

Fall 2024

HAPPENINGS

September 16, 2024 - November 8, 2024



Members of the Spring 2024 Exploring the Duluth-Superior Harbor class tour the Fraser Shipyards. Photo courtesy of Suzanne Griffith

CALENDAR HIGHLIGHTS 2024-25

PRIORITY REGISTRATION AND SCHOLARSHIP DEADLINE IS MONDAY, AUGUST 12, 2024.

Registration help is available via phone or email, or on campus by appointment only. Please call or email the US office for assistance! (218-726-7637 | usask@d.umn.edu).

AUGUST

- 12 Priority Registration and Scholarship Deadline
- 16 Summer Picnic

SEPTEMBER

- 2 Labor Day Holiday - Campus Closed
- 16 Fall Term Begins
- 16 35th Anniversary Celebration, 11:00am, Kirby Ballroom
- 20 General Registration Deadline

OCTOBER

- 14 2nd 4-Week Classes Begin

NOVEMBER

- 6 Fall Luncheon
- 8 End Fall Term

DECEMBER

- 2 Winter Term Priority Registration and Scholarship Deadline

JANUARY

- 6 Winter Term Begins

US Council meetings are held the first Wednesday of the month at 1:45 PM except in January and July. Meetings are open to all members.

US JOURNEY JARGON AND LECTURE SERIES

Save the Date!

Select Mondays at 11:30am | UMD Griggs Center and via Zoom

Free & open to the public. Bring a friend! No pre-registration required.

9/23/2024 Houseplants 101 - Presenter: Carol Christenson

9/30/2024 The Beauty and Birds of Hawk Ridge: Over 50 Years and Counting! - Presenter: Janelle Long

10/7/2024 The Beginnings of National Public Radio - Presenter: Bill Siemering

10/14/2024 A Walking Tour of Vietnam - Presenter: Mike Keller

10/21/2024 Inishfree Music Tour of Ireland - Presenters: Beth Ruark and Margaret Hart

10/28/2024 Overview of Duluth Parks with a Focus on Active Seniors - Presenter: Jessica Peterson

US SPECIAL INTEREST GROUPS (OPEN TO US MEMBERS)

Friday Flicks

Fridays | 12:00pm | Kirby Plaza 311

Friday Flicks welcome all US members and are shown in Kirby Plaza 311 at noon. Just show up; no tickets or registration required. Look for weekly posters and check email announcements and the Green Book in the Hub (Kirby Plaza 305) for reviews of the movie that is showing each week.

Cards and Games

Fridays | 12:00pm | Kirby Plaza 303

Gather with your fellow members to play card games such as bridge, cribbage, poker, and more. The program has a handful of card decks, as well as chess and Mahjong sets. Members are encouraged to bring in other games to share!

ZOOM

University for Seniors recognizes that our membership may not be familiar with Zoom and would like to provide a small summary of its capabilities.

Zoom is a free online video-conferencing technology that allows groups of people to gather in an online class setting and learn through lecture instruction, PowerPoint presentations, or informal discussions.

To view a Zoom informational session from December 2022, please visit our website: university-seniors.d.umn.edu.

WELCOME TO THE UNIVERSITY FOR SENIORS!

We are excited to share with you the Fall term classes which consist of forty-three with six online and four off-campus. The variety offered is sure to spark your interest, from a wide array of historical topics, literature and poetry discussions, to regional culture and current events. Get outside and enjoy the fall colors with two hiking options, or stay on the UMD campus and try your hand at disc golf! You may want to learn the art of creative writing, Tai Chi, or speaking Spanish, or take a deep dive into topics on climate change, social justice, and health and wellness. There is something for everyone!

SAVE THE DATE!

The University for Seniors Program will celebrate thirty-five years on September 16, 2024, with a reception from 11:00am-1:00pm in the Kirby Ballroom.

BE INVOLVED

The University for Seniors is about community. Please consider sharing your time by volunteering to lead a class, serve as a class assistant, or participate on a committee. To learn more about getting involved, consider attending the member orientation that will be held on campus Monday, September 9, 2024, at 10:00am in Griggs Center. Whether you are a new or returning member, we welcome you!

We look forward to seeing you soon!

Mary Durward, US Program President
Deborah Schlacks, US Program President-Elect
Suzanne Griffith, US Program Past President
Wendy J. Larrivy, UMD US Program Director
LeeAnn Ilminen, UMD US Program Associate

MEMBERSHIP COSTS AND REGISTRATION TIPS

Membership Rates

Fall term allows you to take advantage of our Annual Membership option and pay for all three upcoming terms for \$370. Term membership rates are \$140 for current members, and \$70 is an introductory rate for first-time members. Scholarships are available by contacting the US program office.

