New Frontiers for Lifelong Learning offers the opportunity to learn, socialize and serve. As a self-directed, peer-led organization, we strive to meet the needs of our members in these areas, and are always open to members' suggestions. Join us to explore, develop, expand your learning, increase your social resources, and volunteer to serve on one of our standing committees and/or within the college and community.

Revised 9/9/2021
Welcome to New Frontiers for Lifelong Learning!

The fee to join New Frontiers is just $60 per year! You can attend as many classes as you want for that fee. Membership is for a full year from September 1 – August 31, although you can become a member anytime.

If you are new to New Frontiers, you will first need to enroll as a non-credit student through MCC. Go to newfrontiers.mesacc and select "Join Now" and you’ll find the information you need to enroll. The annual enrollment and paying fees for new members will need to be done online. The fee for the 2021/2022 semesters is $60.

If you are a returning member, go to newfrontiers.mesacc and select “Join Now” for information you need to pay your annual membership fee.

How to Register for New Frontiers Classes

Go to newfrontiers.mesacc.edu and select “Member’s Acct”.

Follow the instructions on the Search/Login screen through the CHECKOUT process.
NOTE: If the box to select the student you wish to register does not appear on your screen, disregard that instruction.

To finalize your class registrations:

a. Check the Terms-of-Use box, “☐ I have read and agree with the policies…”

b. Click on CONTINUE (it should be highlighted).

To see your registrations online:

- You must be logged in, and on the Search/Login screen.
- Select “My Account”. You may have to search for this option. If you see a “wheel”, similar to a Settings icon, click on that; or if “Account” appears after your name, at the top right, select the arrow beneath that. Your screen may differ, depending on your computer device.
- When you find “My Account”, scroll down to the bottom of the page, where you should find “Account Registrations” among other options.

If you do not find your classes listed under “Account Registrations”, you have missed a step and will need to repeat the registration process.

Be sure to Log Off to exit. Again, you may have to poke around on the Search/Login screen to find the Logoff button, depending on what computer device you are using.

If you have problems registering, you may call the office (480-461-7497) for help.

Important Dates to Remember:

For current information on New Frontiers activities, go to the New Frontiers website, select “Members” then “Calendars.”

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### NF FALL 2021 SCHEDULE AT A GLANCE

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### NOTE: Room numbers and class size limits were not available in time for printing but will be available via Online Registration. Facilitators will contact non-computer users by phone.

Mesa Community College endorses the educational value to the community represented by the courses listed in this schedule. These courses are a no-obligation opportunity for attendees to receive Information. The college does not recommend or endorse any of the products or services that may be offered to attendees should the attendee(s) decide to become a client of the presenters or the presenters’ firms as a result of attending these courses.

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THE GREAT OUTDOORS

Trailblazers Hike Group

Trailblazers Hikers meet early on Friday mornings for hikes that are usually four to six miles in length and may have elevation changes of up to a thousand feet. Most hikes are rated as moderate and can be a bit challenging.

NFLL Consolidated Risk Form needs to be signed.

Location: Outdoors       Date: Fri, Oct 8 - Dec 17       Time: Start time depends on conditions

Sessions: 11       Facilitator: Greg Master       Gamst51@gmail.com

Trailers Hike Group

Tuesday recreational hikes, which are generally three to five miles in length with elevation changes of less than 400 feet. Virtually all the hikes are rated easy, though some moderate sections may be briefly encountered.

NFLL Consolidated Risk Form Needs to be Signed.

Location: Outdoors       Date: Tues, Oct 5 - Dec 14       Time: Start time depends on conditions

Sessions: 11       Facilitator: Greg Master       Gamst51@gmail.com

Walkers Explore Parks

NFLL Consolidated Risk Form needs to be signed.

Join us for fresh air, a bit of leisure exercise and good company! Restrooms in all but Desert Arroyo Park. Each park has benches, ramadas and nice scenery. Please bring water, a hat, snack, and wear your name tag. Walks will begin at 9:30 am, please arrive earlier to sign in. Details and directions for each walk will be posted on NFLL website.

Oct. 6          Riverview Park - 2100 W. Rio Salado Parkway, Mesa, AZ
Oct. 13         Red Mountain Park - 7745 East Brown Road, Mesa 85207
Oct. 20         Kiwanis Park - 5862 South All American Way, Tempe 85283
Oct. 27         Riparian Preserve at Water Ranch, Gilbert - 2757 E. Guadalupe Road, Gilbert
Nov. 3          Freestone Park, 1045 Juniper Avenue, Gilbert
Nov. 10         Greenfield Park - 4105 East Diamond Ave., Mesa
Nov. 17         Veterans Memorial Oasis Park, Chandler, 4050 East Chandler Heights Road
Dec. 1          Desert Breeze Park - 660 N. Desert Breeze Blvd, Chandler

Location: Outdoors       Date: Wed, Sept 29 - Dec 1       Time: 9:30 am

Sessions: 8       Facilitator: Mary Adamick       madamick@cox.net

Thursday Morning Bicycle Rides

NFLL Consolidated Risk Form needs to be signed.

If you enjoy bicycle riding or just want to give it a try, this is for you. Any style of bicycles or e-bikes are welcomed. We ride at a leisurely pace traveling an average roundtrip distance of 10-15 miles. A majority of the rides are along paved canal paths and a few on packed gravel paths. It is OK to turn around early to return to where the cars are parked if unable to ride the full distance. Some routes have restrooms and water available. Plan on riding every other Thursday. The first ride is Thursday, September 9th. You are responsible for transporting your own bicycle to the starting location. Usually someone can assist with the unloading/loading of bicycles if necessary. You are encouraged to wear a helmet, bring water and a snack. I cannot guarantee water will be available on every route. Starting times are between 7:30 and 8:30 am, depending on the weather. Allow an average of 2 hours to complete the ride which includes street crossings and rest stops.

