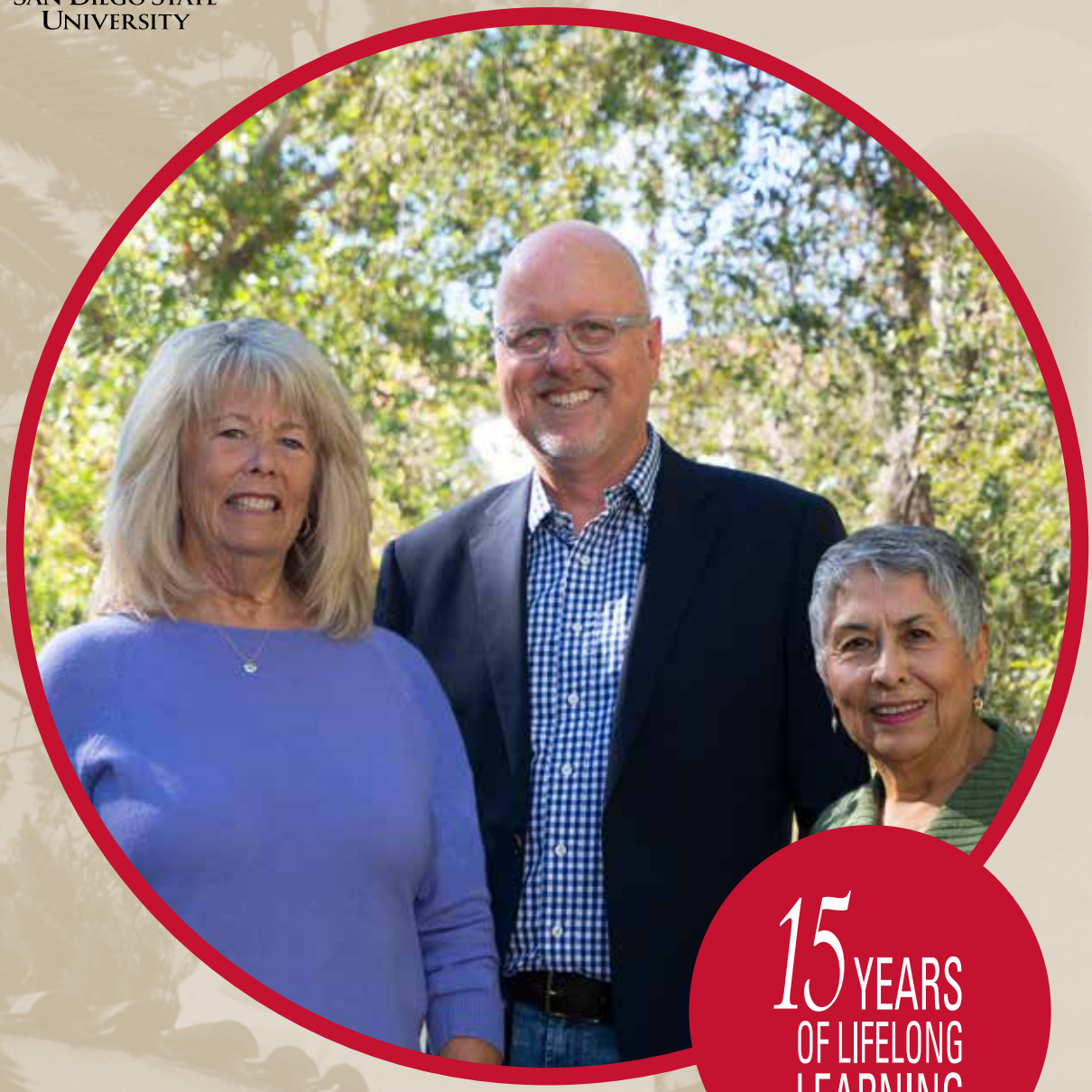
OSHER LIFELONG LEARNING INSTITUTE

SAN DIEGO STATE UNIVERSITY

Spring 2020
COURSE CATALOG



15 YEARS OF LIFELONG LEARNING

Osher Institute at SDSU

offers intellectually stimulating, university-quality courses for students age 50 and better. There are no tests or grades, just the thrill of learning with like-minded peers.

Parking is included.

SAN DIEGO STATE UNIVERSITY
Global Campus

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How to **Contact Us**

Registration Office

- Register or change schedule:

Phone: **(619) 594-5152**
Website:
neverstoplearning.net/osher

Osher Staff

- For questions:

Phone: **(619) 594-2863**
Email: **osher@sdsu.edu**
Live Chat:
neverstoplearning.net/osher

On the cover (L to R): Osher volunteer Susan Swanson, Osher instructor Peter Bolland, and Osher volunteer Yoli Banda.

Welcome to SPRING 2020

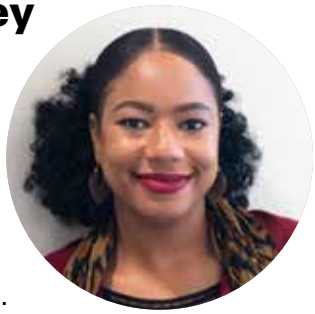
Music and the Brain, a conversation with San Diego Zoo's Chuck Bieler, The Green New Deal — those are just a few examples of all the exciting events happening this spring at the Osher Lifelong Learning Institute at SDSU. Each semester, we offer an array of courses, lectures, special events, and Edventures for students age 50 and better. We invite you to join our community of adults committed to Never Stop Learning. Learn more about the benefits of membership on page 1, and see the Schedule at a Glance on page 2.

neverstoplearning.net/osher

Important SPRING Dates

Registration Opens | **Tuesday, Jan. 14**
SPRING 2020 Session | **Feb. 8–May 15**

Meet New Osher at SDSU Program Manager Precious Jordan-Talley



Precious Jordan-Talley began working as a program coordinator for SDSU in 2013. She gained extensive experience in developing curriculums, catalog production, student engagement, and event planning. Prior to her work with SDSU, she served as a student services coordinator at Morgan State University in Baltimore, MD. Precious is excited to build upon the excellence of the vibrant and diverse community within Osher.

Join Us: Spring Kickoff Event

Friday, Jan. 31

9:30 am–12:30 pm

This event is free. Space is limited. RSVP by Wednesday, Jan. 29, at **neverstoplearning.net/osher**, **(619) 594-2863**, or **osher@sdsu.edu**.

About the Osher Institute at San Diego State University

The Osher Lifelong Learning Institute at SDSU is one of 124 unique Osher Lifelong Learning Institutes supported by The Bernard Osher Foundation. Established in 2004, the Osher Institute at SDSU is operated by staff from SDSU Global Campus with support from the Osher advisory board, leadership committees, members, and instructors who serve within our diverse learning community. The Osher Institute at SDSU is funded through the generous endowment support of The Bernard Osher Foundation and the Osher Institute at SDSU members' fees and contributions. To learn how your gift can help enhance the tradition of excellence, visit **neverstoplearning.net/supportOSHER.**

Bernard Osher

OSHER LIFELONG LEARNING INSTITUTE
SAN DIEGO STATE UNIVERSITY

Mission: The Osher Lifelong Learning Institute at SDSU engages and enriches lifelong learners through a diverse selection of courses and programs to foster the joy of learning.

Vision: The Osher Lifelong Learning Institute at SDSU focuses on being a premier learning resource in the San Diego region, providing university-quality programming for the intellectually curious.

Discover the Rewards of Osher Membership

Membership is $30 for new and renewing members, per person, per term.
Membership is required to register for Osher offerings unless otherwise noted.

- Access to a wide array of offerings
- Free, convenient parking included with course fees
- A community of engaging peers
- Discounted rates at the Aztec Recreation Center, local theaters, museums, cultural facilities, and more (with SDSUcard)
- SDSU Love Library privileges
- Free admission to all regular season Aztec athletic events (with SDSUcard)
- Amazon Prime student rate ($59 versus $119 per year)
- Free Microsoft Office 365
- Connection to the academic and cultural resources at SDSU
- Engaging leadership and volunteer opportunities

Offerings at Osher Institute at SDSU

All offerings are held in the Gateway/Extended Studies Center unless otherwise noted.

- **Course** | 2–6 weeks, 2-hour meeting, once per week | Fee: $35–$179
- **Workshop** | 4–8 weeks, 2–3 hour meeting | Fee: $74–$199
- **Lecture** | 1-day, 2-hour meeting | Fee: Free–$15
- **Edventure** | 1-day, 2-hour meeting | Fee: $15–$39
- **Special Event** | 1-day, 2–3 hour meeting | Fee: Free–$19

AGING, PERSONAL FINANCE, & RETIREMENT

Osher Institute Offering	Instructor	Day	Date	Time	Page
Four-Week Course: Injury Prevention and Management As We Age	**Denise Lebsack**	**T**	**2/25–3/17**	**1–2:50 pm**	6
Lecture: Making Money Whether the Stock Market Goes Up or Down	**James Wigen**	**F**	**3/13**	**11 am–12:50 pm**	6
Lecture: Inspiring Women to Financial Independence	**Daniel Guillen**	**T**	**3/17**	**1–2:50 pm**	6
Lecture: Famous Last Words: A Discussion of High-Profile Wills and Estates and What You Can Learn From Them For Your Estate Planning	**Rebecca Van Loon**	**Th**	**4/9**	**9–10:50 am**	7
Three-Week Course: The Field of Life: Teamwork Makes the Dream Work	**Ronald Greenwald & Patti Gerke**	**Th**	**4/16–4/30**	**10–11:50 am**	7
Lecture: Advance Care Planning at Any Age	**Catherina Madani**	**M**	**5/11**	**11 am–12:50 pm**	7

ARTS & HUMANITIES

Two-Week Course: International Silent Film	**Bob Jordan**	**Sa**	**2/8 & 2/15**	**1–3:50 pm**	8
Lecture: Romeo and Juliet's Guide to Love: 7 Lessons from the Most Romantic Play Ever Written	**Rob Crisell**	**W**	**2/12**	**11 am–12:50 pm**	8
Four Week Coure: Vietnam and the American War	**Pierre Asselin**	**W**	**2/12–3/4**	**3–4:50 pm**	8
Lecture: The Beatles 1966 North American Tour	**Chuck Gunderson**	**Th**	**2/13**	**11 am–12:50 pm**	9
Six Week Course: Art History: The World's Greatest Buildings, an Architectural Survey	**Damon Hitchcock**	**F**	**2/14–3/20**	**9–10:50 am**	9
Lecture: Dwight Eisenhower: Soldier, Statesman, Patriot	**Blaine Davies**	**M**	**2/17**	**1–2:50 pm**	10
Edventure: Culture and Cuisine of Italy	**Susan McBeth**	**T**	**2/18**	**12–2 pm**	10
Lecture: Living Forever	**Bruno Leone**	**T**	**2/18**	**1–2:50 pm**	10
Four-Week Course: Music and the Brain	**Gail Robinson**	**W**	**2/19–3/11**	**2–4:30 pm**	11
Six-Week Workshop: Films of Resistance and Resilience	**Rebecca Romani**	**Th**	**2/27–4/2**	**11 am–1:50 pm**	11
Four-Week Course: Connecting Art, Anatomy, and Religion Along the Italian Peninsula	**Kevin Petti**	**Th**	**3/5–3/26**	**2–3:50 pm**	11
Three-Week Course: History of the String Quartet	**Alex Greenbaum**	**M**	**3/9–3/23**	**9–11:30 am**	12
Six-Week Course: Cold War America	**John Putman**	**M**	**3/9–4/13**	**1–2:50 pm**	12
Edventure: Native Flora & Fauna of San Diego	**Linda Hawley**	**T**	**3/17**	**10 am–3:30 pm**	12

ARTS & HUMANITIES (cont.)

Osher Institute Offering	Instructor	Day	Date	Time	Page
Lecture: National Parks in Your Neighborhood	**Constantine Dillon**	**M**	**3/23**	**11 am–12:50 pm**	13
Edventure: Kumeyaay Life Prior to the 1769 European Arrival	**Linda Hawley**	**T**	**3/24**	**10 am–3:30 pm**	13
Six-Week Course: Art History: The Public Art, Architecture, and History of San Diego	**Damon Hitchcock**	**F**	**3/27–5/1**	**9–10:50 am**	13
Four-Week Course: Deep in Shepard Territory: A Hands-On Study of Sam Shepard's Buried Child	**Joe Powers**	**W**	**4/1–4/22**	**10–11:50 am**	14
Four-Week Course: The Emerging Middle Class Society: America in the Early 1800s	**George Gastil**	**Sa**	**4/4–4/25**	**10–11:50 am**	14
Six-Week Course: A Foreign Film Series with Jungian Footnotes	**Kay Weston**	**M**	**4/6–5/11**	**10 am–12:50 pm**	14
Lecture: Prayer & Politics: The Hawaiian Revolution and the American Teachers Caught in the Middle	**Sandra Bonura**	**Th**	**4/9**	**11 am–12:50 pm**	15
Two-Week Course: Boogie Woogie to Electric Slide: Dance in Popular Culture	**Anna Massey**	**F**	**4/10 & 4/17**	**1–2:50 pm**	15
Two-Week Course: Introduction to Philosophy of Mind	**Jake Manalansan**	**Th**	**4/16 & 4/23**	**11 am–12:50 pm**	15
Four-Week Course: Religion and the American Presidency	**Edward Blum**	**Th**	**4/23–5/14**	**3–4:50 pm**	16
Edventure: Disturbed in Their Nests: A Look at the Refugee Crisis	**Susan McBeth**	**T**	**4/28**	**11 am–1 pm**	16
Edventure: Cygnet In The Wings: Behind the Scenes of Our Most Successful Midsize Theatre	**Rob Lutfy**	**W**	**4/29**	**11 am–1 pm**	16
Lecture: The Development of Transportation in San Diego: A Community Perspective	**Bruce Urquhart**	**Th**	**4/30**	**11 am–12:50 pm**	17

PERSONAL DEVELOPMENT/SPECIAL INTEREST

Eight-Week Workshop: Mindfulness Based Stress Reduction	**Marilee Bresciani Ludvik**	**W**	**2/19–4/15**	**1–3:30 pm**	17
Six-Week Course: Wine Tasting: Old World vs. New World	**Dane Kuta**	**M**	**2/24–3/30**	**3–4:50 pm**	18
Four-Week Course: Beginning your Memoir	**Danielle Kaheaku**	**Sa**	**3/7–3/28**	**10–11:50 am**	18
Six-Week Workshop: Hands-on with Cybersecurity and You!	**Hau Nguyen**	**W**	**3/18–4/22**	**4–5:50 pm**	18
Four-Week Workshop: The Zentangle Method	**Janet Masey**	**T**	**3/24–4/21**	**11 am–1:30 pm**	19
Workshop: Mindfulness Based Stress Reduction — All-Day Retreat	**Marilee Bresciani Ludvik**	**Sa**	**3/28**	**9 am–4 pm**	17
Six-Week Workshop: The Practice of Chi Kung, an Ancient Chinese technique for Energy Enhancement	**Yamin Chehin**	**F**	**4/3–5/8**	**11 am–12:50 pm**	19
Lecture: The Last Lecture: Reflections on 38 Years in a Feminist Classroom	**Susan E. Cayleff**	**W**	**4/8**	**9–10:50 am**	19

PERSONAL DEVELOPMENT/SPECIAL INTEREST (cont.)

