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We continue to work from our homes. The best way to contact us is using email. You will find a variety of classes from presenters from throughout the United States. Zoom has opened the door to many topics and presenters.

Thank you for your ongoing support!

Chrisanne & Jamie

Chrisanne.pieper@rctc.edu

Jamie.Schroeder@rctc.edu

RCTC LIFE Program – Winter 2021

Letter from the LIFE Board Chair

As I write this letter at the end of October, the snow has fallen (too early for my liking) and the temperature was cold enough for the snow to stay at least until the sun came out. The snow did give me a push to realize that January is “just around the corner” and our new LIFE class opportunities will be a bright spot to help us navigate the rough upcoming winter, if weather forecasts are true and we need to watch our actions to protect us from COVID-19. We are all looking for activities that will encourage our intellectual growth, as well as, offering opportunities to socialize during the days ahead. It will be a relief for all that we don’t need to worry about snowstorms, frigid weather or parking frustrations to participate in LIFE!

Chrisanne Pieper and the Program Committee are excited to offer you 72 Zoom classes for the winter quarter in a wide range of subject areas. Because we are now in Zoom format we are able to tap speakers and speaker bureaus offering a wide range of topics and the speakers location is not an issue. You will notice several offerings from these sources: LIFELONG Learning in St. Petersburg, FL, National Historic Site Speakers Bureau and speakers associated with the Smithsonian Art Museum. We are very excited that these new resources were willing to work with us. We are also continually looking for interesting local topics and speakers. Please let us know if there are topics you would like us to pursue or speakers that you would recommend.



You, the members, make the LIFE program successful. Chrisanne Pieper, Jamie Schroeder and the LIFE board appreciate your support by signing up for classes, donating monetarily and spreading the good word about LIFE to your friends. Without your flexibility and willingness to learn a new approach to programming, LIFE could have ceased to exist, but instead LIFE is thriving!

See you in class!

Julie Stenehjelm, LIFE Board Chair



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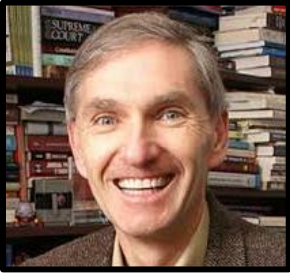
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David Schultz is Hamline University Professor of Political Science and University of Minnesota Professor of Law. A Three-time Fulbright scholar, he is the author of more than 35 books and 200+ articles on American Politics. Professor Schultz is a frequent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

Understanding Politics Like a Pro: Explaining What Happened in the 2020 Elections

and What Means for the Future with David Schultz PhD, JD, Hamline University, University of MN

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.

Date(s): Tuesday, January 5 Time(s): 10 am-Noon # of Sessions: 1

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



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.

COVID-19 Update from an Infectious Diseases Physician in Utah, Eddie Stenehjem with Eddie Stenehjem MD

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

Date(s): Tuesday, January 5 Time(s): 1-3 pm # of Sessions: 1

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

**LIFE members can register online with a credit card at
www.learningisforever.net**

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***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 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.

The Bugs and I(mmunology): friends or foe? with Veena Taneja PhD

"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."

Date(s): Wednesday, January 6 Time(s): 10-11:30 am # of Sessions: 1

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



***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.*

Minnesota's Architect – Clarence Johnston in Rochester with Ken Allsen

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.

Date(s): Wednesday, January 6 Time(s): 1-3 pm # of Sessions: 1

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

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*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.*

Roman Palestine 63 BCE to 135 CE with Bill Bakken MA

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.

Date(s): Thursday, January 7 Time(s): 1-2 pm # of Sessions: 1

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



***Maddy Witt** grew up in Chicago, but visited Ely frequently as a child. Her experiences at the International Wolf Center led her to study wildlife management and biology at the University of Minnesota Crookston. After developing a love for environmental education while working at the Brookfield Zoo and Riveredge Nature Center, she returned to the International Wolf Center as the Program Manager. She enjoys sharing the ambassador wolves with the public, creating programs for different audiences and helping to mentor the next generation of environmental educators.*

"Wolves in Wildlands" followed by "The Wolves and Moose of Isle Royale" with Maddy Witt, International Wolf Center

Wolves in Wildlands: Gray wolves are an incredibly widespread species and can be found in many of Earth's ecosystems, from the desert to the arctic. In this program, we introduce you to different subspecies of the gray wolf from around the world and delve into the ways they have adapted to their environment.

Our Wolves and Moose of Isle Royale: The declining wolf population combined with an increasing moose population on Isle Royale led to a decision to translocate wolves to the island. Learn more about the history, population dynamics, and recent translocations to this isolated ecosystem.

Date(s): Monday, January 11 Time(s): 10 am-Noon # of Sessions: 1

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

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***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.*

Huwe Burton of the Innocence Project: Bronx Man's 1991 Murder Conviction Vacated with Exoneree Huwe Burton and Susan Friedman, Staff Attorney at the Innocence Project

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. Burton's legal team included Susan Friedman and Barry Scheck of the Innocence Project, which is affiliated with the Benjamin N. Cardozo School of Law at Yeshiva University.

