

ALIR
Academy of
Learning in Retirement
a continuing education program

Spring 2019

North East I.S.D. Community Education

8750 Tesoro Drive, San Antonio, Texas 78217
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2018-19 ALIR Council

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Academy of Learning in Retirement

Mission Statement

Through volunteerism, the Academy of Learning in Retirement (ALIR), believing in lifelong learning, recognizes and utilizes its members' wealth of experience and abilities to achieve educational stimulation in the arts, history, literature, languages, and sciences.

History

The Academy of Learning in Retirement (ALIR) was established in 1989 as an extension of the University of Texas at San Antonio with Dr. John Lane and his wife Marci as catalysts.

Dr. Lane envisioned an **all-volunteer learning academy** patterned after an extension of the University of Delaware, which offered a variety of classes to an over-55 crowd. He recognized that too many retirees settle into a pattern of inactivity and have no outlet for their love of intellectual engagement. The academy would provide this, and would also satisfy the need for stimulating human contact. He presented the idea to UTSA, which reacted favorably.

In February 1989, ALIR opened its doors at the Institute of Texan Cultures under the aegis of UTSA. Eleven courses were offered to 61 members. Over its years at ITC, ALIR grew steadily, reaching a peak of about 50 classes. But in 2005, ALIR lost its home due to the burgeoning growth of UTSA and its need for downtown space. The search began for a new campus home.

Happily, North East Independent School District (NEISD) welcomed ALIR to its Community Education Department in the spring of 2006, offering comfortable classrooms, administrative services in support of ALIR's volunteer instructors, and the opportunity for ALIR to be included in its widely-distributed continuing education catalog.

Today, more than 600 intellectually curious, over-50, San Antonians are members. Now a **501(c)(3) corporation**, ALIR remains a continuing legacy of John and Marci Lane and a valuable resource for lifelong learners.

Contact

Classes are held at the North East Community Learning Center, 8750 Tesoro Drive, San Antonio, near Hwy 410 and Nacogdoches. There's ample free parking.

For questions or more information, contact **Rhonda McRae, ALIR Facilitator**, at (210) 407-0167, or visit www.neisd.net/Page/875.

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How to Register

- All persons age 50+ are welcome at ALIR. A single fee each term allows you to attend as many classes that term as you want; further fee details are on the registration form.
- Registration is required. A registration form is included with this catalog or can be accessed at the NEISD website: www.neisd.net/Page/875.
- Each term extends for 12 weeks, although some classes run for only the term's first six weeks, some for only the second six weeks. Check the listing.
- Classes have a maximum enrollment of 37; if instructors have set a smaller maximum number, it is noted at the end of the class description.
- **Spring Registration is on Friday, December 7 from 8:30 – 11:00 am**, in the NEISD Community Learning Center building. In-person registrations are processed in the order received; you may register for yourself and one other person only.
- If you can't register that morning, you can mail in your registration form, or register at the ALIR office during most business hours. Online or phone registrations are not available.
- To allow room for new ALIR students, register *only* for those classes you are sure you will attend. There is no penalty for dropping a class, but as a courtesy please let the instructor and Rhonda McRae know if you do.
- You'll receive an email confirming the courses in which you are enrolled. Review it carefully. If one of your choices was full, don't give up hope! Openings do occur after classes begin; speak with the instructor or with Rhonda McRae for availability.

Lunch

An important part of ALIR is the **daily community lunchtime** (12:15-1:00) when we continue discussions and become better acquainted – so please, bring a lunch! Microwaves are available, and vending machine beverages/snacks may be purchased. Three times each term, a **monthly luncheon** brings the entire “student body” together for good food, camaraderie, and conversation.