Osher Institute Offering	Instructor	Day	Date	Time	Page
Lecture: 50 Years at the San Diego Zoo: A Conversation with Chuck Bieler, San Diego Zoo Director Emeritus	**Kathi Diamant**	**W**	**5/6**	**2–3:50 pm**	20

POLITICS & CURRENT EVENTS

Lecture: How We Elect Politicians in an Age of Instant Information, and Instant Gratification	**Wendy Patrick**	**Sa**	**2/8**	**11 am–12:50 pm**	20
Six-Week Course: Why It's the FIRST Amendment! (Why Freedom of Speech and Religion Remain so Important and Controversial)	**Glenn Smith**	**M**	**2/10–3/16**	**11 am–12:50 pm**	21
Four-Week Course: Inside the Marble Palace: The U.S. Supreme Court's Powers, Procedures, and Predicaments	**Glenn Smith**	**F**	**2/14–3/6**	**11 am–12:50 pm**	21
Two-Week Course: The Aftermath of the Arab Spring: Humanitarian and Development Challenges Facing the Arab World	**Farouk Al-Nasser**	**W**	**2/19 & 2/26**	**11 am–12:50 pm**	21
Lecture: The Green New Deal: What It is and What Its Not	**Nadine Bopp**	**Th**	**2/27**	**2–3:50 pm**	22
Two-Week Course: International Bill of Human Rights	**William Slomanson**	**F**	**3/20 & 3/27**	**11 am–12:50 pm**	22
Lecture: Climate Change, San Diego, and You	**Philip Pryde**	**W**	**5/6**	**1–2:50 pm**	22
Two-Week Course: How California Works	**Howard Wayne**	**F**	**5/8 & 5/15**	**11 am–12:50 pm**	23

RELIGIOUS STUDIES

Six-Week Course: Mysticism: The Sacred Fire at the Heart of Religion	**Peter Bolland**	**M**	**2/10-3/16**	**3–4:50 pm**	23
Four-Week Course: The Jewish Heritage of Two Feminist Catholic Saints	**Oliva Espín**	**T**	**2/11–3/3**	**9–10:50 am**	23
Six-Week Course: Crime and Consequence: A Judaic Perspective Criminal Justice	**Rafi Andrusier**	**Th**	**2/13-3/19**	**2–3:50 pm**	24
Four-Week Course: What is God?	**Matthew Wion**	**F**	**3/6–27**	**2–3:50 pm**	24
Two-Week Course: Eastern Philosophy: An Introduction to Taoism	**Katherine Hassett**	**Sa**	**3/7 & 3/14**	**10–11:50 am**	11
Six-Week Course: The Wisdom of Hinduism	**Peter Bolland**	**M**	**3/23–4/27**	**3–4:50 pm**	25
Lecture: So What Happened After Jesus' Death?: The Inconsistent Easter Stories of the New Testament	**John Spencer**	**T**	**3/24**	**1–2:50 pm**	25
Lecture: Islam, Authoritarianism, and Underdevelopment	**Ahmet T. Kuru**	**T**	**5/5**	**10–11:50 am**	25

SCIENCES

Lecture: Celestial Globes, History, and the Art of Science	**Gur Windmiller**	**F**	**2/21**	**1–2:50 pm**	26

SCIENCES

Osher Institute Offering	Instructor	Day	Date	Time	Page
Lecture: The Geology of Fossil Fuels and Human Consumption	**Isabelle SacramentoGrilo**	**F**	**2/28**	**1–2:50 pm**	26
Lecture: The Mars to Come: Madness, Genius, and the Work of Nikola Tesla	**Krizia Puig**	**Sa**	**3/21**	**11 am–12:50 pm**	26
Lecture: The New Science of Astrobiology	**William Welsh**	**Th**	**3/26**	**10–11:50 am**	27
Lecture: Earthquakes of the San Diego Region	**Monte Marshall**	**W**	**4/15**	**2–3:50 pm**	27

SPECIAL EVENTS

Spring 2020 Kickoff Event	**Staff/Volunteers**	**F**	**1/31**	**9:30 am–12:30 pm**	27
SDSU Love Library Discovery Session and Tour	**Gloria Rhodes**	**Th**	**2/20**	**11 am–12:30 pm**	28
Getting the Vote: The Struggle for Women's Suffrage in the United States	**Doreen Mattingly**	**Sa**	**2/22**	**10–11:50 am**	28
OLLI Café	**Staff/Volunteers**	**M**	**2/24**	**1–2:30 pm**	28
Feminism: Not the "F-word" Anymore	**Suzanne Sanders and Anne Haule**	**Sa**	**2/29**	**10–11:50 am**	29
OLLI Café	**Staff/Volunteers**	**W**	**3/25**	**11 am–12:30 pm**	28
A Literary Treasure Revealed: "Getting" Franz Kafka's *The Metamorphosis*	**Kathi Diamant**	**W**	**4/1**	**1–2:50 pm**	29
SDSU Arts Alive Theater Event: *The Metamorphosis* by Franz Kafka	**SDSU Arts Alive**	**Su**	**4/12**	**2–4 pm**	29
OLLI Café	**Staff/Volunteers**	**F**	**4/24**	**1–2:30 pm**	28

The Perfect Gift for Intellectually Curious Friends

Osher Gift Certificates

An Osher Gift Certificate in any amount is perfect for friends who would enjoy the thrill of learning with like-minded peers. Certificates may be applied toward membership, courses, lectures, book clubs, workshops, special events, and day-trip Edventures through the Osher Lifelong Learning Institute at SDSU.

Two ways to purchase:

- SDSU Global Campus Registration window (Hardy Avenue side of the Gateway Center building, 5250 Campanile Dr.) Monday–Friday, 8 am–4:30 pm
- By phone at (619) 594-5152

For more information, please call (619) 594-2863 or email osher@sdsu.edu.

AGING, PERSONAL FINANCE, & RETIREMENT

Injury Prevention and Management As We Age

Have you lost the mobility and efficiency of your youth? Focusing on the anatomy and physiology of the musculoskeletal system, we will explore what normal body tissue and mechanics look like and compare that to injured or degenerated tissue and mechanics. We will learn about injury treatment and explore the most effective means of managing our ailments. We will learn techniques for preventing injury and the degenerative process. Students will gain insight into how the musculoskeletal system works and understand injury terminology, injury mechanisms, and risk factors. Students will be able to differentiate between different body tissues, and understand normal anatomy that leads to efficient movement. Students will apply anatomical and physiological concepts to injury prevention and management. Join me on a path to a healthier movement system!

Format: 65%, Lecture, 25% Interactive discussion, 10% Hands-on activity

Instructor: Denise Lebsack, Ph.D., ATC
Dates: Tuesdays, Feb. 25–March 17, 1–2:50 pm

Schedule No: 20SP 99818 OF
Fee: $49
Registration Deadline: Feb. 25

Making Money Whether the Stock Market Goes Up or Down

Whether you are already retired or are investing for retirement, you need to plan on annual returns from your investments. We all know the Stock Market goes up and down, but many people only think they can make money as the market goes up, which is not the case. During this class, you will learn exactly how you can generate income and positive returns with your investments as the Stock Market rises and falls. Students will learn how their investments can generate income, increase in value, and dramatically reduce risk in their portfolio whether the stock market is rising or falling.

Format: 60% Lecture, 40% Interactive discussion

Instructor: James Wigen
Date: Friday, March 13, 11 am–12:50 pm

Schedule No: 20SP 99831 OF
Fee: Free
Registration Deadline: March 13

Inspiring Women to Financial Independence

Did you know that 90% of women will eventually be solely in charge of all their household finances, and yet only 20% of women feel prepared to make wise financial decisions? Women have very different retirement concerns than men — longer life (outliving men by 3-4 years on average) and longer disability. Ladies, join us in an interactive discovery of what every woman should know about retirement planning so that you can retire with financial confidence. Students will learn how to be financially independent with or without a spouse or partner, strategies to ensure that your income will last throughout retirement, methods to prepare for the next market correction, and the five criteria to seek in a prospective financial advisor relationship.

Format: 60% Lecture, 30% Interactive discussion, 10% Hands-on activity

Instructor: Daniel Guillen
Date: Tuesday, March 17, 1–2:50 pm

Schedule No: 20SP 99832 OF
Fee: Free
Registration Deadline: March 17

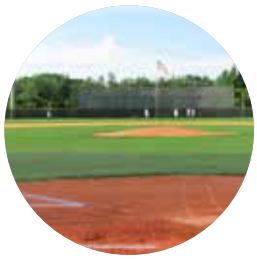
Famous Last Words: A Discussion of High-Profile Wills and Estates and What You Can Learn From Them For Your Estate Planning

Have you ever wondered what Leona Helmsley, Prince, Pablo Picasso, Marlin Brando, Anna Nicole Smith, Casey Kasem, and Benjamin Franklin all have in common? This lecture will explore the estates and wills of high-profile persons and the lessons that can be learned from not having a will, failing to plan for taxes, disinheritance, not planning for incapacity, and more. Discover how these cases could impact your own estate planning decisions to avoid conflicts, ambiguities, and chaos. Students will learn about estate planning pitfalls and how to prevent them by exploring high profile and celebrity estate and will contest cases. Students will discuss the importance of proper planning and the conflicts that can arise from improper planning. Students will also consider the potential consequences of disinheriting family members, tax planning strategies, and the importance of selecting fiduciaries.
Format: 90% Lecture, 10% Interactive discussion

Instructor: Rebecca Van Loon, Esq., LLM Taxation
Date: Thursday, April 9, 9–10:50 am

Schedule No: 20SP 99847 OF
Fee: Free
Registration Deadline: April 9

The Field of Life: Teamwork Makes the Dream Work



Ron & Patti, as REALTORS®, specialize in the journey you will take on your Field of Life®. The Field of Life utilizes the baseball park and field to describe the role of all the team members who should be a part of your life and your financial dreams. Bringing to life the roles of family, friends, non-profit, seasoned professionals, and more, Ron and Patti take you through your Golden Years in the hopes that your best quality of life, dreams, passions and wishes are achieved through thoughtful planning and implementation. Attendees will learn the roles of each position needed in their Field of Life along with real-life experiences that will pertain to them. They will also receive information about aging in place, rightsizing, senior communities, and much more. All-star lineup of presenters include: Amy Abrams, Ann Burns, Jacqui Clark, Sandi Menderson, Adam Sherry, and Stella Shvil.
Format: 75% Lecture, 25% Interactive discussion

Instructors: Ronald Greenwald and Patti Gerke
Dates: Thursdays, April 16–30, 10–11:50 am

Schedule No: 20SP 99852 OF
Fee: Free
Registration Deadline: April 16

Advance Care Planning at Any Age

Discover how to discuss advance care planning in an enjoyable and even fun way! This course will provide you with a nurse's insider view of advance care planning. It will show you how to make the process easy yet powerful and effective for all your loved ones. It is an interactive and engaging class.
Format: 70% Lecture, 30% Interactive discussion

Instructor: Catherina Madani, Ph.D.
Date: Monday, May 11, 11 am–12:50 pm

Schedule No: 20SP 99862 OF
Fee: Free
Registration Deadline: May 11

ARTS & HUMANITIES

International Silent Film

How do international silent film movements reflect the time and place in which they were made and how did they influence the Hollywood films we know and love? Join us as we survey some of the most influential silent film movements from all over the world including the silent cinema of Germany, the USSR, France, and Japan. Students will analyze, compare and contrast films of the silent era. We will address what these films say about the politics and cultures that produced them and note how these foreign films influenced US films.
Format: 30% Lecture, 30%, Interactive discussion, 40% Film screenings

Instructor: Bob Jordan
Dates: Saturdays, Feb. 8 & 15, 1–3:50 pm

Schedule No: 20SP 99803 OF
Fee: $40
Registration Deadline: Feb. 7

Romeo and Juliet's Guide to Love: 7 Lessons from the Most Romantic Play Ever Written

Looking for advice on how to love and be loved? Get tips from Romeo and Juliet, the two most famous lovers of all time. Learn from their romantic triumphs—and their many tragic mistakes—in actor, writer, and teacher Rob Crisell's new one-man show. In a funny, approachable way, Rob identifies seven "love lessons" as he takes audience members chronologically through Shakespeare's play. He also performs many of the speeches, sonnets, and a few other surprises. Occasionally, he invites students on stage to help him. *Guide to Love* is about fun, not footnotes. Whether you've seen Romeo and Juliet recently or haven't thought about it since high school English, there's plenty to discover and enjoy. Students will learn the origins of the Romeo and Juliet story, its production history and ongoing phenomenon, and the intricacies of the play's plot and character and how NOT to hate Shakespeare.
Format: 70% Lecture, 10% Interactive discussion, 20% Hands-on activity

Instructor: Rob Crisell
Date: Wednesday, Feb. 12, 11 am–12:50 pm

Schedule No: 20SP 99863 OF
Fee: $15
Registration Deadline: Feb. 12

Vietnam and the American War

This course addresses the Vietnam War from both the American and Vietnamese perspectives. It explores its origins, implications, and legacies. The Vietnam War was a global event that left an indelible mark on the history of not just the United States and Southeast Asia, but the entire world. Students will learn to distinguish and describe political and philosophical currents that inspired and guided American and North Vietnamese policymakers and their respective allies. They will also learn to discuss, identify, and explain topics, themes, events, places, and people related to the Vietnamese struggle for national liberation and reunification and the American military intervention in Vietnam, including the appeal of communism in the Third World, socialist internationalism, and American diplomacy and militarism.
Format: 80% lecture, 20% Interactive discussion

Instructor: Pierre Asselin
Dates: Wednesdays, Feb. 12–March 4, 3–4:50 pm

Schedule No: 20SP 99872 OF
Fee: $49
Registration Deadline: Feb. 12

The Beatles 1966 North American Tour

The Beatles 1966 North American tour was the Band's final visit to America, culminating with their last-ever live paid performance at San Francisco's Candlestick Park. Unlike the frenetic and fun-filled tour of 1964 and the superstardom of the 1965 tour, the 1966 tour was fraught with difficulty and controversy. Discover why this was so in a fast-paced multi-media lecture as we learn about the group's desire to record more in the studio than cranking out old hits on the road, a poor sound system, unrelenting screams and John Lennon's controversial statement that The Beatles "were more popular than Jesus." Students will analyze the Beatles' impact on America, the music touring industry, and the money and controversy that surrounds it.

Format: 75% Lecture, 25% Interactive discussion

Instructor: Chuck Gunderson, M.A.
Date: Thursday, Feb. 13, 11 am–12:50 pm

Schedule No: 20SP 99807 OF
Fee: $15
Registration Deadline: Feb. 13

Art History: The World's Greatest Buildings, an Architectural Survey

Architecture provides the clearest record of a civilization's cultural values. The oldest of the design professions, it encloses and defines space both expressively and symbolically to help us meet our individual and communal needs. Learn how architecture can embody the very image of society. This engaging visual experience will address this essential art form with attention to sacred sites, centers of power, domestic space making, and contemporary civilizations. Develop a further appreciation for the architectural achievements of the Ancient cultures to those embracing iron and steel. This course experience will teach participants to formulate a personal understanding of the visual arts by identifying works in terms of their formal relationships, political and social references, subjective interpretations, and how these concepts acquire both new and existing perspectives.

Format: 85% Lecture, 10% Interactive discussion, 5% Hands-on activity

Instructor: Damon Hitchcock, M.A.
Dates: Fridays, Feb. 14–March 20, 9–10:50 am

Schedule No: 20SP 99809 OF
Fee: $74
Registration Deadline: Feb. 14

Osher Institute at SDSU presents ...