Date(s): Tuesday, January 12 Time(s): 1-2:30 pm # of Sessions: 1

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



***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.*

How Play and Humor Fuel Innovation with Barry Kudrowitz PhD, University of MN College of Design

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.

Date(s): Wednesday, January 13 Time(s): 1-3 pm # of Sessions: 1

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

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Linus Chan is an associate professor of clinical law and the director of the Detainee Rights Clinic. He is an immigration attorney that focuses removal defense for those detained by Immigration and Customs Enforcement. He also teaches in the area of intersection of criminal and immigration law. Professor Chan has been honored with the Outstanding Contributions to the Cause of Immigrant Justice and was named Minnesota Lawyer' Attorney of the Year in 2017.

Detention and Deportation: What can we expect in the next four years? with Linus Chan JD, University of MN Law School

A look back at what the last four years has changed in the Immigration system, with a focus on detention and deportation, and hopeful conversation of what the next four years may bring.

Date(s): Thursday, January 14 Time(s): 10 am-Noon # of Sessions: 1

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



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.

History and Mystery - Family Secrets and Surprises with Sherrie Hansen, Author

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.

Date(s): Thursday, January 14 Time(s): 1-3 pm # of Sessions: 1

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

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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.

LIFE Book Group with Facilitator: Steve Troutman

The January book will be "This Tender Land" by William Kent Kruger. February's book is "Hanta Yo: An American Saga" by Ruth Bebe Hill and March's read is "Yellow Bird: Oil, Murder, and a Woman's Search for Justice" by Sierra Crane Murdoch.

Date(s): Fridays, Jan. 15, Feb. 19, Mar. 19 **Time(s):** 10 am-Noon **# of Sessions:** 3

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



"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 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."

Little Minnesota: The Stories of Minnesota's Smallest Towns and their World War II Veterans with Jill and Deane Johnson

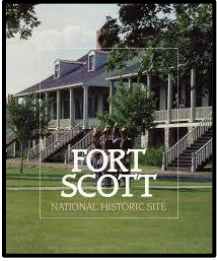
The presentation explores the history and culture of Minnesota's smallest towns with a population around 100 and covers World War II from Pearl Harbor to the end of the war through the stories of the men who died.

Date(s): Tuesday, January 19 **Time(s):** 1-3 pm **# of Sessions:** 1

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



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Saws and Scalpels: Civil War Medicine with Barak Geertsen, Park Ranger, Fort Scott National Historic Site

You will learn about the role that Fort Scott played in providing care to the sick and wounded during the war, will discover aspects of medical treatment of the time and will compare those aspects to modern treatment methods. During the program, the presenter will lead you through activities that include discussion of diseases, treatments, common medicines, and surgical procedures of the Civil War.

Date(s): Wednesday, January 20 Time(s): 10-10:55 am # of Sessions: 1

Member Fee: \$5 Non-Member Fee: \$7

“They Fought Like Tigers” African American Soldiers and American Indian Soldiers with Barak Geertsen, Park Ranger, Fort Scott National Historic Site

Fort Scott was the base for one of the most diverse assemblies of Union soldiers during the Civil War. Significant numbers of African Americans and American Indians were recruited in this area.

Date(s): Wednesday, January 20 Time(s): 11 am-Noon # of Sessions: 1

Member Fee: \$5 Non-Member Fee: \$7



Jim Knutson-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 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.

We are Still Here, American Indian Perspectives & Culture with James Knutson-Kolodzne Ed.D, American Indian Education Consultant

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.”

Date(s): Thursday, January 21 Time(s): 10-11:30 am # of Sessions: 1

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

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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*.

China's Role in Africa: Not a Flash in the Pan Modern with Richard Leitch PhD, Gustavus Adolphus College

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.

Date(s): Thursday, January 21 Time(s): 1-3 pm # of Sessions: 1

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



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.

Introduction to the History and Philosophy of Science. Question 3 with Brendan Shea PhD

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:

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.

Date(s): Friday, January 22 Time(s): 10 am-Noon # of Sessions: 1

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

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***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.*

A Visit with Knife River Villages National Historic Site with Darian Kath, Park Ranger, Knife River Villages National Historic Site

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.

Date(s): Monday, January 25 Time(s): 1-2:30 pm # of Sessions: 1

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



***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.*

Paradoxes of the Public School with James Schul PhD, Winona State University, College of Education

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.