Spring 2019 Dates to Remember

Dec. 7 (Fri)	Registration for Spring 2019 classes
Jan. 29 (Tue)	Instructors' meeting
Jan. 31 (Thurs)	New Student Orientation
Feb. 4 (Mon)	Classes begin (1 st 6-week classes & all 12-week)
Feb. 25 (Mon)	Monthly Luncheon
March 11-15	Spring Break: no ALIR classes this week
March 25 (Mon)	2nd 6-week classes begin
March 26 (Tues)	Monthly Luncheon
April 24 (Wed)	Art exhibition & performing arts show
May 1 (Wed)	Monthly Luncheon
May 2 (Thurs)	Final day of classes for Spring term
May 3 (Fri)	Registration for Summer 2019 classes

ART & ART APPRECIATION

Mixed Media

Stanley Unser

Tuesday 9:30 - 12:15

Our focus this term will be on exploring the use of collage and image transfer techniques in combination with various artistic media to create abstract and representational works. Students interested in exploring various media are all welcome in this class, regardless of experience or skill level. A \$5 supply fee is requested; other supply ideas will be offered in class. (Max 20)

Basic Watercolor

Jeanette Lowell

Monday 9:30 - 10:45

Monday 11:00 - 12:15

Discover the fun of watercolor! Students of all levels are welcome; instruction is offered for beginners. Supplies will be furnished in order to complete the first lesson – or bring any paints and brushes you already have. *The 11:00 class is a repeat of the 9:30 class.* (Max 20)

Pastels

Barbara J. Gadsby

Thursday 9:30 - 12:15

This class is for anyone interested in learning how to use pastels – sticks of pure brilliant pigment, not colored chalk -- to create works of art. We'll discuss color, composition, contrast, proportion and mood. Together we'll explore various surfaces, techniques and styles. Discover the artist that lives in you – no experience required! Supply list will be available after registration. (Max 18)

Acrylic Painting

Valentina Messer

Wednesday 9:30 - 12:15

In this beginning acrylic painting class, students will learn multiple foundational painting techniques, the rules of linear and aerial perspective, and basic still life and landscape composition. (Max 20)

Zen Painting

Mary B. Bowman/Lauren O'Neal

Tuesday 1:00 - 2:15

This class will combine new with continuing students for learning and practicing this mindful way of self-expression. We will paint products such as notecards and gift wrap, selecting a different subject each week – a few basic strokes for flowers, or many-stroked landscapes. A \$5 paper fee is requested; other basic materials may be purchased from the instructor. (Max 22)

New!

Italic Printing

Mary B. Bowman/Lee Brooks

Monday 1:00 - 2:15

Italic is a very useful script that can improve your script's readability and extend your skill. A \$5 paper projects fee is requested and pens etc. may be purchased from the instructor. Calligraphy is not recommended for left-handed people, but it's not impossible when very motivated. (Max 20)

Inspired by Matisse

Sue Telle

Thursday 9:30 - 12:15 **2nd 6 weeks**

While learning about the life and work of French artist Henri Matisse (regarded as the greatest colorist of the 20th Century) students will be inspired to personally create one artwork each week. The artworks will be watercolor paintings, prints and cut paper collages. All materials will be supplied for a \$5 fee. (Max 20)

Art Across the Ages (Part 4)

Sandra Rightmeyer

Monday 9:30 - 10:45

This Great Courses® survey, led by Prof. Ori Soltes, is a broad study of Western visual art designed to familiarize you with basic art history and with major artists and styles. This term concludes the series, introducing the startling perspectives of modern art which reflect the politics, religion, culture and traumas flowing from events of the contemporary world. (Max 30)

New!

The Amazing History of European Art (Part 1)

Gus Hahn

Tuesday 1:00 - 2:15

Rich perspectives on 16th and 17th century European civilization are opened up through an encounter with the fascinating works of that period's art. We will include artists such as Leonardo, Raphael, Caravaggio, Rembrandt and Vermeer. Students will hear lectures by Prof. William Kloss in his Great Courses® series, as well as participate in discussion and view additional artworks.

COMPUTERS & TECHNOLOGY

Beginning Computer

Sylvia Braye

Wednesday 9:30 - 10:45 am 1st 6 weeks

If you're new to the computer, or want to review fundamentals, this class is for you. Students will learn computer basics in a hands-on setting, including how to use a mouse and keyboard. No need for typing skills ... and there are NO dumb questions! (Max 20)

Computer Applications

Thomas Lake

Monday 11:00 - 12:15

Learn the latest Microsoft® Office Windows® 10 programs, including Word®, Excel® and PowerPoint®. Specifically, we'll cover word processing (creating documents); spreadsheets (creating budgets and calculations); and presentations (designing classroom lessons and photo shows). (Max 20)

Digital Photography and Graphic Arts

Thomas Lake

Wednesday 11:00 - 12:15

Areas we'll focus on: using your digital camera, organizing your photos and creating fun projects using your photos, including greeting cards, calendars and signs. We'll also learn some fundamentals of PowerPoint® and Publisher®. Basic computer literacy is necessary to get the most from this class. (Max 20)

New!