Inside Vietnam Small Group Adventure

Vietnam: Hanoi, Halong Bay, Hué, Hoi An, Nha Trang, Dalat, Ho Chi Minh City

20 days from $3795
Includes international airfare from San Diego

18 days from $2395
Without international airfare

Departure date: October 28, 2020
Return date: November 16, 2020

FOR INFOMATION & RESERVATIONS, CALL 800-955-1925

PLEASE MENTION THIS CODE WHEN BOOKING G0-27985

Overseas Adventure Travel

Dwight Eisenhower: Soldier, Statesman, Patriot

Raised in Abilene, Kansas, Dwight Eisenhower grew from humble beginnings to lead the allied victory over Germany and serve two terms as President of the United States. As Allied Commander, he made the momentous decision to launch the D-Day assault that led to the ultimate victory in the war in Europe. As President, though not without mistakes and controversy, he presided over eight years of peace and prosperity. Blaine Davies explores the life of this remarkable man that played such a pivotal role in destroying Nazi tyranny and leading the free world through some of the most perilous years of the Cold War. Students will learn how and why Dwight Eisenhower made the momentous decisions that helped decide the fate of the Allied Forces in winning World War II. Students will also explore the key issues of the 1950s and how President Eisenhower promoted prosperity while leading the free world in some of the most perilous times of the Cold War.
Format: 90% Lecture, 10% Interactive discussion

Instructor: Blaine Davies, M.A.
Date: Monday, Feb. 17, 1–2:50 pm

Schedule No: 20SP 99811 OF
Fee: $15
Registration Deadline: Feb. 17

Culture and Cuisine of Italy

What food was considered scandalous if consumed by women in public during the Renaissance? Why is carpaccio called carpaccio, or the Bellini, the Bellini? How did the Colosseum get its name? Discover surprising new facts about "The Boot" in this interactive Italian cultural lunch.
Carla Gambescia, lecturer, travel writer, and author of the award-winning book, *La Dolce Vita University*, will be hosting this entertaining and informative talk on Italian cuisine. Even the most sophisticated Italophile will discover fun, new facts, and intriguing insights. Students will have the opportunity to discover a new perspective of Italy.
Format: 70% Lecture, 30% Discussion

Facilitator: Susan McBeth, M.A.
Presenter: Carla Gambescia
Date: Tuesday, Feb. 18, 12–2 pm
Location: Buca di Beppo
10749 Westview Pkwy.
Mira Mesa, CA 92126

Schedule No: 20SP 99813 OF
Fee: $39
Registration Deadline: Feb. 11

Living Forever

Genetic engineering, telomere amplification, nanotechnology, and robotics all promise a profoundly extended human lifespan. British scientist and author Aubrey de Grey (*Ending Aging*) foresees the engineering of virtual immortality. Inventor, futurist, and author Ray Kurzweil (*The Singularity Is Near*) predicts the reversal of the aging process. They are joined by countless others. Examine life extension technologies and the potential perils of this *Brave New World*.
Format: 90% Lecture, 10% Interactive discussion

Instructor: Bruno Leone, M.A.
Date: Tuesday, Feb. 18, 1–2:50 pm

Schedule No: 20SP 99812 OF
Fee: $15
Registration Deadline: Feb. 18

Music and the Brain

This lively workshop explores the relationship between music and brain: music and the power to lessen stress, improve memory, and boost mood. After introductions to the research base of each topic, class members participate in a variety of targeted activities, from listening and humming to joyfully singing along. Come prepared to "Sing as if no one can hear you." Participants will learn musical strategies to quickly de-stress, enhance memory through familiar old tunes, and increase brain plasticity through learning something new.
Format: 30% Lecture, 70% Hands-on activity

Instructor: Gail Robinson, Ph.D.
Dates: Wednesdays, Feb. 19–March 11, 2–4:30 pm

Schedule No: 20SP 99830 OF
Fee: $69
Registration Deadline: Feb. 19

Films of Resistance and Resilience

What does it mean to resist? How can we reconcile after resistance? These questions have preoccupied some filmmakers for decades. Learn about resistance in cinema and discuss how these films might offer a way of thinking about our current times. Join us as we explore surprising minority resistance in WWII (*Free Me*n - France), racial and economic resistance (*Fruitvale Station* - US), and the surprising messages in the films from Studio Ghibli (Japan). We will examine how resistance can lead to reconciliation in films such as *Invictus* and *Loving*. Students will watch films about resistance and discuss how they reflect real events. In addition, students will work out constructive ways to address the need for resistance, what forms it might take, and how reconciliation can put society back together.
Format: 10%, Lecture, 40% Interactive discussion, 50% Film screenings

Instructor: Rebecca Romani, M.A.
Dates: Thursdays, Feb. 27–April 2, 11 am–1:50 pm

Schedule No: 20SP 99819 OF
Fee: $94
Registration Deadline: Feb. 27

Connecting Art, Anatomy, and Religion Along the Italian Peninsula

Italy's medieval universities established the study of human anatomy for physicians. To heighten their art, Renaissance masters clandestinely examined anatomy through human dissection. The profound connection between art and science in Italy is beautifully demonstrated by the genius of Michelangelo. Indeed, the wooden crucifix he carved in gratitude for secret access to corpses from a convent's hospital still hangs in the Basilica of Santo Spirito in Florence. This course examines the nexus between art and science, the history of anatomy education in the university, and how this story is unique to the Italian peninsula. Connect art, anatomy, and religion through an interdisciplinary conversation. Consider Ancient Greco-Roman, Medieval, and Renaissance influences on the nexus between art and anatomy. Explore anatomy education in the first universities and how those studies influenced the Renaissance Masters.
Format: 70% Lecture, 20% Interactive discussion, 10% Media

Instructor: Kevin Petti, Ph.D.
Dates: Thursdays, March 5–26, 2–3:50 pm

Schedule No: 20SP 99824 OF
Fee: $49
Registration Deadline: March 5

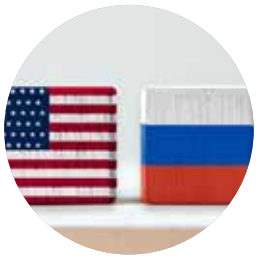
History of the String Quartet

Explore the rich history of the string quartet, from the genre's beginnings in the Renaissance and Baroque eras to its true birth in the Enlightenment with Joseph Haydn (the "Father of the String Quartet"), through the masterpieces of Mozart, Beethoven, Schubert, the creativity and emotional power of the Romantic composers and up to the progressive experimentalism of the 20th and 21st centuries. Many composers saved their most personal and profound work for this medium; explore it with a professional string quartet musician! Students will be exposed to the history and context surrounding each musical work, and experience recordings, videos, and live performances.
Format: 50% Lecture, 25% Recordings/Videos, 15% Interactive discussion, 10% Live performance

Instructor: Alexander Greenbaum, M.A.
Dates: Mondays, March 9–23, 9–11:30 am

Schedule No: 20SP 99828 OF
Fee: $49
Registration Deadline: March 9

Cold War America

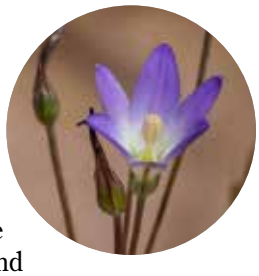


Do you wonder if current US-Russia relations is a new Cold War? To understand if it is, discover the real Cold War that lead to the collapse of the Soviet Union. Explore America's emergence as a world superpower in the postwar period and its struggle to live up to its democratic ideals both at home and abroad in the midst of the Cold War. Join us in examining the Cold War's impact on America, its influence on foreign relations from Vietnam to Central America, and the social, political, and cultural trends that dominated the American scene during this period. Students will investigate the relationship between the Cold War and the significant political, social, and economic struggles that defined US history since 1945 and how these have shaped the nation.
Format: 80% Lecture, 20% Interactive discussion

Instructor: John Putman, Ph.D.
Dates: Mondays, March 9–April 13, 1–2:50 pm

Schedule No: 20SP 99829 OF
Fee: $74
Registration Deadline: March 9

Native Flora & Fauna of San Diego

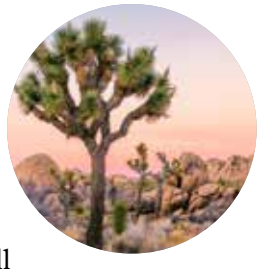


Have you ever wondered how and why a wasp drags a tarantula to its burrow? Do you know where to spot the large den of a fascinating woodrat, or why some lizards do "push-ups"? Are you able to identify native plants and their benefits, and which are unsafe to touch? Do you know what to do if confronted by a cougar or a rattlesnake? Join us for the answers to these and other questions about what lives in our big backyard. The lecture will be followed by an Edventure in Mission Trails Regional Park. With the use of visual aids, hands-on activities, and discussion, students will learn to identify flora, fauna, and signs of wildlife often seen in San Diego. Note: The in-class lecture will be held from 10–11:50 am at SDSU, followed by a lunch break from 12–1:30 pm. We will meet at 1:30 pm at Mission Trails Regional Park for a trail walk. Wear comfortable clothing.
Format: 60% Lecture, 30% Interactive discussion, 10% Hands-on activities

Instructor: Linda Hawley, Ed.M.
Date: Monday, March 17, 10 am–3:30 pm
Location: Trail Walk 1:30–3:30 pm
Mission Trails Regional Park
1 Father Junipero, Serra Trail
San Diego, CA 92119

Schedule No: 20SP 99864 OF
Fee: $39
Registration Deadline: March 13

National Parks in Your Neighborhood



Did you know there are 39 units of the National Park System within a day's drive (500 miles) of San Diego? These places offer a variety of outdoor experiences and opportunities to explore history. The sites we will explore include places related to World War II, Native Americans, historic ships, volcanoes, and desert wilderness. We will look at these parks and offer advice on how to plan visits, the best times to visit, some money-saving tips, and what not to miss. Be prepared for your next national park adventure! Participants will be able to identify the many national parks within 500 miles of San Diego and how to plan a safe and enjoyable visit to a national park using information from an experienced National Park Service professional.

Format: 90% Lecture, 10% Q&A and discussion

Instructor: Constantine Dillon
Date: Monday, March 23, 11 am–12:50 pm

Schedule No: 20SP 99866 OF
Fee: $15
Registration Deadline: March 23

Kumeyaay Life Prior to the 1769 European Arrival

What was daily life like for the Kumeyaay people before the arrival of Europeans? Which plants and animals did they eat? What were their tools, toys, and medicine? Discover how and where the Kumeyaay people lived, what they ate, and how Kumeyaay women processed acorns to make shawee. After the lecture, students may try grinding acorns in a lovely setting in Mission Trails Regional Park. Students will learn which materials were used to build a home (ʻewaa), make tools, food, medicine, toys, and games. We'll also discuss the impact of Europeans on their way of life by creating a human timeline activity. Note: The in-class lecture will be held from 10–11:50 am at SDSU, followed by a lunch break from 12–1:30 pm. We will meet at 1:30 pm at Mission Trails Regional Park for a trail walk. Wear comfortable clothing.

Format: 60% Lecture, 40% Interactive discussion with hands-on activity

Instructor: Linda Hawley, Ed.M.
Date: Tuesday, March 24, 10 am–3:30 pm
Location: Trail Walk 1:30–3:30pm
Mission Trails Regional Park
1 Father Junipero, Serra Trail
San Diego, CA 92119

Schedule No: 20SP 99865 OF
Fee: $39
Registration Deadline: March 20

Art History: The Public Art, Architecture, and History of San Diego

Examine the pivotal role that public art has played in San Diego's development and how it gives a voice to our shared community. Learn about the history of our city's architecture, sculpture, and public murals from — Juan Cabrillo's landing in 1542 to Alonzo Horton's configuration of downtown, to the development of the City Beautiful in 1970, to present. Learn to identify works in terms of their formal relationships, political and social references, and subjective interpretations. This course experience will enable the participant to formulate a personal understanding of the visual arts by identifying works in terms of their formal relationships, political and social references, subjective interpretations, and how these concepts acquire both new and existing perspectives.

Format: 80% Lecture, 20% Interactive discussion

Instructor: Damon Hitchcock, M.A.
Dates: Fridays, March 27–May 1, 9–10:50 am

Schedule No: 20SP 99840 OF
Fee: $74
Registration Deadline: March 27

Deep in Shepard Territory: A Hands-On Study of Sam Shepard's *Buried Child*

Most people know Sam Shepard as a film actor. What many people don't realize is that Shepard was one of America's most prolific playwrights winning the 1979 Pulitzer Prize for his play *Buried Child*. Shepard's body of work is vast, filled with great depth and intricate portrayals of rural, archetypal America. Students will take an in-depth look at *Buried Child* by reading the play aloud, and 'acting' through integral sections of the work, followed by a thorough discussion. A portion of each class will be spent delving into the playwright's life and career as an inspiration for his work. Attendees will receive a full copy of the *Buried Child* script and a free ticket to attend a full production of *Buried Child* between March 28–April 16 at TAAC, tenthavenuearts.com.
Format: 25% Lecture, 50% Hands-on activity, 10% Demonstration, 15% Interactive discussion

Instructor: Joe Powers, M.A., M.F.A.
Dates: Wednesdays, April 1–22, 10–11:50 am

Schedule No: 20SP 99842 OF
Fee: $62
Registration Deadline: March 25

The Emerging Middle-Class Society: America in the Early 1800s

How did the growing market economy shape American society? Why was the Erie Canal such a big deal? What was at stake when Henry Clay took on Andrew Jackson? What did the convention at Seneca Falls accomplish? Let's learn from people in the early to mid-1800s, such as Louisa May Alcott, Ralph Waldo Emerson, and a young Abraham Lincoln, and see how their world might help us understand our own world. In addition to the United States, we will also consider perspectives from Alta California in this era. Students will get an overview of how a distinct middle-class culture was developing in early 1800s America. Students will examine writings and pictures from the era to get a stronger sense of what life was like, and how their world is connected to our own.
Format: 40% Lecture, 50% Interactive discussion, 10% Short video clips

Instructor: George Gastil, M.A.
Dates: Saturdays, April 4–25, 10–11:50 am

Schedule No: 20SP 99844 OF
Fee: $49
Registration Deadline: April 3

A Foreign Film Series with Jungian Footnotes

"In an era dominated by materialism, where unconscious processes, our images, and our dreams are still poorly attended to...the experience of film offers a special place where psyche can come alive, be experienced, and be commented upon" — Christopher Hauke. Finding our personal truth and living it in the world is surely the most significant challenge in anyone's life. Viewing the lives of others through film expands our imagination, empathy, and our personal humanity and truth. We will watch six foreign films to be followed by a lively discussion about the film and ourselves. Students will learn several Jungian concepts as they apply to the films, plus some understanding of people who grapple with life and their place in the world. Through the films and discussion, students will become more reflective, empathetic, and compassionate towards self and others.
Format: 25% Lecture, 25%, Interactive discussion, 50% Film screenings

Instructor: Kay Weston, MFT
Dates: Mondays, April 6–May 11, 10 am–12:50 pm

Schedule No: 20SP 99845 OF
Fee: $94
Registration Deadline: April 6

Prayer & Politics: The Hawaiian Revolution and the American Teachers Caught in the Middle

At the end of the 1800s, when young American teachers accepted a teaching job in Hawaii, they couldn't have imagined that they would become involved in the political turmoil soon to sweep over the Kingdom of Hawai'i. The 1893 Revolution happened literally outside the school's windows. You will learn about the events through the eyes of the teachers, the young students, as well as the monarchs and the missionaries who overthrew the kingdom. Dr. Bonura has four published books surrounding the last Queen of Hawaii and the American teachers who stood by her side in her massive struggle to hold on to her beloved Hawaiian Islands. This lecture highlights Prayer & Politics at their best and worst. Students will know exactly how America got their hands on Hawaii.
Format: 20% Lecture, 40% Interactive discussion, 20% Hands-on activity, 20% Demonstration

Instructor: Sandra Bonura, Ph.D.
Date: Thursday, April 9, 11 am–12:50 pm

Schedule No: 20SP 99848 OF
Fee: $15
Registration Deadline: April 9

Boogie Woogie to Electric Slide: Dance in Popular Culture

Dance happens everywhere: the stage, the club, and the screen. This course invites you to consider how movement develops, who dances and where, and how culture and history are inextricably tied to how people dance. Join us to look at how identity and movement particularly work together to shape our perceptions about culture. We'll talk, watch, and even move together! Students will learn how to recognize dance forms and movement, and consider the historical context for dances. Together we'll do "embodied research" – practice the dances about which we're learning.
Format: 20% Lecture, 40% Interactive discussion, 20% Hands-on activity, 20% Demonstration

Instructor: Anna Massey
Dates: Fridays, April 10 & 17, 1–2:50 pm

Schedule No: 20SP 99850 OF
Fee: $35
Registration Deadline: April 10

Introduction to Philosophy of Mind

How can you be certain that the person sitting across from you at a café is actually a mind? Could it be possible that you are the only thing in the universe that is thinking? What qualifies as a person, and can non-human animals, artificial intelligence, and/or non-living creatures be granted the status of "person-hood"? We will read and discuss the main theories in the philosophy of mind beginning with the French philosopher Rene Descartes and moving through theories in the 20th Century by philosophers Hilary Putnam, Ned Block, John Searle, and Tyler Burge. You will be able to distinguish between the major theories of mind and analyze your own thinking and identify what it means to have a mind. Develop and defend your own arguments about the nature of the mind and the theories presented in the course.
Format: 55% Lecture, 45% Interactive discussion

Instructor: Jake Manalansan, M.A.
Dates: Thursdays, April 16 & 23, 11 am–12:50 pm