Registration Tips

- Registration must be received by August 12, 2024, to be considered priority. General registration and refund request deadline is Friday, September 20, 2024.
- Registration is online with payment by card or check.
- Each member needs to create an individual account through our registration website.
- Do not register for two classes occurring at the same time.
- Prioritize your requested classes any time during the priority registration period. Once you've purchased your membership and requested your classes, go to "My Account" and click "My Priorities."
- You can reorder your priorities any time before the priority registration deadline.
- If you were on a waiting list for a class that is being offered again this term, prioritize that class as your number one choice.

Registration assistance is available via phone or email. If you wish to meet in person, please schedule an appointment by contacting the program office. If you have any questions about the program or registering, please call **218-726-7637**, or email **usask@d.umn.edu**. Visit our website for more information: **<https://university-seniors.d.umn.edu>**.

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FALL TERM 2024: AT A GLANCE

NOTE: This is not a registration form. Registration must be completed online or on campus during a scheduled appointment.

(1) = 1st four weeks, (2) = 2nd four weeks, (online) = Zoom class

MONDAY

9:00am

- Unsolved Mysteries and Murders in the Tudor Era
- Exploring Poverty Together (1)
- Practical Radicals: Seven Strategies to Change the World (2)
- Writing Poetry from Haiku to Free Verse (2)

1:00pm

- The Good Die Young
- Creative Writing (1)
- Lunch in "Supetown" (1)
- Great Lakes Toxicology and Ecology: Science and History of the EPA in Duluth (2)
- Discovering Our Own Wisdom through Nature's Lens (2)

TUESDAY

9:00am

- Tai Chi
- The Purpose of Schooling: Who and What Are Schools For?
- Bird Flu (Avian Influenza) and Its Impact on Humans (1)
- The Lost Cause of the Confederacy: Legacy of Lies and Betrayal (2)

11:30am

- Slow Reading Lawrence's *Sons and Lovers* (online)
- Adapting to Climate Change

2:00pm

- Misconceptions of Science
- American Film Institute's 100 Greatest Films
- Introduction to Disc Golf (1)
- Cybersecurity in an Online World (2)

WEDNESDAY

9:00am

- Zoom into Spanish (online)
- Emergency Medicine
- Tea: A Beverage for Everyone (1)

- Medical Sociology: Intergenerational Learning (2)

11:30am

- Senior Perspectives
- Introduction to Cannabidiol (CBD), Natural Wellness, and Regenerative Health (1) (online)
- *Pride and Prejudice*: A Fresh Look at a Beloved Classic (1)
- Minnesota State Park Sampler (2) (online)

12:00pm

- International Folk Dancing

THURSDAY

9:00am

- Tai Chi
- Mark Twain's *Huckleberry Finn* and Percival Everett's *James*: Two Novels, One Character, Alternate Voices
- History of Photography
- The Indian Child Welfare Act: History and Update (1) (online)
- A *Sapiens* Seminar (2)

11:30am

- Four Contemporary Poets (online)
- The Adams Family

2:00pm

- Music and Movement
- *Great Books Reading and Discussion Program*
- The Russian Revolution: Birth of the Soviet State

2:30pm

- Hiking II: Fall Colors

FRIDAY

9:00am

- Extra! Extra! You've Read All About It (1)
- A History of World War II: How the Allies Won the War

9:30am

- Adventures in Watercolor
- Hiking I

MONDAY

Unsolved Mysteries and Murders in the Tudor Era

ON CAMPUS

9:00-11:00am

Starting with one of the biggest mysteries in history, which made the rise of the Tudor Dynasty possible, this class will consider the story of the Princes in the Tower and the new evidence that has just come out. We will then explore questions such as these: Was Anne of Cleves really ugly? What was the Dancing Plague? Did Mary Queen of Scots murder her husband? Who wrote Shakespeare's plays? Was Elizabeth I, the Virgin Queen, really a virgin? Looking at these stories will give insight into the Tudor Dynasty in a whole new way.

Cindy McLean has led over twenty University for Seniors classes on Tudor and Early Modern English history. This class will look more deeply into some of the mysteries of the era that time did not permit in other classes. Cindy is a librarian by education and web designer, long retired, by vocation.

Exploring Poverty Together

ON CAMPUS

9:00-11:00am (1st four weeks)

Participants will look at perceptions, definitions, causes, results, and ramifications of poverty, as well as what can be done about it. Areas of focus will include economics, health, education, housing, transportation issues, food deserts, and much more. **LIMIT 16**

Larry Johnson is a University for Seniors member with a passion for justice and compassion for the needs of others.

Practical Radicals: Seven Strategies to Change the World

ON CAMPUS

9:00-11:00am (2nd four weeks)

Participants will learn strategies and work together to develop action plans addressing the issues of poverty in our community and world. **LIMIT 16**

Larry Johnson is a University for Seniors member with a passion for justice and compassion for the needs of others.