Creating Professional Looking Documents

Patricia A. Young

Wednesday 1:00 - 2:15 2nd 6 weeks

Writing your memoir? Producing a newsletter? Sometimes how a document looks really matters. This class will immerse you in the extraordinary versatility of Microsoft Word®. Learn how to add headers/footers, number pages, insert tables and graphics, alphabetize lists and customize your "look" with fonts and design elements. The class will also share tips for working with long documents. *Prerequisite:* basic computer literacy. (Max 20)

ECONOMICS/SCIENCE

New!

Today's Global Economy

Bill Mitchell

Monday 11:00 - 12:15 1st 6 weeks

We will examine globalization's effects on countries, firms, communities and people. The sessions will explore how the past 25 years of trade agreements like NAFTA have changed the rules of business and affected US jobs and wages, including the outsourcing of jobs to other countries. Class conversations about how exports and imports are used in the global battle for profit will be placed in context of their longer-term effect on communities and people. (Max 30)

New!

Business and Society

Bill Mitchell

Monday 11:00 - 12:15 2nd 6 weeks

What is the role of a business in today's society and what are its obligations to stakeholders other than its shareholders and investors? Traditionally firms are created to primarily serve shareholders, but over time we have seen the growing importance of social, environmental and community-based stakeholders. This course will discuss the changing role of business and the expectations of countries, communities and people. (Max 30)

New!

Geological Wonders

Geoff Leech

Wednesday 11:00 – 12:15

The goal of this course is to heighten your sense of wonder, awe and respect for our planet. We will examine 12 spectacular geological wonders – four in the US, the rest at sites around the world. The course is based on the Great Courses® class taught by Prof. Michael E. Wysession, with the instructor adding relevant materials each week.

Understanding Personal Financial Risks and Opportunities

Bill Howland

Monday 9:30 – 10:45

This class offers interactive discussion and practical ideas to address personal financial issues, risks, opportunities and decisions facing seniors. Topics include understanding credit, insurance, and market risks; practical budgeting and tax planning; vehicle leasing/buying strategies; and investment planning ideas, all supported by the instructor's decades of financial marketing experience.

New!

Everyday Engineering: Understanding the Marvels of Daily Life (Part 2)

Tom O'Brien

Monday 11:00 – 12:15

Our world is full of engineering marvels, and this Great Courses® class explores the fascinating buildings, devices and public utilities that we use daily. Expertly explained by West Point's Dr. Stephen Ressler, this term's class will cover the remaining subjects in the series. In addition, the instructor will describe 12 more engineering feats. Expect an emailed handout before the class.

New!

The Science of Generosity and Kindness

John W. Spencer

Thursday 11:00 – 12:15

2nd 6 weeks

This class will review various ways people attempt to be helpful to others, and how generosity can allow us to grow and mature personally. The instructor will lecture on the psychological aspects of generosity and kindness (presenting commentaries by theorists) and on the research base that examines the biological, sociological and religious aspects of such acts, as well as the multiplicity of roles they play in our lives.

New!

Music and the Brain

Chancey Blackburn

Wednesday 9:30 – 10:45

2nd 6 weeks

A growing field of research uses empirical studies to test ideas about the role of music in human evolution. This Great Courses® series led by Prof. Aniruddh Patel will explore the relationship between music and emotion; how the brains of musicians differ from those of non-musicians; and even how listening to and making music can have measurable biological impacts on medical patients. (Max 25)

Money, Trade and History

Jaime Pankowsky

Thursday 9:30 – 10:45

We will discuss how and why money was created, how different it looks today compared to ages past, and its influence in stimulating trade, commerce, and industry. Did you know that many wars originated in trade competition? And is money still indispensable for the function of society? We will also examine some financial crises and their causes.

New!