Schedule No: 20SP 99853 OF
Fee: $35
Registration Deadline: April 16

Religion and the American Presidency

How has religion factored in the lives and actions of American presidents? This course explores the role of religion from the beginnings with George Washington, the difficulties experienced by Abraham Lincoln during the Civil War, the fight to become the first Catholic president by John F. Kennedy, and the religious struggles from the age of Ronald Reagan to the present. Students will analyze speeches from presidents. Students will discuss their perspectives on the place of religion in political life. Students will recognize the historical aspects of contemporary problems.
Format: 20% Lecture, 10% Interactive discussion, 65% Hands-on activity, 5% Demonstration

Instructor: Edward Blum, Ph.D.
Dates: Thursdays, April 23–May 14, 3–4:50 pm

Schedule No: 20SP 99854 OF
Fee: $49
Registration Deadline: April 23

Disturbed in Their Nests: A Look at the Refugee Crisis

Refugee Alephonsion Deng, from war-ravaged Sudan, and San Diego Suburban mom Judy Bernstein had their assumptions about each other when they were partnered through a mentoring program in San Diego. These two individuals from opposite sides of the world took an eye-opening journey that radically altered each other's vision and life. Join Judy for a tour of the International Rescue Committee, followed by a delicious lunch where we will discover for ourselves the reality behind the lives of refugees and what it means for them to come to America. Challenge your assumptions on different countries, especially ones undergoing a massive refugee and humanitarian crisis. Experience the discomfort, fears, and triumphs of these refugees in a way that a newscast can't convey. Consider and discuss all the different realities of immigrating to America.
Format: 80% Lecture, 20% Interactive discussion

Facilitator: Susan McBeth
Presenter: Judy Bernstein
Date: Tuesday, April 28, 11 am–1 pm
Location: International Rescue Committee
5438 University Ave. #205
San Diego, CA 92105

Schedule No: 20SP 99868 OF
Fee: $39
Registration Deadline: April 21

Cygnet In The Wings: Behind the Scenes of Our Most Successful Midsize Theatre

Have you ever sat in an audience, awed at the power of live theatre, and wondered how all the elements you admire came together? Ever wish you could rap with a director and tap into their expertise? Or hear how actors and designers craft the stage images that move us? Take a look behind the scenes in this fun exploration of how theatre works with Associate Artistic Director Rob Lutfy. Students will learn how plays get made, from start to finish. They will answer questions posed by/to professionals and have the scope to have their inquiries addressed. Students will learn about beats, blocking, and other tools of the trade, tour the theatre and see how the space is used in production, and learn what life is like backstage.
Format: 30% Lecture, 40% Interactive discussion, 30% Hands-on activity

Instructor: Rob Lutfy
Date: Wednesday, April 29, 11 am–1 pm

Schedule No: 20SP 99856 OF
Fee: $15
Registration Deadline: April 28

The Development of Transportation in San Diego: A Community Perspective

Have you ever wondered how highway alignments were selected in San Diego? We'll discover how routes have evolved from the 1950s, when engineers drew a "pencil line" on a map, to the complex processes of today. We will discuss past routes where community and environmental concerns were not a high priority, including ones where neighborhood activists stopped projects that would have bisected their communities. Today, community feedback and environmental aspects play critical roles in project development. Join us on this journey exploring how our communities were built around the network of routes that we use today. Students will learn how highways have affected communities in San Diego. They will learn how a highway can affect a community both positively and negatively.
Format: 70% Lecture, 30% Interactive discussion

Instructors Bruce Urquhart
Date: Thursday, April 30, 11 am–12:50 pm

Schedule No: 20SP 99857 OF
Fee: $15
Registration Deadline: April 30

PERSONAL DEVELOPMENT/SPECIAL INTEREST

Mindfulness-Based Stress Reduction

MBSR is an effective way for many to manage their stress, anxiety, and emotional and physical pain associated with life's circumstances. Participants of this 8-week course self-report increased ability to a) manage where they place their attention, b) manage emotions without suppressing, avoiding, or denying them, c) decrease their stress and anxiety, and d) increase their ability to make thoughtful, positive choices, thus e) improving their overall well-being. This workshop consists of eight weekly 2-hour classes and one all-day retreat and will include guided instruction in mindful meditation, gentle stretching, and mindful yoga. Students will learn to articulate the key aspects of mindfulness as it relates to stress reduction, coping with pain and illness, and enhancing well-being. Students will practice and apply mindfulness techniques in both personal and professional settings and learn inquiry exercises to increase awareness in everyday life through individually tailored instruction and group dialogue. Guided audio files for home practice and a workbook are included. Note: Bring a yoga mat, water, and wear comfortable clothing to each session. The all-day retreat is Saturday, March 28, from 9 am–4 pm. Lunch will be provided. Space is limited.
Format: 10% Lecture, 20% Interactive discussion, 70% Hands-on activity

Instructor: Marilee Bresciani Ludvik, Ph.D.
Dates: Wednesdays, Feb. 19–April 15, 1–3:30 pm (No class April 1)
All-Day Retreat: Saturday, March 28, 9 am–4 pm

Schedule No: 20SP 99815 OF
Fee: $199
Registration Deadline: Feb. 12

Wine Tasting: Old World vs. New World

A Certified Sommelier and Italian Wine Professional leads you in a tasting and comparison of Old World vs. New World wines. Beginners and pros alike will enjoy this entertaining and engaging class. Learn to accurately identify a wine based on its sight, aroma, and palate characteristics using a deductive approach. Taste varietals from around the world such as Merlot, Chardonnay, and Sauvignon Blanc — six wines per session. Students will learn the history of Old vs. New World wines; key elements to differentiate styles of each varietal; how region, soil, environment, and climate affect the taste of a wine; side-by-side comparisons of identical varietals; key markers within the deductive tasting methodology. Note: The course fee includes $100 for materials (wine, food, book).
Format: 50% Lecture, 25% Instructor-led wine tasting, 25% Q&A

Instructor: Dane Kuta
Dates: Mondays, Feb. 24–March 30, 3–4:50 pm

Schedule No: 20SP 99817 OF
Fee: $179
Registration Deadline: Feb. 17

Beginning Your Memoir

Do you enjoy sharing stories from your past? Have you considered writing them down? Everyone has a story to tell, and there's no better way to do so than through a memoir. Even if you don't consider yourself a writer, this hands-on workshop will help you develop a plan for the beginning stages of writing your personal musings. Together, we will cover how to brainstorm ideas, organize those thoughts into a workable outline, and develop a writing plan so that you can begin sharing your amazing stories. Students will learn simple techniques to brainstorm and organize ideas into basic but functional outlines, understand the parameters of the memoir genre, and will leave the class with a plan and schedule to begin writing their own memoirs.
Format: 25% Lecture, 30% Interactive discussion, 45% Hands-on activity

Instructor: Danielle Kaheaku
Dates: Saturdays, March 7–28, 10–11:50 am

Schedule No: 20SP 99826 OF
Fee: $49
Registration Deadline: March 6

Hands-on with Cybersecurity and You!

How safe are you on the Internet? Join us for an interactive discussion and hands-on activities on how to protect yourself from cyber threats! Have you ever wondered how hackers get into your computer? Are you curious about the dark web, and what is going on there? Bring your laptop computer or use the classroom computer to engage in some fun, hands-on cybersecurity activities. Students will learn how to protect themselves on the Internet.
Format: 30% Lecture, 40% Interactive discussion, 30% Hands-on activity

Instructor: Hau Nguyen, M.S., MBA
Dates: Wednesdays, March 18–April 22, 4–5:50 pm

Schedule No: 20SP 99806 OF
Fee: $74
Registration Deadline: March 18

The Zentangle Method

The Zentangle Method is a meditative art method that creates beautiful images by drawing structured patterns. During the drawing process, you relax, focus, and get into a state of well-being. The student will experience relaxing, focus, and meditation, as well as creating beautiful pieces of art. Students can use Zentangle as a way in life, i.e., no rulers, no erasers, no mistakes - just re-direct. Note: Materials are included. Zero art experience necessary.
Format: 20% Lecture, 5% Interactive discussion, 75% Hands-on activity

Instructor: Janet Masey
Dates: Tuesdays, March 24–April 21, 11 am–1:30 pm
(No class on 3/31 – Cesar Chavez Day)

Schedule No: 20SP 99838 OF
Fee: $74
Registration Deadline: March 17

The Practice of Chi Kung, an Ancient Chinese Technique for Energy Enhancement

Do you feel stressed, stuck, or anxious? Do you tend to run out of energy before noon? Are you interested in keeping your body and mind supple, strong, and healthy? Join us for this 6-week immersion in the world of Chinese Medicine through the study and practice of Chi Kung, an ancient form of energy cultivation. Develop a strong center, lightness of being and inner peace, clear energy blockages, increase energy levels, flexibility and balance. Participants will learn how to improve motor function, circulation, digestion and respiratory function. Assist your body's innate healing powers to feel the best or your "self"! Please note: Students are advised to wear comfortable clothes and shoes. Ladies are recommended not to wear skirts. Foam rollers, exercise mats, and tennis balls are recommended but not required for this class.
Format: 20% Lecture, 10% Interactive discussion, 70% Hands-on activity/practice

Instructor: Yamin Chehin, MSTCM
Dates: Fridays, April 3–May 8, 11 am–1:30 pm

Schedule No: 20SP 99823 OF
Fee: $74
Registration Deadline: April 3

The Last Lecture: Reflections on 38 Years in a Feminist Classroom

Have you ever wondered how the classroom can create social change? Foster social justice? And engender humility in its instructors? Explore how faculty discover their research interests, interact with diverse students, and carve a path of confidence amidst tumultuous times. Join a long-time Women's Studies professor for a retrospective look at lessons learned and strategies for empowering students, colleagues, and the campus environment. Students will learn how faculty develop and pursue research interests over lengthy careers through both curriculum and student interactions. Students will discuss the challenges of feminist teaching and learning, the value of approaching one's life work with humility, the necessity of "deep listening" skills, and creative approaches to learning in a complex and tension-fraught world.
Format: 80% Lecture, 20% Interactive discussion

Instructor: Susan E. Cayleff, Ph.D.
Date: Wednesday, April 8, 9–10:50 am

Schedule No: 20SP 99846 OF
Fee: $15
Registration Deadline: April 8

50 Years at the San Diego Zoo: A Conversation with Chuck Bieler, San Diego Zoo Director Emeritus

In 1972, the Endangered Species Act passed and a new era dawned on the growing awareness of animal extinction. At the San Diego Zoo, Chuck Bieler stood at the forefront of the changing definition of zoos and their purpose. Over an acclaimed zoo career spanning five decades, from his first job in group sales to his current role as San Diego Zoo Global Director Emeritus, Chuck Bieler has humorous and insightful stories to share which reveal the century-long love affair between the people of San Diego and the San Diego Zoo, which has made it arguably the best zoo in the world. Explore the evolution of zoos in an interview with Chuck Bieler. Students will learn the history of the San Diego Zoo and connect the zoo's integral importance to the citizens and the city of San Diego.
Format: 60% Interview, 40% Interactive discussion

Facilitator: Kathi Diamant
Presenter: Chuck Bieler
Date: Wednesday, May 6, 2–3:50 pm

Schedule No: 20SP 99860 OF
Fee: $15
Registration Deadline: May 6

POLITICS & CURRENT EVENTS

How We Elect Politicians in an Age of Instant Information and Instant Gratification

From the pope to our president, social media allows the most powerful voices in the world to speak to us directly, 24 hours a day. Join us for a wild ride on a virtual roller coaster as we learn how to decipher political messages from social media content. We'll also discuss how the court of public opinion influences social thought, and how social media is a more effective platform for political speech than any other method of communication. Students will explore the reality of how we live in an age where social media has revolutionized political speech. We'll discuss how the court of public opinion influences social thought and human behavior, and how social media is a more effective platform for political speech than any other method of communication.
Format: 60% Lecture, 15% Interactive discussion, 15% Hands-on activity, 10% Demonstration

Instructor: Wendy Patrick, J.D, Ph.D.
Date: Saturday, Feb. 8, 11 am–12:50 pm

Schedule No: 20SP 99802 OF
Fee: $15
Registration Deadline: Feb. 7

Why It's the FIRST Amendment! Why Freedom of Speech and Religion Remain so Important and Controversial

Why do hate-mongering groups have a constitutional right to post violence-inspiring screeds on the internet? Why is "big money" allowed to dominate political-campaign advocacy? Can business owners cite religious scruples for refusing to do business with same-sex couples? In this course, you will explore these and many other free-speech and government-and-religion controversies, fully realizing why the U.S. Constitution's "First" Amendment is also first in importance and controversy. Students will develop a greater appreciation of the Court's role in the legal and political system. Students will acquire a nuanced sense of what determines the decisions of individual Justices and the Court as a collective body.
Format: 65% Lecture, 35% Q&A and Interactive discussion

Instructor: Glenn C. Smith, J.D., LL.M.
Dates: Mondays, Feb. 10–March 16, 11 am–12:50 pm

Schedule No: 20SP 99804 OF
Fee: $74
Registration Deadline: Feb. 10

Inside the Marble Palace: The U.S. Supreme Court's Powers, Procedures, and Predicaments

This course explores the U.S. Supreme Court as an essential part of the American political and legal system. It provides an in-depth look at the powers and dynamics of the Court and its individual justices, the role of other legal-system actors in bringing cases to (and arguing them before) the Court, and the Court's role as an un-elected policymaker in a majoritarian-democratic governmental system. Students will be able to better evaluate claims that the modern Court is inappropriately "activist" or "out of touch." Students will become better consumers of news and opinions by the media, political officials, and their fellow Americans.
Format: 65% Lecture, 35% Q&A and Interactive discussion

Instructor: Glenn C. Smith, J.D., LL.M.
Dates: Fridays, Feb. 14–March 6, 11 am–12:50 pm

Schedule No: 20SP 99810 OF
Fee: $49
Registration Deadline: Feb. 14

The Aftermath of the Arab Spring: Humanitarian and Development Challenges Facing the Arab World

Have you ever wondered why political pundits and historians failed to predict the 2011 Arab Spring uprisings? You will find that the uprising brought hope of profound social change, yet it ended up in disillusion and disappointment. At best, the change proved to be cosmetic. Mostly, the Arab Spring solidified the position of autocratic regimes, which resulted in civil wars, refugee crises, and sectarian divide. What is the solution? Are regional and international systems willing to share the burden? You will learn that the Arab World is not monolithic. We will discuss what pulls the 22 members of the Arab League together, as well as the historical and cultural impact that invaders and occupiers have had on each county.
Format: 90% Lecture, 10% Q&A and discussion

Instructor: Farouk Al-Nasser, Ph.D.
Dates: Wednesdays, Feb. 19 & 26, 11 am–12:50 pm

Schedule No: 20SP 99814 OF
Fee: $35
Registration Deadline: Feb. 19

The Green New Deal: What It Is and What It Is Not

The GND is a congressional resolution that proposes a broad vision to transform America's economic, environmental, and social problems caused by global warming, economic inequality, environmental degradation and global consequences of climate change. Students will review environmental issues causing climate crisis, learn how global average temperature is calculated, and examine sectors responsible for greenhouse gas emissions.
Format: 80% Lecture, 20% Interactive discussion

Instructor: Nadine Bopp, M.A.
Date: Tuesday, Feb. 27, 2–3:50 pm

Schedule No: 20SP 99837 OF
Fee: $15
Registration Deadline: Feb. 27

International Bill of Human Rights

This course will probe: What are the Four Corners of the International Bill of Human Rights (IBHR)? How did it evolve? How did the Nazi regime indelibly impact the role of the individual in a State-centric international legal system? Why was the UN Charter not a significant factor in the subsequent evolution of the IBHR? How does the IBHR augment or conflict with national human rights, in the US and other countries? How can international organizations constrain authoritarian regimes? Class members will cultivate the ability to: (a) detect when busy news commentators and writers conflate discrete terms like genocide and ethnic cleansing; (b) appreciate how race, gender, abortion rights, childhood, and sexual orientation are protected by internationally derived norms; and (c) articulate remedies for violations of the IBHR.
Format: 65% Lecture, 35% Interactive Discussion

Instructor: William Slomanson, J.D., LL.M.
Dates: Fridays, March 20 & 27, 11 am–12:50 pm