Date(s): Tuesday, January 26 Time(s): 1-2 pm # of Sessions: 1

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

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Jonathan Slaght is the Russia & Northeast Asia Coordinator for the Wildlife Conservation Society (WCS). He manages research projects involving endangered species such as Blakiston's fish owls and Amur tigers, and coordinates WCS avian conservation activities along the East Asia-Australasian Flyway from the Arctic to the Tropics. He received a B.A. from Drew University, and M.S. and Ph.D. degrees from the University of Minnesota. Slaght's writings, scientific research, and photographs have been featured by the BBC World Service, the New York Times, The Guardian, Smithsonian Magazine, The New Yorker, and Audubon Magazine, among others. He is the translator of Vladimir Arsenyev's 1921 natural history classic, "Across the Ussuri Kray" (Indiana University Press, 2016), and he authors a blog for Scientific American about his fieldwork titled "East of Siberia."

Owls of the Eastern Ice: the Salmon-Eating Owls of Russia with Jonathan C. Slaght

The Blakiston's Fish Owl, the largest species of owl on earth and found only in the far northern regions of Russia, Japan, and China, is also perhaps the most mysterious. Only a handful of scientists have attempted to study them, but a chance sighting in 2000 changed the course of Jonathan C. Slaght's life--sending him on a five-year journey to study these enigmatic creatures. In "Owls of the Eastern Ice: A Quest to Find and Save the World's Largest Owl" (Farrar, Straus, & Giroux, August 2020), researcher and conservationist Slaght takes us to the Primorye region of Eastern Russia, where we join a small team for late-night monitoring missions, on mad dashes across thawing rivers, drink vodka with mystics, hermits, and scientists, and listen to fireside tales of Amur tigers. Most captivating of all are the fish owls themselves: cunning hunters, devoted parents, singers of eerie duets, and survivors in a harsh and shrinking habitat. "Owls of the Eastern Ice" has been heralded as one of the best nature books of 2020. The Wall Street Journal called it "a stellar example of the fruitful intersection of scientific inquiry, conservation advocacy and wilderness adventure...a rare species of nature writing" and The New York Times Book Review described it as "an engaging tale...an unusual (and welcome) book for our times." Here, Slaght will give a photo-filled presentation about wildlife conservation in the Russian Far East, with a focus on the events described in "Owls of the Eastern Ice."

Date(s): Tuesday, January 26 Time(s): 10-11 am # of Sessions: 1

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



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.

America for Americans! XENOPHOBIA? with Bob Beery PhD

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.

Date(s): Wednesday, January 27 Time(s): 10 am-Noon # of Sessions: 1

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

RCTC LIFE Program – Winter 2021



Marc Hillmyer, PhD, California Institute of Technology, is a Distinguished University Teaching Professor and the McKnight Presidential Endowed Chair in Chemistry 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 serves as the editor-in-chief for the American Chemical Society's professional journal Macromolecules.

Sustainable Solutions for Our Plastic Planet Predicament with Marc Hillmyer PhD, University of MN College of Science and Engineering

"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 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.

Date(s): Wednesday, January 27 Time(s): 1-3 pm # of Sessions: 1

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



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, she 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.

Increasing Well-Being in Children and Families with Julie Poehlmann-Tynan PhD, University of Wisconsin-Madison Professor of Human Ecology, Department of Human Development & Family Studies

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

Date(s): Thursday, January 28 Time(s): 1-3 pm # of Sessions: 1

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

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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 MA.. Recently retired, Andrew and his wife live in St. Petersburg, FL.

Queen Victoria and Albert - The People behind the Public Legacy with Andrew O'Brien

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.

Date(s): Mondays, February 1 and 8 Time(s): 9-11 am # of Sessions: 2

Member Fee: \$29 Non-Member Fee: \$49



Eleanor Herman is a New York Times bestselling author. 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.

"Sex with Presidents" with Eleanor Herman, Author

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 sex 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?

Date(s): Monday, February 1 Time(s): 1-2 pm # of Sessions: 1

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



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 works as a guide and social media contributor at Fort Pulaski National Monument in Savannah, GA.

The Hidden Fort Pulaski with Elizabeth Smith, Fort Pulaski National Monument Guide

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!

Date(s): Tuesday, February 2 Time(s): 10 am-Noon # of Sessions: 1

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

RCTC LIFE Program – Winter 2021



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 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 is the mother of five, grandmother of eight, and great-grandmother of one.

"Tell Me Your Names and I Will Testify" with Carolyn Holbrook, Hamline University

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. 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.

Date(s): Tuesday, February 2 Time(s): 1-2:30 pm # of Sessions: 1

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



Dr. Victoria Hall serves as the first Patrick T. Redig endowed faculty chair in Raptor and Ecosystem Health at The Raptor Center, University of Minnesota. She leads the outreach and scholarly activities of the center, using education ambassador raptors to educate and inspire the public and guides the center's cutting edge research on ecosystem health. Previously, she served as the first veterinary epidemiologist for the Smithsonian National Zoo, performing research and studies to help guide the care, management, and conservation of wildlife in captive and wild settings, as well as create global training programs for wildlife veterinarians around the world. Additionally, Dr. Hall has extensive experience working in the “One Health” world, at the intersection of human, animal, and environmental health through time spent investigating human disease outbreaks for the Centers for Disease Control and Prevention (CDC) and working on animal and human health challenges for the Food and Agriculture Organization of the United Nations.

