically obsolete. But there is more to this Georgia fort than meets the eye. From the seldom told story of the enslaved people who occupied the island to the names carved into the bricks, Fort Pulaski has far more stories to share. Come along and learn about the intriguing history of this fort and what makes it special! Cosponsored with the History Center of Olmsted County. *Elizabeth Smith graduated from Gettysburg College in 2017 with a BA in history. In the years since, she has put that degree to work all across the country as a guide at various units of the National Park Service. She currently works as a guide and social media contributor at Fort Pulaski National Monument in Savannah, Georgia.*

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### **History and Mystery - Family Secrets and Surprises**

1/14/2021

Join Author Sherrie Hansen to talk about family secrets and surprises with a look at Sherrie's recent trip to the Czech Republic and the premise of her latest novel, PLUM TART IRIS, a Wildflowers of Bohemia mystery. Learn how the plot developed when Sherrie learned her proud Bohemian grandma was really half-German - doubly surprising since Sherrie lived in Germany for three years and no one ever told her she was part German! We'll talk about the mysterious tale of why Sherrie's ancestors immigrated from Denmark, how history molds and shapes our family dynamics, and the ways in which our heritage and traditions influence the present.

*Twenty-nine years ago, Minnesota author Sherrie Hansen rescued a dilapidated Victorian from the bulldozer's grips and turned it into a B&B and teahouse, the Blue Belle Inn, Saint Ansgar, Iowa. After 12 years of writing romance novels, Sherrie married her real-life hero, Mark Decker, a pastor. They share two houses, 85 miles apart, and Sherrie writes on the run whenever she has a spare minute. Sherrie enjoys playing the piano, painting, photography, writing murder mysteries and planning her next European adventure. Sherrie's highly-acclaimed contemporary romantic suspense novels and mysteries include her popular Wildflowers of Scotland novels, SEASIDE DAISY, a mystery set in Ireland, DAYBREAK, the long-awaited sequel to NIGHT & DAY, and her new release, PLUM TART IRIS, a mystery set in Bohemia. Sherrie grew up on a farm south of Austin, MN, and lived in Wheaton, IL, Bar Harbor, Maine, Augsburg, Germany, Lawton, OK, and Colorado Springs, CO before moving back to the Midwest.*

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### How the Pandemic Will Change the World

9/9/2020

Coronavirus has changed our lives in 2020. It will continue to impact social relationships, the nature of work, the role of government, sporting events and how we protect ourselves from forces that appear beyond our individual control. The world is changing and will continue to produce both supportive and threatening patterns to our privacy, security, and governance.

We will discuss how these changes will modify our lives. We are living through a historic moment, which historians will recognize as a moment of change. The better we understand these changes, the better can be our preparation and possible design of our lives.

*Todd Lefko is the President of the International Business Development Council, an import-export firm. He has homes in Minnesota and Moscow and has worked in Russia for more than 25 years. His weekly articles appear in "Rossiske Vesti," a Russian political newspaper, and he is a contributor to "Rusya-Al Youm," the Russian Arabic Television channel for the Middle East. He has lectured at universities in Russia, China, Belarus, Germany, Kazakhstan, and Turkmenistan. Mr. Lefko has also taught urban affairs and sociology at the University of Minnesota, and political science, international relations, political philosophy, political campaign management, leadership, organizational development, and public administration at other Minnesota colleges. He is one of the founders and current treasurer of Global Volunteers, and has worked in villages in Jamaica, Mexico, and Guatemala. He is the group's representative at the United Nations.*

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### How the Working-Class Home Became Modern, 1900-1940

12/14/2020

At the turn of the nineteenth century, the average American family still lived by kerosene light, ate in the kitchen, and used an outhouse. By 1940, electric lights, dining rooms, and bathrooms were the norm as the traditional working-class home was fast becoming modern—a fact largely missing from the story of domestic innovation and improvement in twentieth-century America, where such benefits seem to count primarily among the upper classes and the post-World War II denizens of suburbia. Examining the physical evidence of America's working-class houses, Thomas C. Hubka revises our understanding of how widespread domestic improvement transformed the lives of Americans in the modern era. His book, focused on the broad central portion of the housing population, recalibrates longstanding ideas about the nature and development of the "middle class" and its new measure of improvement, "standards of living."

In "How the Working-Class Home Became Modern, 1900–1940," Hubka analyzes a period when millions of average Americans saw accelerated improvement in their housing and domestic conditions. These improvements were intertwined with the acquisition of entirely new mechanical conveniences, new types of rooms, and new patterns of domestic life. Such innovations (from public utilities and kitchen appliances to remodeled and multi-unit housing) are at the center of the story Hubka tells. This narrative, amply illustrated and finely detailed, traces changes in household hygiene, sociability, and privacy practices that launched large portions of the working classes into the middle class—and, in Hubka's telling, reconfigures and enriches the standard account of the domestic transformation of the American home.

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*Thomas Hubka is a Professor Emeritus from the Department of Architecture, University of Wisconsin–Milwaukee. Through almost forty years of scholarship and teaching he has attempted to link the practice and teaching of architecture to historical and cultural context. He has published widely on topics of popular, vernacular architecture including theoretical works and detailed studies of common buildings such as New England farms, bungalows, ranch houses, and workers' cottages. His latest book explores America's most common housing such as workers' cottages, bungalows, and duplexes: "Houses without Names: Architecture Nomenclature and the Classification of America's Common Houses" (University of Tennessee Press). He is working on a new book: "Modern Housing for a New Middle Class: The Transformation of Working-Class Housing, 1880-1930." His two previous books are: "Resplendent Synagogue: Architecture and Worship in an 18th Century Polish Community" (University Press of New England and Brandeis University Press) for which he received the Vernacular Architecture Forum's, Henry Glassie Award, 2006; and "Big House, Little House, Back House, Barn: The Connected Farm Buildings of New England" (University Press of New England) for which he received the Abbott Lowell Cummings Award in 1985. He is currently living in Portland, Oregon where he has taught courses at the University of Oregon, Portland State University, and Portland Community College and continues to study the housing and neighborhoods of Portland and Oregon.*

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### **Human Evolution-The Fossil and DNA Evidence**

3/16/2021

The story of human evolution, our history as a species, has fossil evidence going back at least 7 million years to our last common ancestor with other primates. What happened after that, how many side branches arose, and how did we end up as the only survivors? We'll review the fossil evidence, including when our larger brain and our upright posture emerged, and consider the implications of the Neanderthal DNA within many of us. See the fossils that mark our emergence as a species.

*Dr. Connie Arzigian is a Senior Lecturer in the Archaeology and Anthropology Department at the University of Wisconsin–La Crosse. In 2010 she led a regional archaeological survey of Olmsted county. Her focus of research is on Midwestern archaeology and paleoecology, examining subsistence and settlement systems, and the origins of agriculture.*

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### **Human Trafficking and Slavery**

6/12/2020

With over forty million slaves remaining worldwide, modern slavery continues. The world has developed laws, regulations and institutions for limitation and control, but the issue continues in the United States and across the world. We will discuss the impact of trafficking and slavery and what can be done for control. It has no place in a civilized society or world, but unfortunately remains the life for millions of children, women and men.

*Todd Lefko is the President of the International Business Development Council, an import-export firm. He has homes in Minnesota and Moscow and has worked in Russia for more than 25 years. His weekly articles appear in "Rossiske Vesti," a Russian political newspaper, and he is a contributor to "Rusya-Al Youm," the Russian Arabic Television channel for the Middle East. He has lectured at universities in Russia, China, Belarus, Germany, Kazakhstan, and Turkmenistan. Mr. Lefko has also taught urban affairs and sociology at the University of Minnesota, and political science, international relations, political philosophy, political campaign management, leadership, organizational development, and public*

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*administration at other Minnesota colleges. He is one of the founders and current treasurer of Global Volunteers, and has worked in villages in Jamaica, Mexico, and Guatemala. He is the group's representative at the United Nations.*

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### **Hummingbirds**

6/17/2020

Donald Mitchell will give a presentation about strategies for turning your yard into a hummingbird haven. He will providing specific recommendations for plants and feeders that work to attract hummingbirds to Minnesota gardens. He will also provide insights regarding hummingbird biology derived from his 20 years of studying wild hummingbirds and the plants they pollinate. These insights will help you understand why certain strategies for attracting hummingbirds work while others fail.

*Donald Mitchell obtained an M.S. degree in Conservation Biology from the University of Minnesota and has conducted field studies of hummingbirds and the plants they pollinate in Minnesota, Wisconsin, Colorado and California. He is a federally-permitted hummingbird bander and has served as Vice President of the Minnesota Ornithologists' Union. He is a University of Minnesota Extension Master Gardener and attracts hundreds of hummingbirds annually to his garden near the Mississippi River in Red Wing, Minnesota.*

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### **Humor and Experimentation in Fiction**

9/18/2020

This talk will discuss connections between creativity, prolific idea generation, humor, and play. Specifically, humor and creativity both involve making non-obvious connections between seemingly unrelated things. It was found that improvisational comedians produced more creative ideas than professional designers in controlled, time-limited idea generation challenges, and that engineers can generate significantly more ideas after improvisational training. Researchers have also found that a playful attitude is helpful in creative problem solving and ideation. It seems obvious to promote play for children, but we tend to discourage it in adults. If we want to be creative leaders, we should encourage play and humor in our work environments.