Schedule No: 20SP 99833 OF
Fee: $35
Registration Deadline: March 20

Climate Change, San Diego, and You

What are the likely effects of global climate change (GCC) around the world, across the United States, and within the San Diego region? Is there evidence that GCC is already affecting the San Diego region? What steps should we be taking? Professor Emeritus Phil Pryde first started teaching about greenhouse gas effects at SDSU in the 1980s and has followed the topic ever since. This will be an illustrated objective look at what we know and don't know about global climate change and its possible effects locally. Students will learn the basic causes and effects of climate change, both around the world and in the San Diego region. They will gain insights that will help them to better understand media statements on this subject. Students will have an opportunity for discussion with the instructor.
Format: 70% Illustrated lecture, 30% Interactive discussion

Instructor: Philip Pryde, Ph.D.
Date: Wednesday, May 6, 1–2:50 pm

Schedule No: 20SP 99859 OF
Fee: $15
Registration Deadline: May 6

How California Works

People talk about the government, but do they know how it works? How do interest groups turn their ideas into law? In fact, how does the Legislature work anyway? And how about paying for things: What does the state government pay for, and how does it get that money? We have the same questions about local government. Hear about this from someone who served in the trenches as a state legislator. Students will learn how state and local governments put laws on the books. They will discuss public finances as they try to answer the question "how do decisions about taxation affect me?"
Format: 50% Lecture, 50% Interactive discussion

Instructor: Howard Wayne, J.D.
Dates: Fridays, May 8 & 15, 11 am–12:50 pm

Schedule No: 20SP 99861 OF
Fee: $35
Registration Deadline: May 8

RELIGIOUS STUDIES

Mysticism: The Sacred Fire at the Heart of Religion

What do Jesus, Buddha, Muhammad, Laozi, and Moses all have in common? They were all mystics. They moved away from contemporary religious institutions toward a powerful, transformative, subjective, and direct experience of the divine outside all doctrines and hierarchies. Mystics the world over often stand in conflict with their host traditions because of their radical stance, yet mainstream religion relies on their groundbreaking insights. Join us as we study the words, experiences, and insights of the world's mystics and feel the fire that set them alight. Students will experience, analyze, discuss, and differentiate between the writings and revelations of the world's mystics. Students will learn the origins and underlying experiences at the core of the world's major religions. Students will have many opportunities to compare their own glimmers of the sacred with the experiences of the great mystics.
Format: 80% Lecture, 20% Interactive discussion

Instructor: Peter Bolland, M.A.
Dates: Mondays, Feb. 10–March 16, 3–4:50 pm

Schedule No: 20SP 99805 OF
Fee: $74
Registration Deadline: Feb. 10

The Jewish Heritage of Two Feminist Catholic Saints

What did Teresa of Avila and Edith Stein, separated by four centuries, have in common? Both are canonized saints of the Catholic Church, both have a Jewish background that put their lives in mortal danger, and both advocated strong feminist principles. Discover details about the ancestry of these two women and their relationship to their historical circumstances. This course provides a new perspective on the political and moral questions they contended with. We will compare them to some of their contemporaries and will reflect on the importance of women's words for women and for "the creation of feminist consciousness" through the centuries. Students will learn about Teresa of Avila and Edith Stein in relation to their respective contemporaries and historical context. Students will learn about their positions concerning politics, women's roles, and other topics.
Format: 70% Lecture, 20% Interactive discussion, 10% Film clips and visual activities

Instructor: Oliva Espín, Ph.D.
Dates: Tuesdays, Feb. 11–March 3, 9–10:50 am

Schedule No: 20SP 99849 OF
Fee: $49
Registration Deadline: Feb. 11

Crime and Consequence: A Judaic Perspective on Criminal Justice

Did you know that when the Supreme Court established Miranda rights, they cited a passage from the thirteenth-century Talmudist Maimonides and a Talmudic law article on the topic? Judaic law has a strong connection to American law. This course raises important questions about American criminal law in the light of Talmudic law: How can we impose punishment fairly and effectively? Should the death penalty be permissible? How can offenders be rehabilitated? How can recidivism be reduced? When, if ever, can trust be restored to a convict? What is the Talmud's theory of criminal justice, and how does it compare with secular theories? And most importantly, how can crime be prevented? Students will analyze Judaic and American legal doctrines, and find multiple perspectives on criminal justice reform and better help our understanding of the current topic of national debate. Note: This course is accredited for continuing legal education (CLE) for attorneys if applicable.
Format: 50% Lecture, 50% Interactive discussion

Instructor: Rafi Andrusier, M.A.
Dates: Thursdays, Feb. 13–March 19, 2–3:50 pm

Schedule No: 20SP 99808 OF
Fee: $74
Registration Deadline: Feb. 13

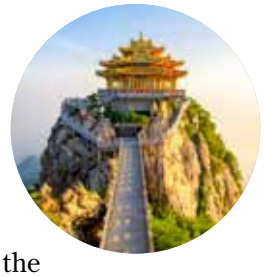
What is God?

What does the word "God" mean? We tend to think we know what that term refers to. It turns out, however, that "God" can mean very different things depending on you who ask. This course will examine the history, various meanings, and relevance of the concept of God. Students will learn the complex history of the origin of the concept of God. Students will discuss different possible meanings of the word God. Students will come to understand multiple conceptions of what "God" means. Students will learn the complex history of the origin of concept of God. Students will discuss different possible meanings of the word God.
Format: 70% Lecture, 30% Interactive discussion

Instructor: Matthew Wion, Ph.D.
Dates: Fridays, March 6–27, 2–3:50 pm

Schedule No: 20SP 99825 OF
Fee: $49
Registration Deadline: March 6

Eastern Philosophy: An Introduction to Taoism



Have you ever heard of Taoism? Many schools of martial arts have philosophical roots in this ancient belief system that is often ignored. Taoism is also the root of Acupuncture, Traditional Chinese Medicine, Qi gong, and Tai Chi. Taoism has strongly influenced both Chan and Zen Buddhism. Classes will encourage student participation, and there will be an opportunity to experience Qi gong or meditation in every class. Topics will include the Five Element Theory, types of energy, ritual, and other subjects. Students will learn the basics of Taoism and explore the roots of this ancient belief system. A reading list will provide a foundation for interested students to expand their knowledge base beyond this brief introduction. Curious? Join us and explore this little-known eastern belief system.
Format: 50% Lecture, 25% Interactive discussion, 25% Qi gong or meditation experience

Instructor: Katherine Hassett, M.A.
Dates: Saturdays, March 7 & 14, 10–11:50 am

Schedule No: 20SP 99827 OF
Fee: $35
Registration Deadline: March 6

The Wisdom of Hinduism

Explore the influence of ancient Indian philosophical ideas on our modern concepts of human nature, reality, political action, economic distribution, and global responsibility. This six-week course will look at various schools of thought within the Hindu tradition by examining core passages from its most significant texts, including the Vedas, the Upanishads, and the Bhagavad Gita. So many familiar, modern practices stem from these Indian traditions, including yoga, meditation, and the gesture of namaste. Indeed, the entire Buddhist tradition emerged from these teachings, and Western figures as diverse as Jung and Einstein were shaped by Hindu ideas. We'll also explore modern voices and applications of these ancient wisdom principles in figures like Mahatma Gandhi and the Satyagraha movement of non-violent civil disobedience.
Format: 70% Lecture, 30% Interactive discussion

Instructor: Peter Bolland, M.A.
Dates: Mondays, March 23–April 27, 3–4:50 pm

Schedule No: 20SP 99835 OF
Fee: $74
Registration Deadline: March 23

So, What Happened After Jesus' Death? The Inconsistent Easter Stories of the New Testament

Each Gospel records Jesus' death and the events after that. However, each Gospel tells a slightly different account of these events. Originally, one Gospel (Mark) even lacked any record of Jesus' appearance after the discovery of the "empty tomb." This class will explore the four Gospel stories and seek to explain the reasons for the differences and commonalities of the accounts. Students will learn about the perspectives of the four Gospels and how those perspectives influenced their accounts of the events after Jesus' death.
Format: 60% Lecture, 40% Interactive discussion

Instructor: John Spencer, Ph.D.
Date: Tuesday, March 24, 1–2:50 pm

Schedule No: 20SP 99836 OF
Fee: $15
Registration Deadline: March 24

Islam, Authoritarianism, and Underdevelopment

Why do Muslim-majority countries exhibit high levels of authoritarianism and low levels of socio-economic development in comparison to world averages? This lecture will criticize explanations that point to Islam as the cause of this disparity because Muslims were philosophically and socio-economically more developed than Western Europeans between the 9th and 11th centuries. Nor was Western colonialism the cause: Muslims had already suffered multifaceted problems when colonization began. This lecture will explain that in the 11th century, an alliance between orthodox Islamic scholars (the ulema) and military states began to emerge, and even currently, this alliance prevents creativity in Muslim countries. Students will learn about Islam and early Islamic history, and analyze complex relations between Islam and politics. Students will differentiate between progress in the early history of Muslim countries and stagnation in the later history of Muslim countries.
Format: 50% Lecture, 50% Interactive discussion

Instructor: Ahmet T. Kuru, Ph.D.
Date: Tuesday, May 5, 10–11:50 am

Schedule No: 20SP 99858 OF
Fee: $15
Registration Deadline: May 5

SCIENCES

Celestial Globes, History, and the Art of Sciences

Science and art have simultaneously mirrored the advancement of human knowledge, as seen in the depiction of astronomical instruments, such as celestial globes, in famous works of art. These works also open a window into seeing the history of rational thinking as a battleground, a struggle that still exists today. Learn how a celestial globe works, about famous depictions of it and similar devices in art, and how they fit into the broader context of science. This new, interdisciplinary topic combining science, art, history, and philosophy is not often discussed, even in academia. Acquire basic knowledge about the origins, history, and the operation of Celestial Globes. Get an appreciation of how works of art mirror scientific development. Get a glimpse of the interaction between art and science.
Format: 75% Lecture, 15% Demonstration, 10% Questions, discussion, and hands-on activity

Instructor: Gur Windmiller, M.S.
Date: Friday, Feb. 21, 1–2:50 pm

Schedule No: 20SP 99820 OF
Fee: $15
Registration Deadline: Feb. 21

The Geology of Fossil Fuels and Human Consumption

Ever wondered how and when the fossil fuels that we're burning today were made? How our civilization is now tapping into carbon reservoirs long buried in the crust? How exactly are we tapping and exploring them? And we're doing it in a very short amount of time relative to the history of our species (short in geologic time…). We'll learn the long and interesting geological history of these fuels and also how humans are using them today on a global scale.
Format: 80% Lecture, 20% Interactive discussion

Instructor: Isabelle SacramentoGrilo, M.S.
Date: Friday, Feb. 28, 1–2:50 pm

Schedule No: 20SP 99821 OF
Fee: $15
Registration Deadline: Feb. 28

The Mars to Come: Madness, Genius, and the Work of Nikola Tesla

Concrete plans to colonize Mars by the 2030s have sparked renewed interest in the life and work of Nikola Tesla. Some say it was a daunting obsession; others say that it was madness, the result of his many superstitions — others think that it was an example of his genius. In this lecture, we will trace the origins of Nikola Tesla's certainty: "Everybody is after me since I was favored by the "Martians" (Tesla) — to discover unbelievable unknown facts about the history of space exploration and other scientific topics. We will map Tesla's ambitions of Martian colonization through a study of his works. I intertwine future/technology studies, disability studies, post-humanism(s), critical race and ethnic studies, robotics, space sciences, and ecocriticism(s) to provide an analysis of Nikola Tesla and Martian colonization.
Format: 50% Lecture, 30% Interactive discussion, 20% Hands-on activity

Instructor: Krizia Puig
Date: Saturday, March 21, 11 am–12:50 pm

Schedule No: 20SP 99834 OF
Fee: $15
Registration Deadline: March 20

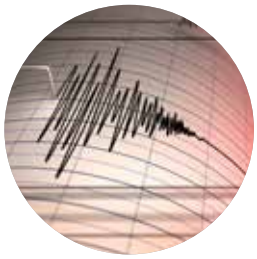
The New Science of Astrobiology

Do you think life exists beyond Earth? Why? How can we tell? You may be amazed at how much we've learned in the past few decades. For example, we now know of over 4000 planets beyond the Solar System. We have discovered that life can thrive in extremely hostile environments like boiling pools of acid, and that there may be more water on Jupiter's moon Europa than on the Earth. In this lecture, students will learn about the emerging new science of astrobiology, how the latest discoveries influence our understanding of the origin and requirements for life, and how astronomers can search for signatures of extraterrestrial life. Students will be able to identify the common threads that link together all life on Earth, describe how "extremophiles" have broadened the boundaries of habitability, and synthesize this knowledge with the state-of-the-art discoveries in exoplanet science.
Format: 95% Lecture, 5% Interactive discussion

Instructor: William Welsh, Ph.D.
Date: Thursday, March 26, 10–11:50 am

Schedule No: 20SP 99839 OF
Fee: $15
Registration Deadline: March 26

Earthquakes of the San Diego Region



Learn what causes earthquakes. Where are the faults that can damage the San Diego Region? What kind of construction is vulnerable? Can earthquakes be predicted? Students will learn what geologic contexts cause earthquakes, where are the most dangerous faults in SoCal, what types of buildings are the most vulnerable and why, and how close/far we are in predicting earthquakes.
Format: 60% Lecture, 40% Interactive discussion

Instructor: Monte Marshall, Ph.D.
Date: Wednesday, April 15, 2–3:50 pm

Schedule No: 20SP 99851 OF
Fee: $15
Registration Deadline: April 15

SPECIAL EVENTS

Spring 2020 Kickoff Event

Get a tantalizing preview of spring courses from our dynamic instructors, and meet staff and fellow learners at this fun, informal event. You can register for courses and meet exhibitors from local community organizations. The event concludes with an optional walking tour of our facilities and several points of interest on campus (wear comfortable shoes). Light refreshments will be provided. We look forward to meeting you!

This event is free. Space is limited. RSVP by Wednesday, Jan. 29 at **neverstoplearning.net/osher**, **(619) 594-2863**, or **osher@sdsu.edu**. You'll receive an email with event details and instructions for convenient parking. Trolley and bus stops are also nearby.

Facilitators: Osher Staff and Volunteers
Date: Friday, Jan. 31, 9:30 am–12:30 pm

Fee: Free
RSVP Deadline: Jan. 29
(membership not required)

SDSU Love Library Discovery Session and Tour

Learn more about all the great resources available to you at the SDSU Library. Enjoy a tour led by library faculty and staff for an overview of the collections (more than 7 million items) and services. Learn how to find and borrow books; what special collections and other selections are on each floor; how to access the 800+ public computers; how to check out DVDs and CDs from the Media Center; how to access the book catalogs (for printed and eBooks), article and journal databases, and digital collections; and how to request materials from other libraries.

Instructor: Gloria Rhodes, MLS
Date: Thursday, Feb. 20, 11 am–12:30 pm

Schedule No: 20SP 99871 OF
Fee: Free
Registration Deadline: Feb. 20
(membership not required)

Getting the Vote: The Struggle for Women's Suffrage in the United States

Though the fight for Women's Suffrage began in 1848, it took another 72 years for women to succeed in gaining the right to vote. This class will examine the issues, actions, and beliefs that led to the passage of the 19th Amendment in 1920. Using primary documents, we will learn about the activists who pushed for the vote, both in Washington and in California. We will also place the movement in its historical context, examining how it was shaped by differences of race, class, and region, and consider the ways that the suffrage movement was linked to other issues, including Prohibition, Progressive Era social reform, World War I, and party politics. Students will analyze the factors that led to women getting the vote in the US Students will understand the impact of historical context on the suffrage movement.
Format: 55% Lecture, 45% Interactive discussion

Instructor: Doreen Mattingly, Ph.D.
Date: Saturday, Feb. 22, 10–11:50 am

Schedule No: 20SP 99816 OF
Fee: $15
Registration Deadline: Feb. 21

OLLI Café

OLLI Café is a social hour held 2-3 times every semester between classes where students can come together in a specially designated room at SDSU Global Campus to relax, regroup, share insights about classes, and catch up. Also learn about exciting new programming and developments for the upcoming year. Light refreshments are provided. OLLI Café is open to members and non-members. Registration is required only if you need a parking permit.
Note: OLLI Café will be held in the SDSU Global Campus Student Lounge located on the 1st floor of the Extended Studies Center (across from BCB coffee cart).