One Health: Working at the intersection of human, animal, and environmental health to attack complex global challenges with Victoria Hall DVM, University of MN Raptor Center, College of Veterinary Medicine

One Health is an approach that recognizes that the health of people is closely connected to the health of animals and our shared environment. In fact, 6 out of 10 known infectious diseases in people can be spread from animals, and 3 out of every 4 new or emerging infectious disease in people can come from animals. The global COVID-19 pandemic makes the importance of a multi-sectorial approach to health challenges more important now than ever before. In this webinar, Dr. Hall will discuss her past experience combining human, animal, and environment health in global programs and responses with organizations ranging from the UN, CDC, and the Smithsonian Institution.

Date(s): Wednesday, February 3 Time(s): 1-3 pm # of Sessions: 1

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

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David Jones, a resident of Minneapolis, has been presenting on ten historical topics (Lincoln Assassination, Mount Rushmore, JFK Assassination, Apollo Moon program, Statue of Liberty, Washington Monument, Charles Lindbergh, the 1936 Olympics, United States Flag and Prohibition) since 1996. He has made more than 1,500 presentations to over 40,000 people.

The Lincoln Assassination: A Fragile Time with David E. Jones

When John Wilkes Booth assassinated Abraham Lincoln, the Civil War was ending and emotions were high. Killing the President was just part of Booth's plan. Join us to explore this fragile time in our history and the plot that very nearly succeeded in toppling the government.

Date(s): Thursday, February 4 Time(s): 1-2:30 pm # of Sessions: 1

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



Karen Babine is the author of "All the Wild Hungers: A Season of Cooking and Cancer" and "Water and What We Know: Following the Roots of a Northern Life," both winners of the Minnesota Book Award for memoir/creative nonfiction. She also edits *Assay: A Journal of Nonfiction Studies*. She is currently an assistant professor of English at the University of Tennessee-Chattanooga.

"Writing Memories: Food and Family" with Karen Babine PhD, University of Tennessee—Chattanooga, Department of English

This session will be an active writing session in which we discuss—and write—our family memories through food. Bring your stories, your recipe box (mental or physical), and we'll talk about the deep connections between ourselves, our senses, and the outside world.

Date(s): Friday, February 5 Time(s): 10 am-Noon # of Sessions: 1

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



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Nicole Larson is a nutritional epidemiologist and registered dietitian with expertise in the eating behaviors of child, adolescent, and young adult populations. Her research focuses on the identification of factors within social and physical environments that may be modified to promote healthy lifestyle behaviors and reduce barriers to the attainment of health equity among diverse populations. Much of Nicole's work is designed to inform the development of population-based strategies to help young people and their families prevent excess weight gain.

Experiences of Food Insecurity among Emerging Adults in Minnesota with Nicole Larson PhD, MPH, RDN, University of MN Department of Epidemiology and Community Health

This session will provide an introduction to the burden of food insecurity and its impact on health disparities among young people in Minnesota. The consequences of food insecurity for physical, emotional, and mental health will be discussed along with the unique health vulnerabilities of young people during the life course transition from adolescence to early adulthood. Recent University of Minnesota research findings will be shared in addressing the prevalence of food insecurity among emerging adults (18-26 y). Research findings will further address: (1) how experiencing food insecurity in emerging adulthood is related to diet quality, food literacy, home food availability, and other health risk behaviors; (2) how past year experiences of food insecurity are related to emerging adults' experiences of neighborhood safety and discrimination during COVID-19; and (3) resources that are most needed by food insecure emerging adults to help them gain access to healthy foods and maintain their overall health during a public health emergency. The session will conclude with an overall discussion of food assistance programs that serve young people and strategies that have been identified for promoting healthy eating through food banks, food pantries, and meal programs.

Date(s): Friday, February 5 Time(s): 1-3 pm # of Sessions: 1

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



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 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.

The Second Battle of Gettysburg with Barry Adams

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.

Date(s): Tuesday, February 9 Time(s): 10 am-Noon # of Sessions: 1

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

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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 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. 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 McMahon Mentoring award for being the top mentor of Harvard-MIT students. To date, 22 trainees from his lab have secured faculty positions.

Towards Accelerated Medical Innovation with Jeff Karp B. Eng. PhD Brigham and Women's Hospital Professor of Medicine, Harvard Medical School

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.

Date(s): Tuesday, February 9 Time(s): 1-3 pm # of Sessions: 1

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

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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.

“Get Over It!” with Jane Elliott and Ray Hansen

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 Hansen, of Rochester, was a student in Jane's class when she conducted the Blue Eye/Brown Eye exercise.

Date(s): Wednesday, February 10 Time(s): 10 am-Noon # of Sessions: 1

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



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.