Location: Outdoors       Date: Thurs, Sept 9, 23, Oct 7, 21, Nov 11, Dec 2, 16

Time: 7:30 - 10:30 am       Sessions: 7       Facilitator: Allan Zisner       azisner@q.com
CURRENT AFFAIRS

Making College Affordable in AZ
Presenter: Dr. Brian Dille - MCC Professor
Should everyone who wants to move ahead be able to go to college? This class will look at the possible impact of 3 recent changes (Mesa Counts on College, 4 year degrees for community colleges, and allowing Dreamers to pay regular tuition) on college access and economic growth.
Location: MCC - Dobson LB 145
Date: Tues, Oct 12 Time: 1:00 - 2:00 pm Sessions: 1
Facilitator: Barbara Thelander bthelander@cox.net

Dark Money in AZ
Presenter: Dr. David Berman - ASU Emeritus College Professor
Dark money, this relatively new campaign-finance phenomenon of hidden contributions, is seen by some to reflect a genuine threat to democracy. Its defenders, on the other hand, argue that this approach to funding political campaigns is merely an extension of Americans’ basic right to free speech. This presentation focuses on the development of the dark money issue and its manifestation in Arizona politics, what should or could be done about it, and how it relates to some broader problems regarding campaign finance.
Location: MCC - Dobson BP 5
Date: Thurs, Dec 2 Time: 10:30 am - noon Sessions: 1
Facilitator: Marlin Fried mfried5751@cox.net

Capitalism versus Socialism
This Great Course covers the important economic systems of the world today. Individual lessons address the historical background and big ideas that helped form different economic systems. This session will cover the first 12 of 24 lessons. Lessons are self-contained and NFLL members do not need to attend all classes. Individual session titles and more about the course can be found at the Great Course website: https://www.thegreatcourses.com/courses/capitalism-socialism-comparing-economic-systems.
Location: MCC - Red Mountain PV 120 and online
Date: Mon, Oct 25 – Dec 6 Time: 1:00 - 2:30 pm Sessions: 6
Facilitator: Marlin Fried mfried5751@cox.net

Saluting our Veterans
Presenter: Hospice of Valley volunteer -
Military veterans deserve special recognition and understanding for their service to our country Learn how hospice honors them in this program in honor of Veterans Day.
Location: MCC - Dobson BP 1
Date: Mon, Nov 8 Time: 10:00 - 11:00 am Sessions: 1
Facilitator: Sue Hite sue12hite@gmail.com

Sincere gratitude to everyone who has donated their time, talents, and classroom space to make New Frontiers for Lifelong Learning successful.
BIOGRAPHY

Mikhail Gorbachev

Gorbachev stated on April 20, 2020 (only a month after Covid-19 ground life to a halt across the world) the following: "What we urgently need now is a rethinking of the entire concept of security. Rather than measure security purely in military terms, as we usually do, the overriding goal must be human security, providing food, water and a clean environment and caring for people's health." Gorbachev, who celebrated his 90th birthday on March 2, 2021 was perhaps the most radical thinker about security to ever lead a major world power. Since the end of his tenure, Gorbachev has continued to argue for new thinking about security, and recent events have vindicated his prescience. In the face of mounting global crises, have leaders heeded lessons that he has promoted for decades?

Location: MCC—Dobson BP 1       Date: Tues, Oct 26 - Nov 30       Time: 2:00 - 3:15 pm
Sessions: 6                   Facilitator: Mel Munchinsky     mel2058216@maricopa.edu

Legacy of Dr AJ Chandler

This is an exploration using computer modeling and the archives of Frank Lloyd Wright. During the final decade of Arizona Territory and first decade of statehood, the industry and vision of Dr. Alexander J. Chandler has left us with structures of architectural innovation, real and imagined. As the architect who restored two of them, the San Marcos Resort Hotel in Chandler (1913), and Mesa’s Chandler Court (1908), I have documented their history with vintage photographs and virtual computer models based upon old blueprints.

With screen-captured images of my computer models as well as vintage photographs, you’ll discover the history of Dr. Chandler's buildings, the founding of the town of Chandler, and I will reveal through the archives of Frank Lloyd Wright the lavish drawings and potential wonder of Dr. Chandler's proposed Water Gardens and San Marcos in the Desert.

Location: Online        Date: Thurs, Sep 30        Time: 2:00 – 3:00 pm
Sessions: 1                   Facilitator: Donald Larry     donlarry@hotmail.com

Frank Lloyd Wright

Presenter: Dr. Stephen Siek - ASU Emeritus College Professor

Frank Lloyd Wright: the Early Years. In 1887, a 20-year-old Frank Lloyd Wright arrived in Chicago from his native Wisconsin to pursue a career in architecture, and within six years he had established his own firm. He specialized in domestic architecture, an area often neglected by the leading architects of the day, and he was now determined to bring a new kind of house to the American prairie. This course—which presumes no prior knowledge—examines Wright’s Chicago-area houses before 1910 (many of which have been beautifully restored), stressing the underlying philosophic ideas that guided his architectural choices.