*Dr. Kudrowitz is an associate professor and director of product design at the University of Minnesota. He received his PhD from the Mechanical Engineering Department at the Massachusetts Institute of Technology (MIT), studying humor, creativity, and idea generation. Dr. Kudrowitz is interested in how creativity is perceived, evaluated and learned. He has years of experience working with the toy industry and has taught toy design for over a decade. Dr. Kudrowitz co-designed a Nerf toy, an elevator simulator that is in operation at the International Spy Museum in Washington, D.C., and a ketchup-dispensing robot that was featured on the Martha Stewart Show. He is also the associate editor of the Journal of Food Design.*

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### **Huwe Burton of the Innocence Project: Bronx Man's 1991 Murder Conviction Vacated**

1/12/2021

Join Huwe as he shares his experience with LIFE. (Bronx, NY- January 24, 2019) Today, Bronx Supreme Court Justice Steven Barrett vacated the 1991 murder conviction of Huwe Burton. Justice Barrett based his decision on findings by the Bronx District Attorney's Conviction Integrity Unit (CIU) that detectives from the 47th precinct had coerced Burton into falsely confessing to murdering his mother when he was just 16 years old.

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Burton's legal team includes Susan Friedman and Barry Scheck of the Innocence Project, which is affiliated with the Benjamin N. Cardozo School of Law at Yeshiva University; Steven Drizin of Northwestern Pritzker School of Law's Center on Wrongful Convictions; and Laura Cohen of Rutgers Law School's Criminal and Youth Justice Clinic.

*Huwe Burton was an innocent man who was wrongfully convicted after career detectives used flawed interrogation techniques that produced unreliable and false confessions. Susan Friedman is a staff attorney at the Innocence Project and litigates post-conviction DNA cases throughout the country. Ms. Friedman joined the Innocence Project as a staff attorney in December 2015. Before that, Ms. Friedman was a staff attorney with the DNA Unit at the Legal Aid Society in New York where her practice focused on emerging DNA technology. Ms. Friedman graduated from Mount Holyoke College in 2005 and from The George Washington University Law School in 2011. She also holds an M.S. in Biomedical Sciences from Mount Sinai School of Medicine Graduate School of Biology.*

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### **Immigration to Olmsted County - Paul Koeller**

5/11/2020

Take a look back at four different groups of immigrants that have made Olmsted County and Rochester their home in the last 150 years. The presentation will compare and contrast immigrants from Northern Europe in the mid to late 1800s, the Greeks from 1920-1940, the Southeast Asians in the 1970-1990, and the recent immigrants from Somalia and other countries from 1990s to present. The lives of representative individuals from each group will be used to tell the story.

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

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### **in the Diplomatic Corp**

6/23/2020

Diplomats usually spend their lives working behind the scenes. What are these lives like? Where do they live? What's it like for spouses, kids, and pets? What is the role of locally hired colleagues? How are assignments made? How do you learn the required foreign languages? What's it like to move back to the States after living overseas for so many years? Mark and his wife, Deborah, who also worked at embassies overseas, spent more than three decades abroad, during which they raised four kids. They will talk about their experiences and answer all your questions.

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

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## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

### Increasing Well-Being in Children and Families

1/28/2021

In this talk, Dr. Julie Poehlmann-Tynan will discuss the concept of resilience, or the process of achieving well-being in the context of significant risk or adversity. She will present research-based strategies for improving mental and behavioral health, social competence, and healthy communication in children and families. blog: [kidswithincarceratedparents.com](http://kidswithincarceratedparents.com)

*Dr. Poehlmann-Tynan is a child clinical psychologist who studies child and family health disparities and well-being from an interdisciplinary perspective. The purpose of her work is to facilitate social justice for young children and their families and to understand and promote resilience processes while decreasing risk and trauma exposure. To do this, Dr. Poehlmann-Tynan studies the health and social, emotional, and cognitive development of high-risk infants and young children and their families, including children with incarcerated parents, children raised by their grandparents, and children born preterm, including examining the intergenerational transmission of risk, trauma, resilience, and healing. She uses both quantitative and qualitative methods in her work, especially observational methods that focus on young children and families in their natural contexts as well as physiological measures. She also designs and evaluates interventions for children and their parents, including interdisciplinary multimodal interventions that can be used in the criminal justice system and contemplative practices aimed at decreasing stress and increasing well-being in children and families.*

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### Introduction to the History and Philosophy of Science Question 1

9/25/2020

This series of short courses will provide a friendly introduction to some big questions about science and its role in our lives and society: what it is, how it has changed over time, some philosophical ideas about it, and ways in which we can distinguish “science” from “non-science.” Examples will be drawn from a wide variety of disciplines, including medicine, biology, astronomy, and economics. The individual courses are as follows:

1. Is absolute (scientific) knowledge possible? (Sep)
2. What is the scientific method? (Nov)
3. How do scientific theories change over time? (Jan)
4. Is scientific progress possible? If so, how? (Mar)
5. What is the difference between science and non-science? (May)

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

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### Introduction to the History and Philosophy of Science. Question 2

11/13/2020

This series of short courses will provide a friendly introduction to some big questions about science and its role in our lives and society: what it is, how it has changed over time, some philosophical ideas about it, and ways in which we can distinguish “science” from “non-science.” Examples will be drawn from a

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wide variety of disciplines, including medicine, biology, astronomy, and economics. The individual courses are as follows:

1. Is absolute (scientific) knowledge possible? (Sep)
2. What is the scientific method? (Nov)
3. How do scientific theories change over time? (Jan)
4. Is scientific progress possible? If so, how? (Mar)
5. What is the difference between science and non-science? (May)

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

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### Introduction to the History and Philosophy of Science. Question 3

1/22/2021

This series of short courses will provide a friendly introduction to some big questions about science and its role in our lives and society: what it is, how it has changed over time, some philosophical ideas about it, and ways in which we can distinguish “science” from “non-science.” Examples will be drawn from a wide variety of disciplines, including medicine, biology, astronomy, and economics. The individual courses are as follows:

1. Is absolute (scientific) knowledge possible? (Sep)
2. What is the scientific method? (Nov)
3. How do scientific theories change over time? (Jan)
4. Is scientific progress possible? If so, how? (Mar)
5. What is the difference between science and non-science? (May)

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

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### Invasion of Earthworms

6/15/2020

Invasive earthworms from Europe change the structure of the soil by consuming the leaf litter (duff), leading to changes in availability of water and nutrients, in turn causing the plant community to change. These changes have wide-ranging cascade effects of interest to society, including impacts on forest productivity, climate change, conservation of native plants, human and crop health, and forest fires. New research on the recent Asian earthworm invasion will also be discussed.

*Lee E. Frelich is Director of the University of Minnesota Center for Forest Ecology. He received a Ph.D. in Forest Ecology from the University of Wisconsin-Madison in 1986. Frelich has authored more than 150 publications with 160 coauthors from 19 countries, including major works for Cambridge University Press and Oxford University Press. His research has been featured in the news media hundreds of times,*

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*including such venues as The New York Times, National Geographic, Newsweek, and CBS Radio Osgood Files.*

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### **Jeremiah Program: Ending the Cycle of Poverty Two Generations at a Time**

11/10/2020

JoMarie will discuss the history of Jeremiah Program, the Two Generation approach to ending poverty, Jeremiah Program's 5 Pillars, and the status of Jeremiah Program's launch into Southeast Minnesota. *JoMarie Leth Morris is a Magna Cum Laude graduate of Winona State University. She served as a legislative intern for Minnesota State Senator Steven Morse prior to attending William Mitchell College of Law where she graduated with honors and served as associate editor of the law review. She was a partner at Klampe, Delehanty & Morris law firm in Rochester for 18 years practicing civil litigation and immigration. She served as President of the Olmsted County Bar Association, and was an adjunct professor at Winona State University developing the curriculum and teaching Introduction to Paralegalism and Ethics. JoMarie is passionate about social justice issues and has done significant pro bono work relating to domestic abuse, sex and labor trafficking, and citizenship for refugees receiving numerous awards for her pro bono work. She is currently leading the effort to bring a Jeremiah Program to Rochester.*

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### **Kensington Rune Stone**

6/18/2020

The Kensington Rune Stone has been controversial since it was first made public in 1898. Articles appear on a regular basis attempting either to prove or disprove the authenticity of the stone. This class will briefly examine the history of the Kensington Rune Stone and then look at the text of the stone itself for evidence of the likelihood that it is a genuine article.

*After retirement from IBM, Bill Bakken attended Minnesota State University Mankato and received an MA in History in 1996. His focus of study was Anglo-Saxon and Anglo-Norman England. He taught a wide selection of history courses at Rochester Community and Technical College as a part-time instructor from 1996 until retirement in 2008 and a wide variety of LIFE classes since. His interests include reading science fiction, adventure, and Biblical History, research and collection of North Dakota Pottery and snorkeling and underwater photography.*

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### **Kid and a Baseball Legend, A**

7/23/2020

Ron was eight years old when he first met his hero Jackie Robinson at a Milwaukee Braves/Brooklyn Dodgers game in Milwaukee in 1953. Jackie and Ron maintained a one-on-one close relationship and friendship from that time on. Ron's story is of a kid, his larger than life hero, and the lessons he learned. His story is that of dreams coming true, mutual respect, and "paying it forward". It's a beautiful story of a friendship between a baseball legend and a boy. Ron shares the poignant, emotional, and heartfelt letters that provide a unique insight into Jackie Robinson's soul. Invite your grandkids to join you! *Ron Rabinovitz has shared his amazing story with corporations, business organizations, and school children throughout America. As one corporate executive said, "Yours is a story that only happens in dreams." Ron has been featured on The MLB Network Documentary "Letters from Jackie", The National Baseball Hall of Fame, USA Today, CBS Evening News, ESPN, CBS Radio, NPR's "The Story" with Dick*

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*Gordon, Minneapolis Star Tribune, Chicago Sun Times, and Los Angeles Times. His story has also been made into a play written by Oscar winning author Eric Simonson.*

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### **Lewis and Clark**

6/9/2020

In 1803 President Thomas Jefferson probably made the best real estate deal in American history with the Louisiana Purchase. This was a bold acquisition that doubled the size of the country and needed exploring. Jefferson turned to Meriwether Lewis and William Clark for this mission. Their primary objective was to find the long sought after waterway to the Pacific, called the “Northwest Passage”, and although this was a major objective, it was not the only one, and this part of the story created an intriguing adventure with Nature, Native Americans and other Nations. This lecture will highlight their objectives, and look at what the “Corp of Discovery” accomplished, and the impact it has had on the nation. A recommended reading list and handout will be provided, and there will be a question and answer session after the lecture.