Polar Explorations

Sue Varner

Wednesday 1:00 – 2:15

Great Courses® and National Geographic collaborated to produce a comprehensive tour of the Arctic and Antarctic polar regions. Amazing cinematography illustrates the similarities and differences of these regions, the history of polar scientific explorations, and the organisms – as well as the peoples – who live there. Guest speakers may include an astronomer who makes yearly trips to Alaska, and a representative from Sea World.

GENERAL STUDIES/CURRENT EVENTS

Beginning Genealogy

Carole Bancroft

Monday 9:30 – 10:45

Focusing on beginning research in genealogy, we'll exchange information and share ways to research your family tree. Having or purchasing a membership in Ancestry.com would be helpful but is not necessary. (Max 20)

New!

Spring Gardening: The Earth-Kind™ Method

Numa Laiche

Tuesday 1:00 – 2:15

1st 6 weeks

Join this Master Gardener as you learn to plant your spring veggies the Earth-Kind™ way, using scientifically sound techniques endorsed by Texas A&M. Soil, fertilizer, plant selection, water requirements and more will be discussed. *Enroll for the 6-week session, but the instructor will present this class in two identical, consecutive 3-week segments.*

Planning for the Inevitable: A Guide for Baby Boomers

Peggy and Mason Brown

Tuesday 9:30 – 10:45

1st 6 weeks

Tuesday 9:30 – 10:45

2nd 6 weeks

So much can happen in a moment – a fall or an illness – that suddenly requires quick actions involving finances, legal authority, a new living arrangement, or a home sale. The solution: *have a plan*. This class will cover senior living options, family-focused resources for care management, legal and financial issues, and downsizing/selling a home and setting up a new home. *The 2nd 6-week class is a repeat of the first; sign up for just one.*

Editorials

Vic Woodfield

Thursday 1:00 – 2:15

Students bring editorials from local papers, national papers, or international papers for group discussion. (Max 20)

What the Heck is Going On?

Mel Kanninen/Anita Beizer

Thursday 9:30 – 10:45

A moderator *du jour* will select a relevant topic and provide background information to spark an informed interaction among the class.

HEALTH & WELLNESS

Talking about Death Won't Kill You!

Joanne McGowan

Tuesday 1:00 - 2:15

When (not if) it comes to “transitioning,” we are usually no longer in control. Too often, institutions, doctors and machines cut us off from the spiritual rite of death. This class covers having “the conversation,” the high cost of end-of-life care, palliative and hospice programs, death with dignity, green burials, advance directives, and the environmental impact of the funeral industry. We'll write our own eulogies and take a trip to a funeral home or cemetery.

New!

Outsmart Yourself: Brain-based Strategies to a Better You

Tom Gaines

Tuesday 11:00 - 12:15

Why aren't we really in control of our behavior? Are there ways to hack into our brains to live healthier lives and break bad habits? This Great Courses® series uses neuroscience research findings, presented by Prof. Peter M. Vishton, to increase our awareness of automatic habits and how we might change them.

Gentle Mat Yoga

Barbara Ritchie/Patricia Lloyd

Thursday 11:00 - 12:15

This class will use gentle yoga poses while practicing breathing techniques to calm body and mind while adding balance and strength. Please bring your own mat, a block and a yoga strap, all readily available at many retailers. The ability to get up and down from the mat is essential. (Max 30).

Conversations with a Psychologist

Susan Pelzer

Wednesday 11:00 am - 12:15 pm

This long-running ALIR offering is back! Participate in conversations covering how existential philosophy and phenomenology inform psychology. (Max 30)

Mindful Living

Mark H. Stokes

Thursday 11:00 - 12:15

We will discuss and practice a variety of ways – including meditation – to help improve mental, emotional, physical and spiritual health. We will learn to let go of fears, worries and regrets and live in a mindful state; topics include self-mastery, stress management, and living in harmony with the way things are. Eckart Tolle's books are often cited.

New!