Facilitators: Osher Staff/Volunteers

Session 1
Date: Monday, Feb. 24, 1–2:30 pm

Schedule No: 20SP 99822 OF
Fee: Free
Registration Deadline: Feb 24

Session 2
Date: Wednesday, March 25, 11 am–12:30 pm

Schedule No: 20SP 99841 OF
Fee: Free
Registration Deadline: March 25

Session 3
Date: Friday, April 24, 1–2:30 pm

Schedule No: 20SP 99855 OF
Fee: Free
Registration Deadline: April 24

Feminism: Not the "F-word" Anymore

Join us for a lecture and panel discussion of feminism in the late 20th and early 21st century, drawing on bell hooks' *Feminism is for Everybody* and other important feminist works to help attendees understand how feminism has evolved to become more inclusive and why that is crucial. Panelists will discuss the 2nd, 3rd, and 4th waves of feminism — the goals and results of each wave, the main players, and how they learned from the previous to be more inclusive in their goals. By the end of this discussion, students will be able to demonstrate an understanding of key concepts of contemporary feminism, assess the three waves of feminism, and apply concepts learned for a continued understanding of feminism, inclusion, and social justice.
Format: 75% Lecture, 25% Interactive discussion

Facilitators: Suzanne Sanders, M.A. and Anne Haule
Date: Saturday, Feb. 29, 10–11:50 am

Schedule No: 20SP 99870 OF
Fee: $15
Registration Deadline: Feb. 28

A Literary Treasure Revealed: "Getting" Franz Kafka's *The Metamorphosis*

First published over 100 years ago, in 1915, Franz Kafka's 50-page short story *The Metamorphosis* is one of the most widely read and studied short stories of all time. One of the most influential and misunderstood writers of the 20th Century, Kafka changed world literature with his strange tale of a man who wakes to find himself transformed into a gigantic insect. An overview of the characters and plot will be discussed, as well as a survey of its many adaptations to literature, film and stage. We will screen a short film version of the story. In addition, an update on the SDSU Kafka Project's search for a missing literary treasure. Attendees are encouraged to read the 50-page story prior to the class or join us for the live adaption of Franz Kafka's, *The Metamorphosis* at SDSU.
Format: 40% Lecture, 60% Interactive discussion

Instructor: Kathi Diamant
Date: Wednesday, April 1, 1–2:50 pm

Schedule No: 20SP 99843 OF
Fee: $15
Registration Deadline: April 1

SDSU Arts Alive Theater Event: *The Metamorphosis* by Franz Kafka

Kafka's terrifying but bizarrely comic story in a theatrically explosive new version. The ordinary, unremarkable life of the Samsas is turned upside down when their son, Gregor emerges one morning transformed into a monstrous insect. As revulsion turns to resentment, strange things start to happen to the Samsa family… Published in collaboration with the 2006 production at the Lyric Theatre Hammersmith, by Artistic Director David Farr with actor/director Gísli Örn Gardarsson of Iceland's acclaimed Vesturport Theatre. Students will meet at SDSU Global Campus and walk over the the Experimental Theatre on campus.

Facilitator: SDSU Arts Alive Staff
Date: Sunday, April 12, 2–4 pm

Schedule No: 20SP 99867 OF
Fee: $19
Registration Deadline: April 3

INSTRUCTOR BIOS

Farouk Al-Nasser, Ph.D., is a graduate of Baghdad University, University of Colorado, and University of Denver with B.S., M.S., and Ph.D. degrees in electrical engineering respectively. In his 42-year career in the data storage industry, he held technical, operational, marketing, and senior executive management positions at Fortune 500 and mid-size companies. After the 2003 invasion, Al-Nasser worked in the Middle East for a San Diego-based company involved in the reconstruction and development of Iraq. He is on the board of directors and past president of the San Diego World Affairs Council. ● *The Aftermath of the Arab Spring: Humanitarian and Development Challenges Facing the Arab World, page 21.*

Rabbi Rafi Andrusier, M.A., has a master's degree in Talmudic Law (2009, Central Lubavitch Yeshiva, Brooklyn, NY) and has been teaching adult education classes on the subject since 2012. He is also a certified instructor of the Rohr Jewish Learning Institute. ● *Crime and Consequence: A Judaic Perspective on Criminal Justice, page 24*

Peter Asselin is originally from Quebec City in Canada. He is the author of *A Bitter Peace: Washington, Hanoi, and the Making of the Paris Agreement*, *Hanoi's Road to the Vietnam War, 1954-1965*, and *Vietnam's American War: A History.* He speaks Vietnamese and travels regularly to Vietnam for research. ● *Vietnam and the American War, page 8*

Edward J. Blum, Ph.D., is a professor in the History Department at San Diego State University. He received his B.A. from the University of Michigan and his M.A. and Ph.D. from the University of Kentucky. He is the author and co-author of several books on religion and race, including The Color of Christ: The Son of God and the Saga of Race in America (2012). Blum has won numerous awards, including the Peter Seaborg Award for Civil War Scholarship, the Gustave O. Arlt Award in the Humanities, and the John T. Hubbell Prize for the best article published in Civil War History. ● *Religion and the American Presidency, page 15.*

Peter Bolland, M.A., is the philosophy and humanities department chair, and a professor of philosophy and humanities at Southwestern College where he teaches world religions, Asian philosophy, world mythology, and ethics. Bolland also focuses on bringing the life-changing insights of the world's wisdom and traditions into the wider community through his columns in *Unity Magazine* and the *San Diego Troubadour*, as well in numerous lectures and workshops at venues like The Chopra Center, San Diego Oasis, and Vision: A Center for Spiritual Living. An award-winning poet and singer-songwriter, Bolland also performs regularly. For upcoming events, visit peterbolland.com. ● *Mysticism: The Sacred Fire at the Heart of Religion, page 23; The Wisdom of Hinduism, page 25.*

Sandra Bonura, Ph.D., is a storyteller and lecturer on the importance of using a multitude of primary sources to gain perspective on historical events. Dr. Bonura is the author of four published works based on primary sources: *Light in The Queen's Garden: Ida May Pope*, *Pioneer for Hawai'i's Daughters*, *Queen Lili'uokalani's Beloved Kawaiaha'o Seminary*, *Lydia K. Aholo—Her Story*, *Recovering the Lost Voice*, and *An American Girl in the Hawaiian Islands: Letters of Carrie Prudence Winter 1890-1893*. She just finished, *San Diego's Forgotten Empire: The Legacy of John D. Spreckels 1853 -1926*. Learn about "Sandee" at sandrabonura.com. ● *Prayer & Politics: The Hawaiian Revolution and the American Teachers Caught in the Middle, page 15.*

Nadine Bopp, M.A., holds a master's degree in landscape architecture from Louisiana State University and a B.A. in ecology from the University of Missouri. She taught environmental science and sustainable design as a college professor at The School of the Art Institute, Columbia College, and DePaul University for 19 years. As a board member of the Chicago Chapter of the US Green Building Council, she acted as the education liaison for professional practice. As a lifelong environmentalist, combatting climate change and ensuring a positive environment for future generations is integral in her course offerings. ● *The Green New Deal: What It Is and What It Is Not, page 22.*

Marilee Bresciani Ludvik, Ph.D., serves as professor of postsecondary education at San Diego State University. Marilee is a certified yoga instructor and a qualified MBSR instructor. She assists organizational leaders to identify and leverage opportunities to collaborate across division lines using mindfulness-based inquiry and compassion practices. ● *Mindfulness-Based Stress Reduction, page 17.*

Susan E. Cayleff, Ph.D., is a professor in the Department of Women's Studies at SDSU, where she has taught since 1987. She teaches American women's history, the history of medicine and sports history, and the uses of biography and autobiography in history. She is the author of six books, one of which, Babe: The Life and Legend of Babe Didrikson Zaharias, was a Pulitzer Prize nominee. She has lectured internationally, published dozens of articles, and is an award-winning teacher and social justice activist. After 38 years in the University classroom, Prof. Cayleff will retire in the summer of 2020. ● *The Last Lecture: Reflections on 38 Years in a Feminist*

Classroom, page 19.

Yamin Chehin, MSTCM, is a Diplomate in Oriental Medicine, a Licensed Acupuncturist and Herbalist, and a Senior Chi Kung Instructor. For ten years, she was a professor at Yo San University of Traditional Chinese Medicine where she taught applied meridian theory to the practice of Chi Kung. She now focuses on making Classical Chinese Medicine wisdom accessible to the wider community through lectures and workshops at venues like the Ojai Foundation, Wolf Connection Youth intervention program, Yogadaya, Melrose Gardens Memory Care, and the Violence Intervention Program. For more information about her work, visit her website healingcycles.net. ● *The Practice of Chi Kung, an Ancient Chinese Technique for Energy Enhancement, page 19.*

Rob Crisell is a teacher, author, attorney, and actor in Temecula, CA. He teaches Shakespeare and poetry in the Murrieta Valley Union School District as part of its Visual and Performing Arts (VAPA) program. He has appeared in *The Merchant of Venice*, *Complete Works of Shakespeare* (Abridged), *Much Ado About Nothing*, *Romeo and Juliet*, *Hamlet*, *The Tempest*, and *Macbeth*, among other works. His second book *Shakespeare's Book of Wisdom: Advice on Living a Wiser, Happier Life from William Shakespeare & Friends* was published by DePortola Press in winter 2018. He has three one-man shows, which he performs regularly, including his newest show *Hamlet's Guide to Happiness: Seven Lessons from the Greatest Play Ever Written*. His *TED Talk* entitled *How NOT to Hate Shakespeare* can be found on YouTube. He's a graduate of Yale University and George Mason University Law School. For details on his books and shows, visit robcrisell.com ● *Romeo and Juliet's Guide to Love: 7 Lessons from the Most Romantic Play Ever Written, page 8.*

Blaine Davies, M.A., holds a master's in history from Boise State University; a bachelor's in business from San Francisco State University; and an Idaho Secondary Teaching Credential in history and U.S. government. He taught U.S. history at Boise State University from 2003 to 2017, and prior to that was a product marketing manager for Hewlett-Packard. Davies has traveled extensively in the United States and internationally, and especially enjoys visiting the U.S. historical sites he discusses in his lectures. He also enjoys playing tennis and pickleball, ballroom dancing, and reading and reviewing historical novels. ● *Dwight Eisenhower - Soldier, Statesman, Patriot, page 10.*

Constantine Dillon is a retired National Park Service ranger and park superintendent. Over his 35-year career, he worked in more than a dozen parks all over the U.S., including Great Smoky Mountains, Grand Canyon, Carlsbad Caverns, and Gettysburg. He has provided assistance to national parks in Thailand, Poland, Brazil, and Zambia. Costa has taught classes as adjunct faculty at New Hampshire University, Indiana University, and California Lutheran University. ● *National Parks in Your Neighborhood, page 13.*

Kathi Diamant is, among other things, an author, adjunct professor, broadcaster, and freelance journalist. Since 1998, she has directed the SDSU Kafka Project's search for a missing literary treasure, and her biography (*Kafka's Last Love*) won the Geisel Award for the Best of the Best in the 2003 San Diego Book Awards. She is currently writing a biography of San Diego Zoo Director Emeritus Chuck Bieler to be published in 2020. ● *A Literary Treasure Revealed: "Getting" Franz Kafka's The Metamorphosis, page 29.*

Oliva M. Espín, Ph.D., is Professor Emerita of Women's Studies at SDSU. She holds her doctorate in counseling psychology and Latin American studies from the University of Florida. She was a post-doctoral fellow at Harvard University; a professor of psychology at the California School of Professional Psychology of Alliant International University; Fulbright distinguished chair in gender studies at the University of Klagenfurt, Austria; and has authored several books and articles. Espín was a pioneer in therapy with women from different backgrounds, particularly immigrant/refugee women. Her book, Women, Sainthood, and Power: A Feminist Psychology of Cultural Constructions, will be published in Fall 2019. ● *The Jewish Heritage of Two Feminist Catholic Saints, page 23.*

George Gastil, M.A., teaches History for San Diego State University and Grossmont College. He earned an M.A. from UC Santa Barbara and a teaching credential from SDSU. Gastil has taught at the college level for twenty years. He previously taught "Eighteenth-Century America: A Bicoastal Perspective" for Osher. ● *The Emerging Middle-Class Society: America in the Early 1800s, page 14.*

Alexander Greenbaum, M.A., enjoys a diverse and adventurous musical life. As a member of the Hausmann Quartet, he is a lecturer at SDSU, where he teaches cello and chamber music. As a longtime member of The Knights, he has performed and recorded throughout the U.S. and Europe, appearing at the festivals of Caramoor, Dresden, Ojai, Ravinia, Tanglewood, Salzburg, Vienna, and last season in Aixen- Provence and Hamburg's new Elbphilharmonie. Locally, Greenbaum is a founding member of the San Diego Baroque Soloists, a mainstay on the Art of Élan series, and an affiliated artist with San Diego New Music. ● *History of the String Quartet, page 12.*

Ronald Greenwald and Patti Gerke, San Diego's Finest Realtors & Co-Founders of Senior Stay Or Go™ Program, joined real estate forces in 2014 to be a driving force in both San Diego real estate transactions and the empowerment in the lives of our older adults. Together they are the co-hosts of the show, Senior Stay or Go™, senior advocacy, and enrichment series of videos, and are co-authors of the best-selling real estate book, *The Essential Guide to San Diego Real Estate*. ● *The Field of Life: Teamwork Makes the Dream Work, page 7.*

Daniel Guillen is an accomplished visionary executive offering 23 years of progressive experience as a San Diego financial advisor. Adept at managing operations, financial administration and able to implement plans that meet current and future needs, he lectures on investment and personal finance topics for various organizations in the community. He is currently teaching at San Diego Christian College and Southwestern College, where he is also a member of the board of directors for their foundation. Daniel is an Accredited Investment Fiduciary (AIF®) and has earned his financial planning certificate from The College for Financial Planning, Inc. in Englewood, Colorado. ● *Inspiring Women to Financial Independence, page 6.*

Chuck Gunderson, M.A., is an independent historian and author of *Some Fun Tonight! The Backstage Story of How The Beatles Rocked America: The Historic Tours of 1964-1966*. He has contributed articles about the Beatles, including the Journal of San Diego History and throughout the United States on the subject. ● *The Beatles 1966 North American Tour, page 9.*

Anne Haule is a retired healthcare attorney from Chicago who moved to San Diego 10 years ago to be near her daughter. An ardent feminist, Anne volunteers with NARAL, The Women's Museum, SDSU Women's Studies Department 50 Year Anniversary Committee, Run Women Run and the National Organization for women. She has also done volunteer legal work for Thomas Jefferson School of Law, the National Lawyers Guild, the ACLU, and San Diego 350. Her volunteer work extends to SDSU/OSHER where she serves on our Curriculum Committee. Anne is also a political opinion and feature writer and has written articles for the *San Diego Free Press*, *Uptown News*, and *The Reader*. Anne lives in the Uptown District Condo Association in Hillcrest and serves on its board. In her free time, she enjoys exploring the West and Mexico and visiting her daughter in Los Angeles. ● *Feminism: Not the "F-word" Anymore, page 29.*

Linda Gallo Hawley, Ed.M., former classroom teacher and college adjunct professor of 28 years in New York State and Ohio, completed trail guide training at Mission Trails Regional Park (MTRP) in 2004 where she led trail walks, created and taught nature classes for adults and children for nearly 15 years. She authored the book, *Nature Adventures!* (Sunbelt Publications, Inc.) and continues to offer presentations about San Diego's flora, fauna, and Kumeyaay life before 1769, in museums, libraries, senior centers, and San Diego Oasis. ● *Native Flora & Fauna of San Diego, page 12; Kumeyaay Life Prior to the 1769 European Arrival, page 13.*

Katherine Hassett, M.A., earned a Master's Degree in Education at SUNY in 1976. A 12-year teaching career was followed by a 25-year business career with a multinational corporation. In 1995 Hassett began practicing tai chi and qi qong. She completed a 1,500-hour program at the Taoist Sanctuary – San Diego. Subsequent studies at the Nevada Lohan School of Shaolin led to ordination as a Buddhist and Taoist Priest in 2008, and Dahn Master in 2015. She was a founding board member for the Lohan Spiritual and Cultural Society and served as Vice Abbot 2009–2014. ● *Eastern Philosophy: An Introduction to Taoism, page 24.*