*Bennett Smith is an instructor in history and political science at North Iowa Area Community College. He is also an instructor in various lifelong learning programs including the NIACC lifelong Learning Institute; the Osher Lifelong Learning Institute at Iowa State University and the LIFE program at Rochester Community and Technical College in Rochester, Minnesota. He holds a Bachelor of Science degree in speech communication and a Master of Arts degree in history from Iowa State University. He has also done graduate work at the University of Iowa in Social Foundations of Education. He is from Clear Lake, IA and currently serves on the Clear Lake City Council.*

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### **Little Minnesota: The Stories of Minnesota's Smallest Towns and their World War II Veterans**

1/19/2021

The presentation explores the history and culture of Minnesota’s smallest towns with a population around 100 and covers World War II from Pearl Harbor to the end of the war through the stories of the men who died.

*Little Minnesota in World War II was both fascinating and difficult to write. The men and their families became real to us as we read their letters and poems, and saw their very young faces in photos. We can only imagine what contributions these fine men would have made to the world, had they survived the war. They were artists, writers, athletes, musicians, builders, farmers, teachers, but above all, they were sons, brothers, friends, husbands and fathers.*

*Jill Johnson is a 1974 graduate of the University of North Dakota and worked as a physical therapist until 2015. In 2001, Jill opened an independent bookstore, Beagle Books, in downtown Park Rapids. Jill and her husband Deane, a retired physician, live in Park Rapids on the road to Itasca State Park. Deane wrote and photographed *The Best of Itasca: A Guide to Minnesota’s Oldest State Park* in 2014.*

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### **Lives and Legacies of President Lyndon B Johnson and Lady Bird Johnson, The**

2/15/2021

For Lyndon B. Johnson, the struggle with deprivation and economic boom and bust was not an abstraction. It was the real-life experience of his own family and his neighbors that played an important role in developing his political philosophies. Johnson wanted to harness and direct government action to improve the quality of life for people like those with whom he grew up. Even as he reached the pinnacle of political power, first as senate majority leader and then as vice president and president, he retained a

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profound connection to the Texas Hill Country. He was born on a farm near the town of Stonewall, grew up in Johnson City, spent one-quarter of his presidency at his LBJ Ranch, and lived out the rest of his life there after leaving office. With his wife Claudia “Lady Bird” Johnson and his family, Johnson was able to find respite and rejuvenation from the stress and frenetic activity of political life in Washington, DC, by returning home. Join a National Park Service ranger to explore how many of Johnson’s most important policy accomplishments, from expanded environmental conservation to the Great Society programs, found their inspiration in his Hill Country ties.

*Located in two districts within and to the west of Johnson City, Texas, Lyndon B. Johnson National Historical Park preserves the birthplace, boyhood home, ranch, and other historic sites associated with the life of Lyndon Baines Johnson, the 36th president of the United States. The park is situated in the Texas Hill Country, a land of rugged limestone hills and wildflower-filled meadows, watered by spring-fed rivers, and interspersed with farms, ranches, and small towns. The natural setting of the Hill Country and the human condition of its inhabitants, who struggled to carve out a living from the challenging landscape with few modern amenities, were important influences on Johnson’s life and legacy.*

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### **Magic and Mystery of Christmas Carols**

12/10/2020

We all are barraged with Christmas carols at the end of each calendar year—at home, in church, on the street, in stores, riding elevators. We just can’t get away from them. How is it that so many wonderful songs have been inspired by this season of the year? Where did they come from? Who created them? When? Why? We explore the stories behind our favorite holiday music, some shrouded in mystery spread over centuries, some from a specific time and place. And we’ll be surprised at how many traditional carols originated in America and how much wonder was involved in how our favorites came to be.

*Entering his 41st season conducting the Rochester Symphony, Jere Lantz also directs the Minneapolis Pops Orchestra and Minnetonka Choral Society. Founding Music Director of the Minnesota Opera Touring Company, Lantz has guest conducted Minnesota Orchestra, St. Paul Chamber Orchestra, orchestras from coast to coast, and internationally in Latin America, Europe, and Asia. He has served on advisory panels to the Minnesota State Arts Board, Minnesota Public Radio, and the League of American Orchestras. Known for delighting audiences with “the story behind the music,” Maestro Lantz has written notes for hundreds of programs and appeared frequently in media of all sorts. In lectures that are both erudite and entertaining, he has unveiled the mysteries of music to musiclovers of all ages. He holds degrees through the doctorate from Yale University.*

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### **Marine Aviation: From Afghanistan to the White House**

3/15/2021

The United States Marine Corps holds a small but unique portion of the Department of Defense’s aviation portfolio. The pilots in the Marine Corps are Commissioned Officers that have undergone a lengthy training process that spans a breadth of topics intended to equip Marine Aviators with a broader understanding of the battlespace and enable them to tightly integrate with ground forces. Outside of a combat role, Marine Aviators are also entrusted with one of the most unique and visible aviation roles in the DOD: flying the President of the United States. Phillip will discuss his challenging, exciting, and sometimes fortuitous career path of a Marine Helicopter Pilot as he flew Marine helicopters in

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California, Afghanistan, and at the White House. If you have ever wondered how a helicopter flies, who flies one, or what it is like in the Rose Garden, bring your questions and he'll see if we can get them answered.

*Born in Rochester, MN, Phillip Wiktor graduated from Century High School and attended the University of Minnesota – Twin Cities, graduating with a B.S.B. in Finance. After graduation he commissioned as a Second Lieutenant in the United States Marine Corps. After a mix of ground combat, fixed-wing, and helicopter training, Phillip was designated a Naval Aviator and reported to Marine Light Attack Helicopter Squadron 169 to fly the UH-1Y in Camp Pendleton, CA. While in California, he deployed twice to Afghanistan in support of Operation ENDURING FREEDOM and held a variety of billets in the squadron to include Aviation Safety Officer and Weapons and Tactics Instructor. Upon completion of his tour, Phillip was selected to serve at Marine Helicopter Squadron One (HMX-1), where he flew the VH-3D and VH-60N helicopters. During his time at HMX-1, Phillip flew President Obama, Vice President Biden, President Trump, Vice President Pence, along with other dignitaries and Heads of State. Phillip finished his tour at HMX-1 and currently resides in California where he serves as the Operations Officer and UH-1Y Pilot at Marine Light Attack Helicopter Squadron 775.*

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### Mayo Buildings--Stories Behind Names

7/8/2020

You've driven by the Mayo Clinic buildings many times. You've probably even had appointments at the various buildings. You know the building names, but do you know the stories behind the names? Join Paul Koeller as he shares photos of the various Mayo Clinic buildings and tells you something about the people who helped make the buildings possible.

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

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### Medicare and Medicaid - What Are They and Why Should I Care?

9/23/2020

Understanding Medicare can seem like an easy thing to do until you start digging into it – then you wonder, “What have I gotten into?” There’s Medicare Part A, Part B, Part C and Part D, just to begin with but what do those letters mean? In this class, you will learn what Medicare is, what the “alphabet soup” of Medicare means and why you should have at least a basic understanding of this important part of your life after 65. We will also talk briefly about Medicaid, what it is and how it can work with Medicare, if you are eligible.

*Janice Domke is a licensed Life and Health Insurance agent with the State of Minnesota who specializes in Medicare. For over 15 years, she has helped hundreds of Medicare Beneficiaries learn about Medicare and understand the options that go with it. She has presented most recently to staff at Bremer Bank and retiring Mayo Clinic doctors. Janice is active in her community and volunteers on various boards. She is also a member of The Rotary Club of Rochester.*

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### Medieval Churches

6/17/2020

Large medieval abbey churches and cathedrals of England were first built around the time of the Norman Conquest in 1066. This great wave of building spread all over the English countryside through a

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number of centuries. This class will survey a number of notable examples and explore the attributes and styles that distinguish them from other large European churches of the same era.

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

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### **Metropolitan Dreams: The Scandalous Rise and Stunning Fall of a Minneapolis Masterpiece**

11/12/2020

When it opened in Minneapolis in 1890, the twelve-story Northwestern Guaranty Loan (later Metropolitan) Building was among the tallest, largest and most magnificent office buildings in the United States, even if the man behind it turned out to be a crook. The building's needless destruction in 1961-62, at the height of urban renewal fever, has now come to be regarded as an act of civic vandalism that deprived Minneapolis of one of its greatest monuments. In his illustrated talk, Larry Millett will tell the story of the Metropolitan, from its design and construction amid financial chicanery to its demolition following the first big historic preservation battle in state history.

*Larry Millett is an architectural historian and the author of *Lost Twin Cities, Twin Cities Then and Now*, and *AIA Guide to the Twin Cities*. He has also written six mystery novels featuring Sherlock Holmes, all but one of them set in Minnesota. He lives in St. Paul.*

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### **Middle Class in Great Depression, The**

12/2/2020

This class will explore what the experience did to and for the American middle class. Although a terrible time economically for many Americans, the trauma of the Great Depression helped shift American values, priorities and public policies in new directions that helped lay the foundations for rapid middle class growth thereafter. These changes included not just matters of economics and politics but also social and cultural ones, and the class will explore them all.