Yoga for Flexibility

Angie Sandquist

Monday 1:00 - 2:15 **1st 6 weeks**

This gentle approach to yoga is less intense, non-strenuous and slow-paced. You will do well-measured stretches and range of motion exercises that will equally strengthen and stretch you, increasing your flexibility. Repair those muscles that need love! (Max 12)

Current Issues in Nutrition

Fran Sullentrop

Wednesday 9:30 – 10:45

Join us for a detailed overview of nutrients, followed by discussion of current nutritional issues. We will address the use of supplements, food additives, phytochemicals, probiotics, food labeling, food safety, dietary guidelines and food production. The course concludes with a discussion of nutrition and chronic diseases.

Healthy Eating the Mediterranean Way – From Theory to Practice

Suzette Holley-Pelayo

Monday 1:00 - 2:15 **1st 6 weeks**

This class will introduce you to the Modified Mediterranean Diet, along with the health benefits it brings. The instructor will suggest meal plans/recipes and will demonstrate how to prepare dishes for you to taste and enjoy. The book, *Let Food Be Your Medicine*, will be referenced, but is not necessary to buy. A \$10 fee for food/ingredients is due at the first class. (Max 15)

HISTORY/POLITICAL SCIENCE

New!

The Enlightenment: Philosophy and Culture in 18th Century Europe

Nancy Fix Anderson

Wednesday 11:00 - 12:15 **2nd 6 weeks**

The intellectual revolution in Europe in the 18th century transformed the way people thought about the world and society. Known as “The Enlightenment,” the movement emphasized reason rather than authority, humanitarianism, civil liberties, religious toleration, and classical values. In addition to philosophy, we will explore the Enlightenment’s influence on the art, music and literature of the age.

The Japanese Internment in WWII

Larry Yano

Tuesday 9:30 - 10:45 **2nd 6 weeks**

The US military confined 120,000 people of Japanese ancestry in “Internment Camps” during the second World War – approximately 90% of whom were US citizens. This course will explore life in the camps and the basic causes of how internment came about. *This class will be just three weeks long.* (Max 30)

New!

Jackie Robinson, Civil Rights Hero

Jane Cavazos/Paul Cavazos

Wednesday 9:30 - 10:45 **1st 6 weeks**

In 1947, Jackie Robinson was the first African-American to break the segregation barrier in major league baseball. Despite taunts and death threats, he played with grace and dignity for 10 years, winning numerous awards including MVP in 1949. He then went on to participate in the Civil Rights Movement and to build a successful business career. Class is based on the excellent biography of Robinson by Arnold Rampersad. (Max 20)

New!

Government 101

George Blair

Monday 9:30 - 10:45

Are you confused about our government and politics? The first part of this course will briefly review the principles, foundation and function of our government. The latter part will focus on techniques to cut through propaganda and TV ads to find the facts needed to make informed civic decisions. (Max 20)

New!

The American Colonies' Religious Roots

Albert D. Kissling

Thursday 11:00 - 12:15

1st 6 weeks

Beginning with the Reformation and religious wars in Europe, we shall trace the settlement of colonies in the New World. This participatory class is designed to help students gain new insights into America's religious roots, and perhaps into their own ancestors' motivations. The instructor will provide written background materials; class will be discussion-oriented. (Max 24)

New!

The American Revolution

Numa Laiche

Tuesday 11:00 - 12:15

1st 6 weeks

Tuesday 11:00 - 12:15

2nd 6 weeks

Based on his original research, the instructor will delve into our revolutionary history. The first 6-week session will cover the period from Bunker Hill to the French Intervention. The second 6-week session will focus on the revolutionary period in the Southern Colonies, from 1776 to Yorktown. *Please enroll in one or both.*

New!

Technology and Inventions

Fred Szenasi

Tuesday 9:30 - 10:45

Extending the fall class on ancient technology, this class will examine major inventions and technologies that produced the Renaissance, drove the Industrial Revolution and shaped the 20th century. We'll look at inventors (i.e. DaVinci, Watt, Edison, Tesla) and how their inventions changed everyday life via new materials, new energy sources and transportation advances. The instructor will supplement Great Courses® lectures by Prof W.B. Carlson.

New!

The Presidency

John Fagin

Tuesday 11:00 - 12:15

This course will cover the constitutional and historical roots of the US presidency. We will start by talking about the seven basic roles that all US presidents play as part of their presidential responsibilities. Much of the course will trace the office's evolution and changes over time. We'll also discuss historians' rankings of the "best" and "worst" presidents. The final class will include discussion of the Obama and Trump presidencies.