DMC 5 Year Update and Covid-19 Impact with Jamie Rothe, DMC Director of Community Engagement and Experience

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.

Date(s): Wednesday, February 10 Time(s): 1-2:30 pm # of Sessions: 1

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

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***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). He has published articles in the 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.*

F. Scott and Zelda Fitzgerald: A Literature of Romance and an Age of Jazz with Taylor Hagood, Professor of American Literature, English Department, Florida Atlantic University

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 him 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.

Date(s): Thursday, February 11 Time(s): 10 am-Noon # of Sessions: 1

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



***Lee E. Frelich** 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.*

Climate Change and Hardiness Zones with Lee Frelich PhD, Director of the U of MN Center for Forest Ecology

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 neotropical trees species that are likely to be successful in Minnesota with a warmer climate.

Date(s): Thursday, February 11 Time(s): 1-3 pm # of Sessions: 1

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

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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, 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.

George Washington: Man and Myth with Scott Hill, Chief of Interpretation, George Washington Birthplace National Monument & Thomas Stone National Historic Site

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?"

Date(s): Friday, February 12 Time(s): 10 am-Noon # of Sessions: 1

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



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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.

The Lives and Legacies of President Lyndon B. Johnson and Lady Bird Johnson with Vanessa Torres and Cynthia Dorminey Park Rangers LBJ National Historical Park

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 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.

Date(s): Monday, February 15 Time(s): 10 am-Noon # of Sessions: 1

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



***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.*

Brains in the City: Animal Cognition in a Human-Dominated World with Emilie Snell-Rood

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 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.

Date(s): Tuesday, February 16 Time(s): 10 am-Noon # of Sessions: 1

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

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***"Klondike" Chris Gibbs** is a park ranger at the Klondike Gold Rush National Historical Park, located in the Pioneer Square neighborhood of Seattle, Washington. A self-described history nerd, Chris began volunteering at the park's museum in 2013 and has since become a seasonal park ranger every summer. His presentations of "Tales of the Klondike", started in 2017, combine readings of old texts, coupled with illustrations of his own. Born in Berkeley, California, he was drafted into the Army in 1963 and sent for duty near Anchorage, Alaska. He stayed there after his tour of duty, raising a family and making a living as a professional portrait photographer. In 1990, he and his wife moved to Seattle where he developed further as an artist.*

The Klondike Newsman with Christopher Gibbs, Park Ranger, Klondike Gold Rush National Historical Park

Humorous articles will be presented from "Stroller" White's columns in the Klondike Nugget newspaper, written during and after the 1897-1898 Klondike Gold Rush. Read with illustrations by "Klondike" Chris Gibbs.

Date(s): Tuesday, February 16 Time(s): 1-2:30 pm # of Sessions: 1

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



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

American Independence with Chad Israelson MA

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.

Date(s): Wednesday, February 17 Time(s): 10 am-Noon # of Sessions: 1

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

RCTC LIFE Program – Winter 2021



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.

Global Supply Chains and Security with Todd Lefko

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.

Date(s): Wednesday, February 17 Time(s): 1-3 pm # of Sessions: 1

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



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.

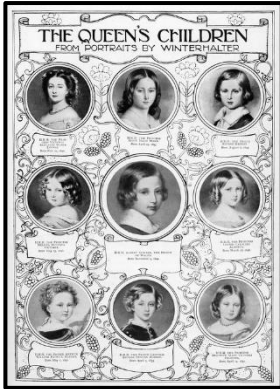
The Social Costs and Hidden Costs of Poverty with Aurea Osgood PhD, Winona State University, Department of Sociology

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.

Date(s): Thursday, February 18 Time(s): 1-3 pm # of Sessions: 1

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

RCTC LIFE Program – Winter 2021



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.

A Royal LEGACY: Queen Victoria's DAUGHTERS with Andrew O'Brien

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.

Date(s): Mondays, February 22 and March 1 Time(s): 9-11 am # of Sessions: 2

Member Fee: \$29 Non-Member Fee: \$49



Catherine Ewing holds a BSN from the College of Saint Teresa in Winona. She works in the Department of Anesthesia Inpatient Pain Service at the Mayo Clinic, Rochester. As a member of this consult service, she triages and manages epidural and peripheral nerve catheters for both inpatient and outpatient populations. She has also worked in the ICU and PACU. Ewing has presented nationally on the topics of regional anesthesia and the opioid epidemic, and published an article on bedside analgesia.

Opioids: Evidence, Clinical Considerations, and Best Practice with Catherine Ewing

Catherine will share how the multidisciplinary team approaches long-term opioid management. She will also describe the role of the nurse in safe management of opioid medications.