Book: *Practical Radicals: Seven Strategies to Change the World* by Deepak Bhargava and Stephanie Luce, ISBN 9781620978214 (also available as an ebook)

Writing Poetry from Haiku to Free Verse

ON CAMPUS

9:00-11:00am (2nd four weeks)

With a focus on poetry writing with models and prompts, this class will be structured around learning about various poetry forms and poets. Be ready to write your own poetry and read your work in class. **LIMIT 18**

Carol Mohrbacher is a former English professor and writing center director who has published poetry and other works, including academic writing, technical writing, fiction, travel writing, and memoir.

The Good Die Young

ON CAMPUS

1:00-3:00pm

Explore famous people throughout history who accomplished great things and likely would have accomplished a great deal more had they not died young.

Fred T. Friedman has been a Duluth attorney since 1972 and a professor at UMD since 1975. He teaches around the country.

COURSES

Creative Writing

ON CAMPUS

1:00-3:00pm (1st four weeks)

Prepare to have fun with writing. Practice observing, using your imagination, and expanding your use of language. Explore several different types of poetry and prose styles including memoir, fiction, and creative non-fiction. Practice using the senses in your writing, and discover different methods to increase creativity.

LIMIT 15

Cheryl Reitan has been a professional writer since the 1970s. She has published poetry, fiction, and non-fiction and served for over forty years as a university writer and magazine editor. Her civil rights history book *Thunder of Freedom: Black Leadership and the Transformation of 1960s Mississippi*, written in collaboration with Sue Sojourner, was a finalist for the 2013 Minnesota Book Award.

Lunch in "Supetown"

OFF CAMPUS

1:00-3:00pm (1st four weeks)

This social group will "do lunch" to become personally acquainted with establishments across the bridge in Superior, Wisconsin. Hear from owners and managers to learn about running a food business in our port city "across the bay." And, of course, sample special offerings at each venue. Participants generally go "dutch" but can get creative about sharing menu selections. **LIMIT 15**

Margaret Cleveland is an active University for Seniors member and has been a Duluth resident for over fifty years. She began the lunching event in 2017.

Great Lakes Toxicology and Ecology: Science and History of the EPA in Duluth

ON CAMPUS

1:00-3:00pm (2nd four weeks)

Since 1965, scientists from the Environmental Protection Agency (EPA) in Duluth have been working to make our environment cleaner and healthier. This class will explore the research arm of the EPA. Discussions will include pollution and toxicology as it relates to our largest freshwater resource, the Great Lakes, and the EPA's role in remediation, restoration, and revitalization of them. The class will also include the history of the EPA lab and a lab tour.

Jason Berninger has been with the EPA for fourteen years. He has a PhD in ecological toxicology, working in both the lab and field. He is currently a co-chair of the EPA-Duluth Outreach Committee.

Jules Witts is a scientist who has been with the EPA for five years and is currently a doctoral student in the Water Resources Science Program at UMD. She also serves as a co-chair of the EPA-Duluth Outreach Committee.

Discovering Our Own Wisdom through Nature's Lens

ON CAMPUS

1:00-3:00pm (2nd four weeks)

Many years ago nature photographer Jim Brandenburg undertook a photographic journey that broke open new personal and professional possibilities for him. The entire adventure unfolded in his own backyard. Using Brandenburg's example, this class will embark on its own journey of personal discovery through Nature's lens, relying upon the tools of personal reflection, writing or drawing, and group discussion to discover the wisdom of our Inner Teachers.

Cindy Spillers is a retired UMD faculty member. As a seeker of beauty and

wisdom, she notices some of the ah-ha moments that Nature tosses onto her path, usually in the form of unexpected encounters. In the summer you may find her busking, bringing Bach to the Lakewalk.

TUESDAY

Tai Chi

ON CAMPUS
9:00-10:00am

Tai Chi is a slow, graceful exercise that is sometimes called a moving meditation. Its many benefits include reduced stress, increased flexibility, improved balance, and cardiovascular fitness. Try Tai Chi for yourself! All ability levels are welcome.

LIMIT 30

NOTE: Members may enroll in one or both offerings of this class.

Anita Campbell is a retired special education teacher. She has enjoyed Tai Chi practice since her exposure to it in her first term as a University for Seniors member in 2010.

Diane Oyler is a retired English teacher who has found attending and leading University for Seniors classes a fulfilling part of retirement life.

The Purpose of Schooling: Who and What Are Schools For?

ON CAMPUS
9:00-11:00am

By age eighteen, students have spent only 13.36 percent of their waking hours in school. In that small window of time, parents expect their children to be prepared for a successful future, and businesses expect capable workers. Our democracy expects citizens who are ready to act for the good of the country while an increasingly diverse student body begs to be seen, heard, and kept safe. In this class, participants will look at the history of education in the United States, the current educational climate,

and some dreams for the future as we explore who and what our schools are for.