Location: Online        Date: Tues, Oct 5 - Oct 19        Time: 1:30 - 3:00 pm
Sessions: 3                   Facilitator: Ruth Brooks     rrbrook93@gmail.com

Taliesin Tour

UNESCO World Heritage site, Wright’s beloved winter home and desert laboratory was established in 1937 and diligently handcrafted over many years into a world unto itself. Deeply connected to the desert from which it was forged, Taliesin West possesses an almost prehistoric grandeur. It was built and maintained almost entirely by Wright and his apprentices, making it among the most personal of the architect’s creations. You’ll be drawn closer to Frank Lloyd Wright’s world on Taliesin West’s signature tour. Visit Wright’s private quarters and living room, the gracious Taliesin West “Garden Room,” the Drafting Studio, the Music Pavilion, the Cabaret, and more.

Tickets are $40. Date is tentative and based on when Taliesin West announces their fall tour schedule.

Location: Taliesin West        Date: Thurs, Oct 28        Time: 1:00 - 5:00 pm
Sessions: 1                   Facilitator: Cindy Schrantz     cindyschrantz@gmail.com
Fort Huachuca Then & Now

Presenter: Sal Sepulveda

A brief survey of the only Army fort in Arizona that has existed since 1877. Soldiers from Fort Huachuca fought in the Indian Wars, the Spanish-American War, Pershing’s Punitive Expedition into Mexico in 1916 to punish Pancho Villa, World War I and World War II. The fort closed briefly in the 1950’s but is thriving today.

Location: MCC - Dobson BP 4

Date: Wed, Nov 17  
Time: 1:30 - 3:00 pm  
Sessions: 1

Facilitator: Bob Dukelow  
ace1bob@gmail.com

Roots of Modern China

This class will look at the cultural, historic, political, and economic forces which shaped the modern state of China. Beginning in the late 17th Century, when the Western world began to interact with the dynastic Chinese state, we will follow the political and economic trajectory of Chinese society. Additionally, we will look at cultural traits and tendencies which contrast with Western practices.

Location: MCC - Red Mountain V 120

Date: Mon, Sep 27 - Oct 18  
Time: 1:00 - 2:30 pm  
Sessions: 4

Facilitator: Dan Mueller  
Dmuell611@gmail.com

CAF Museum Field Trip

The Commemorative Air Force Museum located at Falcon Field in Mesa is home to a large collection of planes and memorabilia honoring our veterans who fought from the sky. Explore the many exhibits and planes while our docent guide shares insight into 100 years of military aviation. The tour will take approximately one hour and includes the main exhibit floor covering key events from World War I to the Vietnam War, the mission briefing room, gallery, aircraft maintenance and restoration hanger. Cost is $10 per person to be collected on-site (please bring cash).

Location: CAF Airbase Arizona

Date: Thurs, Nov 11  
Time: 10:30 am - noon  
Sessions: 1

Facilitator: Suzanne Brown  
suzannebrownpt@gmail.com

WWII History From the Sky

Presenter: JK Wight & Bill Quehm

This series of 4 lectures presented by docents from the Commemorative Air Force Museum at Falcon Field in Mesa will present little known history of WWII as fought from the sky. Join one or more of the lectures to celebrate these brave men and women who fought for global peace.

Monday October 17 - Magic #25 - a Consequential Tragedy
Monday November 1 - Bloody Foreigners - Untold Battle of Britain
Monday November 15 - WWII on the Home Front
Tuesday December 7 - First Heroes - the Doolittle Raiders

Location: MCC - Red Mountain V 117

Date:  
Mon, Oct 18 - Dec 7  
Time: 10:00 - 11:30 am  
Sessions: 4

Facilitator: Don Brown  
donbrownrph@gmail.com
Where I Went for my Summer Vacation

The wife and I took a two-week summer vacation driving from Mesa AZ to Warroad MN. I like to share the things we saw and experienced on this journey. You might ask, why Warroad?

Location: Online
Date: Fri, Oct 1
Time: 10:30 am - noon
Sessions: 1
Facilitator: Allan Zisner azisner@q.com

HISTORY

Stonehenge

Presenter: Dr. Dick Jacob — ASU Emeritus College Professor

An introduction is given of the setting and origins of Stonehenge, including up-to-date archaeological knowledge of its role in Neolithic society. Up close photos taken by the lecturer of the stones forming Stonehenge are also shown along with a description of their nature and origins.

Location: Online
Date: Thurs, Oct 28
Time: 10:00 - 11:30 am
Sessions: 1
Facilitator: Nancy Tossell nancytossell@gmail.com

Bullets and Bedlam on AZ Frontier

Presenter: Jay Mark

Bullets and Bedlam: Danger on AZ Frontier

In 19th century America, there weren’t many places as remote as the Arizona Territory. Only the hardiest and bravest could survive the lonely, isolated reality of living life on the frontier, where hazards lurked around every corner – hostile Indians, lethal critters, and the many perils of mining. Add in greed, and a few other volatile ingredients. If one thing didn’t get ya...then certainly another would. Odds were against long-term survival. Today, burial grounds, and abandoned graveyards are littered with the remains of those who perished endeavoring to eke out an existence in this terrifying territory. Bullets and Bedlam that led to barbarism and blood, explores violent ventures and deadly dangers that our forefathers faced. Experience their story if you dare. “Not for the faint of heart.”

Location: MCC - Dobson BP 4
Date: Fri, Oct 22
Time: 2:00 - 4:00 pm
Sessions: 1
Facilitator: Barbara Thelander bthelander@cox.net

Clydesdale Rescue

Presenter: Rebecca Stivers

A visit to the Clydesdale Rescue facility in Gilbert with the possibility to participate in washing and grooming these huge gentle beasts who are facing extinction. Learn the fascinating history of one of the most iconic breeds of horses that may soon vanish from the earth.

Location: 17208 E Saragosa St, Gilbert, AZ 85295
Date: Wed, Oct 27
Time: 10:00 - noon
Sessions: 1
Facilitator: Bob Dukelow ace1bob@gmail.com

TRAVELELOGUE
Wild Card!!