Sam Houston – A Biographical Sketch

Don Glessner

Monday 1:00 - 2:15 **2nd + 6 weeks**

This course is a brief biography of Sam Houston, emphasizing his tenure as Commanding General during the Texas revolution.

New!

The Skeptic's Guide to American History

Linda Rogde

Tuesday 1:00 - 2:15

Few people recognize that much of what we know about American history is mythical and mistaken, with many popular beliefs being either totally false or at best, half true. This Great Courses® series, led by Prof. Mark A. Stoler, covers key historic figures, events, movements and legacies to convey a much fuller understanding of our history.

New!

Privacy, Property and Free Speech in the 21st Century

Philip D. Freeman

Wednesday 1:00 - 2:15

Learn what rights you have in this new technological world: Can police use cell towers to follow you? Can your picture be used without your consent? Are the rules different for Facebook and Google? This Great Courses® class, led by Prof. Jeffery Rosen and enhanced by the instructor's commentary and current updates, focuses on law and the constitution; the 1st, 4th, and 5th Amendments will be the bedrock for analysis and class discussions, which are encouraged.

Turning Points in American History (Part 2)

Tom Colbourn

Wednesday 1:00 - 2:15

Part 2 of this Great Courses® lecture series presented by Dr. Edward O'Donnell will continue to take a deep look at significant events – turning points – in American history. The events we discuss are at times triumphant and inspiring and, at other times, tragic and sobering. But in every case, they will expand your knowledge of the extraordinary story of America's past.

New!

Ancient Greek Civilization (Part 1)

Pamela Ferguson

Monday 11:00 - 12:15

This Great Courses® series presented by Prof. Jeremy McInerney covers the period from the late Bronze Age through Alexander the Great (c. 1500 BCE to 400 BCE). Discover how this influential civilization was similar to ours in many ways, and how it was also utterly different.

New!

Genghis Khan and the Hordes from the Steppes

Bernard Rauch

Monday 1:00 - 2:15

Perhaps no empire rose as spectacularly as that of the Mongols. In less than a century, a small band of warriors grew to a realm that encompassed lands from the Pacific to the Danube River. This series of Great Courses® lectures by Prof. Kenneth Harl examines how Genghis Khan and his successors achieved a dramatic series of conquests and made the 13th century their own. (Max 25)

LANGUAGES

New!

From Dialect to Dominant – The Evolution of English (Part 1)

Dr. Joanna McKinnis

Thursday 1:00 - 2:15 **1st 6 weeks**

Experts detail the 1500-year history of the English Language in this video series (“Athena”), which will serve as a springboard for class discussions. These authorities, along with our own linguistic-expert instructor, will show how diverse forces – from Beowulf to the Bible, from Shakespeare to American slang – shaped our modern language. Class contributions of word origins will be welcome!

Beginning Spanish

María Zambrano/Lourdes Cervantes

Thursday 9:30 - 10:45

Take this opportunity to learn basic communication skills in Spanish. The class will cover basic vocabulary with real-world application – foods, actions, clothing, etc. (Max 30)

New!

Intermediate Spanish

Carlos Rodriguez

Wednesday 1:00 - 2:15

This class picks up where a Beginning Spanish class ends. The focus will be on grammar, with extensive student participation. The class will use the book *Easy Spanish – Step by Step* by Barbara Bregstein (ISBN: 978-0-07-146338-6); it would be helpful to bring the book to the first class. (Max 15)

Conversational Spanish

Maria G. Colbert

Monday 1:00 - 2:15

A prerequisite for this course is a knowledge of the Spanish language. The course will center around group and individual conversations in Spanish on culture, literature and current events. Its goal is to enable you to improve (or maintain) your competency and increase your enjoyment when conversing in Spanish. (Max 15)

New!