Lee Anne Heikkinen is a Duluth native who spent the majority of her career teaching in classrooms filled with the magic of first-grade children. Upon her retirement from elementary education, she spent five years teaching future educators at UMD. She continues to see the world through the eyes of an educator and bases most of her life choices on what will make the world better for the students she loved for so many years.

Bird Flu (Avian Influenza) and Its Impact on Humans

ON CAMPUS
9:00-11:00am (1st four weeks)

Bird flu is in the news every day. This class will explore the many questions surrounding avian influenza: What is it? Where does it come from? How is it affecting us? What is the impact on society? And where is it going?

David Halvorson is a veterinarian and Emeritus Professor in Avian Health at the University of Minnesota Twin Cities, as well as a Charter Diplomat in the American College of Poultry Veterinarians. During his career he conducted research on avian influenza and provided education about influenza prevention and control.

The Lost Cause of the Confederacy: Legacy of Lies and Betrayal

ON CAMPUS
9:00-11:00am (2nd four weeks)

Explore the "Lost Cause of the Confederacy," the debate about monuments and memorials, and the continued invocation of this toxic nostalgia in the culture wars of today.

Kelly Ritter-Spohn is a retired teacher who spent seventeen years helping to make history relevant to middle school students. University for Seniors has

allowed Kelly to continue her passion for life-long learning.

Slow Reading Lawrence's *Sons and Lovers*

ONLINE

11:30am-1:30pm

Participants will take it slowly, reading and discussing the novel *Sons and Lovers* over eight weeks. Lawrence's short stories proved discussion-worthy during the Fall 2023 term, and the novel should as well.

Pat Hagen taught art and English at the College of St. Scholastica for twenty-nine years. In retirement, she loves getting together to discuss literature with members of the University for Seniors program: no papers to grade, no exams, just the sheer pleasure of discussion with lively, smart, interesting people.

Book: *Sons and Lovers* by D.H. Lawrence, ISBN 9780141441443. Available at no cost online through *Project Gutenberg*.

Adapting to Climate Change

ON CAMPUS

11:30am-1:30pm

Participants will hear from a variety of guests who will describe what they, and their organization, have done, and equally important, are planning to do, to meet the challenges of climate change. These guests come from business, government organizations, and the private sector. There will be an emphasis during each session on Q and A and discussion with members. Expect a lively class.

Tom Boman is a retired professor from UMD and has taught a number of classes for University for Seniors. Developing classes on climate change gives both participants and him an opportunity to interact with fascinating people with really good ideas.

Misconceptions of Science

ON CAMPUS

2:00-4:00pm

Sometimes it's not what you don't know that gets you in trouble; it's what you think you know for sure that just isn't so. This applies to science as well. This class will examine many common misunderstandings about science. Topics will include electricity and magnetism, radiation, evolution, alien life, genetically modified foods, human and artificial intelligence, statistics, relativity, the big bang, quantum theory, and many others. Selections from *The Great Courses* will be supplemented with slides and classroom discussion.

Jay Amato is a retired physicist and software engineer. He greatly enjoys participating in the University for Seniors.

American Film Institute's 100 Greatest Films

ON CAMPUS

2:00-4:00pm

Continue viewing the American Film Institute's choices of the best films ever made. In this class, participants watch each film and, if time allows, have a brief discussion. Fall term films are *My Fair Lady*, *A Place in the Sun*, *The Apartment*, *Goodfellas*, *Pulp Fiction*, *The Searchers*, *Bringing Up Baby*, and *Unforgiven*.

Paul Chialastri is a lifelong resident of Superior who graduated from Superior Cathedral and earned a Bachelor of Science degree in history from University of Wisconsin-Superior. Since retiring in 2010, Paul has been a University for Seniors member and served on the US Curriculum Committee for many years.

Introduction to Disc Golf

ON CAMPUS

2:00-3:30pm (1st four weeks)

Learn to play disc golf at UMD. The class will meet inside for some instruction and videos, then head out for an hour on

the course. Participants will learn basic rules of the game, throwing techniques, the different discs and equipment, etiquette, the location of nearby courses, information about the Professional Disc Golf Association (PDGA) competition, and more. Wear comfortable, active shoes. We will play each week on the UMD disc golf course, a fun, leisurely course that is great for all ages. Discs will be provided for use, but members are encouraged to purchase a disc or two for themselves after disc information is provided in class. **LIMIT 20**

Maija Jenson is a member of the PDGA and has played disc golf for thirty years both for fun and competitively. She placed in the top ten at Pro Masters Worlds 2017 and is currently ranked thirty-eighth in the world for Female Pros over 50 (FP50). Maija is working toward an invitation to Pro Masters Worlds 2025. She currently teaches journalism in the Communication Department at UMD and is the former director at KUMD. She looks forward to sharing her love of the game.