Join fellow NFLL members each week for a lecture on a variety of different topics. Topics will be listed weekly prior to the date. Topics will be interesting, informative, and stimulate discussion. This format will allow your curriculum committee to bring popular speakers who work on short advance scheduling. The location of the live speaker will alternate between campuses with live streaming to the other campus and online for those who cannot make it to campus.

"Anyone who stops learning is old; whether at eighty or twenty. Whoever keeps learning stays young." Henry Ford.

Location: Red Mountain S 279 and Online
Date: Tue, Sep 28 - Dec 7 Time: 11:00 am - 12:30 pm Sessions: 11
Facilitator: Suzanne Brown suzannebrownpt@gmail.com

Cambodia, Then and Now

Presenter: LaCinda and John Lewis

Cambodia is paradise on earth with some unique challenges. Learn about this fascinating country and its beautiful people from LaCinda and John Lewis who recently returned from living for three years in Phnom Penh. Not ones to stay in the relative safety of the capital city, they toured extensively throughout the country, visiting places rarely seen for tourists and accumulating thousands of photographs and memories.

Location: MCC - Dobson LB 145
Date: Tues, Oct 19 Time: 1:30 pm - 3:00 pm Sessions: 1
Facilitator: Bob Dukelow ace1bob@gmail.com

Tuscany and Umbria

We spent the month of September of 2015 visiting the Tuscany and Umbrian areas of Italy on a food-oriented tour of the region. This travelogue will be a discussion with pictures of this trip. This trip off the beaten path gave us a good understanding of what it might be like to live in the Italian countryside. Questions from participants are welcomed and encouraged.

Location: MCC — Dobson BP 4 and/or online
Date: Thurs, Nov 4 Time: 10:00 pm - 11:30 am Sessions: 1
Facilitator: Gary Kleemann ace1bob@gmail.com ASU Emeritus College Professor

Trip to Egypt, Land of the Pharaohs

Come with us visit the capital Cairo, cruise on the Nile to Luxor and Aswan and ultimately visit Abu Simbel. Come discover the unique civilization of ancient Egypt with its temples, its belief in immortality.

Location: MCC - Red Mountain PV 205
Date: Thurs, Oct 14 Time: 10:30 am - noon Sessions: 1
Facilitator: Marie Ganansia mariefranceganansia@gmail.com
## DISCUSSION

### Bookshelf

If you like to read, this is the perfect class for you. Members read a wide variety of books prior to each class. Class members provide their own books which can be found in local libraries, bookstore or online. Lively discussion of the author and book content are discussed at each class. Members are not required to read each book or attend all sessions.

- **October 6.**  The Secret of Santa Vittoria by Robert Crichton—Facilitator Annette Mickle
- **October 20.**  Half Broke Horses by Jeannette Walls—Facilitator Mary Boehlen
- **November 3.**  Where the Crawdads Sing by Delia Owens—Facilitator Lynn Sapyta
- **November 17.**  The Far Arena by Richard Ben Sapir—Facilitator Annette Mickle
- **December 1.**  Four Winds by Kristin Hannah—Facilitator Janice Overdorf

**Location:** Aster Senior Center Downtown Mesa, 247 N. MacDonald, Mesa 85201

**Date:** Wed, Oct 6 - Dec 1  
**Time:** 10:00 - 11:15 am  
**Sessions:** 5

**Facilitator:** Janice Overdorff  
Joverdorff1@gmail.com

### Mysteries and Mayhem

Do you enjoy reading Mysteries? Do you like to discuss the books after reading them? Do you want to expand your knowledge of Mystery writers? Then join our group which meets five times this semester to discuss books chosen by the group. Come to one session or all as your schedule allows.

- **September 29.**  The Wailing Wind by Tony Hillerman (Annette Mickle)
- **October 13.**  Heaven, My Home by Atica Locke (Mary Boehlen)
- **October 27.**  The Concrete Blond by Michael Connelly (Lynn Sapyta)
- **November 10.**  Midnight Assassin by Skip Hollandsworth (TBD)
- **December 8.**  Behind the Scenes at the Museum by Kate Atkinson (Diane Grogan)

**Location:** Aster Senior Center Downtown Mesa, 247 N. MacDonald, Mesa 85201

**Date:** Wed, Sep 29, Oct 13, 27, Nov 10, Dec 8  
**Time:** 10:00 - 11:15 am  
**Sessions:** 5

**Facilitator:** Mary Boehlen  
minpins48@gmail.com

### Coffee and Conversation II

Discussion of local, state, national and/or international events at the pleasure of the group.

**Location:** Mesa Police Station  
2430 S. Ellsworth /Baseline Rd.

**Date:** Tue, Sep 7 - Dec 21  
**Time:** 10:00 am – noon  
**Sessions:** 16

**Facilitator:** Larry Morrow  
lad6mor@gmail.com

### Monday Conversation via WebEx

Discussion of local, state, national, and international issues or whatever the group wants to cover.

**Location:** Online

**Date:** Mon, Sep 13 - Dec 13  
**Time:** 8:30 - 10:00 am  
**Sessions:** 14

**Facilitator:** Allan Zisner  
azisner@q.com

### Great Decisions

Discussion of the following US foreign policy issues: The Artcic, South Korea, WHO, and The End of Global Order. The issues are supported by a 20 minute DVD designed to help frame the issues.