Date(s): Monday, February 22 Time(s): 1-3 pm # of Sessions: 1

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



RCTC LIFE Program – Winter 2021



Jodie has been a Park Ranger for over 34 years. Her entire time has been with Jean Lafitte National Historical Park and Preserve. As a Chitimacha, she began her career at a Cooperative Agreement site with the Chitimacha Tribe of Louisiana. After transferring to the Acadian Cultural Center, she has continued her work in interpreting the various cultures of south Louisiana. Emme is a southeast Louisiana native currently working as the Citizen Science Coordinator at the Wetlands Acadian Cultural Center. She also works as a water quality technician along Bayou Lafourche. In her spare time--of which there is essentially none--she enjoys taking long train rides across the Northeast with her partner, and very long walks, also with her partner.

Mardi Gras in Cajun Country and Birding Upriver with Jodie Bacque and Emme Elliott, Jean Lafitte National Historical Park & Preserve

Part One: Jodie will provide the history of Mardi Gras in south Louisiana--its origins, evolution, and transformation. She will cover the original, country style "Courir de Mardi Gras," which is still celebrated in Louisiana today and highlight the Mardi Gras costume. She will then share the "city" Mardi Gras, showing what a Queen's costume is comprised of as well. Wrapping up with how the tradition is just as important today as it was when first celebrated in this area. **Part Two:** Minnesota and Louisiana share many of the same migratory bird species. These remarkable creatures fly thousands of miles across the Yucatan Peninsula before making landfall in South Louisiana and spreading across the Nearctic realm to nest for the summer months. Birding Upriver is an interactive class that connects the natural resources of Louisiana to Minnesota through the lens of the Mississippi Flyway.

Date(s): Tuesday, February 23, Time(s): 10 am-Noon # of Sessions: 1

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



Jessica Michna, a recipient of the Presidential Service Center's Distinguished Service Award, has become widely known for her riveting portrayals of First Ladies, notable women of history and fictitious characters. Jessica's performances are compelling and emotionally enthralling. Audiences laugh along with her humorous anecdotes. They share in her tears as she relates how the horrors of war have impacted families. She has a powerful effect on an audience.

Women Who Dared with Jessica Michna

Cristabel and Emmeline Pankhurst, Susan B. Anthony, Emma Davisson, Elisabeth Cady Stanton; some names you may recognize, others you may not. In this program, Jessica Michna appears as ...HERSELF! You will learn of these and other women (and men) who championed the cause of women's suffrage in this country and overseas in the late 19th and early 20th century. You will learn of the protests, jailings, victories, and defeats culminating with the signature of President Woodrow Wilson that would forever give women the right to vote.

Date(s): Tuesday, February 23 Time(s): 1-2:15 pm # of Sessions: 1

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

RCTC LIFE Program – Winter 2021



*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."*

Captain Cook's Voyages of Discovery with Marguerite Ragnow, Ph.D. Curator, James Ford Bell Library, University of MN

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 as she takes us on a journey in the wake of Captain James Cook.

Date(s): Wednesday, February 24 Time(s): 10-11:30 am # of Sessions: 1

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



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 in Newberg, Oregon. Then 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, speaker series, and much of the daily operations.

The Corps of Discovery's Rainy Winter at Fort Clatsop with Sally Freeman, Park Ranger, Lewis and Clark National Historic Park

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 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.

Date(s): Wednesday, February 24 Time(s): 1-3 pm # of Sessions: 1

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

RCTC LIFE Program – Winter 2021



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.

Poverty is a Social Problem (with Social Solutions) with Aurea Osgood PhD, Winona State University, Department of Sociology

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.

Date(s): Thursday, February 25 Time(s): 1-3 pm # of Sessions: 1

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



*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.*

"Unelected Leaders: America's First Ladies" with Katherine Jellison PhD, Ohio University, College of Arts and Sciences

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.

Date(s): Tuesday, March 2 Time(s): 10 am-Noon # of Sessions: 1

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



RCTC LIFE Program – Winter 2021



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.

The 1980s with Chad Israelson MA

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.

Date(s): Wednesday, March 3 Time(s): 10 am-Noon # of Sessions: 1

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



***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.

Unlearned Lessons from 1918 with Curt Brown, MN History columnist, Minneapolis Star Tribune

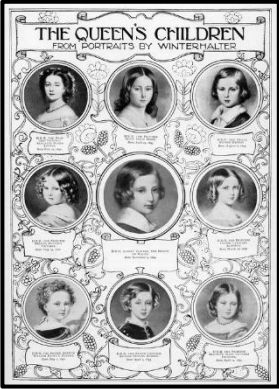
Author and popular Star Tribune MN History columnist Curt Brown will talk about his latest book, "Minnesota 1918," when flu, fire and war converged. He'll put human faces on the mind-numbing statistics and talk about similarities and differences between today's calamities and those 103 years ago.