Cybersecurity in an Online World

ON CAMPUS

2:00-4:00pm (2nd four weeks)

The Pew Research Center estimates that seventy-seven percent of Americans connect to the internet daily. However, most people don't understand what cyber attacks they may be subject to, nor do they understand the methods commonly used to secure online transactions as well as to attack or hack these systems they use. This class will describe the types of attacks most commonly used by cyber criminals and explore the mechanisms used to secure the internet.

Tom Anderson is an ATIS Principal Technologist specializing in standards, architecture, and evolution of service provider networks. ATIS is a North

American industry body that writes standards for communications networks. In ATIS, Tom chairs the cybersecurity working committee and represents ATIS in a number of governmental advisory groups dealing with cybersecurity.

WEDNESDAY

Zoom into Spanish

ONLINE

9:00-10:00am

Anyone interested in continuing the study of Spanish at whatever level should join this class. Communicating with one another is the most valuable aspect of this class. Join to improve your Spanish language conversational skills, and enjoy others doing the same. Share in the exploration and fun. **LIMIT 12**

Anne Kucinski is a former Duluth Public School Spanish teacher who enjoys continuing to teach and speak Spanish during retirement.

Emergency Medicine

ON CAMPUS

9:00-11:00am

Almost everyone has spent time in the ER (emergency room). And we wonder why one person is treated before another person. How do emergency responders think so quickly in diagnosing a malady amongst such a vast array of possible acute medical issues? Welcome to the ER. This class will be using a *Great Courses* DVD selection for part of the class time.

Judd Johnston is a retired physician who spent hundreds of years practicing general pathology. Despite his specialty, he has always been intrigued by the goings-on in the ER. He has always been curious as to how ER personnel make critical decisions so quickly.

Susan Halvorson worked as a Board Certified Emergency Nurse at level 1 and level 2 ERs in the Twin Cities for

ten years before she retired. She led two cooking classes in the past year for University for Seniors.

Tea: A Beverage for Everyone

ON CAMPUS

9:00-11:00am (1st four weeks)

Whether you are a tea-drinker or not, this class will teach you new things about this ancient drink. Learn about the main types of tea, the many methods of enjoying it, and the health and wellness benefits that come with it.

Dennis Thielke has been a business development manager for Johnson Brothers statewide for twenty-eight years. He is a certified wine and spirit specialist, a restaurant owner, a retail store entrepreneur, and a two-time cancer survivor.

Medical Sociology: Intergenerational Learning

ON CAMPUS

9:00-11:00am (2nd four weeks)

Explore social inequalities in health and illness and the social processes that shape these experiences. This class will be centered on reading the recently published book by Dr. Uche Blackstock, *Legacy: A Black Physician Reckons with Racism in Medicine*. Participants will also spend time interacting and having discussions with undergraduates in the UMD Health Care Management Program who are reading the same book.

Dr. Lacey Loomer is an Associate Professor of Health Care Management at the University of Minnesota Duluth. Her research focuses on long-term services and supports, rural health care, and Medicare payment policy.

Book: *Legacy: A Black Physician Reckons with Racism in Medicine* by Dr. Uche Blackstock, ISBN 9780593491287

Senior Perspectives

ON CAMPUS

11:30am-1:30pm

Join this participant-driven discussion which encourages attendees to contribute. Topics discussed will be determined by class members. Recent periodical articles and world events, general concepts, and personal reflections are all considered for discussion. Political and/or polarizing topics will not be pursued or condoned.

LIMIT 16

Roger Amborn has been a member of the University for Seniors for over ten years. He has led several classes in that time and enjoys helping the program succeed in any way he can. Roger earned a Bachelor of Accounting degree from UMD in the last century and has not used it in any of the aforementioned classes.

Introduction to Cannabidiol (CBD), Natural Wellness, and Regenerative Health

ONLINE

11:30am-1:30pm (1st four weeks)

As firm believers in the body's innate ability to heal and thrive, the presenters of this class are excited to explore the intersection of regenerative health practices and the potential of CBD as a natural supplement. Join them in uncovering the synergies between regenerative health and CBD for a holistic approach to well-being.

Kara Jensen, owner of Essence of Health, and **Terra Momont**, owner of Rise to Wellness, are both experienced professionals who are passionate about holistic wellness and natural remedies. They are dedicated to educating others on the benefits of CBD and regenerative health for overall improved well-being. Join them on a journey to discover the power of natural wellness and how it can enhance quality of life.