*David Stebenne earned a B.A. in history from Yale and a J.D. and a Ph.D. in history from Columbia. He is a member of the Maryland Bar, and a specialist in modern American political and legal history. He has taught at Ohio State since 1993. Professor Stebenne has written two books and co-authored a third one. The first, *Arthur J. Goldberg: New Deal Liberal* (Oxford U. Press, 1996), explores the rise and decline of New Deal era liberalism from the 1930's through the 1960's. His second book, *Modern Republican: Arthur Larson and the Eisenhower Years* (Indiana U. Press, 2006), is a study of the rise and decline of moderately conservative ideas from the 1940's through the 1960's. Stebenne co-authored a history of the leading suburban new town of Columbia, Maryland with Joseph Mitchell. The book was published by the History Press in 2007 with the title *New City Upon A Hill: A History of Columbia, Maryland*. Professor Stebenne is currently working on a new book project, which is a history of the rise of the American middle class from the 1930's through the 1960's. His new article entitled "Is American Democracy Endangered?" was published in the *Drake Law Review* in December 2018. Professor Stebenne has published articles, essays and shorter analytical pieces in many places. In addition to writing for scholarly audiences, he contributes to such publications aimed at educated general readers as: *The Conversation*, *the Huffington Post*, *the New Republic*, *the Observer*, and *Salon*.*

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### **Minnesota Marine Art Museum and You!**

10/27/2020

Baffled, bored, or intimidated by most art museums? Curator of Education, Heather Casper, will casually introduce you to the collections of the Minnesota Marine Art Museum in Winona, MN and highlight three different artworks throughout the program. Casper will engage you in dialogue, answer any questions, and try some fun approaches like sketching, poetry and more to leave you feeling rejuvenated. As Pablo Picasso once said, "Art washes away from the soul the dust of everyday life." Life these days could definitely use some dusting.

*Heather Casper has been the Curator of Education at the Minnesota Marine Art Museum in Winona, MN since February 2007. Casper holds a MS degree in Art Education from the University of Tennessee at Knoxville and a BFA in Ceramics from the University of Colorado at Boulder. In 2011, Casper won "outstanding community educator award" from the Winona Area Education Association. She was selected to participate in the Teaching in Museum Education Seminar at the School of the Chicago Art Institute in August of 2014.*

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### **Minnesota Mayhem Mystery and Moxie Part 1**

9/23/2020

Turn back the yellowing pages of Minnesota newspapers and explore original accounts of some of the state's worst moments, from the catastrophic to the merely curious: A judge sentences a 15-year-old boy to reform school for stealing a sled (1882). A flu outbreak kills more than ten thousand Minnesotans (1918). Frank Lloyd Wright is arrested at a Lake Minnetonka cottage (1926). A jailed stripper blames her arrest on a wardrobe malfunction (1953). These fascinating stories and more are presented in their original form, along with photos from the Minneapolis Tribune, St. Paul Daily News, Minneapolis Star, the Minnesota Historical Society and other sources.

*Ben Welter, a Minneapolis native and veteran Twin Cities journalist, has been reading newspapers since Sister Romana taught him how to say the alphabet backward and forward in first grade. In 2005, he began scouring Star Tribune microfilm in search of interesting stories and photos dating back to 1867. He has posted more than 500 of the best on his blog, Yesterday's News, [startribune.com/yesterday](http://startribune.com/yesterday). Three books based on the blog have been published by The History Press and are available in Minnesota bookstores and on Amazon. The latest, "Minnesota Moxie," features mostly true tales about Minnesotans, famous and obscure, who demonstrate grit, muscle and determination.*

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### **Minnesota Mayhem, Mystery and Moxie, Part 2: (Mostly) True Tales of Courage, Muscle and Grit in the Land of 10,000 Lakes**

10/20/2020

Any Minnesotan worth his lutefisk has heard of the Kensington Runestone. But have you heard of Victor Setterlund? In 1949, he uncovered another runestone less than ten miles away. How about young Phoebe Omlie? In 1921, she set a world parachute record, stepping off the wing of a biplane 15,200 feet above the Twin Cities. How about Jean Webb? In 1963, the Minneapolis teen risked arrest and refused to leave a segregated restaurant in Arkansas. These off-beat and inspiring stories, along with dozens more culled from Minnesota newspaper archives, are presented in their original form, along with photos from the Minneapolis Tribune, Minneapolis Star, St. Paul Globe, the Minnesota Historical Society and other sources.

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

*Ben Welter, a Minneapolis native and veteran Twin Cities journalist, has been reading newspapers since Sister Romana taught him how to say the alphabet backward and forward in first grade. In 2005, he began scouring Star Tribune microfilm in search of interesting stories and photos dating back to 1867. He has posted more than 500 of the best on his blog, Yesterday's News, startribune.com/yesterday. Three books based on the blog have been published by The History Press and are available in Minnesota bookstores and on Amazon. The latest, "Minnesota Moxie," features mostly true tales about Minnesotans, famous and obscure, who demonstrate grit, muscle and determination.*

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### **Minnesota's Most Haunted Locations**

10/30/2020

You will go on a ghostly journey to some of the most haunted places in Minnesota, including the Wandering Ghosts in the North Woods to the Haunted Bed and Breakfast in Wabasha. The presentation is complete with photos, case history, eyewitness accounts, ghost lore and directions and encourages participants to visit the places for their own ghost story. Participants will find out where they can see possessed statues that come to life, pick up a phantom hitchhiker, encounter a ghost train, enjoy a play in a haunted theater, and have their car pushed by spirits.

*Chad Lewis is a paranormal researcher and author for Unexplained Research L.L.C. Lewis holds a master's of science degree in psychology from the University of Wisconsin-Stout. He had trekked across the world in search of the paranormal. From tracking vampires in Transylvania and chasing the Chupacabras in Puerto Rico, to searching for the elusive monster in Loch Ness, and pursuing ghosts in Ireland's castles, Lewis brings more than 14 years of research experience to his presentations. Lewis has been featured on the Discovery Channel's "A Haunting," ABC's "World's Scariest Places" and hundreds of radio interviews, TV appearances and newspaper articles. Lewis is the author of the "Hidden Headlines" series and also the co-author of the "Road Guide to Haunted Locations" book series. Lewis has presented at hundreds of libraries, universities, schools and private functions for crowds of seven to 700.*

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### **Minnesota's Architect - Clarence Johnston in Rochester**

1/6/2021

Clarence H. Johnston was one of Minnesota's most best-known architects, responsible for an amazing number of fine residences, grand churches and many major buildings for hospitals, colleges, and the University of Minnesota. His work spans the period from the 1870s to the 1930s and his firm in St. Paul was the largest in Minnesota. Though not well known in Rochester today, he did some major works here and in other towns in our region. The class will explore his life and his works, especially those in Rochester.

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

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### **More Tall Tales than a Herd of Giraffes**

9/10/2020

Travel the story road along with Al back to the good old days. Where does the time go? It goes to stories. Why you should tell your stories.

*Al Batt of Hartland, Minnesota is a writer, speaker, storyteller and humorist. Al writes humor and nature columns for many newspapers and does regular radio shows about nature. He writes a number of*

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

*popular cartoon strips that are syndicated nationally and is author of the book, "A Life Gone to the Birds." He is a columnist for "Bird Watcher's Digest" and writes for a number of magazines and books. He is a trustee of the American Bald Eagle Foundation in Haines, Alaska. Al hosted TV shows for many years and speaks at various festivals, conferences and conventions all over the world. He has received the Ed Franey Conservation Media Award from the Izaak Walton League, the Thomas Sadler Roberts Award from the Minnesota Ornithologists' Union for lifetime contributions to birding and was recognized by Bluebirds Across Nebraska for outstanding contributions to wildlife conservation. Al speaks to anyone who will listen. His mother thinks he is special.*

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### **Nellie Francis: Fighting for Racial Justice and Women's Equality in Minnesota**

3/9/2021

Professor Bill Green explored the life of Nellie Francis, an African American suffragist from Minnesota who fought for the rights of many marginalized communities. She worked tirelessly, not only to pass the 19th amendment, but to shed light on "the race problem," establish anti-lynching laws, and protect workers' rights. Her story runs deep. She stood for so much and faced so many challenges that we can learn a great deal from her life and work even 100 years after she helped win women the right to vote. For her — and for all of us — that was only the beginning of a battle for equity that continues to this day.

*Bill Green received his B.A. in History from Gustavus Adolphus College, and his M.A., Ph.D. and J.D. from the University of Minnesota. He has published articles, op-ed pieces, and book chapters on history, law, and education, and he has published two books on race and civil rights in Minnesota history—A Peculiar Imbalance in Early Minnesota: 1837-1869, and Degrees of Freedom: The Origin of Civil Rights in Minnesota, 1865-1914, which won the 2015 Minnesota Book Award-Hognander Prize. He is presently working a history of Minnesota during the period of the Civil war and Reconstruction.*

*Bill has spoken widely at such places as the Ramsey County Bar Association; Bethel Lutheran Church, the Friends of the Ramsey County Library; Unity Unitarian Universalist Church in St. Paul, and William Mitchell Law School. He has also lectured at Peabody College-Vanderbilt University, St. John's University, and Lincoln College-Oxford University. While serving as Superintendent of Minneapolis Public Schools, he studied school reform at Harvard University.*

*He presently serves as vice president of the Minnesota Historical Society.*

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### **Observations and Insights Into COVID-19 from an Infectious Diseases Physician in Utah**

8/27/2020

Viewing the SARS-CoV-2 pandemic from the eyes of an infectious diseases physician that grew up in Rochester, graduating from Mayo High School in 1996. We will discuss timely COVID 19 topics that will include vaccination, current epidemiology, and flu season predictions. This will be a Zoom presentation so register early!