Great Spanish & Latin American Short Stories

Mary Martínez/Estela Royal

Tuesday 1:00 - 2:15

This class, conducted in Spanish, will read and discuss short stories written by leading authors of the Spanish-speaking world. This session, we will use *Great Spanish and Latin American Short Stories of the 20th Century: A Dual-Language Book*. (ISBN 13-478-0-486-47624-7, or ISBN10-0-486-47624-3). (Max 20)

Intermediate German

Frederick Franz Prassel

Thursday 9:30 - 10:45

As an intermediate course, this class will focus on pronunciation, phonetics, vocabulary building, grammar and Deutsch Volkslieder. We will use the book *German Made Simple* by Dr. Arnold Leitner (ISBN 0-7679-1860-6), available from online booksellers. (Max 20)

Introductory Italian (Continuing)

Fedora Saunders

Thursday 11:00 - 12:15

In this continuation of the Level I class, we will study the present tense of irregular verbs and the present perfect tense, while increasing our Italian vocabulary. The class will use the book *Italian All-in-One for Dummies* (ISBN-13: 978 -1 118 510605), available from online booksellers. This class is meant for students with prior experience studying/reading Italian. (Max 20)

Intermediate Italian

Fedora Saunders

Thursday 1:00 - 2:15

This class is designed for students who have taken the Introductory Italian course, or who are fluent enough in Italian to be able to read and comprehend short stories written in Italian. (Max 20)

You may also want to consider ***The Elements of French Culture in the World Cultures*** section, page 20.

Advanced Hispanic Literature and Civilization

Jack Himmelblau

Wednesday 9:30 - 10:45

This advanced class will emphasize classroom discussion and analysis of Hispanic literary and cultural texts. (Max 14)

LITERATURE & CREATIVE WRITING

New!

More Poetry Celebrations

Patricia S. Gray

Tuesday 1:00 - 2:15

2nd 6 weeks

A whole world of poetry exists for us to explore and celebrate. Everyone will contribute with their own poetry books and their own poems. Of course, the instructor will also provide poetry, in a variety of formats. Poems are meant to be heard, and we will be reading aloud much of the time. So many poems, so little time! Come join the celebration – this class is for everybody! (Max 30)

Memoir Writing

Marian Edson

Monday 11:00 - 12:15

Everyone has a unique story to tell. Join our memoir class to be inspired to write and share your own. This class continues ALIR's 20-year-long legacy of offering a friendly, fun, approach to corralling our memories.

New!

Macbeth – The Play, The Tragedy, The Legacy

Patricia Lonchar

Tuesday 1:00 - 2:15

1st 6 weeks

For some, *Macbeth* is “the bleakest of tragedies.” This course will examine such a view in terms of cultural context, critical theory, and production history. This approach should permit us to explore how Shakespeare displays society's deepest fears on stage and appreciate why the Bard could describe life as “a walking shadow...a tale told by an idiot, full of sound and fury, signifying nothing.” We will read the play so students should have a copy available.

Writers Workshop II

Jean Jackson

Wednesday 11:00 - 2:15

Designed for those who write on their own, this workshop will focus on revision and editing and will meet in a critique group setting, with lunch in between. (Max 20)

Writing Poetry

Barbara Lazar

Wednesday 9:30 - 10:45

We will write and read poems. Together, we'll learn about poetic devices to make our poems stronger and more powerful. (Max 15)

New!

Poetry Just for Fun

Kathryn Kunkel

Thursday 1:00 - 2:15

Do you like poetry? Here's your chance to explore some creative and fun types of poems, like diamante or shaped forms. Discover what poetry is, and what inspires people to write it. But what if you "hate" poetry? Come to this class and write a poem expressing your disgust – no matter what, it's all about the pleasure of creating this written art form! (Max 15)

MUSIC/FILM/DRAMA

New!

The Dude Abides: Films by Joel and Ethan Coen

William (Bill) Boon

Tuesday 9:30 - 12:15

1st 6 weeks

Using two books on the Coen Brothers as background, this class will view and discuss *The Big Lebowski* (1997), *Fargo* (1996), *Miller's Crossing* (1990), *No Country For Old Men* (2007), *The Ladykillers* (2004) and *O Brother, Where Art Thou?* (2000). (Max 20)

New!

Big Stars, Little Stars, Movie Stars!

Judy Callier

Monday 9:30 - 12:15

Come watch movies featuring the big stars, the supporting stars, some lesser knowns, and all the actors in between. Refresh your memories with movies you haven't seen in a long time, or maybe ones you haven't even heard of! There will be action, adventure, comedy and romance. (Max 40)

New!

