Class Schedule
Spring 2021

NEW FRONTIERS
FOR LIFELONG LEARNING
Expand your world
A PROGRAM OF MESA COMMUNITY COLLEGE

Revised 12/7/2020
COVID-19 has closed both the Dobson-Southern and Red Mountain Campuses until further notice.

The fee for the Spring 2021 semester is reduced to $40. The annual enrollment and paying fees for new members will need to be done online.

For detailed instructions on how to complete the admissions application to become a New Frontiers member and how you may pay the enrollment fee of $40 online using the Student Information System (SIS) for the Spring 2021 semester go to newfrontiers.mesacc.edu and select the “Join Now!” option.

### Important Dates to Remember:

Due to COVID-19, regularly scheduled activities are subject to cancellation or change. For current information on New Frontiers activities, go to the New Frontiers website, select “Members” then “Calendars.”

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration</td>
<td>Wednesday, Jan 20</td>
<td>9:00 am</td>
<td>Internet</td>
</tr>
<tr>
<td>Deadline for Summer Proposals</td>
<td>Thursday, April 15</td>
<td>Midnight</td>
<td></td>
</tr>
<tr>
<td>Deadline for Fall Proposals</td>
<td>Thursday, July 1</td>
<td>Midnight</td>
<td></td>
</tr>
</tbody>
</table>

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.

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**Welcome to New Frontiers for Lifelong Learning!**

*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.

---

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### FINANCIAL MATTERS
- Understanding Investments
- Taxes and Your Portfolio
- Thrive in Retirement
- Today’s Safe Investing
- Understanding Annuities
- Estate Planning

### SELF DEVELOPMENT
- First Things First
- Stream of Consciousness
- Thriving in Isolation

### HEALTH AND WELLNESS
- Brain Health
- Brain Myths Exploded
- Cancer - Reduce Your Risk
- Living with Hearing Loss
- Home Design that's Safe

### THE ARTS
- Bluegrass Music
- Parables in Art

### PIANO
- Beginning Piano Online
- Continuing Piano Online

### COMPUTER
- Computer Maintenance
- Computer Security Hygiene
- Giving Classes on Zoom
- Webex For Presenters
- Webex for End Users
- Learning Zoom

### TRAVELOGUE
- Trip - Tuscany and Umbria
- Voyage thru the Irish Sea
- 6 Weeks in Australia
- 8 Weeks in the Balkans
- Italy – The Amalfi Coast
- Hiking the Arizona Trail
- Grand Canyon Sweet
- “Golden Girls” in Europe
- Yellowstone & Grand Teton

### PHOTOGRAPHY
- Save Your Photos
- Save Your Photos - Lab

### TRANSPORTATION
- Bicycles
- What's Going On Up There?

### SOCIAL SCIENCES
- Today's Russian Culture
- Congrats-Now Get to Work
- The Agency: History of CIA
- The Panama Canal
- Modern Economic Issues 3
- Political Systems
- Brass Bands AZ Territory
- Phx Indian School in WWI

### DISCUSSION
- Bookshelf
- Mystery Book Club
- Talking About TED Talks
- Great Decisions 1
- Great Decisions 2
- Early Morning Discussion

### THE GREAT OUTDOORS
- Trailblazers Hike Group
- Trailers Hike Group
- Walkers Explore Parks
- Thurs Morning Bike Ride

### NEW FRONTIERS COUNCIL

**Officers**
- President: Roland Tanner
- V-Pres: Bob Dukelow
- Secretary: Diane Grogan
- Treasurer: Greg Master
- Past President: Dan Taylor
- Members-At-Large: Margo Heaps, Ron Schueman, Allen Zisner, Fred Searing

**Standing Committees**
- Curriculum Chair: Ruth Brooks
- Membership Chair: Mary Boehlen and Mary McGonigle
- Support Services/Communications Chair: Peggy Randolph and Arlys Medlicott
- Social Chair: Peggy Schulz
- Volunteer Chair: Barbara Thelander and Cathy McGonigle

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**Attending online classes**

You will need a conference ready computer set up. That is a computer with a video camera and microphone capability (Most laptops have video and mike equipment installed). You can also use a smartphone but the people pictures get small with several conference attendees. The gatekeeper will provide conference instructions about a week prior to the first class date. See page 12 for classes on using Zoom and Webex. Videos on how to join a Zoom and Webex meeting are included below.

**Webex** - https://www.youtube.com/watch?v=fE5FnEUKtaE

**Zoom** - https://www.youtube.com/watch?v=9isp3qPeQ0E

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**New Frontiers Council**

<table>
<thead>
<tr>
<th>Officers</th>
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<tbody>
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## NF SPRING 2021 CLASSES BY DATE