*Dr. Eddie Stenehjem is Intermountain Healthcare's Medical Director of Antimicrobial Stewardship, overseeing antimicrobial stewardship programs across 23 hospitals and over 185 outpatient clinics throughout Utah and Idaho. Dr. Stenehjem trained in Internal Medicine at the University of Colorado and completed his Infectious Diseases Fellowship at Emory University in Atlanta. Dr. Stenehjem founded Intermountain's Infectious Diseases TeleHealth Program which provides real time Infectious Diseases consultation and antimicrobial stewardship support to 19 small community hospitals. His research is*

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

*focused on improving the quality of infectious diseases care delivered to patients with an emphasis on developing, implementing, measuring, and studying methods of improving antimicrobial stewardship practices across the continuum of care. His current work has focused on improving antimicrobial use in Intermountain's network of 39 urgent care clinics. Dr. Stenehjem has served on multiple national committees and has represented Intermountain Healthcare at the United Nations, the CDC, and the White House.*

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### **Once There Were Castles: Lost Mansions and Estates of the Twin Cities**

9/9/2020

Although streets such as Summit Avenue in St. Paul and Park Avenue in Minneapolis remain the site of many notable mansions, hundreds of other great houses that once stood all around the Twin Cities and their suburbs are gone. Among these lost mansions were truly extraordinary homes built by prominent families whose names in many cases still resonate across Minnesota. Everything from railroad construction to downtown commercial expansion to urban renewal and even fire doomed the mansions, more than 600 of which have come and gone. Larry Millett's illustrated talk will tell the story behind some of the most fascinating of these lost homes and estates.

*Larry Millett is an architectural historian and the author of Lost Twin Cities, Twin Cities Then and Now, and AIA Guide to the Twin Cities. He has also written six mystery novels featuring Sherlock Holmes, all but one of them set in Minnesota. He lives in St. Paul.*

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### **Paradoxes of the Public School**

1/26/2021

Professor Schul will display how the complexities of American public education can and should be looked at through a paradoxical lens. History and contemporary examples will be used to illustrate this point.

*James E. Schul is a Professor in the Education Studies department at Winona State University. His research focuses on history education, technology integration, and curriculum history. He lives in Winona, MN with his wife and four children.*

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### **Peek behind the Curtain of Large Build Maintenance, A**

9/22/2020

We all spend time in large buildings such as schools, auditoriums, churches and hospitals to name a few. However, most people do not know what goes on behind the scenes to keep everything running. In this lecture we will take a peek behind the curtain, and discuss the inner workings of large building maintenance. A wide range of topics will be covered. Everything from air handlers to zone temperature controls. Also, included will be information about maintaining building air pressures, temperatures, air flow, humidity, life safety systems, building automation and even super cold freezers.

*Mark Mueller is a graduate of the RCTC Building Utilities Mechanic program (yes he's a BUM). He is currently a Building Automation Specialist, and helps to maintain the over 40 buildings on the Mayo Clinic downtown campus. He has also done a variety of other jobs including hearing aid repair, radio broadcasting, inventory control, and the assembly and testing of electronic circuit boards used in large computer systems.*

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## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

### Philippines

6/25/2020

The Philippines comprises more than 7,000 islands of diverse peoples who have experienced profound shifts in government rule over more than a century. In brief, the US replaced Spain as colonial administrators at the end of the 19th century, a period usurped by Japanese occupation during World War II, followed by postwar independence and the Cold War despotic rule of Ferdinand Marcos, the appearance of a fledgling Aquino(s) democracy, and at present the strongman rule of Duterte. What are the pressing domestic and international issues facing this nation-state archipelago?

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

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### Philosophy Surrounding Death (Brendan Shea)

5/14/2020

In this class, we'll talk about some philosophical puzzles concerning death. In particular, we'll be thinking hard about questions such as the following:

1. What does it mean to die? How we can define death?
2. In what sense, if at all, is dying bad for me? After all, I won't be around to experience it!
3. Is it reasonable to believe in an afterlife?
4. Would immortality (of whatever sort) actually be a good thing?

We'll be surveying a variety of philosophical views, both ancient and modern, with an ultimate goal of understanding what's tough and interesting about these questions, and why they resist easy solutions.

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

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### Poverty is a Social Problem (with Social Solutions)

3/18/2021

Poverty is a problem. Not only for the individuals and families struggling to make ends meet, but also for society. In this session we will discuss how poverty is measured, the social causes of poverty, and the individual and social consequences of poverty. We will also discuss the current and recent policies addressing poverty, and proposals to reduce poverty in the United States.

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

*Dr. Aurea K. Osgood is a Professor in the Department of Sociology at Winona State University. She has taught at WSU for 14 years. She teaches primarily courses on the sociology of families, poverty, demography, and social research methods. Her research focuses on poverty, food insecurity and teaching/pedagogy.*

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### **Presidential Scandals**

2/1/2021

While Americans have a reputation for being strait-laced, many of the nation's leaders have been anything but puritanical. Is it possible the qualities needed to run for president—narcissism, a thirst for power, a desire for importance—go hand in hand with a tendency to sexual misdoing? In her latest book, bestselling author Eleanor Herman revisits some of the scandals that have rocked the nation's capital and shocked the public, while asking the provocative questions: does rampant adultery show a lack of character or the stamina needed to run the country? Or perhaps both? While Americans have judged their leaders' affairs harshly compared to other nations, did they mostly just hate being lied to? And do they now clearly care more about issues other than a politician's sex life?

*Eleanor Herman is the New York Times bestselling author of *Sex with Kings*, *Sex with the Queen*, and several other works of popular history. She has hosted *Lost Worlds* for The History Channel, *The Madness of Henry VIII* for National Geographic Channel, and *America: Fact vs. Fiction* for the American Heroes Channel. Herman lives with her husband, their yellow lab, and her four very annoying cats in McLean, Virginia.*

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### **Prospects on US/China Trade Agreement**

11/19/2020

One of the biggest issues President Trump took on in his first years in office was what he perceived as unfairness in U.S.-China trade. He imposed tariffs on goods from China, triggering reciprocal Chinese tariffs, which hurt U.S. businesses, farmers, and consumers. Trump promised the pain would be rewarded by a trade deal that would result in increased purchases of U.S. goods and services, better protection for American intellectual property, and better market access for U.S. banks, financial houses, and tech firms. The first, and admittedly preliminary phase of the deal, was signed January 15, 2020. Specific targets were set for increases in the purchases of specific U.S. goods. Trump promised that further discussions on what would be phase two of the deal, would begin soon. We'll look at where the deal stands now. (Spoiler alert: there are significant problems) and what the prospects are going forward.

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

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## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

### Queen Victoria and Albert - The People Behind the Public Legacy, Part 1

2/1/2021

Theirs was the love affair of the century. First cousins who married in their prime and had nine children. However, Jealous of her role of monarch, is Albert attempting to make himself co-ruler of Britain? The love story came to an end with Prince Albert's unexpected death, and Victoria will spend the remainder of her life mourning for her German prince. But, her later years include a long term relationship of 19 years with her Scottish servant and 14 years with her Indian servant.

*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 and St. Petersburg, FL.*

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### Queen Victoria and Albert - The People Behind the Public Legacy, Part 2

2/8/2021

Theirs was the love affair of the century. First cousins who married in their prime and had nine children. However, Jealous of her role of monarch, is Albert attempting to make himself co-ruler of Britain? The love story came to an end with Prince Albert's unexpected death, and Victoria will spend the remainder of her life mourning for her German prince. But, her later years include a long term relationship of 19 years with her Scottish servant and 14 years with her Indian servant.

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### Red Sea Region Security

6/12/2020

The Red Sea region has become a focal point of international involvement and intrigue. With almost a third of world oil shipments, the Red Sea reflects energy issues, world economics, the fight against terrorism and the growing influence of Iran in the Region. With continued tension between the United States and Iran, fights in the Horn of Africa, Yemen and the Middle East, the Red Sea is a potential ignition point for world Conflict. We will discuss the importance of the Region, the actors, the current fights and how it remains a central point for American involvement.

*Todd Lefko is the President of the International Business Development Council, an import-export firm. He has homes in Minnesota and Moscow and has worked in Russia for more than 25 years. His weekly articles appear in "Rossiske Vesti," a Russian political newspaper, and he is a contributor to "Rusya-Al Youm," the Russian Arabic Television channel for the Middle East. He has lectured at universities in Russia, China, Belarus, Germany, Kazakhstan, and Turkmenistan. Mr. Lefko has also taught urban affairs and sociology at the University of Minnesota, and political science, international relations, political philosophy, political campaign management, leadership, organizational development, and public administration at other Minnesota colleges. He is one of the founders and current treasurer of Global Volunteers, and has worked in villages in Jamaica, Mexico, and Guatemala. He is the group's representative at the United Nations.*

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## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

### Reminiscing the good old days, Story Telling

7/30/2020

Please join Al for show-and-tell. All you need do is to show up and tell a short story about the good old days, one of which could be today. Everyone will still like you even if you just listen.

*Al Batt of Hartland, Minnesota is a writer, speaker, storyteller and humorist. Al writes humor and nature columns for many newspapers and does regular radio shows about nature. He writes a number of popular cartoon strips that are syndicated nationally and is author of the book, "A Life Gone to the Birds." He is a columnist for "Bird Watcher's Digest" and writes for a number of magazines and books. He is a trustee of the American Bald Eagle Foundation in Haines, Alaska. Al hosted TV shows for many years and speaks at various festivals, conferences and conventions all over the world. He has received the Ed Franey Conservation Media Award from the Izaak Walton League, the Thomas Sadler Roberts Award from the Minnesota Ornithologists' Union for lifetime contributions to birding and was recognized by Bluebirds Across Nebraska for outstanding contributions to wildlife conservation. Al speaks to anyone who will listen. His mother thinks he is special.*

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### Rochester 1959: 60 Years of Progress

10/22/2020

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

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

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### Roman Palestine 63 BCE to 135 CE

1/7/2021

The Roman influence in Palestine progressed from a treaty against a common enemy to a cooperative governance of the Jewish population and finally to complete Roman domination in which Jews were forbidden to live in the vicinity of Jerusalem. Their governance took many different forms as they reacted to local conditions and involved many different personalities. Knowledge of these changes is assumed but not explained in the biblical narrative. Biblical passages are used to illustrate some of these changing forms. This class will cover the varying Roman influence and explain the many changes and why they were made.