Damon Hitchcock, M.A., has been an educator for over 46 years. He is currently teaching art history and studio arts at Miramar College, and Southwestern College, and has been a continuing lecturer at Osher for over 13 years. He instructed in the adult education department at the San Diego Museum of Art for 15 years. He has been a juror for exhibitions throughout San Diego County. With his lectures, Damon utilizes his own visual library from his extensive travel and research experiences. He earned his M.A. from SDSU and continues to produce and exhibit large-scale watercolors and drawings. ● *Art History: The World's Greatest Buildings, an Architectural Survey, page 9; Art History: The Public Art, Architecture, and History of San Diego, page 13.*

Bob Jordan has been teaching at SDSU for over thirty years. He has taught several film, television, and screenwriting courses during that time period. His primary interest is in silent cinema. ● *International Silent Film, page 8.*

Danielle Kaheaku is an award-winning ghostwriter and editor. She has worked in the entertainment industry for the past twelve years. She has active memberships in the Science Fiction & Fantasy Writers of America, the International Horror Writers Association (HWA), and the Romance Writers Association Published Author Network. An adjunct English professor at a local university, she is the co-founder and training director for the San Diego HWA Chapter and volunteers as a mentor within the main HWA. ● *Beginning Your Memoir, page 18.*

Ahmet T. Kuru, Ph.D., is a professor of political science at San Diego State University. Kuru is the author of *Secularism and State Policies toward Religion: The United States, France, and Turkey* (Cambridge University Press), which received the book award of the Society for the Scientific Study of Religion. He is the co-editor (with Alfred Stepan) of *Democracy, Islam, and Secularism in Turkey* (Columbia University Press). His new book, *Islam, Authoritarianism, and Underdevelopment: A Global and Historical Comparison*, has been published by Cambridge University Press in 2019. Kuru's works have been translated into Arabic, Chinese, French, and Turkish. ● *Islam, Authoritarianism, and Underdevelopment, page 25.*

Dane Kuta, is a Certified Sommelier and Italian Wine Professional. He has taught wine appreciation classes for several years for various educational institutions in the local region. Dane is very passionate about wine and brings his enthusiasm to each and every class. He leads tasting sessions that are fun, entertaining, and engaging. Students laugh, learn, and enjoy tasting fantastic fine wine during his appealing presentations. ● *Wine Tasting: Old World vs. New World, page 18.*

Denise Lebsack, Ph.D., ATC, is an Associate Professor and Program Director of Athletic Training in the School of Exercise & Nutritional Sciences at San Diego State University. Her teaching focuses on applied kinesiology, clinical evaluation of injury, and injury management. She has published two textbooks, *Special Tests for Orthopedic Exam* and *Athletic Trainers' Guide to Strength and Endurance Training.* Lebsack received an Outstanding Faculty Award in 2013, and her passion for teaching and sharing knowledge with students is consistently noted in her teaching evaluations. In her spare time, she enjoys being outdoors and staying active with family and friends. ● *Injury Prevention and Management as We Age, page 6.*

Bruno Leone, M.A., earned his master's degree in European intellectual history, and is a lecturer, freelance writer, Fulbright Fellow, National Endowment for the Humanities Fellowship recipient, and former instructor at the University of Minnesota and St. Francis College. He has authored several books including S*cience and Religion, Origin: The Story of Charles Darwin* (published by Morgan Reynolds as part of their Biographies in Science series), and most recently, *Disease in History.* He has taught intellectual history, the history of science and technology, and the philosophy of history since 1980. ● *Living Forever, page 10.*

Rob Lutfy has directed 15 shows for Cygnet Theatre, including *2020s The Great Leap*, and has served as Cygnet's Associate Artistic Director since 2013. Mentored by legendary theatre artist Gerals Freedman (*Hair*) at top-rated North Carolina School of the Arts, Rob was William R. Kenan Directing Fellow at the John F. Kennedy Center and has worked on new play development at the Kennedy, the O'Neill Center, the Folger Library, Woolly Mammoth & Arena Stage. He was National New Play Producer-in-Residence at Marin Theatre Company before relocating to San Diego ● *Cygnet "In The Wings": Behind the Scenes of our Most Successful Midsize Theatre, page 16.*

Catherina Madani, Ph.D., graduated with her Bachelor of Science in nursing from the University of Massachusetts, Amherst in 1998.

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In 1999 she moved to San Diego and began working in critical care at UCSD. In 2015 she earned her Ph.D. in nursing from the University of San Diego, and currently works at UC San Diego Health, providing palliative care education. Madani is a Certified Hospice & Palliative Nurse, co-chair of the Palliative Care Committee, and an active member of the Advance Care Planning Committee at UCSD. She's also a lecturer in SDSU's graduate nursing program. ● *Advance Care Planning at Any Age, page 7.*

Jake Manalansan, M.A., was a teaching associate for the philosophy department at San Diego State University for 3.5 years instructing undergraduate students in Philosophy 200: Critical Thinking and Composition courses. Manalansan's M.A. in philosophy was completed at San Diego State University; his area of research concentrates on the philosophy of mind and the philosophy of psychology with an emphasis on the nature of perceptual representation. At SDSU, he has organized philosophical conferences, events, and has published in Dialogue on personal identity (specifically, on what counts as persons). Manalansan continues to research and write on perception, representation, and mentality. ● *Introduction to Philosophy of Mind, page 15.*

Monte Marshall, Ph.D., geology and geophysics, Stanford University, 1971. Researcher, US Geological Survey, 1971-1974. Professor, SDSU, 1975-2005. ● *Earthquakes of the San Diego Region, page 27.*

Janet Masey, certified Zentangle Teacher (CZT). She was certified in June 2014 in Providence, RI, with co-founders Rick Roberts & Maria Thomas of the Zentangle Method. She has taught 15,000 students in four years, from ages 6 to seniors. Some locations: SD Museum of Man, SD Botanical Gardens, city/county libraries, Ronald McDonald House, SD Zoo summer camp, SD Unified Schools, Poway Unified Schools, Grossmont Unified Schools, Oasis (50+), wineries, Hospice, senior centers, craft stores, addiction festival, Kids Expo, churches, Yoga festivals, corporate wellness days, private class. Each class leaves you thirsty to learn more. ● *The Zentangle Method, page 19.*

Anna Brown Massey a lecturer in the Division of Dance at SDSU, researches intermedia performance, community arts development, and transdisciplinary improvisation. With choreographic, teaching, and performance commissions in Europe, the Caribbean, and across the United States, Anna has earned multiple national grants and residencies. She co-founded NACHMO (National Choreography Month) and joined the Humane Technology Livable Futures Conference as a Research Fellow. Anna presented at the Joint Conference of the Congress on Research in Dance and the Society for Dance History Scholars and earned gala selection for her choreography at the ACDA Eastern-Central Conference. ● *Boogie Woogie to Electric Slide: Dance in Popular Culture, page 15.*

Doreen J. Mattingly, Ph.D., is Professor and Chair of Women's Studies at San Diego State University. She holds a Ph.D. in Geography from Clark University, an M.A. from UCLA, and a B.A. from UC Berkeley. The topics of her teaching and research include politics, economic development, and women's activism. Her most recent book is *A Feminist in the White House: Midge Costanza, the Carter Years, and America's Culture Wars* (Oxford, 2016). ● *Getting the Vote: The Struggle for Women's Suffrage in the United States, page 28.*

Susan McBeth, M.A., is an SDSU alum with a degree in business administration, and a master's in comparative literature. She is also the founder and owner of Adventures by the Book (adventuresbythebook.com), which connects authors and their books with the reading community through interactive literary events and travel packages. ● *Culture and Cuisine of Italy, page 10; Disturbed in Their Nests: A Look at the Refugee Crisis, page 16.*

Hau Nguyen, M.S., MBA, is an SDSU alum with a degree in business administration, and a master's in comparative literature. She is also the founder and owner of Adventures by the Book (adventuresbythebook.com), which connects authors and their books with the reading community through interactive literary events and travel packages. ● *Hands-on with Cybersecurity and You!, page 18.*

Wendy L. Patrick, J.D., Ph.D., is a career prosecutor, recognized by her peers as one of the Top Ten criminal attorneys in San Diego by the San Diego Daily Transcript, and named the Public Lawyer of the Year by the California State Bar Public Law Section. She moonlights as an educator, teaching a variety of business courses at San Diego State University, both on campus and abroad. She lectures internationally on topics of politics, social media, reading credibility, threat assessment, sexual assault, domestic violence, and human trafficking, in locales ranging from Hong Kong to South Korea, to South Africa. ● *How We Elect Politicians in an Age of Instant Information and Instant Gratification, page 20.*

Kevin Petti, Ph.D., is a dual U.S./Italian citizen, college professor, textbook co-author, and President-Emeritus of the Human Anatomy and Physiology Society. Dr. Petti teaches anatomy and physiology, human dissection, and health science at San Diego Miramar College, where he is a full professor. Dr. Petti also leads academic programs to Italy focusing on the genesis of anatomy as a science, and its influence on the

Renaissance masters in the Anatomia Italiana program he founded in 2012. His students range from anatomy professors pursuing continuing education to undergraduate study abroad programs for San Diego State University. ● *Connecting Art, Anatomy, and Religion Along the Italian Peninsula, page 11.*

Philip R. Pryde, Ph.D., is Professor Emeritus at SDSU, where he taught for 32 years. His research specializations included water resources, energy resources, and the environmental effects of economic development. He started teaching about greenhouse gases in the 1980s and has followed the topic ever since. He developed a slide show about climate change in 2006 and recently digitized this presentation. Phil has traveled to numerous locations relevant to climate change (arctic regions, low-lying oceanic islands, etc.). He has chaired the San Diego County Planning Commission and served on the board of the San Diego County Water Authority. ● *Climate Change, San Diego, and You, page 22.*

Joe Powers, M.A., M.F.A., has worked in theatre for thirty-plus years as a director, actor, playwright, educator, and producer. He has been involved in well over 100 productions and has written plays, screenplays, poetry and short stories. He holds an M.A. in Directing for the Theatre and Playwriting from San Diego State University; an MFA in Screenwriting, Playwriting and Poetry from the University of California and a B.A. in both Psychology and Sociology from the University of Texas. He is a member of Actors' Equity Association, Screen Actors Guild and The Dramatists Guild of America. ● *Deep in Shepard Territory: A Hands-On Study of Sam Shepard's Buried Child, page 14.*

Krizia Puig is a non-binary disabled queer migrant theorist, artist, and activist born in Venezuela. They are a Ph.D. student in Feminist Studies at the University of California Santa Cruz (UCSC)— where they also work as the Program Coordinator at the Disability Resource Center, and as a researcher/artist for the Critical Realities Studio/Lab (Art & Design: Games + Playable Media). They are one of the co-founders of The Queer Futures Collective (queerfutures.com). ● *The Mars to Come: Madness, Genius, and the Work of Nikola Tesla, page 26.*

John Putman, Ph.D., is an associate professor of history at SDSU and historian of the modern American West (late 19th and 20th centuries). His book, *Class and Gender Politics in Progressive-Era Seattle*, explores class and gender politics in the urban Northwest. He is also interested in the cultural history of the 20th century U.S. — in particular, science fiction film in the Cold War era, Star Trek, and politically oriented music from the 1960s and '70s. ● *Cold War America, page 12.*

Gloria Rhodes, MLS, is an associate librarian at SDSU, with over 25 years of experience working in school, public, and academic libraries. As the library liaison to the departments of Africana Studies, American Indian Studies, United States History, and Military Science, she provides library instruction, collection development, and research assistance to students and faculty. Rhodes is a graduate of Elizabeth City State University and North Carolina Central University, with a bachelor's degree in elementary education, and a master's in library science. ● *SDSU Love Library Discovery Session and Tour, page 28.*

Gail Robinson, Ph.D. is Professor Emerita of Linguistics and Spanish and was Founding Director of SDSU's National Language Resource Center. Seen wearing a guitar or carrying a keyboard into the classroom, she frequently integrates music participation into instruction. Her book, *English through Song*, (SONY, Japan) was the world's first book to teach adults English using music. Dr Robinson's unique musical background began as a teenage soloist on the national radio program, *Young America Sings* while also a principal in professional musical productions. Offered a CBS recording contract, she instead chose academic path offered as a Fellow at Stanford University. ● *Music and the Brain, page 11.*

Rebecca Romani, M.A., holds a master's degree in television, film, and new media from SDSU. She teaches film for Palomar College and the SDSU American Language Institute. She has written about film for various outlets, including KPBS Cinema Junkie, and moderates the annual One Book, One San Diego film screenings at the San Diego Public Library. Romani has interviewed several female foreign film directors and knows well the work of many others both as a reviewer and professional contact. ● *Films of Resistance and Resilience, page 11.*

Isabelle SacramentoGrilo, M.S., is a lecturer in lower and upper-division courses for majors and non-majors at SDSU. Focus and expertise is in Geosciences Education for future teacher majors, as well as Natural Disasters. Awards received include Outstanding Faculty award as most influential university professor, Favorite Faculty award, Mortar Board award, and student evaluation awards at RateMyProfessor.com. Isabelle has been an invited Lecturer in symposiums in Portugal, universities in Lisbon, and also at the Luso-American Education Foundation conference, the Natural History Museum in San Diego, in SDSU programs like Freshman for a Day, and the SDSU Center for Teaching and Learning. ● *The Geology of Fossil Fuels and Human Consumption, page 26.*

Suzanne Sanders, M.A., has an extensive

background in women's and gender studies. During her time as an English professor at Wilbur Wright College, one of the City Colleges of Chicago, she created the college's women's and gender studies program. She currently is an instructor and course designer at the University of California, San Diego-Extension. ● *Feminism: Not the "F-word" Anymore, page 29.*

Glenn C. Smith, J.D., LL.M., is a constitutional law professor at California Western School of Law, and teaches a Supreme Court simulation class in which the students learn about the Court by playing roles as current justices and advocates. He is the author of *Constitutional Law for Dummies* and writes about a variety of legal issues for scholarly journals and publications aimed at non-legal audiences. He is a regular commentator in print and electronic media regarding the Court and its cases. ● *Why It's the FIRST Amendment! (Why Freedom of Speech and Religion Remain so Important and Controversial) page 21; Inside the Marble Palace: The U.S. Supreme Court's Powers, Procedures, and Predicaments, page 21.*

William Slomanson, J.D., LL.M., is a professor emeritus at Thomas Jefferson School of Law, and former visiting professor at Pristina University in Kosovo. He has authored, co-authored, or edited 25 books including six editions of his university textbook, Fundamental Perspectives on International Law. Slomanson has taught international law courses and lectured at conferences in 20 counties, won a dozen law school teaching awards, and the San Diego Law Library Justice Foundation's Award for Excellence in Legal Education. He was faculty-nominated to represent the law school in the National Teaching Institute's "What the Best Law Teachers Do" competition, and is the corresponding editor for the American Society of International Law's *International Legal Materials* series. ● *International Bill of Human Rights, page 22.*

John R. Spencer, Ph.D., is professor emeritus of biblical studies in the department of theology and religious studies at John Carroll University. He earned his Ph.D. at the University of Chicago; his M.A. at the Pacific School of Religion, and his B.S. at the University of California, Berkeley. Dr. Spencer teaches in the areas of biblical studies, ancient Near Eastern history, archaeology, and interdisciplinary topics. He publishes on the topics of archaeology and the Old Testament/ Hebrew Bible; and has worked on several archaeological excavations, and lived and traveled extensively in the Middle East. ● *So, What Happened After Jesus' Death? The Inconsistent Easter Stories of the New Testament, page 25.*

Bruce Urquhart, Professional Land Surveyor, has over 37 years of experience in the land surveying and management disciplines. His last position was Division Chief for the Division of Land Surveys, Caltrans District 11, San Diego. For the past 28 years, Mr. Urquhart has also been an adjunct professor at San Diego State University, teaching Surveying for Civil Engineers. Mr. Urquhart earned his B.A. degree in Geography from San Diego State University in 1978. In December 2015, Mr. Urquhart retired from Caltrans after a 37-year career with Caltrans. He still maintains his connection with the surveying profession teaching at SDSU. ● *The Development of Transportation in San Diego: A Community Perspective, page 17.*