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS</th>
<th>Page</th>
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<tbody>
<tr>
<td>Jan 11 &amp; 13</td>
<td>Giving Classes on Zoom</td>
<td>12</td>
</tr>
<tr>
<td>Jan 12 &amp; 14</td>
<td>Webex for Presenters</td>
<td>12</td>
</tr>
<tr>
<td>Jan 25 &amp; Jan 27</td>
<td>Learning Zoom</td>
<td>12</td>
</tr>
<tr>
<td>Jan 26 &amp; Jan 28</td>
<td>Webex for End Users</td>
<td>12</td>
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<tr>
<td>Feb 1-March 14</td>
<td>Early Morning Discussion</td>
<td>8</td>
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<tr>
<td>Feb 2-16</td>
<td>Political Systems</td>
<td>7</td>
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<tr>
<td>Feb 2-March 9</td>
<td>Modern Economic Issues 3</td>
<td>6</td>
</tr>
<tr>
<td>Feb 2-March 4</td>
<td>Trailers Hike Group</td>
<td>5</td>
</tr>
<tr>
<td>Feb 3</td>
<td>Understanding Annuities</td>
<td>13</td>
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<tr>
<td>Feb 3-March 17</td>
<td>Walkers Explore Parks</td>
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</tr>
<tr>
<td>Feb 3-April 14</td>
<td>Bookshelf</td>
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<tr>
<td>Feb 4-March 21</td>
<td>Understanding Investments</td>
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<tr>
<td>Feb 4-March 22</td>
<td>The Agency: History of CIA</td>
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<tr>
<td>Feb 4-March 27</td>
<td>Thurs Morning Bike Ride</td>
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<tr>
<td>Feb 5-March 12</td>
<td>Brain Myths Exploded</td>
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<td>Feb 5-March 13</td>
<td>Trailblazers Hike Group</td>
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<td>Feb 5-March 17</td>
<td>Yellowstone &amp; Grand Teton</td>
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<td>Feb 5-March 24</td>
<td>Beginning Piano Online</td>
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<td>Feb 5-March 24</td>
<td>Continuing Piano Online</td>
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<td>Feb 6-March 21</td>
<td>Mystery Book Club</td>
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<td>Feb 11</td>
<td>Computer Security Hygiene</td>
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<tr>
<td>Feb 12</td>
<td>Computer Maintenance</td>
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<td>Feb 12-April 2</td>
<td>Talking About TED Talks</td>
<td>8</td>
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<tr>
<td>Feb 12-April 2</td>
<td>Talking About TED Talks</td>
<td>8</td>
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<tr>
<td>Feb 13</td>
<td>“Golden Girls” in Europe</td>
<td>10</td>
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<tr>
<td>Feb 18-25</td>
<td>Save Your Photos</td>
<td>11</td>
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<tr>
<td>Feb 19</td>
<td>Voyage thru the Irish Sea</td>
<td>9</td>
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</table>

### ASU EMERITUS COLLEGE AND MCC PROFESSOR PRESENTATIONS

#### ASU EMERITUS COLLEGE PRESENTATIONS

- **Today’s Russian Culture**
  - Dr. Charles Tichy
  - Social Sciences
  - Page 6
- **Trip - Tuscany and Umbria**
  - Dr. Gary Kleemann
  - Travelogue
  - Page 9
- **First Things First**
  - Dr. Gary Kleemann
  - Self Development
  - Page 14

#### MCC PROFESSOR PRESENTATION

- **Congrats-Now Get to Work**
  - Dr. Brian Dille
  - Social Sciences
  - Page 6
**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.

Risk Form #1 must be signed.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date: Fri, Feb 5 - May 13</th>
<th>Time: 7:00 am - noon</th>
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<tbody>
<tr>
<td>Sessions</td>
<td>13</td>
<td>Limit: 50</td>
</tr>
<tr>
<td>Facilitator</td>
<td>Greg Master</td>
<td><a href="mailto:Gamst51@gmail.com">Gamst51@gmail.com</a></td>
</tr>
</tbody>
</table>

**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.

Risk Form #1 must be signed.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date: Tues, Feb 2 - May 4</th>
<th>Time: 7:00 am - noon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sessions</td>
<td>14</td>
<td>Limit: 50</td>
</tr>
<tr>
<td>Facilitator</td>
<td>Greg Master</td>
<td><a href="mailto:Gamst51@gmail.com">Gamst51@gmail.com</a></td>
</tr>
</tbody>
</table>

**Walkers Explore Parks**

RISK FORM #1 NEEDED (only if you have never signed #1) 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 and a hat. Details and directions to follow via your email.

- Feb 3 – Riverview Park, Mesa
- Feb 10 – Riparian Preserve, Gilbert
- Feb 17 – Freestone Park, Gilbert
- Feb 24 – Veteran’s Oasis Park, Chandler
- Mar 3 – Desert Arroyo Park, Mesa
- Mar 10 – Kiwanis Park, Tempe
- Mar 17 – Desert Breeze, Chandler

Possibly continue...

<table>
<thead>
<tr>
<th>Location</th>
<th>Date: Wed, Feb 3 - Mar 17</th>
<th>Time: 9:30 – 11:00 am</th>
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<tbody>
<tr>
<td>Sessions</td>
<td>7</td>
<td>Limit: 30</td>
</tr>
<tr>
<td>Facilitator</td>
<td>Mary Adamick</td>
<td><a href="mailto:madamick@cox.net">madamick@cox.net</a></td>
</tr>
</tbody>
</table>

**Thurs Morning Bike Ride**

Come join me for an early morning bicycle ride every other Thursday. I generally ride 15 miles but will tailor the ride to group’s abilities. The rides follow the SRP canals, paved or packed gravel and Tempe/ Scottsdale Indian Bend Wash. You must be able to transport your bicycle to the meeting location. I suggest you bring two spare bicycle tubes (it could be a long walk back), patch kit, water and snacks. Average riding time is 1½ - 2 hrs.

RISK FORM #1 NEEDED

<table>
<thead>
<tr>
<th>Location</th>
<th>Date: Thurs, Feb 4, 18, 25; Mar 11, 25; Apr 1, 15, 29; May 13, 27</th>
<th>Time: 7:00 - 10:00 am</th>
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<tr>
<td>Sessions</td>
<td>10</td>
<td>Limit: 20</td>
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<tr>
<td>Facilitator</td>
<td>Allan Zisner</td>
<td><a href="mailto:azisner@q.com">azisner@q.com</a></td>
</tr>
</tbody>
</table>
## Modern Economic Issues 3

This Class is part of a “Great Courses” DVD video series Professor Whaples takes us on an economic excursion through several modern day topics that catch me by surprise. Many are items that I would not normally try to analyze economically. This class is the third series of 12 lectures covering items such as: Walmart and Productivity Growth, Zero-Sum Game of Conspicuous Consumption, Is Everything a Commodity, Examining Economic Response to Terrorism, Helping Poor Countries, Economic Costs and Benefits of Gambling. These topics and others covered in the 12 lectures are easily understandable as they are not dependent on concepts of previous lectures. Each 2 hour class will cover 2 lectures.

<table>
<thead>
<tr>
<th>Location: Online Zoom</th>
<th>Date: Tues, Feb 2 - Mar 9</th>
<th>Time: 1:00 - 3:00 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sessions: 6</td>
<td>Limit: 20</td>
<td>Facilitator: Archie Millhollon <a href="mailto:amillho@cox.net">amillho@cox.net</a></td>
</tr>
</tbody>
</table>

## Today’s Russian Culture

**Presenter:** Prof. Charles Tichy

**Russian Culture in Putin’s World** – The status of Russian culture during the presidency of Vladimir Putin will be presented in this lecture. Discussions relate the reactions of Russian society and media to Putin’s Russian ‘modernization’ programs. Prof. Tichy will explain the effects of the pandemic on Russian life at home, at the dacha, at ballet and theatre performances, and at traditional shopping locations. The course also elaborates interests of main-stream Russians in politics, demonstrations, cyber technology and national literature.

<table>
<thead>
<tr>
<th>Location: Online Webex</th>
<th>Date: Fri, Mar 12</th>
<th>Time: 2:00 - 4:00 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sessions: 1</td>
<td>Limit: 100</td>
<td>Facilitator: Sam Wong <a href="mailto:Newsam@yahoo.com">Newsam@yahoo.com</a></td>
</tr>
</tbody>
</table>

## Congrats-Now Get to Work

**Presenter:** Dr. Brian Dille

Whoever wins the November election is going to have a large task ahead of him. Dr. Dille looks at the domestic and foreign policy agenda for either a Biden presidency or a 2nd term Trump presidency.

<table>
<thead>
<tr>
<th>Location: Online Webex</th>
<th>Date: Tues, Mar 2</th>
<th>Time: 1:00 - 2:00 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sessions: 1</td>
<td>Limit: 93</td>
<td>Facilitator: Barbara Thelander <a href="mailto:bthelander@cox.net">bthelander@cox.net</a></td>
</tr>
</tbody>
</table>

## The Agency: History of CIA

This is a pre-recorded Great Courses program presented by Hugh Wilford of California State University Long Beach. This 24 session course covers a history of American intelligence and then traces the CIA’s development since 1947. The course was recorded in 2019. All sessions will be on Zoom.

<table>
<thead>
<tr>
<th>Location: Online Zoom</th>
<th>Date: Thurs, Feb 4 - Apr 22</th>
<th>Time: 1:30 – 3:00 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sessions: 12</td>
<td>Limit: 50</td>
<td>Facilitator: Suzanne Brown <a href="mailto:suzannebrownpt@gmail.com">suzannebrownpt@gmail.com</a></td>
</tr>
</tbody>
</table>

## The Panama Canal

The Panama Canal – behind this 20th-century, civil engineering marvel lies a fascinating story of tragedy and triumph, colossal failure and eventual success. Although not well known, the canal’s construction required overcoming of medical challenges and those of several large-scale civil engineering projects. In this class we will first examine the history and operation of the canal thru a presentation on DVD. Then we’ll go “behind the scenes” of the canal and on a canal transit as seen from the bridge of a large freighter, followed by questions and answers as time permits.

<table>
<thead>
<tr>
<th>Location: Online Zoom</th>
<th>Date: Tues, Feb 23</th>
<th>Time: 1:00 - 3:00 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sessions: 1</td>
<td>Limit: 40</td>
<td>Facilitator: Jeff Hirschl <a href="mailto:jhirschl@yahoo.com">jhirschl@yahoo.com</a></td>
</tr>
</tbody>
</table>

## Modern Economic Issues 3

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<tr>
<td>Sessions: 6</td>
<td>Limit: 20</td>
<td>Facilitator: Archie Millhollon <a href="mailto:amillho@cox.net">amillho@cox.net</a></td>
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### Political Systems

Description and discussion of contemporary political systems in the contemporary world.

<table>
<thead>
<tr>
<th>Location</th>
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<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online Webex</td>
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<table>
<thead>
<tr>
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<th>Facilitator</th>
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</thead>
<tbody>
<tr>
<td>4</td>
<td>50</td>
<td>Dan Mueller</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:donlarry@hotmail.com">donlarry@hotmail.com</a></td>
</tr>
</tbody>
</table>

### Brass Bands AZ Territory

The 19th century brass band movement sweeping across America entered New Mexico and Arizona Territories as separate but parallel phenomena with one crucial link: Lucian Bonaparte Jewell, Kit Carson’s bandmaster with the 1st New Mexico Regiment Volunteers. After the Civil War, Jewell founded the Prescott Brass Band in 1865, the very first band in Arizona Territory, and the craze spread across the territory from there. This presentation explores the numerous military and civic bands that existed in towns, forts and mining camps across Arizona and New Mexico Territories, plus the infamous 1871 ‘battle of the bands’ that left ten dead on the plaza of Mesilla NM, a former capital of Arizona. How this brass band movement throughout Arizona relates directly to NY Mayor Fiorello La Guardia, pop singer Linda Ronstadt and artist Ted de Grazia will also be revealed. The presentation includes vintage photos of these early bands.

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<tbody>
<tr>
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<tbody>
<tr>
<td>1</td>
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<td>Don Larry</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:donlarry@hotmail.com">donlarry@hotmail.com</a></td>
</tr>
</tbody>
</table>

### Phx Indian School in WWI

One hundred years ago, in 1921, a memorial was erected on the Phoenix Indian School campus ‘In Memory of the Students of this School Who Enlisted in the Army and Navy During the World War.’ An Honor Roll of 62 names is embossed across the cast metal placard attached to the face of the monument. Who were the young men behind these names? This presentation will reveal who some of them were, their experiences as students and on the battlefield, including two who were Killed In Action, and then will focus on the life on one Hopi who survived to march with his military band in the 1918 Victory Parade through the streets of Paris. The lives of these former students, shaped by ancient traditions and redefined through forced assimilation, were profoundly transformed by the Great War.

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<th>Facilitator</th>
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<tbody>
<tr>
<td>1</td>
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<td>Don Larry</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:donlarry@hotmail.com">donlarry@hotmail.com</a></td>
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### 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 class.

**February 3**  
**The Book Woman of Troublesome Creek** by Kim Michele Richardson  
Discussion leader Susan Schneider

**February 17**  
**Lost Girls of Paris** by Pam Jenoff  
Discussion leader Diane Grogan

**March 3**  
**American Dirt** by Jeanine Cummins  
Discussion leader Diane Grogan

**March 17**  
**The Tiger's Wife** by Tea Obreht  
Discussion leader Ruth Brooks

**March 31**  
**I am Malala** by Christina Lamb and Malala Yousfzai  
Discussion leader John Overdorff

**April 14**  
**The Island of Sea Women** by Lisa See  
Discussion leader Mary Boehlen

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<th>Limit</th>
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<tbody>
<tr>
<td>Online Zoom</td>
<td>Wed, Feb 3, Feb 17, Mar 3, Mar 17, Mar 31, Apr 14</td>
<td>10:00 - 11:15 am</td>
<td>6</td>
<td>20</td>
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</table>

<table>
<thead>
<tr>
<th>Facilitator</th>
<th><a href="mailto:joverdorff1@gmail.com">joverdorff1@gmail.com</a></th>
</tr>
</thead>
</table>
**Mystery Book Club**

Do you enjoy reading Mysteries? Do you like to discuss books after reading them? Do you want to expand your knowledge of Mystery Writer’s. If so, join our group to meet every two weeks to discuss books chosen by the group. Come to one session or all of them as your schedule allows.

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 10</td>
<td>Heir Hunter by Chris Larsgaard</td>
<td>(Arlis Medlicott)</td>
</tr>
<tr>
<td>Feb 24</td>
<td>The Chicago Way by Michael Harvey</td>
<td>(Lynn Sapyta)</td>
</tr>
<tr>
<td>Mar 10</td>
<td>Cipher by Isabella Maldonado</td>
<td>(Bob Dukelow)</td>
</tr>
<tr>
<td>Mar 24</td>
<td>Lost Hills by Lee Goldberg</td>
<td>(Diane Grogan)</td>
</tr>
<tr>
<td>Apr 7</td>
<td>Thief of Time by Tony Hillerman</td>
<td>(Jacki McDugle)</td>
</tr>
<tr>
<td>Apr 21</td>
<td>Murder in the White House by Margaret Truman</td>
<td>(Marilyn Click)</td>
</tr>
</tbody>
</table>

Location:  Online Webex  
Time: 10:00 - 11:15 am  
Facilitator: Mary Boehlen  
Minpins48@gmail.com

**Talking About TED Talks**

TED Talks are devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. In this course we watch 3 different TED Talks and then discuss ideas the talk generates. Discussion is based on personal thoughts. No expertise or educational level is needed to participate, just an enjoyment of discussing ideas. Discussion groups will be broken down to groups of 7-10 individuals to give all a chance to participate. Attendance at all sessions is not required. This is a great drop-in course!

Location:  Online Zoom  
Date:  Fri, Feb 12 - Apr 2  
Time: 2:00 – 3:30 pm  
Sessions: 8  
Limit: 35  
Facilitator: Suzanne Brown  
suzannebrownpt@gmail.com

**Great Decisions 1**

Discussion of the following US Foreign Policy issues: China’s Road into Latin America, Red Sea Security, Northern Triangle, and Artificial Intelligence. The format is to view a 15 minute DVD highlighting the important issues, then have a class discussion.

Location:  Online Zoom  
Date:  Tues, Feb 9, Feb 16, Feb 23, Mar 2  
Time: 1:30 - 3:00 pm  
Sessions: 4  
Limit: 30  
Facilitator: Richard Falconer  
rlfalconer@outlook.com

**Great Decisions 2**

Discussion of the following US Foreign Policy issues: Global Supply Chain and National Security, China’s Role in Africa, Roles of International Organizations in a Global Pandemic, and The End of Globalization. The format is to view a 15 minute DVD highlighting the important issues, then have a class discussion.