Date(s): Thursday, March 4 Time(s): 1-3 pm # of Sessions: 1

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



RCTC LIFE Program – Winter 2021



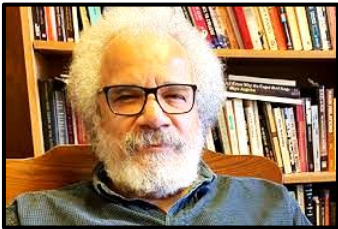
Andrew O'Brien was born in the U.K. and graduated with a Bachelor's and Master's degree in History from Oxford University. Andrew also has a teaching degree from London University and a Masters in teaching from Johns Hopkins University. After teaching in the UK, he taught middle school for 21 years in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

A Royal SCANDAL: Queen Victoria's SONS with Andrew O'Brien

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.

Date(s): Mondays, March 8 and 15 Time(s): 9-11 am # of Sessions: 2

Member Fee: \$29 Non-Member Fee: \$49



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.

Nellie Francis: Fighting for Racial Justice and Women's Equality in Minnesota with William Green PhD, JD, Augsburg University Professor, Department of History

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.

Date(s): Tuesday, March 9 Time(s): 10 am-Noon # of Sessions: 1

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



RCTC LIFE Program – Winter 2021

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.

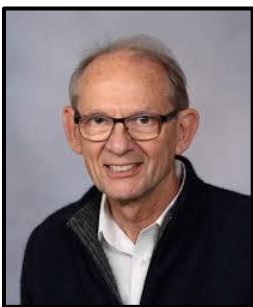


Chronic Wasting Disease (CWD) in Minnesota with Eric Seabloom PhD, Peter Larsen, PhD and Marc Schwabenlander, MPH, Tiffany Wolf, DVM, PhD Department of Veterinary Population Medicine, U of MN

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.

Date(s): Wednesday, March 10 Time(s): 1-2:30 pm # of Sessions: 1

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



Eric L. Matteson, M.D., M.P.H., is emeritus Professor of Medicine and Emeritus Chair, Division of Rheumatology at Mayo Clinic, Rochester, Minnesota, with joint appointment in the Division of Epidemiology in the Department of Health Sciences Research. He is a native of Nebraska, and received his B.A. degree from the University of Nebraska. He received the M.D. from the Friedrich-Alexander University, Erlangen-Nürnberg, Germany. Dr. Matteson's clinical and research interests are in the fields of vasculitis and inflammatory arthritis, and medical history.

Disease Tales from the Dark Universe with Eric Matteson MD

Causes of many diseases remain unexplained. In this presentation, the possible contribution of influences from outside of Earth orbit will be explored on the basis of two autoimmune diseases, and data from studies supporting such a link will be presented. The talk will include a review of dark matter and dark energy. It is intended to be speculative and entertaining.

Date(s): Thursday, March 11 Time(s): 10-11:30 am # of Sessions: 1

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

RCTC LIFE Program – Winter 2021



Brendan Shea, PhD, is an Instructor of Philosophy at RCTC. He also serves as a Resident Fellow at the Minnesota Center for Philosophy at U of MN, 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.

Introduction to the History and Philosophy of Science. Question 4 with Brendan Shea PhD

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:

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.

Date(s): Friday, March 12 Time(s): 10 am-Noon # of Sessions: 1

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



Born in Rochester, MN, **Phillip Wiktor** graduated from Century High School and attended the U of MN, graduating with a B.S.B. in Finance. After graduation he was commissioned as a Second Lieutenant in the U.S. Marine Corps. After a mix of ground combat, fixed-wing, and helicopter training, he was designated a Naval Aviator and reported to Marine Light Attack Helicopter Squadron 169 to fly the UH-1Y in Camp Pendleton, CA. While there, 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, he 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. He 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.

Marine Aviation: From Afghanistan to the White House with Phillip Wiktor USMC

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

Date(s): Monday, March 15 Time(s): 1-3 pm # of Sessions: 1

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

RCTC LIFE Program – Winter 2021



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.

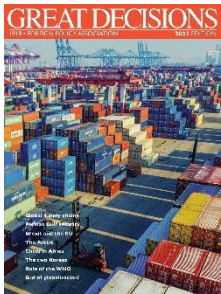
Human Evolution-The Fossil and DNA Evidence with Constance Arzigian, UW-

LaCrosse, Department of Archaeology

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.

Date(s): Tuesday, March 16 Time(s): 10 am-Noon # of Sessions: 1

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



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.

Great Decisions 2021 Discussion Group - 8 Part Series with Steve Troutman, Facilitator

The topics for this year, in the order we will discuss them, are: Global supply chains; Persian Gulf security issues; Brexit and the European Union; Struggles over the melting Arctic; China's role in Africa; The Two Koreas; Role of the WHO; and The end of Globalization? Fee includes Foreign Policy Association's Great Decisions 2021 book. **Register by March 1.**

Date(s): Tue, March 16, 30, April 13, 27, May 11, 25, June 8, 22 Time(s): 3:15-5:15 pm # of Sessions: 8

Member Fee: \$60 Non-Member Fee: \$75

Great Decisions 2021 Discussion Group Topic: Global Supply Chains with Steve Troutman

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?