**Location:** MCC - Red Mountain  
PV 205

**Date:** Tues, Nov 2 – Nov 30  
No class Nov 23

**Time:** 1:30 - 3:00 pm  
**Sessions:** 4

**Facilitator:** Richard Falconer  
rlfalconer@outlook.com

NFL  Fall 2021  
Visit our web site at newfrontiers.mesacc.edu  
Page 11
# Nuclear Readiness

**Presenter:** Dr. Sonny Sampedro

The warning comes out to prepare for a nuclear missile heading to your city. Will you be prepared? The threat of a nuclear event is greater than ever. There is a lot of misinformation as to what to do. You’ll discover how different types of radiation have different biological effects. How much damage can a nuclear bomb or nuclear power plant meltdown do? Where should you go? What supplies should you have? Should you take potassium iodide? How will you know if you have been exposed to too much radiation? And other valuable information.

**Location:** MCC - Dobson BP 4

**Date:** Fri, Nov 19  
**Time:** 1:00 - 2:30 pm  
**Sessions:** 1

**Facilitator:** Larry Merrill  
mfried5751@cox.net

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# Kiss the Ground

Combating global warming is going to take more than solar panels and electric vehicles. Producing food for the 7 billion (going to be 9 billion) people creates 20% of our greenhouse gases. This video by Big Picture Ranch and kisstheground.com promotes one solution, "regenerative agriculture", using less chemicals and energy. We will watch the 45 minute video and then discuss the ideas proposed.

**Location:** Online

**Date:** Tues, Nov 30  
**Time:** 1:30 - 3:00 pm  
**Sessions:** 1

**Facilitator:** Marlin Fried  
mfried5751@cox.net

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# Meaning of Car Ratings

**Presenter:** Dr. Norma Hubele — ASU Emeritus College Professor

Buying a car can be both an exciting and stressful process. Balancing our budget, desires and practicality can sometimes overwhelm us. In this 2-part workshop, we bring you peace of mind in helping you to sort through the safety ratings and new safety features of a car.

In the first workshop, we explain why the federal government’s ‘Star Safety Rating” and Insurance Institute’s “Top Safety Picks” systems were originally developed. With this understanding, you will be better prepared to interpret these ratings in your car-buying decisions.

**Location:** MCC - Red Mountain PV 205 and Online  
**Date:** Thurs, Oct 14  
**Time:** 9:00 - 10:30 am

**Sessions:** 1  
**Facilitator:** Cindy Schrantz  
cindyschrantz@gmail.com

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# Driver Assist Technologies

**Presenter:** Dr. Norma Hubele — ASU Emeritus College Professor

In this second workshop, we'll describe the capability of the current driver-assist technologies, the nomenclature and their estimated value in the car-buying decision. The regulation and limitation of these systems will give you insights. This workshop ends with a view of the future of cars and ownership.

At the end of the both workshops you will have:
1. A new perspective on the traditional safety rating systems and how to interpret their ratings.
2. A better understanding of the driver-assist technologies and how to assess their value when buying a car.
3. A different way of looking at the future of car ownership.

(Note: Each workshop is ‘stand-alone’ but are better taken together.)

**Location:** MCC - Red Mountain 205 and Online  
**Date:** Thurs, Oct 21  
**Time:** 9:00 - 10:30 am

**Sessions:** 1  
**Facilitator:** Cindy Schrantz  
cindyschrantz@gmail.com
**Required Minimum Distributions**

Presenter: Scott Sandell

As you approach 72 years old, the tax time bomb called your IRA begins to tick a bit louder. When you are required to withdraw money from your savings, your investing behavior must change and taxes must be properly managed. We will discuss all these considerations. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

Location: MCC - Dobson BP 5

Date: Thurs, Nov 18  Time: 11:00 - 12:30 pm  Sessions: 1

Facilitator: Sue Hite  sue12hite@gmail.com

**New World of Investing**

Presenter: Scott Sandell

We are living in unprecedented economic times and investing continues to evolve. From wild speculation to the evolution of rental real estate and the safe investing world, we will cover this ever-evolving investing market. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

Location: MCC - Dobson BP 1

Date: Wed, Dec 8  Time: 11:00 - 12:30 pm  Sessions: 1

Facilitator: Pam Carter  azpamcarter@gmail.com

**Finding Unbiased Financial Advice**

Presenter: Scott Sandell

It is difficult to know who to trust in the “financial advising” world today. We will explore how advisor’s make money, what license designations mean and much more. This class provides the essential knowledge necessary to be confident that you are dealing with the right professional. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

Location: MCC - Dobson BP 5

Date: Thurs, Oct 21  Time: 11:00 am - 12:30 pm  Sessions: 1

Facilitator: Jacki McDugle  mcdugle@gmail.com

**Avoiding Fraud and Abuse Scams**

Presenter: Nydia Montijo

Let’s avoid these TOGETHER. We all know they are out there: people who are hunting other, vulnerable individuals in order to take advantage of them. How do you safeguard yourself, your money, and those you love? Arm yourself with insider knowledge. Whether you are an older adult or you have older adults in your life that you want to protect, this is a workshop that will ensure you don’t fall prey to the common traps set out in both the digital and interpersonal world. We will teach you what is out there, how to easily identify them, why they work, and how to avoid them. We will also give you resources for further education and protective services.

Location: MCC - Dobson BP 1

Date: Mon, Oct 25  Time: 9:00 - 10:30 am  Sessions: 1

Facilitator: Jacki McDugle  mcdugle@gmail.com
FINANCIAL MATTERS

Retiring Abroad or Expatriating

Presenter: Scott Sandell

Ever consider moving to another country in retirement? We will review where, how, and the major considerations. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

Location: MCC - Dobson BP 5
Date: Thurs, Sept 30 Time: 11:00 - 12:30 pm Sessions: 1
Facilitator: Pam Carter azpamcarter@gmail.com

HEALTH AND WELLNESS

Update on COVID

Presenter: Dr. Jacqueline May Carter, MD

In this class, Dr. Carter will give an overview of the current COVID situation in the U.S. and discuss the future outlook as well as review the long haul syndrome, symptoms and treatments.