Order in the Court: Best Courtroom Dramas

Fran Stelzriede

Tuesday 9:30 – 12:15 **2nd 6 weeks**

You won't feel at all guilty when viewing and then discussing the theme, characterization and plot of some courtroom films considered among the best in this genre. The films to be shown are: *12 Angry Men*, *To Kill a Mockingbird*, *My Cousin Vinny*, *Philadelphia*, *The Rainmaker*, and *Runaway Jury*. (Max 20)

Uke Can Do It (Part 2)

Rudy Salazar/Bob Carlson

Tuesday 11:00 - 12:15

This class is intended for students who have learned to play the 1,4,5,6 chord progression in the key of "C" and who now wish to learn to play songs in the key of "G." You'll be introduced to different 3/4s strumming and picking techniques. Bring your uke, tuner, music stand, and 3-ring binder with handouts and music from the 2018 fall class. (Max 20)

*You might also want to consider **Music and the Brain** in the Science section.*

PHILOSOPHY/RELIGION/WORLD CULTURES

New!

Beginnings of Judaism (Part 2)

Julie Ouellette

Monday 9:30 - 10:45

Each class will include a 30-minute Great Courses® video lecture by Prof. Isaiah Gafni, followed by a 30-minute reading and a class discussion. Some topics this term will include the discovery at Qumron, Judaism in the Hellenistic world, and Messianic eschatology. Handouts with extra reading sources are shared each class. Although Part 1 was given in fall, first-timers are welcome! (Max 30)

Socrates Café

Mark H. Stokes

Tuesday 11:00 - 12:15

Inspired by the book *Socrates Café* by Christopher Phillips, the class discusses and delves into philosophical questions of life (e.g. what is truth?). It is not a lecture class on philosophy; students are encouraged to share their ideas and perspectives on the question of the day.

The New Testament (Part 1)

Julie Ouellette

Thursday 1:00 - 2:15

This Great Courses® video-teaching series will start each week with a 30-minute presentation by Prof. Bart Ehrman, covering topics such as the Greco-Roman context of the times, Jesus as the apocalyptic prophet and the non-canonical Gospels. Class discussions and readings will follow. Handouts will be available every class, and Bibles will be available to use. (Max 30)

New!

Spain – Land at the Crossroads

Estela Royal/Mary Martínez

Monday 1:00 - 2:15 **1st 6 weeks**

We'll examine many fascinating stories of the Iberian Peninsula's culture and history, from the Paleolithic period to the present, learning how the different conquerors (and the colonists) who came to Spain have all left their cultural imprint on this land. This class is based on the Great Courses® *History of Spain*, led by Prof. Joyce Salisbury.

New!

Lost Christianities: Early Forms of Christianity (Part 2)

Leslie E. Ellison

Thursday 9:30 - 10:45

This course, a series of Great Courses® lectures by Dr. Bart Ehrman of the University of North Carolina, will focus on non-canonical writings which show the great variety of early Christian groups – especially those of the 1st and 2nd centuries CE. It will also deal with early Christian orthodoxy and the formation of the New Testament canon. You may enroll even if you didn't attend Part 1.

New!

The African Experience: From Lucy to Mandela

Drake Leddy

Monday 11:00 - 12:15

Presenting a balanced view of African history and an appreciation of the complexities of the African experience, this Great Courses® series with Prof. Kenneth P. Vickery takes a long view of the continent's rich history. The class's goal is to better appreciate the outstanding achievements of African cultures as well as the disappointments brought on by European and Islamic colonization.

New!

Elements of French Culture

Daniel Rosenthal

Monday 9:30 - 10:45 **2nd 6 weeks**

Several topics pertaining to France and the French culture will be addressed in this wide-ranging class. Let's explore the Marais in Paris ... the comedies of Moliere ... the Sun King ... French colonies ... some not-to-miss streets in Paris. Did you know that France produces more than 400 distinct cheeses? (Max 20)

RECREATION & LEISURE

New!

Mountain Dancing (American Folk Dance)

Linda Carolan

Tuesday 9:30 – 10:45

Focusing on figures which don't require a partner, we will learn the Ball of Yarn, Virginia Reel, