

# NEW FRONTIERS NEWS

Volume 31, Issue 1 September-October 2022

## NEW FRONTIERS CALENDAR

**MCC REGULAR CLASSES BEGIN**  
Monday, August 29, 2022

**NFLL CLASS SCHEDULE MAILED**  
(To Current & Former Members)  
Friday, August 26, 2022

**NFLL VIRTUAL OPEN HOUSE**  
(Visit our website to Zoom into our  
"Come Meet NFLL" event.)  
[10:00 AM] Friday, September 9, 2022

<https://newfrontiers.mesacc.edu>

**NFLL MEMBERSHIP RENEWAL DEADLINE**  
Monday, September 12, 2022

**NFLL CLASS REGISTRATION OPENS**  
[9:00 AM] Monday, September 12, 2022

**NFLL CLASSES START**  
(Online & in-person classes)  
Monday, September 19, 2022\*

\*Some classes start earlier.  
Please check the Fall Schedule for  
more information:

[https://newfrontiers.mesacc.edu/  
class-schedule-updates.html](https://newfrontiers.mesacc.edu/class-schedule-updates.html)



## Letter from the President.

Dear New Frontiers Friends,

As a person with lots of energy who views things from a "glass half full" perspective, I am grateful for the opportunity to be your next NFLL President.

I grew up in Bloomington-Normal, IL and graduated from Illinois State University. I taught dance classes during high school and college, and once competed in amateur bodybuilding.

Since retiring, I continue to play tennis and try new athletic challenges. Family is extremely important to me, so after 35 years at State Farm Insurance, I retired and moved to AZ to be closer to my daughter, son-in-law, and two grandkids. My mom and brothers come to visit us often in this Valley of the Sun.

New Frontiers is at an exciting time!

We had a strong summer class schedule, social events, in-person classes have resumed, and outdoor activities continue to thrive. The willingness of our members to adapt to new ways of learning and socializing over the past two years continues to amaze me.

Roland Tanner, our previous president, set us on a course to become a premiere lifelong learning group and we will continue to build upon that momentum during the coming year.

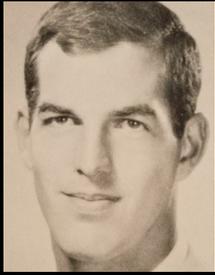
So, ask your friends to join us as we continue to blaze our New Frontiers path.

Consider volunteering to help plan engaging classes, laugh when we're together, help us integrate into MCC's community outreach efforts, and meet some new friends.

I look forward to meeting more and more of you in the coming year.

Kind regards to all of you,

*Cindy Schrantz, NFLL President*



**And now, a word  
from our talented  
Robert J. Dukelow,  
Writer-Gardener-Teacher**

Dear New Frontiers Members, Present, Past, and Prospective,

One of the nice things about being still alive and mentally active (most of the time anyway), is that we can push the envelope in any way we choose. I enjoy learning things and New Frontiers is a good place to learn. I appreciate the company of long-time friends, and the brilliant new people joining us. I hope they will soon be my friends. In times past I have suggested potential courses for NFLL. I would like you to consider the following list of ideas for courses that might be interesting. Our Fall Semester classes are already published. You can still propose classes for the Spring Semester.

**101 uses for coprolite.** My mother gave me a shoe box full of this stuff about forty years ago. I think it is time to put it to some good use. Do you have any suggestions for me?

**Banning Books.** Let's pretend we are in 1930s Germany, and we need to clear the objectionable reading material from our schools and libraries. We need to set some general guidelines and some specific criteria to send this trash to the book burning bonfires. Read the recent news about book banning in Texas for some fresh ideas. You might want to hide your copies of the Bible and Anne Frank.

**Political speculations and nightmares.** Our democracy remains strong because among other things, our Constitution protects the freedom of speech, the separation of church and state, and the right to privacy. What would happen if those cherished ideals were removed? What steps would be needed to effect these changes? How close are we to this political precipice?

Now it is your turn to think up some interesting classes. If you can conceive it, we might achieve it (or something like that. Apologies to Napoleon Hill.) Always keep in mind, we all want to stay out of jail.

*Bob Dukelow, NFLL Vice-President*

Renewing has never been easier. To start, go to the NFLL website, [newfrontiers.mesacc.edu](http://newfrontiers.mesacc.edu), click on "Joining" on the home page, then select "Membership Enrollment Form". Complete the short form and "Submit".

After you have received your confirmation email, you have three options for paying your membership fee:

Contact the MCC Cashier, as suggested in the email.

Pay in person at the Cashier's Office at either Red Mountain or the Dobson/Southern campus.

If you know your MEID and password, you can pay online through the MCC Student Information System: [maricopa.edu/students](http://maricopa.edu/students)

Hover over "Students" and select "Tuition and Payment Information".

Click on "Pay Now" at the bottom of the page.

Enter your MEID (e.g., TED1234567@maricopa.edu) and password.

Select "Financial Account".

You should see an entry for New Frontiers Annual. Follow the instructions to pay with your credit card.

We hope to see all of you in the Fall.

Invite your friends and neighbors to join NFLL!

*Peggy Randolph, Chair Support Services/Communications*

**Good Bye and Good Luck,  
Michelle Chambers!**

Michelle, her husband, and kids are headed to greener pastures in Rogers, Arkansas. Many NFLL members have talked with Michelle at some point over the years and we will miss her willingness to help and her expertise. Michelle has been a valuable part of NFLL and she's done everything from helping us to enroll at MCC, register for classes, find classrooms, and troubleshoot problems. We will miss her knowledge of NFLL and MCC and mostly her voice on the other end of the phone.

We are excited for Michelle and her family as they start this new chapter in life. This is something they have considered doing for a while and the time was finally right. Congratulations Michelle!

*Cindy Schrantz, NFLL President*

**Time To Renew  
(by September 12, 2022)**

New Frontiers' academic year is coming to a close at the end of August. If you have not already renewed your membership, it's time!

## Fall 2022 Schedule

The NFLL Curriculum Committee has been busy organizing and scheduling the Fall 2022 schedule. The session offers over 60 different courses, individual classes, and field trips for NFLL members to choose from for their lifelong learning. Course registration will begin September 12, 2022 at 9 am. NFLL members must be enrolled with MCC and have paid their annual fee in advance of registration for classes. MCC enrollment and fee payment may be completed anytime before September 12 by following the instructions on the NFLL website.

Facilitators are still needed for some classes. Please consider volunteering to serve as a facilitator to greet members and the speaker, introduce the speaker, report attendance, and return the table and chairs to original positions. Training on the computer system is provided as well as a script of what to say! Really an easy job to help keep NFLL going! Contact Suzanne Brown, Curriculum Chair at email [suzannebrownpt@gmail.com](mailto:suzannebrownpt@gmail.com) or by phone at 480-688-1497 to volunteer.

This term will also bring some 'Just In Time' classes and events. Just in Time will be classes that didn't make it into the schedule but are considered important by the Curriculum Committee. These classes will be advertised on the website and by email to all NFLL members and registration will be through ProClass. 'Just In Time' classes may be offered in-person, online, or at an off-site location depending on the presenters' preference. So, check the website and your email to see what new is coming your way!

*Suzanne Brown, Chair Curriculum Committee*

## Summer 2022 Wrap-Up

The Summer 2022 session was a great success with 26 classes or events for members to choose from both in-person and online. Average attendance at classes was 12 members, allowing for excellent discussion and exchange of ideas. Members attended the online classes from many sites including France, Idaho, Wisconsin, Minnesota, Ohio, California, Oklahoma, and throughout Arizona. Being away from the Valley during summer does not stop learning.

This summer, the social activities were continued during the summer months with Out-to-Lunch, field trip to the Basha's Art Gallery, and Study Hall each Tuesday evening at a different site for nibbles and beverages. Thank you to Arlys Medicott and Monica Karels for their organization and coordination of these events. (Note: We think we may have convinced the Social Committee to host monthly 'Study Halls' during the Fall!)

Other classes enjoyed by members included financial information by Scott Sandell, safe aging by Nydia Montijo, and a variety of educational sessions on topics as far reaching as Wildlife of Guyana, California wines, Cocktails and Spirits, slavery, Battle of Hastings, American Women, sweat lodges, travel and residential safety (Tiffany Lam), and movies! Games were offered at the Aster Aging Center (a big thanks to Anne Stehr for facilitating!)

Thanks to all who made it possible including facilitator/presenters Jennifer Wong, Cindy Schrantz, Ruth Brooks, Allan Zisner, Marlin Fried, Mary Boehlen, Diane Grogan, Margo Heaps, Sam Wong, and Suzanne Brown. And thank you to all the NFLL members who attended sessions and brought their ideas, jokes, and opinions into our lives!

*Suzanne Brown, Chair Curriculum Committee*

## Meet Our Partner Site: Aster Center Downtown Mesa

Aster Center Downtown Mesa is one of the partnership sites used by NFLL to offer classes convenient to our members. A partnership agreement allows NFLL members to attend NFLL events at that site without fee, it also allows members of the Aster Center to attend NFLL classes and events without joining NFLL.

During Fall 2022, the Bookshelf and Mystery and Mayhem Book Discussions will be held at the Aster Center Downtown Mesa as well as a second weekly session of Games. These three classes all end just before lunch so NFLL members can reserve a place at the table by calling 24 hours in advance. Menus are posted on Aster Aging's website.

Formerly called Mesa Adult Activity Center (MAAC), the center's management was taken over by Aster Aging during Summer 2020. The Red Mountain Senior Center is also managed by the group. Aster Aging is a 501(c)3 nonprofit organization that has served seniors in Mesa since 1979. Aster's mission is to empower and support East Valley older adults and their families to remain independent and engaged in their communities. Aster provides a full continuum of programs and services aimed at independence with dignity as older adults and families navigate the journey of aging.

The Mesa Downtown and Red Mountain Senior Centers provide hot lunches each weekday along with a variety of activities including exercise, health and wellness support, education, technology skill-building and social engagement. NFLL members attending classes at these locations will be asked to fill out a center registration form for data purposes but do not need to pay the fee to join. NFLL members wishing to attend additional events or classes at either of the centers will need to pay the annual fee for Aster Centers.

Other services offered by Aster Aging to the community include meals on wheels, in-home support, outreach and social services, and referral to other community services.

For more information on Aster Aging services, please contact them weekdays at 480-964-9014 or find information on their website ([www.asteraz.org](http://www.asteraz.org)) 24-hours a day.

*Suzanne Brown, Chair Curriculum Committee*



## Lou-Ellen Finter

*"Lou-Ellen was one of our great ASU emeritus New Frontiers presenters, often sharing music (Ferde Grof) and Native American information. I knew she had been in failing health, but I am certainly saddened to hear of her passing."*

**Ann Bloxam Curriculum Committee**

*"Cherished sister to Frederick Finter (Eileen). Loving aunt of John Finter (Karen), Meghan Vahey (Patrick) and Ryan Finter (Lindsay). Beloved great aunt of Frederick, George, Matthew, Mary and Emma. Lou-Ellen taught musical education at the Longwood Central School District for many years until retiring to Surprise, Arizona where she continued teaching Native American Cultural Studies at the Arizona State University."*

**From Lou-Ellen Finter's Obituary**

Date of Death: February 23, 2022

## Pueblo Bonito Chaco National Historic Park UNESCO Site By Lou-Ellen Finter

There is always a story. My journey was in 2012, but the young Puebloan girl had her journey in 1015. It would be her first visit to the Great Houses and the ceremonies that were being held in Chaco for winter solstice.

The sky was a crystal blue with a few clouds hanging in the sky. There was a chill in the air as the winter season was upon the People, and possibly a chance of a dusting of snow—one never knew in Chaco. It was a place of mystery, ceremony, wonder, and reverence. Even to this day, people say strange things happened at Chaco.

She had heard stories of the wonderment as others from her village had traveled to Chaco before her family went and had arrived in an outlier area. However, she was not prepared for the awesomeness that met her eyes and the sounds that floated into her ears across the winds. Chaco indeed was a special place filled with wonderment.

So let us picture the scene, through her senses. Many People were walking into the area from all directions. She could see them and also hear their soft voices. Dogs had small travois to carry some of the family's goods.

They came from the four directions following ancient trails that were carved into the land after many years of use. They came with their everyday needs to sustain them on the journey and during the ceremonies. They might have brought offerings for the occasion because Chaco was a special place. The family would also have brought their ceremonial regalia and paraphernalia. It was a time of waiting for the sun to change its course, and a time for celebration.

So walk down the trail, and view Pueblo Bonito in all of its splendor. The edifice was four to five stories high in some places. It would have glistened in the cool crisp air with its new coat of

plaster. It looked like it glittered with jewels set into the walls because of the bright sunlight. It was aligned with the heavens the old way by astronomical alignments and also the new way in conjunction with the four cardinal directions. It was a time of happiness. Walk up the path and see Pueblo Bonito with its twenty-eight doorways on the north side of the building, in front of the cliff face—doorways that would eventually be sealed over time, one by one—and wonder why. But this is a time of greeting new friends, old neighbors, and the splendor that was Chaco. Prepare yourself for a celebratory time with music and many colors added by the macaws that had been traded from Mesoamerica. Watch as the priests gather to perform their rituals and listen to the chanting that accompanies them. Chanting that has been used as far back as the People can remember.

She was prepared for the wonderment when the rising sun hit its mark in Casa Rinconada, but she was not prepared for her own reactions. It was a time that she had only imagined and never experienced. The celebrations lasted for four days and then the People would return home across the vast land. She would remember her first experience at Chaco vividly, and with much joy. So come and walk with her—as Chaco was so many years ago, and come walk with me to Chaco—as it is now. Listen to the wind that may carry the echoes of past times, and leave your senses open to experience something new. And always be aware that Chaco is a special place, where strange things can transpire even in the twenty-first century.





## Summer of 2022

### By Jennifer Wong

This summer, for the first time, we decided to become “sunbirds” and escape the hot Phoenix summer heat.

We had heard about Logan’s Summer Citizens program a few years ago from attending a presentation which was promoting Utah State University’s Summer Citizens program in Logan, Utah.

The Summer Citizens program is about 45 years old and many of its participants have been coming to Logan every summer for as long as 10-20 years. They found out about the program either from attending a seminar or from friends.

Through this program, we would rent an apartment in Logan for either half a summer or the entire summer (three months). During the time we would be in Logan, we would be able to attend classes at Utah State University and go on tours organized by USU.

We opted to spend the entire summer in Logan and signed up to take a few classes at USU. We also signed up to go on most of the tours which mostly consisted of tours at USU’s various agricultural and scientific facilities.

When we arrived in Logan in mid-May, the weather was still cool and rainy. It was only towards the end of June that the temperature warmed up. By the end of July, the temperature was constantly in the 90s with sunset at about 9:00 p.m.

Soon after we moved in, the social events coordinator at our apartment complex began to arrange social events which enabled us to meet other fellow building residents.

For those who were interested in music and live-entertainment, the Utah Festival Opera and Musical Theater as well as the Lyric Theater hosted a large number of plays, operas and musical performances during the summer season. In addition, the Logan Tabernacle hosted free concerts each day at 12:00 noon.

In an effort to bring the summer citizens together since they lived in different apartment buildings around the university campus, the Summer Citizens program coordinator organized groups for

people who shared a common interest: hiking, walking or dining out at restaurants.

Our apartment complex turned out to be in a good location as it was within walking distance of our classes at the USU campus. More importantly, we could walk to USU’s ice cream parlor to buy Aggie ice cream which has been produced by USU’s Food Science program for the past 100 years.

Since we were wondering why almost everything at USU was named Aggie, we discovered that the Utah State University started out as an agricultural college and all USU students were known as Aggie.

It is also interesting to know that when you are not attending classes, you can go on day trips. Logan Canyon is quite scenic and popular with the hikers. Bear Lake is known for its raspberry milkshake. In nearby Richmond, you can visit Pepperidge Farm’s outlet store to buy their cookies cheaply. Also located in Richmond is Casper’s Ice Cream factory which is known for their Fat Boy ice cream sandwich.

For those who want to travel further afield, Yellowstone National Park is about 6 hours away from Logan, if you take the slow, scenic route to the South Entrance of the Park on HWY 89. and about 3 hours away from the West Entrance.

A last thing, the Idaho border is about 8 miles away. You can buy wine there. Wine is not sold in Logan.

Logan is a well-kept secret. However, a lot of Arizonans must be in on the secret as most of the Summer Citizens are from Arizona.

Although we were in Logan for the summer, we were still able to attend New Frontiers’ classes since most of the classes were online. Our membership to New Frontiers is no longer limited to those who live in the Mesa area. Now our out-of-town members can continue to take online classes year-round.

As our summer comes to a close and we prepare to return home, we will miss our after-dinner walk around the USU campus, especially our occasional visit to the Aggie Ice Cream Parlor for a one-scoop cone which actually is two scoops of ice cream in a waffle cone.