Location: Online
Date: Fri, Nov 5 Time: 1:30-3:00 pm Sessions: 1
Facilitator: Jennifer Wong nfljwong@outlook.com

Coping with Holiday Grief

Presenter: Hospice of Valley volunteer

The holidays are a difficult time for family and friends grieving for loved ones. After the past months of pandemic stress and loss of loved ones and loss of holiday traditions, these classes will help us be gentle with ourselves and develop strategies for moving through a challenging season.

Location: MCC - Dobson BP 1
Date: Thurs, Nov 4 and Dec 9 Time: 1:00 - 2:00 pm Sessions: 2
Facilitator: Volunteer Needed

Living Well with Hearing Loss

Presenter: Dr. Aparna Rao and Dr. Kate Helms-Tillery and ASU graduate students

In this interactive program, participants will learn solutions to overcome communication difficulties that have arisen as a result of hearing loss, and that may remain even after receiving hearing aids or cochlear implants. Topics include: 1) the human ear and hearing, 2) learning to "read" an audiogram, 3) communication breakdown and repair, 4) amplification devices, 5) psychosocial consequences of hearing loss and 6) self-advocacy skills. You are welcome to attend even if you do not have a hearing loss, but wish to learn more about communicating with others who may have hearing loss. Spouse/significant other attendance is encouraged.

For maximum benefit from the program, we request that attendees to be present for all 4 sessions.

Location: MCC - Dobson SC 11E
Date: Mon, Oct 18 - Nov 8 Time: 10:00 - 11:30 am
Sessions: 4 Facilitator: Marlin Fried mfried5751@cox.net
HEALTH AND WELLNESS

Gravity...Don’t Let It Win

Presenter: Nydia Montijo

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

Location: MCC - Dobson BP 1
Date: Mon, Nov 8 Time: 9:00 - 10:30 am Sessions: 1
Facilitator: Donn Cahill dc@donncahill.com

What about YOU?

Presenter: Nydia Montijo,

You care for others, but who is caring for you? Are you a parent? Are you regularly helping your parents with day to day activities and tasks? Do you in any way assist anyone in your house who has a disability or an ongoing medical condition? If so, you are a caregiver. You are amazing, and we appreciate all of the sacrifices you make on a daily basis- your love for others is a vital part of keeping our society going. But, we are worried about you. We are noticing an escalating trend of caregivers burning out, getting injured, manifesting their own negative health conditions and some are even dying. We have crafted this workshop specifically to give back to you. We go over the physical and emotional toll of being a caregiver and help identify factors of self-neglect. We provide practical solutions for eliminating fatigue and avoiding it in the future. We review self-care techniques and logistical tips to make any needed change sustainable, reasonable, and doable. Allow us to provide some relief, soothe some possible guilt, and equip you to love in a sustainable way.

Location: MCC - Dobson BP 1
Date: Mon, Nov 15 Time: 9:00 - 10:30 am Sessions: 1
Facilitator: Pam Carter azpamcarter@gmail.com

Everyone Needs Long-term Care

Presenter: Nydia Montijo

Let us demystify it! Do you have members who are planning retirement? Is there anyone in the group you serve who, in any way, is looking after another person who no longer can care for themselves as they use to? Are your people connected with anyone who has a disability or is navigating a serious illness? If so, you know people who are already navigating the complexities of Long Term Care. Grasping what Long Term Care is, what resources and services are out there and which ones are actually needed, and how you pay for all of it can be overwhelming. Our workshop has been designed specifically to help demystify the process and help people understand their options. If you would like to help your members be as equipped as possible to create the best system of resources for their unique life needs, then let’s connect. FSL is here to serve the servants of our society.

Location: MCC - Dobson BP 1
Date: Mon, Nov 1 Time: 9:00 - 10:30 am Sessions: 1
Facilitator: Pam Carter azpamcarter@gmail.com
### Alzheimer's Caregiving

**Presenter:** Pam Ostrowski

**What we think about Alzheimer's Caregiving is all WRONG!**

With over 6.2 million seniors being diagnosed with Alzheimer’s, many family members are concerned about the implications. They are confused and frustrated by their loved one’s behaviors. Caregiving for a loved one with Alzheimer's is very different than for other diseases. In this course, you'll learn what those differences are and get tips and techniques for how to engage and communicate better with your loved one.

**Location:** MCC - Dobson  BP 4  
**Date:** Thurs, Oct 4 - Oct 18  
**Time:** 2:00 - 3:30 pm

**Sessions:** 3  
**Facilitator:** Volunteer Needed

### Brain Myths Exploded Part II

This Class is a “Great Courses” DVD video series

The human brain is mystifyingly complex and there is still a lot that we do not understand. Much of what the public thinks about the brain is based on popular myths that have perpetuated despite the passage of time and the proliferation of brain research. In Part II of Brain Myths Exploded Dr Viskontas reflects on these questions and more: Can Brain Games Make You Smarter?, Are Your Decisions Rational?, Are you always Conscious while Awake?, Are Other Animals Conscious?, Are Dreams Meaningful?, Does Technology Make You Stupid?

Each 2 hour class will cover 2 lectures.