Rebecca L. Van Loon, Esq., LLM Taxation, is an estate planning attorney and shareholder of the San Diego law firm Seltzer Caplan McMahon Vitek, A Law Corporation. Ms. Van Loon is also certified by the State Bar of California Board of Legal Specialization as a specialist in estate planning, trust, and probate law. Ms. Van Loon represents individuals with respect to their personal estate planning, transfer tax planning, charitable planning, and also represents fiduciaries in the administration of a person's probate estate or trust. ● *Famous Last Words: A Discussion of High-Profile Wills and Estates and What You Can Learn From Them For Your Estate Planning, page 7.*

Howard Wayne, J.D., represented San Diego in the state assembly. He authored the first law in the country to monitor beach waters for public health and the first law to provide breast cancer treatment for underinsured women. Wayne is a career deputy general and has worked to protect Californians from both consumer fraud and from street crime. He has multiple published opinions and has argued in the state Supreme Court. He is a graduate of San Diego State University. ● *How California Works, page 23.*

William Welsh, Ph.D., is a professor of astronomy at San Diego State University. He earned his Ph.D. from the Ohio State University, followed by postdoctoral work at Keele University in England and at the University of Texas, Austin. Since joining SDSU in 2000, his work has been focused on transiting exoplanets, and in 2008 he was selected to join NASA's Kepler Mission. Dr. Welsh has been a pioneer in the field of circumbinary planets, a new class of planet that he helped establish. In 2015, he was honored with SDSU's College of Science's Monty Award for outstanding faculty contributions. ● *The New Science of Astrobiology, page 27.*

Kay Weston, MFT, is a retired MFT and teacher. She leads psychodrama groups in hospitals and taught ESL in North Carolina public schools and Brazil. In retirement, her interest is primarily in CG Jung's body of work which focuses on the

second half of life with a spiritual and soulful look at our place in the world, why we are here, and how we can contribute. Kay previously taught this foreign film class at Osher, Duke University in North Carolina. ● *A Foreign Film Series with Jungian Footnotes, page 14.*

Gur Windmiller, M.S., was born and raised in Israel and came to live in San Diego as a student in 1999. He received a B.S. and M.S. in astronomy from SDSU and has been working in the astronomy department and doing research for nearly a decade. The research team that he is fortunate to be part of — lead by Dr. Bill Welsh and Dr. Jerry Orosz — has made numerous discoveries, among which are planets with two suns. This is Windmiller's eighth year of teaching astronomy courses at SDSU and fifth year of teaching at Grossmont College. ● *Celestial Globes, History, and the Art of Sciences, page 6.*

James Wigen focuses on private portfolio management, financial/retirement planning, insurance, and credit & lending for individuals, businesses, and non-profits since 1996. ● *Making Money Whether the Stock Market Goes Up or Down, page 6.*

Matthew Wion, Ph.D., was born, raised, and originally educated in San Diego. He earned an M.A. from SDSU, his Ph.D. in philosophy from Marquette University in Wisconsin. During his graduate studies, he taught philosophy courses at Marquette, Mount Mary College, and Bryant and Stratton College (all in Milwaukee). After graduation, he was an adjunct at the College of Lake County, Harper College, McHenry County College, and Oakton in Northern Illinois. In 2015, he and his family returned to San Diego where he teaches at Southwestern College, the University of San Diego, and Cal State San Marcos. ● *What is God?, page 24.*

AUTHORS/PRESENTERS

Judy Bernstein stepped down after twenty years in the computer business, Judy now spends her time as a mother, writer, Student Advisor for the Community Economic Development Department at San Diego State University, volunteer mentor and Chair of the Advisory Committee of the San Diego International Rescue Committee and co-founder of the IRC Lost Boys Education Fund. In her capacity as an IRC mentor in 2001, she met co-authors, Alephonsion Deng, Benson Deng, and Benjamin Ajak. Awed and deeply touched by their tragic childhoods, epic journey, and heroic survival, when they wrote accounts of their experiences she turned her attention from her just completed historical novel to helping them develop their poignant stories. Judy now spends her time speaking publicly with her co-authors to community groups such as Rotary Clubs and Amnesty International, temples, churches, and schools. ● *Disturbed in Their Nests: A Look at the Refugee Crisis, page 16.*

Chuck Bieler is Director Emeritus of San Diego Zoo Global. During a zoo career that has spanned more than four decades, Bieler led the San Diego Zoo as the philosophy behind zoos was redefined. His vision and leadership led the Zoo and what was then known as the Wild Animal Park (now San Diego Zoo Safari Park) to become centers of propagation, research and conservation, education, and family recreation in naturalistic settings. His personal and professional leadership qualities made him an exemplary director as zoos entered a new era in relating to the public and becoming conservation organizations. Bieler's accomplishments in this leadership post brought him to national and international prominence. He was a fellow of the International Union of Directors of Zoological Gardens (now the World Association of Zoos and aquariums) and conservation advisor for the American Association of Museums. The deep trust and respect the community had for Bieler was exemplified when he was selected as a member of the initial AAZPA Ethics Committee. ● *50 Years at the San Diego Zoo: A Conversation with Chuck Bieler, San Diego Zoo Director Emeritus, page 20.*

Carla Gambescia is a food and travel writer, restaurateur, entrepreneur, and co-creator of the Giro del Gelato cycling tour (winner of Outside Magazine's Best Trip in Western Europe). She has traveled to every region of "The Boot" on foot and by bicycle. In her book, *La Dolce Vita University*, Carla takes readers on an adventure to the heart of Italian culture in the seductive spirit of la dolce vita. Like a box of Italian sweets, LDVU is the perfect sampler to indulge anyone curious about-or already in amore with-Italy and its remarkably rich trove of cultural treasures. In dozens of entertaining yet authoritative mini-essays, LDVU lets you explore, at your leisure and pleasure, fascinating aspects of Italy's cuisine, history, art, traditions, style, legendary personalities, and so much more. Even the most sophisticated Italophile will discover dazzling new facts and illuminating insights in the pages of her book. ● *Culture and Cuisine of Italy, page 10.*

Note: Our speakers are selected for educational purposes only. Attendees who choose to subsequently engage any speaker for personal or professional services do so at their own risk, and are cautioned to use prudence and check qualifications. We make no recommendations or claims regarding the fitness or skill of any of our speakers in providing professional or personal services.

Osher Institute at SDSU Membership is $30 for New and Renewing Members, Per Person, Per Term

Membership is required each term to register for Osher Institute offerings, unless otherwise noted. Registration opens Tuesday, Jan. 14.

Sponsorships

Sponsorships are available; an application is required.
To apply, please call **(619) 594-2863**, or email **osher@sdsu.edu.**

How to Register

Please register by the deadline for all courses and activities.

- **Phone: (619) 594-5152**
- **Online: neverstoplearning.net/osher**
- **Mail:** SDSU Global Campus Registration and Enrollment Services, 5250 Campanile Drive, San Diego, CA 92182
- **In Person:** SDSU Global Campus Registration window located on the Hardy Avenue side of the Gateway Center building. Hours: Monday–Friday, 8 am–4:30 pm.

Registration is processed by the SDSU Global Campus Registration and Enrollment Services office.

SDSU RedID Number

San Diego State University uses a nine-digit student identification number called an SDSU RedID as your primary source of identification for all transactions at SDSU. New students can create a RedID number online during registration or the registration staff will create one for you if registering by phone or mail. Students may also choose to purchase an optional SDSUcard.

Optional SDSUcard

An SDSUcard is available for a one-time fee of $18 as an additional option for Osher Institute at SDSU members interested in the following:

- Special student pricing at area theaters, museums, cultural facilities, and for public transportation. Contact participating organizations for rates and availability.
- Discounted monthly fee (affiliate rate) at the Aztec Recreational Center. Call **(619) 594-7529** for more information.
- SDSU student tickets to campus athletic events. Contact the Viejas Arena Box Office at **(619) 594-0429**.

To obtain your SDSUcard for the first time, check in at the SDSU Global Campus cashier's windows (Hardy Avenue side of the Gateway Center building) to pay for your card. Then go to the SDSUcard Office in the Student Services West building, room 2620 (map on page 41) to get your picture taken. Bring your driver's license or other official identification. You will also receive a semester sticker to indicate that your SDSUcard is valid for the current Osher semester. To renew your SDSUcard in future semesters, obtain an updated semester sticker at no additional charge by visiting the cashier's office after registering for your Osher courses. The $18 SDSUcard fee is a one-time fee, unless the card is lost. The replacement fee is $20.

Confirmation

Once registered, you will receive a confirmation letter for each class by email that will also serve as your parking permit; it must be printed in color and placed face-up on your dashboard. Room numbers are posted on the digital screens in our building lobbies on the day of the course. Additional information about special events will be emailed separately, closer to the date of the event. If you don't have a color printer or forget to bring your registration/parking permit: pick up a duplicate copy at the Osher office located on the 3rd floor of the Extended Studies Center building. We're open Monday–Friday, 8 am–5 pm.

Late Registration

Registration deadlines are posted with each course in this catalog and on our website. After the registration deadline, students may request to register late with Osher staff approval and a $5 late fee, provided there is still room to enroll. Students should fill out a registration form, obtain the approval signature on the form (or obtain an email; print and attach to the form) and submit the registration in person or by mail. Late registrations may not be done online or by phone. For questions or assistance with late registrations, contact the SDSU Global Campus Registration and Enrollment Services office at **(619) 594-5152** or the Osher Institute at SDSU office at **(619) 594-2863**.

Wait Lists

If a course/activity is full, there may be an option to put your name on a waitlist. If a registered participant drops, those on the waitlist will be contacted by email in waitlist order and given a 24-hour period to register before the next person on the list is contacted by automated email. If you put your name on the waitlist before the registration deadline and a spot opens, you will not be charged the late fee when you enroll.

Refund Policy

We strive to make your Osher Institute at SDSU experience the best that it can be. However, we know that unexpected things come up or that you may change your mind. You may drop/withdraw from a course by contacting the SDSU Global Campus Registration and Enrollment Services office. Non-attendance or notifying the instructor does not constitute officially dropping or withdrawing from a course. Refunds are not automatic. Refunds may be applied against other amounts due to the university. All Osher Institute at SDSU special event and Edventure fees are nonrefundable after the registration deadline and are non-transferable. The membership fee is not a tuition fee, and accordingly, cannot be prorated, refunded, transferred, or adjusted. No refund is made for less than $10. For courses with four or fewer meetings, there is no refund. In lieu of a refund, students may opt to transfer their tuition to another course within the same semester. The student is responsible for any differences in tuition due to the transfer. For questions or assistance, call the SDSU Global Campus Registration and Enrollment Services office at **(619) 594-5152.**

Osher Institute at SDSU Refund Schedule

a. Withdrawal in person, by phone, or postmarked at least one working day before the first day of class:
   If class fee is less than $50, refund is class fee minus $5.
   If class fee is more than $50, refund is class fee minus $21.
b. Refund requests received on or after the first day of class:
   If 25 percent or less of the course has taken place, 65 percent of the fee will be refunded.
   If more than 25 percent of the course has taken place, there is no refund.
c. Refunds are based on the date when notice is received by SDSU Global Campus.
   Drops/withdrawals done by mail are effective as of the postmark date.

Accommodations for Students with Disabilities

The Osher Lifelong Learning Institute at SDSU is dedicated to providing an enjoyable learning experience for all students. When registering for a course or off-campus event for which you will require accommodations, please notify the Osher Institute as SDSU staff as soon as possible at **(619) 594-2863** or **osher@sdsu.edu.**

SDSU Nondiscrimination Policy

In accordance with Title IX, San Diego State University prohibits discrimination, harassment and retaliation on the basis of sex, gender, or sexual orientation, including sexual harassment and violence. For more information regarding Title IX, sexual violence prevention and education, and the university's complaint procedures, please visit the SDSU nondiscrimination policy page at: **titleix.sdsu.edu.**

Parking Permits

After completing registration for a course or event, you will receive a parking permit by email which is also your registration confirmation; it must be printed in color and displayed face up on your dashboard. Parking permits are required 24 hours a day, 7 days a week, and are valid beginning one hour prior to your class, and ending one hour after your class.

- Your confirmation/parking permit is valid in: **Parking Structure 6**, adjacent to the Extended Studies/Gateway Center classrooms (levels 5 and 6 are closest to the classrooms held in ESC and Gateway Center). Overflow parking is available in **Parking Structures 3, 4, and 7** in spaces marked "Student."
- ADA parking is available. A parking permit is still required, in addition to a disabled placard, disabled plate, or a temporary DP (disabled person) placard issued by the DMV.
- Visitor parking is available in Lot 7. Permits are $2/hour (requires an app).
- Motorcycles must park in motorcycle stalls only.
- **Please clearly display your parking permit each time you come to class, and check that dates are valid. Be sure the permit is printed in color, with the time(s) and date(s) of your course(s) facing up when you place the permit on your dashboard. Please fold on the dotted line to conceal your name and address.**

For additional information about all parking rules, visit our website at **neverstoplearning.net/parking.** Legal parking is the responsibility of the individual. For questions on parking permits or citations, contact Parking Services at **(619) 594-6671.**

Trolley/Bus Transportation Options

The SDSU Transit Center has become a popular transportation method for many Osher members, with bus and trolley access conveniently located on campus.

Public Transit Benefits:

- Located near Osher classrooms (see map).
- Discount rates available from MTS for students with SDSUcard (see page 38).
- Discount rates available from MTS for senior/disabled/Medicare recipient riders at **sdmts.com/fares-passes.**

Every Ride Has a Story ... Be the Hero of the Story

The award-winning *On the Go Rides & Smiles*® program is the largest volunteer-based transportation service in San Diego County. *On the Go* services are available to San Diego area adults age 60+ (see website for service area). Additional options include door-to door Shuttles ($4 each way), Excursions ($8 and up), Silver premium transportation services, and OTG Navigator (on-demand transportation).

On the Go.
Transportation solutions for older adults

Jewish Family Service
Moving Forward Together

To learn more about volunteering or for details about discounted *On the Go* transportation services available to Osher Institute at SDSU members, visit **jfssd.org/onthego** or call **(858) 637-7320**.

Map Legend

- **A** **Gateway Center:** Classrooms; SDSU Global Campus Registration and Enrollment Services office located on the first floor at the windows facing Hardy Avenue.
- **B** **Extended Studies Center:** Osher office and classrooms.
- **C** **Lot 6:** Parking permit valid on all levels. (Levels 5 and 6 are closest to Gateway and Extended Studies Center classrooms.) ADA and motorcycle spaces available. Note that Hardy Avenue and Lindo Paseo are one-way streets.
- **D** **Lot 7:** Overflow parking is available in "Student" spaces with a SDSU Global Campus parking permit. Visitor parking available for $2/hour.
- **E** **Transit Center**: Bus/trolley.
- **F** **Student Services West (room 2620):** SDSUcard office.
- **G** **Lot 3:** Overflow parking is available in "Student" spaces with a SDSU Global Campus parking permit.
- **H** **Lot 4:** Overflow parking is available in "Student" spaces with a SDSU Global Campus parking permit.

Parking Alternative

Park & Ride lots are available throughout San Diego County. Visit **icommutesd.com/ParkNRide**.

Parking for Osher courses is conveniently located, and is included with your course enrollment.

Take the trolley or bus to your Osher class. They stop close to our classrooms.

Call the Metropolitan Transit Center at (619) 233-3004 or go to **sdcommute.com** for more information.

SAN DIEGO STATE UNIVERSITY
Global Campus

Osher Lifelong Learning Institute
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San Diego, CA 92182-1924

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SDSU **Parking is Included** with Your Osher Institute Course Fee

The Osher Institute at SDSU's Referral Program is Your Ticket to a Free Lecture

As a current member, you can get a free lecture when you refer a friend who purchases a new membership. There's no limit, but you must redeem your free lectures in the semester the membership was purchased. Just call registration at **(619) 594-5152** or visit the registration window on Hardy Avenue. Refer away! Word-of-mouth is our best source of sharing the fun and community of Osher at SDSU.

- Learn More | **neverstoplearning.net/osher**
  neverstoplearning.net/osherblog
- Connect | **facebook.com/sdsuosher**