Pride and Prejudice: A Fresh Look at a Beloved Classic

ON CAMPUS

11:30am-1:30pm (1st four weeks)

First published anonymously in 1813, *Pride and Prejudice* is justly considered Jane Austen's masterpiece. It is filled with memorable characters (Elizabeth Bennet and Fitzwilliam Darcy, to name two) and with themes that have resonated with a wide range of readers across eras and cultures. Let's gather to take a close look at this remarkable classic, with a focus on its historical backdrop, its characters, its themes, and its staying power, as well as the ways it has been adapted and parodied over the years.

Deborah Schlacks is Professor of English Emeritus at the University of Wisconsin-Superior. She is also a confirmed Janeite (lover of all things Jane Austen).

Book: Jane Austen, *Pride and Prejudice*, ed. Vivien Jones, Penguin Books, 2014, ISBN 9780141439518 (Also available online via *Project Gutenberg*, *Internet Archive*, and other sites)

Minnesota State Park Sampler

ONLINE

11:30am-1:30pm (2nd four weeks)*

Explore some of the state parks in north central Minnesota. This is a sampling of some of the parks covered last spring in the eight-week class. The focus of this sampler will be on the parks of the North Shore of Lake Superior, parks with unique geological formations, and parks with special historical significance. View the major attractions at each park, experience some of the trails and campgrounds, and learn about the history and culture of the parks.

*NOTE: This class will not meet week 8 due to the Fall luncheon.

Mary Durward has a degree in urban planning from University of Illinois. She

worked as a city and regional planner and technology project analyst for several public agencies and retired as the County Assessor for St. Louis County. She is a member of the Minnesota State Park Passport Club and is working towards visiting each of the state parks and recreation areas.

International Folk Dancing

ON CAMPUS

12:00-1:30pm

Dancing is an excellent activity for both the body and the brain. Physical activity protects the brain, learning lets it grow, and socialization helps it thrive. Join in this fun activity and dance to music from many countries. All are welcome to join, and no experience or partners are required.

Kathleen Haney has danced with the Duluth-Superior International Folk Dancers for many years.

THURSDAY

Tai Chi

ON CAMPUS

9:00-10:00am

Tai Chi is a slow, graceful exercise that is sometimes called a moving meditation. Its many benefits include reduced stress, increased flexibility, improved balance, and cardiovascular fitness. Try Tai Chi for yourself! All ability levels are welcome.

NOTE: Members may enroll in one or both offerings of this class.

Anita Campbell is a retired special education teacher. She has enjoyed Tai Chi practice since her exposure to it in her first term as a University for Seniors member in 2010.

Diane Oyler is a retired English teacher who has found attending and leading University for Seniors classes a fulfilling part of retirement life.

COURSES

Mark Twain's *Huckleberry Finn* and Percival Everett's *James: Two Novels, One Character, Alternate Voices*

ON CAMPUS
9:00-11:00am

Introducing *Huckleberry Finn*, Toni Morrison wrote, "For a hundred years the argument that this novel *is* has been identified, reidentified, examined, waged and advanced. What it cannot be is dismissed. It is classic literature, which is to say it heaves, manifests and lasts." Ernest Hemingway asserted, "All modern literature comes from one book by Mark Twain called *Huckleberry Finn*." From the time of its publication in 1884, the book has invited controversy, first, not because of its oft-touted use of the N-word, but because of the even more frequent appearance of "ain't" and associated "veriest trash" language. The serious reader will find, behind all the still-raging criticisms, Twain's deep and profound articulation of human dignity, including among the enslaved Black population. Percival Everett's astonishing new novel *James* revisits *Huck Finn* through the first-person experience of Twain's runaway slave, Jim. Everett's character, James, insists on his own personal agency, demonstrated by his intelligence, insight, self-respect, literacy, and highly articulate use of the English language, all of which are concealed from the white population through cunning and hilarious "code-switching."

David Tryggstad is a retired Lutheran pastor and an organist in retirement. He has taught eleven previous classes for the University for Seniors, primarily on African American literature.

Books: 1. *Adventures of Huckleberry Finn* by Mark Twain, Penguin Classics, ISBN 9780143107323

2. *James* by Percival Everett, Doubleday, ISBN 9780385550369 (hardcover)

History of Photography

ON CAMPUS
9:00-11:00am

The history of photography is a history of image making, technology, aesthetics, culture, and modernity. In this class, participants will examine the medium in its cultural context, surveying the history and complexities of photography. A focus of this class will be on the ways that photography has taken part in the production of authoritative knowledge about the human body--by informing medical and scientific diagnoses, charting gender and sexual norms, defining racial and ethnic stereotypes, and delimiting aesthetic ideals. Through an examination of historical, theoretical, and visual texts in combination with group discussion, we will see how photography writ large, while often masquerading as "natural," "self-evident," or "scientific," is always highly coded and invested with social meanings as well as institutional power.