**Location:** Online  
**Date:** Fri, Oct 8 - Nov 12  
**Time:** 1:00 - 3:00 pm

**Sessions:** 6  
**Facilitator:** Archie Millhollon  
**Email:** amillho@cox.net

### Fact or Fiction: Truth About Alzheimer's Disease

**Presenter:** Heather Mulder

When it comes to Alzheimer's disease, we are bombarded with ads touting the last, greatest, prevention strategy. Join this fun, interactive session as we sort through the "noise", share the truth about Alzheimer's disease, where we are and where we're headed and leave with easy steps you can take to join us in our fight to end Alzheimer's disease.

**Location:** Online  
**Date:** Thurs, Oct 21  
**Time:** 10:00 – 11:30 am

**Sessions:** 1  
**Facilitator:** Jean Bruno  
**Email:** jhbruno1@cox.net

### Are You Dementia Friendly?

**Presenter:** Nydia Montijo

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

Arizona has the second-highest growth rate for Alzheimer’s- which is the 6th leading cause of death in the U.S. and just one of the dementias you can be diagnosed with.

Is dementia a normal part of aging? Do only older adults get it? Is it more than just a memory problem? If you are diagnosed, what kind of quality of life can someone expect?

Our workshop will cover these questions and more, including what dementia actually is, what the warning signs are, and how to create an environment that is friendly to those who have been diagnosed. The question isn’t about whether or not you will run into someone with dementia, but when. If you want to be someone who can respond with respect for what they are going through and act in a way that is safe for both you and them, then this presentation is a must.

**Location:** MCC - Dobson  BP 1  
**Date:** Mon, Oct 4  
**Time:** 9:00 - 10:30 am

**Sessions:** 1  
**Facilitator:** Marie-france Ganansia  
**Email:** mariefranceganansia@gmail.com
**FUN AND UNUSUAL**

**Back to Games**

Let's rejoice we can enjoy seeing each other this semester. Join us to socialize and play a variety of games. We have all your favorites: Mexican Train, Word Games, Five Crown, Sequence, Quiddler, Rummikub, Skip Bo and more. Our friendly and social group would like to have YOU join us!

All participants MUST wear a mask (unless the facilitators let you know otherwise), and MUST social distance! If the church deems it still unsafe the facilitators will let participants know. In addition we will need to wipe down all games prior to the first class meeting with anti-bacterial wipes. Richard and Sissy will need volunteers to help with this endeavor. Please contact them at 480-892-3542 to volunteer. We will need to wipe all used games down before putting them away, and everyone is expected to help with this. If you can donate anti-bacterial wipes please let us know. *Having been vaccinated does not change the requirement by the church that masks must be worn and social distancing occur.*

Location: Church of the Resurrection Rooms 2 and 3, 3201 S Evergreen, Tempe

Date: Tues, Oct 5 - Nov 30 Time: 9:30 - 11:00 am Sessions: 8

Facilitator: Sissy and Richard Riley rriley18@cox.net

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**HEALTH AND WELLNESS**

**Improving Caregivers Quality of Life**

Presenter: Elton Bordenave

CarePlaCe is an innovative caregiver training and support model that provides a compassionate, interdisciplinary team of clinical and student health professionals to partner with caregivers and care recipients on their journey. The clinic, operating online utilizing Zoom, emphasizes health and wellbeing for both caregivers and care recipients by providing interventions that build the confidence necessary to successfully handle the caregiving situation, reduce anxiety and stress, and enhance coping skills. Services include evaluation of caregivers’ and recipients’ unique circumstances, followed by customized planning, education, resource navigation and coaching.

Location: Online

Date: Wed, Oct 20 Time: 1:30-2:30 pm Sessions: 1

Facilitator: Dan Taylor daniel.taylor@cox.net

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**SPIRITUALITY**

**The Soul Salons**

Presenter: Zarrin Caldwell

This class is based on the facilitator’s Soul Salons podcast, which looks at the work of philosophers, prophets, poets, and mystics throughout the ages whose teachings have focused on humanity’s divine or spiritual reality. The podcast, readings, videos, and discussions will delve into the lives of these sages and explore what wisdom they may offer us for our time. See class outline on NFLL website. Podcast at: https://www.buzzsprout.com/280970

Location: MCC - Dobson BP 3N

Date: Tue, Sep 28 - Oct 26 Time: 2:30 - 4:00 pm Sessions: 5

Facilitator: Suzanne Brown suzannebrownpt@gmail.com
**WHATIZAT??!!**

**Presenter:** Jay Mark

Back by popular demand! Consider WHATIZAT??!! your audition as an Antiques Roadshow expert. This is a fun, interactive presentation in which attendees test their Antiques I.Q. WHATIZAT??!! is a cursed, cunning curator’s cabinet of quizzical curiosities. Participants will try to identify odd and eclectic historic artifacts that is destined to be a delightfully devilish, desultory diversion of detection & discovery.

**Location:** MCC - Dobson BP 4
**Date:** Fri, Nov 5  **Time:** 2:00 – 4:00 pm  **Sessions:** 1
**Facilitator:** Barbara Thelander  bthelander@cox.net

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**Hauntings**

Unexplained noises, objects flying across the room, and frightening messages scrawled on walls. Are these mysterious occurrences the work of spirits from the other world or are they merely horrifying tricks of the mind? From The History Channel, meet several families who claim their homes have been the site of some very mysterious and terrifying activity.

**Location:** MCC - Red Mountain S 152 and Zoom
**Date:** Wed, Oct 27  **Time:** 1:30 - 2:30 pm  **Sessions:** 1
**Facilitator:** Cindy Schrantz  cindy.schrantz@gmail.com

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**Why & How to Cook with an Air Fryer**

Have you invested in an Air Fryer and you would like to know how to better use this new small appliance to cook? Or have you wondered if an Air Fryer deserves a spot in your home or is the hype all a bunch of hot air? Before purchasing an Air Fryer, Pam had retired from cooking. After learning how to use an Air Fryer, Pam even takes her Air Fryer when she travels.