Location:  Online Zoom  
Date:  Tues, Mar 9, Mar 23, Mar 30, Apr 6  
Time: 1:30 – 3:00 pm  
Sessions: 4  
Limit: 30  
Facilitator: Richard Falconer  
rlfalconer@outlook.com

**Early Morning Discussion**

Are you an early morning riser and enjoy discussing current events or anything in general, this might be the place for you. Because of Covid-19, the discussion will be done over the internet using Webex (free program). One only needs an internet connection using their cell phone, tablet or computer (or computer to view and a phone to hear). Assistance will be provided for first-time users. No classes held on the 2nd Monday of the month (Council Meeting).

Location:  Online Webex  
Date:  Mon, Feb 1 - May 24 (except Feb 8, Mar 8, Apr 12 and May 10)  
Time: 8:30-10:00 am  
Sessions: 13  
Limit: 20  
Facilitator: Allan Zisner  
azisner@q.com
TRAVELOGUE

**Trip - Tuscany and Umbria**

**ASU Emeritus College Professor**

**Our Trip to Tuscany and Umbria in 2015**

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: Online Zoom  
Date: Mon, Apr 5  
Time: 10:00 – 11:30 am  
Sessions: 1  
Limit: 93  
Facilitator: Dr. Gary Kleemann  
gary@asu.edu

**Voyage thru the Irish Sea**

**Presenter:** Jay Mark

The Isles of Scilly; the Isle of Man; Fishguard; the Outer Hebrides; the Orkneys, and other places off the beaten track. Join peripatetic global traveler Jay Mark on a fascinating voyage through the Irish Sea. This fascinating journey begins in London and ends in Edinburgh, Scotland, with stops at ancient sites, historic churches and castles. And a taste of one of Scotland’s biggest exports…whiskey. Sláinte!

Location: Online Zoom  
Date: Fri, Feb 19  
Time: 2:30 – 4:00 pm  
Sessions: 1  
Limit: 93  
Facilitator: Barbara Thelander  
bthelander@cox.net

**6 Weeks in Australia**

**Presenter:** John Overdorff

World traveler (before Covid) shares pictures, experiences, history and current commentary of his travels in Australia in 2016.

Location: Online Zoom  
Date: Wed, Apr 7  
Time: 2:00 - 3:30 pm  
Sessions: 1  
Limit: 50  
Facilitator: Janice Overdorff  
Joverdorff1@gmail.com

**8 Weeks in the Balkans**

**Presenter:** John Overdorff

World traveler (before Covid) shares pictures, experiences, history and current commentary of his travels in the Balkans in 2018.

- Part 1—Athens, Meteora, Albania, Macedonia
- Part 2—Croatia, Serbia, Montenegro, Slovenia, Bosnia and Herzegovina & Venice.

Location: Online Zoom  
Date: Wed, Mar 24 & Mar 31  
Time: 2:00 - 3:30 pm  
Sessions: 2  
Limit: 50  
Facilitator: Janice Overdorff  
Joverdorff1@gmail.com

**Italy – The Amalfi Coast**

The cliff-top road along the Amalfi Coast is one of the most beautiful stretches in the world, but this region has much more to offer than scenic drives. Roman history is uncovered with travels to the legendary villages of Pompeii and Herculaneum, frozen in time by the eruption of the volcano Vesuvius. The culture of Sorrento and other villages along the Amalfi Coast will be discussed, along with breathtaking photos of the Isle of Capri and other villages along this stunning part of the coast of Italy.

Location: Online Zoom  
Date: Wed, Mar 31  
Time: 10:30 am - noon  
Sessions: 1  
Limit: 50  
Facilitator: Sandy Whitley  
sandyariz@cox.net

NFL Spring 2021  
Visit our web site at newfrontiers.mesacc.edu
**TRAVELOGUE**

**Hiking the Arizona Trail**

Presenter: Cindi Holt

The AZ National Scenic Trail runs 800 magnificent miles through the middle of AZ from Mexico to Utah. The trail runs thru National Parks, wilderness, desert, forests and canyons and through communities and towns. Come learn about the trail, how it can be broken into manageable sections and gear involved. Cindi hiked the Trail over a period of 4 years, mostly ten miles at a time and much of it solo often with the support of her trail valet husband. As she gained experience she learned that it was indeed possible for her to backpack sections, hike rim to rim of the Grand Canyon and meet the challenges of the AZT as a slower hiker in her mid 60s. She will share photos as she shares her adventure and gear.

Location: Online Zoom  
Date: Mon, Feb 22  
Time: 1:00 - 2:30 pm

Sessions: 1  
Limit: 50  
Facilitator: Janice Overdorff  
Joverdorff1@gmail.com

**Grand Canyon Sweet**

The Grand Canyon is one of the seven natural wonders of the world. We here in Arizona have a unique opportunity to really “see” the Canyon because we live 4-5 hours away from the South Rim. Most visitors travel thousands of miles to peer into the vastness that is the Canyon.

This class will include history of the Grand Canyon and Colorado River, geology of the Grand Canyon, information on the South Rim, North Rim, how to do a rim to rim hike, and the Colorado River via raft.

Location: Online Zoom  
Date: Wed, Mar 3  
Time: 10:00 - 11:00 am

Sessions: 1  
Limit: 50  
Facilitator: Sandy Whitley  
sandyariz@cox.net

**“Golden Girls” in Europe**

Travelogue to Amsterdam, Bruges, Paris and London by four women celebrating more than 20 years of friendship.

Location: Online Zoom  
Date: Mon, Feb 15

Time: 1:00 - 2:30 pm  
Sessions: 1  
Limit: 50

Facilitator: Janice Overdorff  
Joverdorff1@gmail.com

**Yellowstone & Grand Teton**

A geological and wilderness experience.