Dr. Sara Blaylock earned her doctorate in Visual Studies with a designated emphasis in Feminist Studies at the University of California - Santa Cruz in June 2017 and has been teaching at the University of Minnesota Duluth since Fall 2017. Her first book, *Parallel Public: Experimental Art in Late East Germany*, was published by the MIT Press in March 2022.

The Indian Child Welfare Act: History and Update

ONLINE
9:00-11:00am (1st four weeks)

Consider an in-depth study of this important piece of legislation. We'll examine the intent behind the Indian Child Welfare Act (ICWA), what it is and isn't, and what led to its passage. Participants will explore related events that occurred during its tenure, the tensions and legal issues it provoked, and

the realities of current service delivery to Native American children and families.

Liz Blue is a retired Social Work faculty member from the University of Wisconsin - Superior, a former child welfare worker in the non-profit sector, and a former ICWA worker for the regional reservation community. She is a non-Indian member of a blended Native/non-Native family, which has underpinned her passion for supporting and assisting Native families.

A Sapiens Seminar

ON CAMPUS

9:00-11:00am (2nd four weeks)

In *Sapiens: A Brief History of Humankind*, universalist historian Yuval Harari has written one of those rare books that does not teach but rather challenges the reader to think about REALLY BIG, complex topics. It became a global phenomenon, initially sparking enthusiastic approval and, in time, also disapproval. Prepare to participate in a discussion of the issues it addresses by reading this "brief" but comprehensive history prior to the first meeting. NOTE: Please read the entire book before the first class. **LIMIT 16**

Tom Burns is a retired Professor of Medieval History and Archaeology from Emory University. He has received numerous teaching awards at national and international levels and taught numerous other classes for University for Seniors.

Clarice Roseen is a student of the humanities -- film, fiction, art -- who's keenly interested in Harari's take on human history.

Book: *Sapiens: A Brief History of Humankind*, by Yuval Noah Harari, ISBN 9780062316110

Four Contemporary Poets

ONLINE

11:30am-1:30pm

Quite possibly breaking new ground for many readers, members of this class will discuss poetry by four contemporary authors: Kay Ryan, Mary Oliver, Ryan Vine, and Isabel Basombrio Hoban. Together, participants will explore their language and their thoughts about the world we share and the ways in which we as readers connect with their ideas. No prior experience with poetry is necessary.

LIMIT 24

Tom Zelman is a retired Professor of English from the College of St. Scholastica. He has published on Robert Frost, William Butler Yeats, and Eavan Boland. This will be the fourth University for Seniors class he has facilitated, all online and all on poetry.

The Adams Family

ON CAMPUS

11:30am-1:30pm

John, Abigail, John Quincy, Louisa Catherine, Charles Frances, and Henry Adams were pivotal figures in American history. This class will study this remarkable family and their contributions to our country and will also learn the foibles of the two who became United States Presidents. Use of the HBO series *John Adams* will dramatize the founding father's life.

Heather Sweetland has led classes on a variety of legal and historical topics over the past ten years as a member of University for Seniors.

Books (recommended, not required):

1. *John Adams* by David McCullough, ISBN 0684813637
2. *John Quincy Adams* by Harlow Giles Unger, ISBN 9780306822650

Music and Movement

ON CAMPUS

2:00-3:30pm

Join in this multisensory music and movement method to improve coordination, balance, motor control, attention, memory, processing, and energy. Move to music in a fun group atmosphere using the Ronnie Gardiner Method for Movement, a common medical technique used throughout Europe. **LIMIT 30**

Carolyn Haney worked as a school counselor in both Minnesota and Wisconsin for twenty years and as a teacher in Texas prior to counseling. She is trained in a variety of cognitive therapy techniques and programs and has run the Duluth Core Learning Therapy Center for twelve years, working with both children and adults to strengthen underlying cognitive and motor skills.

Great Books Reading and Discussion Program

ON CAMPUS

2:00-4:00pm

Coming this Fall! The Great Books class will reprise Volume 1 of the original Great Books series. It's a program first offered nearly four decades ago by some of the University for Seniors' founding members. The class will discuss essays and fiction representative of classic works of Western Civilization. Members will read works by Chekhov, Aristotle, Plato, Joseph Conrad, Kant, Marx, and Freud, as well as the Book of Genesis.

LIMIT 16

Bonnie Lloyd is an avid reader who has facilitated *Great Books* classes for several years. She is an eager University for Seniors member who highly values the opportunities to interact with people with shared interests. She is a retired teacher and therapist.

Book: *The Great Books Reading and Discussion Program, First Series, Vol. 1*, ISBN 0945159765

NOTE: The book is available for \$30 from the *Great Books* Foundation, or you can find it used for about \$5 on sites such as Amazon (1985 edition). The book is required.