*After retirement from IBM, Bill Bakken attended Minnesota State University Mankato and received an MA in History in 1996. His focus of study was Anglo-Saxon and Anglo-Norman England. He taught a wide selection of history courses at Rochester Community and Technical College as a part-time instructor from 1996 until retirement in 2008. His interests include reading science fiction, adventure, and history, research and collection of North Dakota Pottery.*

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## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

### **Royal LEGACY: Queen Victoria's DAUGHTERS, A, Part 1**

2/22/2021

Learn the surprising stories about Victoria's daughters. Vicky was the mother of the Kaiser who had to smuggle her letters back to England because of her son. Alice would lose her dowry during the war of German Unification. Louise was an accomplished sculptor and her royal archive is mysteriously sealed to outsiders. Beatrice was the executor of Queen Victoria's diaries, who would erase the evidence of a relationship between her mother and John Brown. Helena would live a quiet life with a Danish prince who was mistaken for her father.

*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 and St. Petersburg, FL.*

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### **Royal LEGACY: Queen Victoria's DAUGHTERS, A, Part 2**

3/1/2021

Learn the surprising stories about Victoria's daughters. Vicky was the mother of the Kaiser who had to smuggle her letters back to England because of her son. Alice would lose her dowry during the war of German Unification. Louise was an accomplished sculptor and her royal archive is mysteriously sealed to outsiders. Beatrice was the executor of Queen Victoria's diaries, who would erase the evidence of a relationship between her mother and John Brown. Helena would live a quiet life with a Danish prince who was mistaken for her father.

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### **Royal SCANDAL: Queen Victoria's SONS, A, Part 1**

3/8/2021

Learn about Victoria and Albert's sons from the scandalous affairs of the Prince of Wales to the alcoholism of Prince Albert's favorite son. Which of her sons was Victoria's favorite child and why? How did the royal family cover up the hemophilia of another son and his involvement in the scandal surrounding the illegitimate pregnancy of his favorite sister.

*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 and St. Petersburg, FL.*

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### **Royal SCANDAL: Queen Victoria's SONS, A, Part 2**

3/15/2021

Learn about Victoria and Albert's sons from the scandalous affairs of the Prince of Wales to the alcoholism of Prince Albert's favorite son. Which of her sons was Victoria's favorite child and why? How did the royal family cover up the hemophilia of another son and his involvement in the scandal surrounding the illegitimate pregnancy of his favorite sister.

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

*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 and St. Petersburg, FL.*

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### **Safari South Africa**

6/11/2020

Climb aboard and experience this magical part of the world. We'll fly bush planes into Botswana's remote camps and lodges, watch the mist rise above Victoria Falls, self-drive through Namibia's ancient landscapes and explore the natural and cultural highlights of South Africa's Cape Town Region. The Countries of Southern Africa are renowned for their wildlife and you won't be disappointed, you will be amazed at how close some of these encounters actually get. Each region's environment supports a different mix of wildlife, we'll visit many of those regions during our two hour adventure.

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

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### **Salt, Samovars, Seasons: An Overview of Russian Celebrations**

11/9/2020

Each culture has its own series of celebrations and unique customs around the special events of life. The rhythm of those shape the year and even the day of participants in the Russian experience. This ppt presentation highlights just a few as it offers a background understanding to some of the key cultural experiences celebrated both during special times of the year and in ordinary life.

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

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### **Second Battle of Gettysburg, The**

2/9/2021

When the guns fell silent on Gettysburg Battlefield there were hundreds of Minnesota casualties. The First Minnesota Volunteer Regiment had only spent about one hour in direct combat on the July 2 and 3, 1863 but the battle for survival and the (sometimes awful) suffering that went with it lasted days, months, and for many, the rest of their lives. This class will track their lives through four field hospitals, several general hospitals (in the big cities), a few convalescent hospitals and even to the Minnesota Soldiers Home at Minneapolis. Many of the scenes will be described in the Minnesotans own words.

*Barry Adams retired from his role as a historian and Licensed Battlefield Guide at Gettysburg National Military Park. He was born and raised in eastern Pennsylvania. Adams earned his degrees in history and spent 35 years in public education as a teacher and as the principal at Kutztown (PA) High School. He has given more than a thousand tours at Gettysburg and has spoken to a wide variety of audiences: historical societies, Civil War roundtables, schools, fraternal organizations, national and international military officers-in-training, and has acted as an adjunct instructor for several university courses. In 2018*

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

*Barry's book, Steele County in the Civil War, was published by Donning Publishing Company. The book won the best publication award from the Minnesota Alliance of Local History Museums in 2018.*

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### **Social Costs and Hidden Costs of Poverty, The**

2/18/2021

Poverty is typically defined as not having enough money to make ends meet. But more than that, poverty is expensive. Both for the individual and for society. In this session we will discuss the social costs of poverty and the individual hidden costs of poverty.

*Dr. Aurea K. Osgood is a Professor in the Department of Sociology at Winona State University. She has taught at WSU for 14 years. She teaches primarily courses on the sociology of families, poverty, demography, and social research methods. Her research focuses on poverty, food insecurity and teaching/pedagogy.*

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### **Statue of Liberty**

6/1/2020

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

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

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### **Stories You Have Probably Never Heard: Women in Minnesota During WWII**

11/5/2020

Virginia Wright-Peterson will share stories about the important contributions women made in every branch of the military, in industry, and in the home and community during WWII. Women from Minnesota were on-site at Pearl Harbor, the fall of France, the liberation of Dachau, the Aleutian Islands, many areas in the Pacific, and the dropping of the atomic bomb on Hiroshima. She will share stories of spies, welders, journalists, nurses, and entertainers, as well as women involved in the German and French resistance movements.

*Virginia Wright-Peterson is committed to collecting, preserving, and sharing stories--especially women's stories--often omitted from published histories, including the daily news. In her search for a broader perspective, she deployed to a military base in Iraq with the American Red Cross and taught as a Fulbright Scholar at University of Algiers. Virginia Wright-Peterson has a Ph.D. in English and currently serves on the administrative team at University of Minnesota Rochester. Her first book, *Women of Mayo Clinic: The Founding Generation*, was a finalist for the Minnesota Book Award in 2017 and a Chinese translation was released in 2018.*

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### **Supreme Court in American Society, The**

11/30/2020

The principal purpose of this course is to introduce students to the least understood federal branch -- the U.S. Supreme Court. Specifically, we will examine how justices make decisions from choosing which cases to place on the docket to the process through which cases are finally decided. Through anecdotes, data, and other stories you can expect to learn how much of life and law takes shape in the Ivory Tower.

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

*Timothy R. Johnson is the Morse Alumni Distinguished Professor of Political Science and Law at the University of Minnesota. He is a nationally recognized expert on U.S. Supreme Court oral arguments and decision making. During his career Johnson has co-authored three books about Supreme Court oral arguments and his work appears in a wide variety of academic journals. In addition, his research and commentary have been covered by The Economist, The Guardian, New York Times, Washington Post, Wall Street Journal, NPR, C-SPAN, USA Today, ABC, CNN, and The National Journal. Beyond research, Johnson has won multiple college level and university wide awards for teaching and was named the 2018 American Political Science Association's Distinguished Teacher.*

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### **Sustainable Solutions for Our Plastic Planet Predicament**

1/27/2021

"The evidence now indicates that we are in the early stages of a sustainability revolution that will achieve the magnitude of the Industrial Revolution and the speed of the digital revolution."

—Al Gore Nobel Laureate, Former US Vice President Over the past century, natural polymers such as rubber from the *Hevea brasiliensis* tree (the rubber tree or plant) and modified natural polymers such as cellulose acetate have been mainstays of modern life.

However, their prevalence prior to World War II has been outstripped by the advent of modern polymers—petroleum-based compounds that are primarily derived from finite stores of fossil resources. More than one-half century ago, synthetic polymer production from petrochemicals was in its infancy. Since then, the global production of polymers has increased by more than a factor of 100, while the earth's population has increased only by a factor of two. The rapid and continuous growth of the polymer industry has led to a myriad of useful technologies and, unfortunately, staggering levels of synthetic polymer (plastic) trash. While much of this waste is all too visible, the refuse from degradation-resistant plastic that we don't routinely encounter (in our oceans, for example) is wreaking ecological damage far and wide.

According to Professor Marc Hillmyer, basic research in the field of sustainable polymers is of paramount importance to tackle this challenge. Polymer scientists and engineers have a shared responsibility to help reverse this harmful course and more carefully consider the origins and fates of the materials they study.

"The challenge is all the more daunting," he notes, "because polymers do and will continue to play a significant and positive role in modern society, and we cannot compromise on performance when developing materials for the future.

*Marc Hillmyer, PhD, California Institute of Technology, is a Distinguished University Teaching Professor and the McKnight Presidential Endowed Chair in Chemistry, College of Science and Engineering, University of Minnesota, where he leads a research group focused on the synthesis and self-assembly of multifunctional polymers. Hillmyer also directs the Center for Sustainable Polymers, a National Science Foundation Center for Chemical Innovation that is headquartered at the University.*

*In addition to his teaching and research, Hillmyer served as the associate editor for the American Chemical Society's professional journal *Macromolecules* from 2008–2017. He is currently the journal's editor-in-chief.*

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## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

### **Teddy Roosevelt**

6/16/2020

Some critics call Theodore Roosevelt and Woodrow Wilson the most destructive Presidents to the role, over stepping boundaries intended by the Constitution. We will explore these comments and the ethics of Theodore Roosevelt and his use of power while President and how it influences today. Emphasis will be made on his policies and the issues of the day, with examining parallels for today from class participation.

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

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### **Teddy Roosevelt and the Crusade for the American Wilderness**

9/30/2020

Teddy Roosevelt believed that the expansion of the populations and westward movement would have a critical impact on resource utilization and wilderness protection. In this course, we will examine Roosevelt himself along with those who influenced, and ultimately helped in the Conservation movement. Q&A will occur after the presentation.