Location: Online Webex  
Date: Mon, Feb 8  
Time: 2:00 – 3:00 pm

Sessions: 1  
Limit: 50

Facilitator: Marie-France Ganansia  
mariefranceganansia@gmail.com

**TRANSPORTATION**

**Bicycles**

Bicycles contributed much to modern society. Cyclists advocated for paved roads before there were automobiles. Bicycles paved the way to women’s right to vote and made contributions to the first airplane and practical automobiles. Why are modern electric bicycles totally transforming the cycling industry? Attend this class and learn more about bicycles than you might ever have expected from the man who in 1958 brought the first bicycle with derailleur gears to Chico, California. Who knows, if conditions permit, we might even be able to go on a leisurely class bike ride. Bob and Rose ride a recumbent tandem. Think of the song, Daisy, Daisy on a bicycle with two lawn chairs.

Location: Online Webex  
Date: Thurs, Feb 25  
Time: 1:30 – 3:00 pm

Sessions: 1  
Limit: 30  
Facilitator: Bob Dukelow  
ace1bob@gmail.com
**TRANSPORTATION**

**What’s Going On Up There?**

Did you ever look up in the sky and see contrails of airliners crossing each other and wonder how they could possibly do that and be safe? Meanwhile small airplanes are buzzing all around Falcon Field in what seems to be a patterned movement while airliners are lined up to land at Sky Harbor. So what’s going on? This class will explain all that. It will include a history of airspace restriction in the United States, a description of airspace, the requirements for operating in the various types of airspace and the communication that takes place. Plus, as a bonus, there will be a brief discussion of Aviation Weather web based products and how non-pilots can use them for planning their daily activities.

**Location:** Online Webex  
**Date:** Mon, Mar 15  
**Time:** 1:30 – 3:00 pm  
**Sessions:** 1  
**Limit:** 50  
**Facilitator:** Greg Master  
**Gamst51@gmail.com**

**PHOTOGRAPHY**

**Save Your Photos**

**Presenter:** Debra Durma

Are your pictures & videos overwhelming you? Do you have digital pictures & videos on the computer, camera, cards, iPhones, iPads, etc.? Do you have printed pictures in boxes, drawers, closets, etc.? Would you like to find a picture, but have no idea where it would be? Are you afraid if you lose your phone or your computer crashes that all your digital photos & videos would be gone? If you answered yes to any of these questions, then this class is for you.

This class will help you take your photo & video mess and turn it into a beautifully, organized collection of memories that your family will enjoy for generations. Class 1: Set-up your Photo Goals, learn the basics of photo organization, and learn methods to store photos safely. Class 2: We review more photo organization techniques, learn photo editing tricks and understand the basics for safely sharing photos.

**Location:** Online Zoom  
**Date:** Thurs, Feb 18 & Feb 25  
**Time:** 10:00 – 11:30 am  
**Sessions:** 2  
**Limit:** 30  
**Facilitator:** Jeff Hirschl  
**jhirschl@yahoo.com**

**Save Your Photos - Lab**

**Presenter:** Debra Durma

**Prerequisites:**
- Completed the New Frontiers Save Your Photos Class
- Have a free or upgraded Forever Storage Account (discussed in Save Your Photos class). Bring Email login and password to class.
- Uploaded at least 50 pictures into your Forever Storage Account.

Having trouble finding time to organize your photos? Need help using the tools in your Forever to Save-Organize -Share your photos? If so, then this class is for you. You will log into your Forever Permanent Storage account for this class and work within your own account. This class will be an interactive workshop showing you the tools to enhance your Photo Organization within the Forever Permanent Storage account. You will have time to put the techniques and tools into practice within your own account.

There will also be time to begin a photo book or print project if you wish to create a project to share. Be sure to upload pictures prior to class to create your photo book or print project. Join us for this class and take time to get your photos organized and back into your life.

**Location:** Online Zoom  
**Date:** Thurs, Mar 4  
**Time:** 10:00 – 11:30 am  
**Sessions:** 1  
**Limit:** 20  
**Facilitator:** Jeff Hirschl  
**jhirschl@yahoo.com**