The Russian Revolution: Birth of the Soviet State

ON CAMPUS

2:00-4:00pm

A little over one hundred years ago, an event took place that shaped the lives of many: We had to live with the Red Menace for the next seventy years. Join this class to learn how the Bolsheviks overthrew the 300-year monarchy of the world's largest empire.

Chris Thomalla is a retired school administrator, teacher, and coach from Illinois, Minnesota, and Wisconsin.

Hiking II: Fall Colors

OFF CAMPUS

2:30-4:30pm

Enjoy Fall colors while hiking trails from Duluth's east to west sides. Hikes will include favorites such as Lester Park, Amity Creek, Kingsbury Creek, and Bardon Peak, as well as some lesser-known trails. When possible, trails will be chosen so there are shorter and longer options for members to experience while hiking the natural beauty of Duluth's many parks.

Suzanne Griffith has been a member of University for Seniors for six years. She is an avid hiker and, since retiring, has enjoyed learning about the many parks in Duluth.

FRIDAY

Extra! Extra! You've Read All About It

ON CAMPUS

9:00-11:00am (1st four weeks)

Explore today's culture wars and their impact on our democratic principles. Three topics will be discussed: reasons fascism has become fashionable once again; America as a caste society or a class society; and modern political warfare using memes, digital warriors, and the internet.

Note: Each topic is taken from the three different recommended texts listed below.

Dave Griffin is a retired teacher who continues to find joy in learning and, more importantly, in using his passion for teaching to repackage what he's learned in a form that's meaningful and relevant to others. He taught for thirty-five years in various schools and universities and spent a year in England on a Fulbright Scholarship. For him, teaching for University for Seniors is another wonderful opportunity.

Books (recommended, not required):

1. *Fascism: A Warning* by Madeline Albright, ISBN 9780062802187
2. *Caste: The Origins of our Discontents* by Isabel Wilkerson, ISBN 9780593230251
3. *Meme Wars: The Untold Story of the Online Battles Upending Democracy in America* by Joan Donovan, Emily Dreyfuss, and Brian Friedberg, ISBN 9781635578638

A History of World War II: How the Allies Won the War

ON CAMPUS

9:00-11:00am

World War II was the climactic event of the twentieth century and changed the face of warfare and the political and

economic world forever. This class looks at the origins of the war, the decisive turning-point battles, the factors that account for the Allied victory, and the war's current-day impacts on our lives.

Jerry Sandvick is History Professor Emeritus and a former department chair and Dean of Liberal Arts. He has taught several University for Seniors classes over the past years and is the author of several articles and two books, the most recent of which is *World War II Shipbuilding in Duluth-Superior*, published by Arcadia Press.

Adventures in Watercolor

ON CAMPUS

9:30-11:30am

The goal of this class is to inspire creativity in its participants and to encourage them to learn and grow as artists. Wherever you are in your art journey, you are welcome. We all start somewhere; beginners are welcome.

LIMIT 20

Edna Blanchard paints in acrylics, oils, and watercolor. She learned art basics from workshops, lessons, books, and the experience of other artists. She is pleased to pass on the knowledge she has gained over the years and hopes painting becomes an inspiration and a refuge for participants as it has in her life.

Hiking I

OFF CAMPUS

9:30-11:30am

Explore the many trails in the Duluth area. Participants determine the pace of walking. Some go fast; others take their time. Whether speed-walking or strolling at leisure, all are welcome.

John Whelan is a graduate of Duluth Central with a long military career. He is a retired fighter pilot and airline pilot who has served in the US Air Force, Minnesota Air Guard, Texas Air Guard, and US Marine Corps.

COURSES

University for Seniors

UNIVERSITY OF MINNESOTA DULUTH
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1049 University Drive
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Duluth, MN 55812

Fall Term 2024 | September 16 - November 8, 2024

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IMPORTANT INFORMATION

Priority Registration Ends 8/12/24!

Register Online at:
<https://usregister.d.umn.edu/umnd>

Save the date for the following orientations:

Members: Monday, September 9, 2024,
10:00am in Griggs Center (KSC 202).

Class Assistants: Thursday, September 12,
2024, 10:00am in Kirby Plaza Room 309.

Class Leaders: Friday, September 13,
2024, 10:00am in Kirby Plaza 309.

Zoom Refresher: Friday, September 13,
1:30pm online. Link will be sent in
email to all registered members.

Contact Us: 218-726-7637
EMAIL: usask@d.umn.edu
WEBSITE: university-seniors.d.umn.edu

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To request disability accommodations, please
contact usask@d.umn.edu or call 218-726-7637.*

FIND IT INSIDE. FIND IT FAST!

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