## A BIT OF NEW FRONTIERS' HISTORY



We are all interested and fascinated by the history of New Frontiers. Allan Zisner contacted one of the founding members of NFLL, Bill Harriott, who happily shared fond NF memories with him.

Bill, now 91, lives in Council Bluffs, Iowa and walks 3 to 5 miles everyday.

With the help of Barbara Thelander he came up with that NF memory.

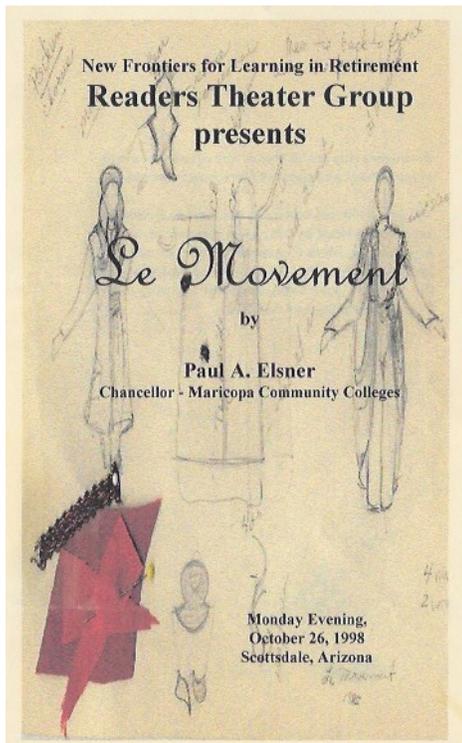
## Le Movement – A morality play in one act Presented by the New Frontiers Readers Theater Group October 26, 1998 – Scottsdale, Arizona

On October 26, 1998 at the Hyatt Regency Hotel in Scottsdale, NFLL's learning thespians performed a play for an audience made up primarily of Agricultural College Deans from across the nation. The deans were there to attend a conference that was one of a series of "Conversations on Change" organized by the Council for Agricultural Science and Technology. The play, *Le Movement*, is an allegory relating to human foibles and characteristics. It was written by the then Chancellor of The Maricopa College District, Dr. Paul Elsner.

The photograph is performance night at the Hyatt of the entire NFLL cast in full costume plus the director, Lyn Hochstadter second from left, and producer, Bill Harriott on the left. Only the director had any real formal theater training but we pulled it off and had a lot of fun doing it. My most vivid memory of that night involved the sound system. The Hyatt had only four wireless Lavalier microphones and we had nine people with speaking parts. That meant rapidly switching mikes and battery packs off stage as actors left and entered the stage. Some of the costumes made that a challenge of the first order but we got good reviews from the conference organizers and we all learned!

Behind the Scenes NFs Members: Producer – Bill Harriott, Director -Lyn Hochstadter, Stage Manager – Anna Thoennes, Technician – Jean Oiler, Costumes designed and created by Lyn Dutson, MCC Chair of the Theatre Department.

*Barbara Thelander, Chair Volunteer Committee*



**Le Movement**  
A morality play in one act.

**Cast in order of appearance:**  
 Story Teller .....Bill Harriott  
 Everyman .....Mel Fruggia  
 Angel # 1 .....Sherry Sheldon  
 Angel #2 .....Donna Walker  
 Superior Supervisor .....Anne LeSueur  
 Introspection .....Lucille Hansen  
 Renewal .....Marie Allen  
 Braggadocio .....Nancy Olson  
 Class .....Irene Weaver  
 Amphibian .....Tierney Knox



**Behind the Scenes:**  
 Producer - Bill Harriott  
 Director - Lyn Hochstadter  
 Stage Manager - Anna Thoennes  
 Technician - Jean Oiler  
 Costumes designed and created by - Lyn Dutson



**DID YOU KNOW?**

## Continue Your Education with Us

You can achieve personal enrichment, update job skills, or gain professional certifications by continuing education at **Maricopa Community Colleges**.

Maricopa Community Colleges offers thousands of new learning experiences each semester through continuing education, workforce development, community education, non-credit courses, and generational programs. Additionally, many community members enjoy the use of on-campus fitness centers at an affordable price, as well as one-off fitness classes.

**Senior Citizen Tuition Rate. Maricopa Community Colleges encourages the pursuit of education as a lifelong endeavor. Students ages 65 and older who are residents of Maricopa County can take advantage of a tuition discount for credit classes at all 10 Maricopa Community Colleges campuses.**

The discounted rate is 50 percent of the current County Resident tuition, and all credit classes with open seats are eligible. The discount does not apply to clock-hour or non-credit courses, or to course fees or registration fees.

Eligible students will follow the standard enrollment process by starting with an admissions application, and discounts will be applied at registration.

### Membership Options at MCC's Fitness Centers

*Memberships are available for students, employees, and the community.*

- Student Membership: \$50 / semester, \$25 / half semester, \$30 / summer, PED class membership (see below)
  - Employee Membership: \$25 / semester
- Community Membership (open to the public): \$60 / semester, \$30 / half semester, \$40 / summer

### Senior Programs:

SilverSneakers® Active&Fit® Renew Active/One Pass by UnitedHealthcare®

These senior fitness programs are offered in partnership with select Medicare health plans at no cost. For questions or to find out if you are eligible contact [Gail.Herndon@mesacc.edu](mailto:Gail.Herndon@mesacc.edu) or [Daniel.Labadie@mesacc.edu](mailto:Daniel.Labadie@mesacc.edu).

*Barbara Thelander, Chair Volunteer Committee*

# NEW FRONTIERS FOR LIFELONG LEARNING

New Frontiers is an organization dedicated to adults wishing to continue their discovery of knowledge and advance their learning. Founded in 1995, New Frontiers for Lifelong Learning was created through the sponsorship of Mesa Community College.

The community college is located in Mesa, Arizona and serves the communities of the East Valley of metropolitan Phoenix. We are a peer-led, self-governed organization with interests in volunteer opportunities, travel, hiking, and healthy lifestyles.

Discovering new, lifelong friendships is an added bonus.



## Curiosity Never Retires

- President – Cindy Schrantz
- Vice President – Bob Dukelow
- Secretary – Diane Grogan
- Treasurer – Fred Searing
- Members at Large – Allan Zisner, Ron Schueman, Margo Heaps
- Past Presidents – Roland Tanner, Marlin Fried, Dan Taylor
- Curriculum – Suzanne Brown
- Social – Arlys Medicott
- Membership – Mary Boehlen, Bob Dukelow
- Support Services/Communications – Peggy Randolph, Arlys Medicott
- Volunteer Committee – Barbara Thelander, Mary Adamick, Cathy & Mary McGonigle
- Community Outreach – Office of Associate Dean Student Services – Monica Margaillan
- Program Coordinator – Community Partnerships – Neva Hansen
- Scholarship – Barbara Thelander

*Education is not something you can finish.  
Isaac Asimov, American writer and professor  
of biochemistry at Boston University*

New Frontiers for Lifelong Learning  
Mesa Community College  
Office of Community Partnerships  
7110 East McKellips Road  
Mesa, AZ 85207

Phone: 480-461-6330 | 480-461-6266  
Fax: 480-461-6329  
email:  
[neva.hansen@mesacc.edu](mailto:neva.hansen@mesacc.edu)

**NEW FRONTIERS NEWS**  
Is published five times each year by  
the NF Support Services/Communications Committee

Peggy Randolph, Co-Chair  
Arlys Medicott, Co-Chair  
June Mikkila, Recorder  
Marie-France Ganansia, Newsletter Editor  
Elyse Espinosa, Newsletter Graphic Designer  
Gary Kleemann, Affiliates & E News  
Mary Kay Owen, Gary Kleemann, Marie-France Ganansia, Photographers  
Caroline Cline, Dan Scarpone & Ann Schubert, Speakers Bureau & Publicity  
Allan Zisner, Web  
Karen Yandell & Hafry Woelzlein, Mailing  
Shirley & Gary Epp, Members



**MESA COMMUNITY COLLEGE**  
A MARICOPA COUNTY COMMUNITY COLLEGE

New Frontiers for Lifelong Learning  
Mesa Community College  
Office of Community Partnerships  
7110 East McKellips Road  
Mesa, AZ 85207

A Maricopa County Community College  
Maricopa County Community College District is an EEO/ AA Institution



**NEW FRONTIERS FOR LIFELONG LEARNING**

*Expand your world*

A PROGRAM OF MESA COMMUNITY COLLEGE