During our time together, Pam will explain how an Air Fryer works, the advantages and disadvantages of an Air Fryer, why air fried food could be a healthier alternative, how to select an Air Fryer that meets your needs, and the tricks she has learned to successfully cook with my Air Fryer along with some yummy recipes.

**Location:** Online
**Date:** Mon, Oct 11  **Time:** 9:00 - 10:30 am  **Sessions:** 1
**Facilitator:** Pam Carter  azpamcarter@gmail.com

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**Gardening in the Low Desert**

**Presenter:** Carol Stuttard

Do you want to grow your own fruits, vegetable and herbs? Learn how to prepare your low desert garden for fall planting. Find out what to plant when and what are the best varieties for our soil and climate. Learn more important tips, tricks and information for successful gardening here in the desert.

**Location:** MCC - Dobson BP 1
**Date:** Mon, Oct 11  **Time:** 1:30 - 3:00 pm  **Sessions:** 1
**Facilitator:** Melita Hillman  mhillma@aol.com
MUSIC

Opera in Love and War

Potpourri of love and war in opera featuring "Lesson in Love & Violence" based on Christopher Marlowe's 'Edward II' play, Handel's gods/godesses and a girl in love in "Semele," the love of the "Phantom of the Opera" followed by the sequel "Love Never Dies," Meyerbeer's love and war in "Les Hugenots," and ending with the delightful pastiche "The Enchanted Island" which is sort of a Disney-ek opera.

Location: MCC - Red Mountain
Date: Tues, Oct 5 - Nov 23  Time: 1:00 - 2:30 pm  Sessions: 8
Facilitator: Bette Jones  jonesbette28@gmail.com

Songs of War

A brief but interesting look at military music from ancient drums and cymbals to Minecraft games played by kids and soldiers today. Why did Yankee Doodle stick a feather in his cap and call it Macaroni? Why did the Mexican troops in the Mexican War call the American soldiers "gringoes?" What did Lincoln think of the song Dixie?

We will also survey the music of the World Wars, Vietnam, the Gulf War, and Afghanistan. What music did our soldiers listen to and what music did they hate? Class participation is encouraged.

Location: MCC - Dobson  BP 4
Date: Thurs, Sep 30 - Oct 7  Time: 1:30 - 3:00 pm  Sessions: 2
Facilitator: Bob Dukelow "Grand Poobah"  ace1bob@gmail.com

Beginning Piano Online

This group piano is open to beginning students (or any previous student who may want to review or become more efficient at that level). Class begins with the basics and progresses with students soon learning to play many familiar tunes. Some music theory is included so students will know why and how music is written. A piano, organ, or keyboard is needed at home for practicing. John Thompson's Adult Piano Course Book One may be purchased at Milano's or Amazon.

A cellphone, computer, or laptop with speakers and camera are necessary to participate in class.

Location: Online
Date: Wed, Sep 29 - Nov 17  Time: 1:00 - 2:15 pm  Sessions: 8
Facilitator: Shelia Millhollon  Smill18@cox.net

Continuing Piano Online

This group piano is open to last semester's NFLL Beginning Piano students or students with previous beginning or intermediate piano experience. Some music theory is included so students will know why and how music is written. A piano, organ, or keyboard is needed at home for practicing. John Thompson's Adult Piano Course Book One (last half covered) and/or Book Two, (depending upon the student's level of experience) may be purchased at Milano's or Amazon.

A cellphone, computer, or laptop with speakers and camera are necessary to participate in class.

Location: Online
Date: Wed, Sep 29 - Nov 17  Time: 2:30 - 3:45 pm  Sessions: 8
Facilitator: Shelia Millhollon  Smill18@cox.net
New Frontiers Class Locations

Commendatory AF Museum
2017 N Greenfield Rd, Mesa

MCC Red Mountain Campus
7110 E McKellips Rd, Mesa

Aster Senior Center Downtown
Mesa, 247 N. MacDonald, Mesa

Resurrection Church
3201 S. Evergreen Rd, Tempe

MCC Dobson Campus
1833 W Southern (at Dobson)

Mesa Police Station
2430 S Ellsworth Rd, Mesa

Clydesdale Rescue Facility
17208 E Saragosa St, Gilbert

NOTE: Courtesy shuttle rides to classes are available through Public Safety for handicapped NF members by calling the following number, stating you are a NF member, where you are parked and where your classroom is. Please allow extra time for this courtesy service.

Dobson or Red Mountain — 480-461-7046

New Frontiers Council

<table>
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<tr>
<th>Officers</th>
<th>Standing Committees</th>
</tr>
</thead>
<tbody>
<tr>
<td>President: Roland Tanner</td>
<td>Suzanne Brown and Cindy Schrantz vacant</td>
</tr>
<tr>
<td>V-Pres: Bob Dukelow</td>
<td>Profile Randolph</td>
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<tr>
<td>Secretary: Mary Boehlen</td>
<td>Support Services/Communications Chair: Arlys Medicott</td>
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<tr>
<td>Treasurer: Fred Searing</td>
<td>Social Chair: Bella Thelander and Cathy McGonigle</td>
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<tr>
<td>Past President: Dan Taylor</td>
<td>Volunteer Chair: Alllen Zisner, vacant</td>
</tr>
<tr>
<td>Members-At-Large: Margo Heaps, Ron Schueman, Allen Zisner, vacant</td>
<td></td>
</tr>
</tbody>
</table>