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

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### **Tell Me Your Names and I Will Testify**

2/2/2021

Carolyn Holbrook's life is peopled with ghosts—of the girl she was, the selves she shed and those who have caught up to her, the wounded and kind and malevolent spirits she's encountered, and also the beloved souls she's lost and those she never knew who beg to have their stories told. "Now don't you go stirring things up," one ghostly aunt counsels. Another smiles encouragingly: "Don't hold back, child. Someone out there needs to hear what you have to say." Once a pregnant sixteen-year-old incarcerated in the Minnesota juvenile justice system, now a celebrated writer, arts activist, and teacher who helps others unlock their creative power, Holbrook has heeded the call to tell the story of her life, and to find among its chapters—the horrific and the holy, the wild and the charmed—the lessons and necessary truths of those who have come before. In a memoir woven of moments of reckoning, she summons stories born of silence, stories held inside, untold stories stifled by pain or prejudice or ignorance. A child's trauma recalls her own. An abusive marriage returns to haunt her family. She builds a career while raising five children as a single mother; she struggles with depression and grapples with crises immediate and historical, all while countenancing the subtle racism lurking under "Minnesota nice." Here Holbrook poignantly traces the path from her troubled childhood to her leadership positions in the Twin Cities literary community, showing how creative writing can be a powerful tool for challenging racism and the healing ways of the storyteller's art.

*Carolyn Holbrook was founder and executive/artistic director of SASE: The Write Place and now leads More Than a Single Story, a series of panel discussions and community conversations for people of color and indigenous writers and arts activists. She is author of Ordinary People, Extraordinary Journeys and*

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

*Earth Angels, and coauthor with Arleta Little of Minnesota civil rights icon Dr. Josie R. Johnson's memoir, Hope In the Struggle (Minnesota, 2019). Her personal essays have been published in A Good Time for the Truth: Race in Minnesota and Blues Vision: African American Writing from Minnesota. She is recipient of the Hamline University Exemplary Teacher Award, the Minnesota Book Awards Kay Sexton Award, a Metropolitan Regional Arts Council Next Step grant, a Minnesota State Arts Board Cultural Community Partnership grant, a Minnesota State Arts Board Artist Initiative grant, and was an AARP/Pollen Midwest 50 over 50 honoree. She teaches at Hamline University and in community venues. She is the mother of five, grandmother of eight, and great-grandmother of one.*

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### **Thank you for Shopping: The Golden Age of Minnesota Department Stores**

12/1/2020

Throughout the twentieth century, department stores ruled the retail landscapes of downtown Minneapolis and St. Paul. More than just shopping centers, stores like Dayton's, Powers, Donaldson's, Young-Quinlan, the Emporium, and the Golden Rule were centers of social life. From the legendary Dayton's Christmas and spring flower displays to celebrating a special occasion at Schuneman's River Room, the department store was a destination for generations of Minnesotans, within the Twin Cities and beyond. "Thank You for Shopping" author Kristal Leebrick presents the history and stories behind Minnesota's great department stores, offering a lively trip back to the glory days.

*Kristal Leebrick has worked for more than three decades as a writer and editor for community newspapers, trade magazines, and book publishers. She is the author of "Dayton's: A Twin Cities Institution" as well as several nonfiction juvenile books.*

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### **Thinking about Serbia**

12/8/2020

Once a mighty empire in the 14th century, Serbia is now a land-locked Yugoslav successor state knocking at the door of the European Union. This course surveys the long history of this Balkan people and thinks about its future both in the Balkans and in Europe as a whole.

*Thomas Emmert, Ph.D., Professor Emeritus at Gustavus Adolphus College, is a historian of Russia and Eastern Europe. He received his B.A. in history from St. Olaf College and his M.A. and Ph.D. in Russian and Balkan history from Stanford University. His publications include "Serbian Golgotha: Kosovo, 1389" (1990) and, most recently, "The Scholars' Initiative: Confronting the Yugoslav Controversies"(2009), a collaborative project of scholars from around the world dedicated to providing an objective analysis of what happened to Yugoslavia at the end of the 20th Century. For 38 years Professor Emmert taught popular courses in Western Civilization, the Balkans, Imperial and Modern Russia, the Ottoman Empire, and a highly regarded seminar on Stalin for senior history majors.*

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### **Thoreau on Solitude**

7/9/2020

A look at Thoreau's thoughts on solitude and the healing effects of walking in nature drawn from Walden, his journals and essays.

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

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## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

### **Tony Oliva and the 1960s Minnesota Twins**

3/24/2021

Tony Oliva was a star of the elite Minnesota Twins teams of the 1960s. That Tony ever made it to Minnesota is a unique story, as he grew up in a remote part of Cuba that wasn't scouted and produced few major leaguers. Yet, Tony was discovered by a one-time Washington Senators prospect and traveled to Florida for a tryout in April 1961. The Twins decided to send him home because his skills were so raw, but the CIA-orchestrated Bay of Pigs invasion that led to borders closing provided Tony another chance that he turned into a remarkable career. Making the difficult adjustment to a new culture and language while pursuing a demanding career is a fascinating story for Tony and his fellow Cuban teammates of the era. He, Camilo Pascual, Zoilo Versalles and others were part of a storied run by the 1960s Twins, who competed in four dramatic pennant races at a time the country was divided by civil unrest and a war in a faraway land. It also was a thrilling time to come of age with the Beatles leading the British Invasion and the fledgling space offering a fascinating display of modern technology. During the era, Minnesota also experienced a rash of extreme weather in 1965, several local rock bands who drew national attention, and a series of bizarre UFO sightings.

*Thom Henninger is a St. Paul native who has been a Chicago-based writer covering sports for nearly 30 years. He is the editor of Baseball Digest magazine and the author of "Tony Oliva: The Life and Times of a Minnesota Twins Legend." His next book, "The Pride of Minnesota: The Twins in the Turbulent 1960s"—covering the Twins and the social, cultural, and political events of the era—publishes in spring 2021.*

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### **Towards Accelerated Medical Innovation**

2/9/2021

When developing technologies to solve medical problems, often one encounters significant hurdles, that at times seem insurmountable. Overcoming these hurdles requires new ways of thinking. One approach is to turn to nature for inspiration. Millions and millions of years of research and development at our fingertips, and all we need to do is look outside to the amazing creatures that inhabit our planet. This talk will explore medical technologies being developed that harness lessons from nature for inspiration, from creatures such as geckos, spider webs, jellyfish, porcupine quills, snails, to spiny headed worms. Another approach is radical simplicity — the art and discipline of reducing a problem to its essence. This tool has been harnessed to develop a new skin care approach that is advancing towards global market adoption, and therapeutic strategies to combat inflammatory bowel disease and arthritis that are advancing towards clinical studies. Some of the technologies that will be described are rapidly advancing to the clinic and some are already on the market helping patients. This talk opens new paths to the continual innovation that is so important in our fast-changing world.

*Dr. Jeff Karp is a Professor of Medicine at Brigham and Women's Hospital, Harvard Medical School. He is also a principal faculty member at the Harvard Stem Cell Institute, and an affiliate faculty member at the Broad Institute and at the Harvard-MIT Division of Health Sciences and Technology. He works in the fields of drug delivery, medical devices, stem cell therapeutics, and tissue adhesives. He has published over 125 peer-reviewed papers, with >20,000 citations, and has given over 300 invited lectures. He has over 100 issued or pending national and international patents. Several technologies developed in his lab have led to multiple products currently in development or on the market and for the launch of eight companies that have raised over \$400 million in funding. Technologies include high-tech skincare (Skintifique, products sold in pharmacies throughout EU), tissue adhesives (Tissium, EU Approval in 2017) and 3D printed biomedical devices, immunomodulation with biologically responsive materials (Alivio Tx), small*

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*molecule regenerative therapeutics (\$FREQ – NASDAQ), cannabinoid therapeutics (Molecular Infusions acquired by Suterra Wellness in 2019), biomedical devices to improve child safety (Landsdowne Labs), needles that automatically stop at their target (Bullseye Therapeutics), and a bioengineered luminal coating for controlled GI targeting (Altrix Bio). Most recently Jeff received the highest award from the Society For Biomaterials for innovation – the Clemson Award for Applied Research. Boston Magazine recognized Karp as one of 11 Boston Doctors Making Medical Breakthroughs. The Boston Business Journal recognized him as a Champion in Healthcare Innovation and MIT's Technology Review Magazine (TR35) also recognized Karp as being one of the top innovators in the world (three members from his laboratory have subsequently received this award). His work has been selected by Popular Mechanic's as one of the Top 20 New Biotech Breakthroughs that Will Change Medicine. He gave a TEDMED talk in 2014 on bioinspired medical innovation, and since 2015 has been a member of the TEDMED Editorial Advisory Board. In addition to his research goals, Karp is dedicated to developing the careers of the next generation bioengineers at the forefront of regenerative medicine. He was selected as the Outstanding Faculty Undergraduate Mentor among all faculty at MIT and he received the HST McMahan Mentoring award for being the top mentor of Harvard-MIT students. To date, 22 trainees from his laboratory have secured faculty positions.*

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### **Tulips Chocolate and Silk: How Perspective Affects History**

9/17/2020

An image in a book seems to be a pretty static thing; once printed it is there for all to see. It is often assumed that everyone looking at that image will see the same thing, and understand the same things about it and what it represents. However, that is often not the case. We see this in media reports of the same event on a daily basis. But how does that apply to our understanding of history in the premodern world? Through a discussion of photographs taken of the illustrations and artifacts in the James Ford Bell Library at the University of Minnesota, Curator Dr. Marguerite Ragnow will offer some insights that may shed new light on how we view history.