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<table>
<thead>
<tr>
<th>Course</th>
<th>Presenter</th>
<th>Description</th>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Sessions</th>
<th>Limit</th>
<th>Facilitator</th>
<th>Email</th>
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<tbody>
<tr>
<td><strong>Computer Maintenance</strong></td>
<td>Tessa Hunter</td>
<td>This lecture will cover Windows 10, computer maintenance and web browsers followed by, time permitting, Questions &amp; Answers.</td>
<td>Online Zoom</td>
<td>Fri, Feb 12</td>
<td>1:30 - 2:30 pm</td>
<td>1</td>
<td>30</td>
<td>Jeff Hirschl</td>
<td><a href="mailto:jhirschl@yahoo.com">jhirschl@yahoo.com</a></td>
</tr>
<tr>
<td><strong>Computer Security Hygiene</strong></td>
<td>Eric Gentry</td>
<td>Nasty little electronic bugs, rashes, viruses, malicious attacks, dirty tricks, etc. can often be avoided with proper electronic security hygiene. Learn how to spot them before they infect your computer or phone and how to clean them up if they get past your defenses.</td>
<td>Online Webex</td>
<td>Thurs, Feb 11</td>
<td>1:30 – 3:00 pm.</td>
<td>1</td>
<td>50</td>
<td>Bob Dukelow</td>
<td><a href="mailto:ace1bob@gmail.com">ace1bob@gmail.com</a></td>
</tr>
<tr>
<td><strong>Giving Classes on Zoom</strong></td>
<td></td>
<td>Intended for class presenters to learn to use Zoom to give their classes. Show how to share screen for PowerPoint, dvds, etc. Use of breakout rooms and how to handle questions. Discuss the various features and different screen views.</td>
<td>Online Zoom</td>
<td>Mon, Jan 11</td>
<td>10:30 - 12:30 pm or 2:00 - 4:00 pm or Wed, Jan 13</td>
<td>10:30 - 12:30 pm or 2:00 - 4:00 pm</td>
<td>1</td>
<td>25</td>
<td>Rea Dias</td>
</tr>
<tr>
<td><strong>Webex For Presenters</strong></td>
<td></td>
<td>How do I use Webex to present a class in various formats (movie, PowerPoint, etc.); how do I use the breakout room option; change microphone, speakers, cameras......; Choose only one session.</td>
<td>Online Webex</td>
<td>Tues, Jan 12</td>
<td>10:00 – 11:00 am or 1:00 - 2:00 pm or Thurs, Jan 14</td>
<td>10:00 – 11:00 am or 1:00 - 2:00 pm</td>
<td>1</td>
<td>15</td>
<td>Roland Tanner</td>
</tr>
<tr>
<td><strong>Webex for End Users</strong></td>
<td></td>
<td>How do I use Webex to log into a NFLL class</td>
<td>Online Webex</td>
<td>Tues, Jan 26</td>
<td>10:00 - 11:00 am or 1:00 - 2:00 pm OR Thurs, Jan 28</td>
<td>10:00 - 11:00 am or 1:00 pm - 2:00 pm</td>
<td>1</td>
<td>15</td>
<td>Roland Tanner</td>
</tr>
<tr>
<td><strong>Learning Zoom</strong></td>
<td></td>
<td>Small class to show how to join Zoom classes and how to use Zoom options. Meant for participants after they have studied video and docs on the subject. Sign up for only 1 of the classes.</td>
<td>Online Zoom</td>
<td>Mon, Jan 25</td>
<td>10:30 – 11:30 am OR 2:00 – 3:00 pm OR Wed, Jan 27</td>
<td>10:30 – 11:30 am OR 2:00 - 3:00 pm</td>
<td>1</td>
<td>12</td>
<td>Rea Dias</td>
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# FINANCIAL MATTERS

## Understanding Investments

This is a pre-recorded Great Courses program presented by Dr. Connel Fullenkamp of Duke University. This 24 section course is designed to take the mystery out of investing by giving simple and clear explanations of investments and the process of investing. Lessons on how to choose the best investments for your portfolio and how to understand financial goals. This course is great for those who want to know more about the recommendations from financial advisors and how to assess your investment statements. A great course to have your children or grandchildren join you on learning. All courses will be on Zoom.

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<th>Location</th>
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<tr>
<td>Online Zoom</td>
<td>Wed, Feb 3 - Apr 21</td>
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<th>Limit</th>
<th>Facilitator</th>
<th>Email</th>
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<tbody>
<tr>
<td>12</td>
<td>35</td>
<td>Suzanne Brown</td>
<td><a href="mailto:suzannebrownpt@gmail.com">suzannebrownpt@gmail.com</a></td>
</tr>
</tbody>
</table>

## Taxes and Your Portfolio

Presenter: Scott Sandell

This class is a necessity for all. In this day of low interest rates and volatile markets, it has become extremely important to become tax efficient in retirement, to maximize what you have. We will review how current taxation works and explore the most common ways to save taxes in retirement. I promise this is not a dry boring tax class. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

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<tbody>
<tr>
<td>Online Zoom</td>
<td>Wed, Mar 3</td>
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<tr>
<th>Sessions</th>
<th>Limit</th>
<th>Facilitator</th>
<th>Email</th>
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<tbody>
<tr>
<td>1</td>
<td>100</td>
<td>Diane Grogan</td>
<td><a href="mailto:Dtgrogan@cox.net">Dtgrogan@cox.net</a></td>
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</tbody>
</table>

## Thrive in Retirement

Presenter: Scott Sandell

With volatile markets and low interest rates, financially navigating retirement can be tricky. We will discover what is changing, why it is changing and how to position yourself for success in retirement. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

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<th>Location</th>
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<td>Online Zoom</td>
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<tr>
<td>1</td>
<td>100</td>
<td>Diane Grogan</td>
<td><a href="mailto:Dtgrogan@cox.net">Dtgrogan@cox.net</a></td>
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</table>

## Today’s Safe Investing

Presenter: Scott Sandell

With historically low interest rates, and current level of market volatility, where do people turn to protect their wealth while still earning something? We will explore ALL investments commonly referred to as “safe” while contemplating their future in this complex 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.

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<td>Online Zoom</td>
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<tr>
<td>1</td>
<td>100</td>
<td>Diane Grogan</td>
<td><a href="mailto:Dtgrogan@cox.net">Dtgrogan@cox.net</a></td>
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## Understanding Annuities

Presenter: Scott Sandell

We will explore the different types of annuities available as well as their primary uses while uncovering what is behind some of the lofty promises. This is not a sales event and we will not be speaking on any specific products although we will answer any questions you may have. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

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<td>Diane Grogan</td>
<td><a href="mailto:Dtgrogan@cox.net">Dtgrogan@cox.net</a></td>
</tr>
</tbody>
</table>
Stream of Consciousness
Presenter:  Jay Mark
For those who know him, Jay Mark’s brain never stops. His curiosity about the world seems never-ending. And has led him down improbable and unbelievable paths. In this intriguing presentation, you will swim through Jay’s stream of consciousness – not knowing where he will stop. Or what will engage his quizzical mind. You are invited to partake on this chance journey of exploration. And discover some of the most unexpected stops along the way. The presentation promises an improbable preponderance of a particularly prolific, passionate pastiche of peculiarly, profuse, perfunctory, and a perspicacious plentitude of pictures, and plausible, possibly plagiarized, ponderously portentous and perceptive propaganda. Plaudits preferred.