Date(s): Tuesday, March 16 Time(s): 3:15-5:15 pm # of Sessions: 1

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

RCTC LIFE Program – Winter 2021



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.

Kilts, Castles, Gardens and Ghosts with Sherrie Hansen, Author

Join Author Sherrie Hansen as she talks about her Wildflowers of Scotland novels, "Wild Rose," "Blue Belle," "Shy Violet," "Sweet William," and "Golden Rod," as well as "Ragged Robin," a new mystery in the works. After traveling extensively in Scotland for a total of nine weeks in this beautiful and intriguing country, she is constantly inspired by the people, legends, and mysteries surrounding its castles and historic sites, and loves to share her experiences.

Date(s): Wednesday, March 17 Time(s): 1-3 pm # of Sessions: 1

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



Smithsonian Artful Connections: American Indians with Smithsonian American Art Museum and Renwick Gallery

American Indians are part of the past, present, and future of the United States. Explore histories and cultures of some American Indians as captured by both Native and non-Native artists. Discuss the influence of geography, tradition, and tribal affiliation on contemporary Indian artists.

Date(s): Thursday, March 18 Time(s): 10-11:30 am # of Sessions: 1

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



RCTC LIFE Program – Winter 2021



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.

British Royal Grandchildren: Lives of Czarina Alexandra and Kaiser Wilhelm with Andrew O'Brien

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?

Date(s): Mondays, March 22 and 29 **Time(s):** 9-11 am **# of Sessions:** 2

Member Fee: \$29 **Non-Member Fee:** \$49



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.

That Championship Season: The Story of the 1965 Minnesota Twins with Tom Rooney, Minnesota Twins

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.

Date(s): Tuesdays, March 23, 30 **Time(s):** 10 am-Noon **# of Sessions:** 2

Member Fee: \$26 **Non-Member Fee:** \$42

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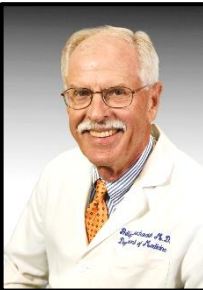
Thom Henninger is a St. Paul native who has been a Chicago-based writer covering sports for nearly 30 years. He is the editor of Baseball Digest magazine and the author of "Tony Oliva: The Life and Times of a Minnesota Twins Legend." His 2021 book is "The Pride of Minnesota: The Twins in the Turbulent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

Tony Oliva and the 1960s Minnesota Twins with Thomas Henninger

Tony Oliva was a star of the elite MN Twins teams of the 1960s. That he 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, he 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 him 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 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.

Date(s): Wednesday, March 24 Time(s): 1-3 pm # of Sessions: 1

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



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."

Diagnosing Giants: Solving the Medical Mysteries: Beethoven and Washington with Dr. Philip Mackowiak, University of Maryland School of Medicine

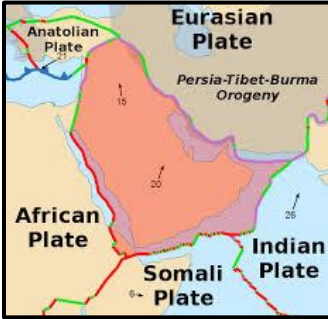
Beethoven: His deafness is the problem most people are familiar with. However, Beethoven had numerous, other serious medical problems beginning in his teens and plaguing him throughout his life. When he died and an autopsy was performed, in addition to complete destruction of his auditory nerves, he 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 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.

Date(s): Thursday, March 25 Time(s): 1-3 pm # of Sessions: 1

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

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Great Decisions 2021 Discussion Group Topic: Persian Gulf Security Issues with Steve Troutman

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?

Date(s): Tuesday, March 30 Time(s): 3:15-5:15 pm # of Sessions: 1

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

LIFE Program Registration Information

Cost / LIFE Membership

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

All ages are welcome! Gift Certificates are available!

Faculty/Presenters

A variety of courses are led by professional educators, community leaders, and peer volunteers.

Location

LIFE will present classes for Fall 2020 thru Spring 2021 via Zoom due to COVID-19. Your safety is our number one priority.

Registration

To register for any of the activities in this catalog

* Return the registration form by mail to RCTC LIFE Program, 851 - 30th Avenue S.E.-Box 50
Rochester, MN 55904-4999 – **CHECK PAYMENT TO 'RCTC LIFE' REQUIRED.**

* **Online registration is now available for LIFE members only with credit card payment!!** Please contact Jamie at jamie.schroeder@rctc.edu.

Cancellation and Refund Policy

Class refunds: will only be given **5 business days prior** to the class start date—a \$5 processing fee will be charged. In the event that a class is canceled due to low enrollment or instructor conflict, refunds will be processed in full. LIFE annual membership fees are non-refundable.

Contact Information:

(507) 280-3157

jamie.schroeder@rctc.edu chrisanne.pieper@rctc.edu

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