*Dr. Marguerite Ragnow is the curator of the James Ford Bell Library, which documents the history and impact of global trade and cultural exchange in the premodern era, before ca. 1800. She also is on the graduate faculties of History, Early Modern Studies, and Medieval Studies at the University of Minnesota. The immediate past president of the Society for the History of Discoveries and past editor of its journal, *Terrae Incognitae*, Dr Ragnow is the co-author (with photographer Natasha D'Schommer) of *Tulips, Chocolate & Silk. Celebrating 65 Years of the James Ford Bell Library*, which was a finalist for the 2020 Minnesota Book Award in the Minnesota Non-Fiction category and also is a finalist for a Midwest Book Award.*

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### **Underground Railroad, The**

11/17/2020

You probably know that the “underground railroad” was a major antislavery institution in the years leading up to the Civil War. One of many ways that the enslaved resisted the dehumanization of their condition, the underground railroad was a desperate illegal means by which they attempted to escape their bondage. But was it really a series of tunnels with railroad tracks, engineers, conductors, and coal driven locomotives?

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That's how it is dramatically presented in a recent popular novel — Oprah book club selection, Pulitzer Prize and National Book Award winner! How

did this “railroad” really function? What were the results of this defiant activity?

*Bob Beery, PhD, was Rochester Public School’s Curriculum Director. He has enjoyed stints as adjunct faculty at the U of M, WSU, RCTC, and St. Mary’s University, His professional publications deal with the teaching of history and social sciences.*

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### **Understanding Politics Like a Pro: Explaining What Happened in the 2020 Elections and What Means for the Future**

1/5/2021

Who won the 2020 elections and why? This class looks at the factors influencing the 2020 elections, explaining why the winners won and what all this means for 2021 and beyond.

*David Schultz is Hamline University Professor of Political Science and University of Minnesota Professor of Law. A Three-time Fulbright scholar, he is the author of more than 35 books and 200+ articles on American Politics. Professor Schultz is a frequent political analyst whose comments appear in the New York Times, Washington Post, and National Public Radio.*

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### **Unelected Leaders: America's First Ladies**

3/2/2021

Katherine Jellison will present an overview of the role of U.S. first ladies from 1789 to the present. She will discuss the four major categories of first lady—the celebrity, the controversial first lady, the reluctant first lady, and the political partner—and will focus particular attention on a woman who embodied all four categories: Eleanor Roosevelt. Please join Katherine in kicking off Women's History Month.

*Katherine Jellison is Professor of History at Ohio University, where she teaches courses on U.S. women’s and gender history. Her publications include *Entitled to Power: Farm Women and Technology, 1913-1963* (University of North Carolina Press, 1993) and *It’s Our Day: America’s Love Affair with the White Wedding, 1945-2005* (University Press of Kansas, 2008), both of which include “guest appearances” by a few first ladies. She also wrote the biography of Jacqueline Kennedy in *Katherine A.S. Sibley, ed., Blackwell Companion to First Ladies* (Wiley-Blackwell, 2016).*

*She frequently appears in print and on television and radio as a commentator on first ladies and their role in U.S. politics and history.*

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### **United States Flag: Origins, Evolution, and Symbolism, The**

11/2/2020

The United States Flag is an important, perhaps, the most important, symbol of our identity and national pride. The history of the Flag reflects the history of our Nation itself. Join us to hear that story.

*David Jones, a resident of Minneapolis, has been presenting on historical topics since 1996. He has made more than 1,500 presentations to over 40,000 people. He is a native of St. Peter, MN and a graduate of Gustavus Adolphus College*

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### **Unlearned Lessons from 1918**

3/4/2021

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Author and popular Star Tribune MN History columnist Curt Brown will talk about his latest book, "Minnesota 1918," when flu, fire and war converged. He'll put human faces on the mind-numbing statistics and talk about similarities and differences between today's calamities and those 103 years ago. *Curt Brown worked as a daily journalist in Minnesota for more than 30 years, mostly at the Minneapolis Star Tribune. He was named MN journalist of the year in 2013 for a series called "In the Footsteps of Little Crow," about the US-Dakota War of 1862. An e-book of that series climbed to No. 13 on the New York Time bestseller list. His books include "So Terrible a Storm," chronicling a 1905 Lake Superior gale. In 2014, he moved with his wife, Adele, to a trout stream near Durango, Colorado, but continues to write a history column ever Sunday in the Star Tribune — more than 300 weeks in a row.*

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### **VIPs: How the Embassy Prepares**

11/19/2020

American embassies coordinate the details and make most of the arrangements for high level visits by everyone from the president, the First Lady, cabinet officers, Supreme Court justices, senators and congressmen, and even sports and cultural figures such as Adrian Peterson of the Vikings. When the president comes to town, many hundreds of people are involved and serious planning begins at least six weeks in advance. Mark will discuss the logistics of these visits, with examples from his own career beginning with George H. W. Bush and running into the Trump Administration.

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

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### **Visit with Knife River Villages National Historic Site, A**

1/25/2021

Darian will share a program on the earthlodge-dwelling tribes, daily life in the villages, national historical significance, and Lewis & Clark. We will explore the lives of the Northern Plains Indians on the Upper Missouri. Earthlodge people hunted bison and other game, but were in essence farmers living in villages along the Missouri and its tributaries. The site was a major Native American trade center for hundreds of years prior to becoming an important market place for fur traders after 1750.

*Darian Kath is a park ranger at Knife River Indian Villages National Historic Site with the National Park Service. As a dual citizen with Canada, he has worked seasonally as a park ranger for the Alberta Provincial Park system and then over 7 years at the Lewis and Clark National Historic Trail Interpretive Center in Great Falls, MT. As a career park ranger, he received his degree in Environmental Interpretation and Education from the University of Wisconsin-Stevens Point. Much of his childhood up to high graduation has been in Eyota, then followed by his first post secondary education semester at RCTC.*

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### **Walking the Old Road**

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

6/19/2020

Staci is the author of the book "Walking the Old Road: A People's History of Chippewa City and the Grand Marais Anishinaabe." Walking the Old Road revisits a time when generations of Ojibwe ancestors called the lost community of Chippewa City home. Staci Lola Drouillard, whose family once lived in Chippewa City, draws on memories, family history, historical analysis, and testimony passed down through generations to conduct us through the ages of early European contact, government land allotment, family relocation, and assimilation. Staci will share her research journey.

*Staci Lola Drouillard, a descendant of the Grand Portage Band of Lake Superior Anishinaabe, is the development director at WTIP Community Radio in Grand Marais, Minnesota, and was for many years the producer of two original radio series, Walking the Old Road: The History of Chippewa City and the Grand Marais Chippewa and Anishinaabe Way, an exploration of contemporary Ojibwe life through interviews and storytelling.*

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### Walt Whitman: America's Promise

10/6/2020

As I write this proposal, we are living through a global pandemic. According to author David Reynolds, author of "Walt Whitman's America," "The seeds of "Leaves of Grass" were sown in the political crisis of 1850. In "Song of Myself" Whitman repeated the oft-made charge that the "idle" rich cruelly appropriated the hard-working poor...government authority was proving to be corrupt...politically and socially, America was in some ways close to chaos." Whitman said, "America is still in the making. It's a promise, a possible something: it's to come: it's by no means here." Poet Mark Doty in "What Is the Grass" says, "...the change he wished to effect, and sometimes believed he could, was more important to him than art." We will discuss historical parallels between that "chaotic" decade and our own political and social uncertainties against the backdrop of the promise of the 1855 First Edition of "Leaves of Grass." (Available from American Renaissance Publishers or online at whitmanarchive.org)

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

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### We are Still Here, American Indian Perspectives & Culture

1/21/2021

This presentation will include "We Shall Remain", The national movement by indigenous people in "Reclaiming Native Truth". It will include a Macro & Micro approach to understanding MN American Indian Nations and tribal Communities. Minnesota American Indian history, communities and populations. An overview of MN American Indian history, Treaties & Sovereignty. "Why Treaties Matter" by the MN Humanities Center in St. Paul, MN & the Smithsonian Museum, in Washington D.C. A brief overview of American Indian culture, values, and philosophy. And finally, how to be an American Indian ally and to live as a citizen of "Mini Sota Makoc."

*JimKnutson-Kolodzne is a member of the Ottawa Nation from Central Michigan and the former Director of the American Indian Center at St. Cloud State University. Retired in January of 2020 after 45 years in the Minnesota and Wisconsin public K-12 schools, tribal colleges, and the University of Wisconsin system and the Minnesota Colleges and Universities system (MnSCU). Jim earned a B.A. in Psychology and a M.S. in Guidance/Counseling from the University of Wisconsin-Stout and an Ed. D. in Higher Education Administration program at St. Cloud State University. He is the founding director and facilitator of the*

## Descriptions of Recorded Learning Is ForEver (LIFE) Classes

*Native Studies Summer Workshop for Educators (NSSWE). This week-long workshop on a MN Indian reservation assists K-12 teachers and educators in meeting the new MDE standards regarding American Indians.*

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### **Woman's World: Women Artists in Russia**

11/9/2020

Where in the world are the women artists? The answer: In Russia. This ppt presentation traces the ways in which women artists were vital to the development of their culture's visual artistry. Textile artists, painters, folk artists and non-conformist women contributed both to their own country and to the international scene.

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

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### **Wreck of Edmund Fitzgerald: Ship, Storm, and Song, The**

10/29/2020

The legend of the Edmund Fitzgerald remains the a mysterious and controversial of all shipwreck tales heard around the Great Lakes. Only that of the Titanic surpasses her story in books, film and media. Canadian folksinger Gordon Lightfoot inspired popular interest in this vessel with his 1976 ballad, "The Wreck of the Edmund Fitzgerald." This presentation will discuss the ship, look at the weather associated with the sinking of the ship, and how the sequence of events aligns with Lightfoot's Ballad.

*Steve Ackerman, a professor of atmospheric and oceanic sciences, is an expert in the area of satellite meteorology, a field largely invented at UW–Madison. He is well known as an accomplished researcher, teacher and communicator of the science of weather and climate.*

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