Location:  Online Zoom
Date:  Fri, Mar 12
Time:  2:30 - 4:00 pm
Sessions:  1  Limit:  93  Facilitator:  Barbara Thelander  bthelander@cox.net

Thriving in Isolation
Presenter:  Elaine Poker-Yount
As our social distancing continues, the range of the emotions we experience peaks and falls many times throughout the day. Most of us are all over the place! From where do you get your calm? Can you bring it upon demand or is that a struggle? We’ll explore the dance of isolation and how to approach the balance we need as we live with a different kind of uncertainty about the future with regard to day-to-day life! This will be an interactive class. Please be prepared to share.

Location:  Online Zoom
Date:  Wed, Feb 24
Time:  1:00 - 2:30 pm
Sessions:  1  Limit:  40  Facilitator:  Ruth Brooks  rrbrooks93@gmail.com
<table>
<thead>
<tr>
<th>Program</th>
<th>Presenter</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Brain Health</strong></td>
<td>Heather Mulder</td>
<td>Brain function is more than just memory. In this program, learn about the different domains of your brain such as cognition, language, attention, visuospatial, executive function and memory. We will start with a self-assessment followed with activities that will help you illuminate your strengths. We will end with ways to improve brain function and keep your brain healthy.</td>
</tr>
<tr>
<td><strong>Brain Myths Exploded</strong></td>
<td>Dr. Viskontas</td>
<td>This Class is a “Great Courses” DVD video series The human brain is mystifyingly complex and there’s still a lot that we don’t 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. Dr. Viskontas draws on neuroscience and reflects on these questions and more: Is Your Brain Perfectly Designed?, How Different are Male and Female Brains?, Is Your Brain Objective?, Are You Always Conscious While You Are Awake?, Are Dreams Meaningful?, Does Technology Make You Stupid? Each 2 hour class will cover 2 lectures.</td>
</tr>
<tr>
<td><strong>Cancer - Reduce Your Risk</strong></td>
<td>Dr. Sonny Sampedro</td>
<td>Dr. Sonny has been a popular and humorous speaker for New Frontiers for several years. Learn how a healthy diet &amp; supplements can reduce your risk of developing cancer &amp; can improve your outcome should you fall victim to this deadly disease. Learn how to recognize the signs, symptoms, and causes of cancer. Which foods trigger cancer and which foods are used for prevention? Learn about the latest screenings &amp; lab tests that are available.</td>
</tr>
<tr>
<td><strong>Living with Hearing Loss</strong></td>
<td>Dr. Aparna Rao, Dr. Kate Helms-Tillery and ASU graduate students</td>
<td>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. Spouses and significant others are encouraged and may audit. For maximum benefit from program, we request that attendees to be present for all 4 sessions.</td>
</tr>
<tr>
<td><strong>Home Design that's Safe</strong></td>
<td>Marlin Fried</td>
<td>Falls can change one’s entire retirement life by increasing medical costs that decrease financial assets. Learn how to look at your home to minimize unnecessary accidents. This class includes low cost design adjustments that anyone can do to keep their homes safe and beautiful.</td>
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Bluegrass Music

Bluegrass music is not for everyone. If your taste in music leans towards rap, you may want to skip this class. We will explore, among other things, the origins, heroes, various instruments, and cultural influences of bluegrass on other music genres. Prior to meeting, we will survey the class and play your favorite bluegrass songs. If the stars align, we may even participate in an optional field trip to the Musical Instrument Museum.

Location: Online Webex  
Date: Tues, Mar 9 - 23  
Time: 1:30 – 3:00 pm

Sessions: 3  
Limit: 20  
Facilitator: Bob Dukelow  
ace1bob@gmail.com

Parables in Art

For centuries, European artists have used Biblical themes in their art. This class will examine three parables or stories: Paintings of The Good Samaritan as seen through the eyes of Vincent van Gogh and The Prodigal Son by Rembrandt van Rijn. Finally, the story of Lot’s wife turning into a pillar of salt as portrayed by Benjamin West and others.

Location: Online Zoom  
Date: Tues, Feb 2 - 16  
Time: 10:30 am - noon

Sessions: 3  
Limit: 40  
Facilitator: Mel (Miloslav) Munchinsky  
mel2058216@maricopa.edu

Beginning Piano Online

This group piano is open to beginning students (or any previous year’s students 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 computer or laptop with speakers and camera. (cell phone used as speaker/camera if necessary.)

Location: Online Zoom  
Dates: Wed, Feb 10 - Mar 24  
Time: Noon – 1:30 pm

Sessions: 7  
Limit: 6  
Facilitator: Shiela Millhollon  
Smill18@cox.net

Continuing Piano Online

This group piano class 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 the student will know why and how music is written. Group and individual instructions are given with each person having a keyboard and earphones. 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 computer or laptop with speakers and camera. (cell phone used as speaker/camera if necessary.)

Location: Online Zoom  
Dates: Wed, Feb 10 - Mar 24  
Time: 1:40 - 3:00 pm

Sessions: 7  
Limit: 6  
Facilitator: Shiela Millhollon  
Smill18@cox.net

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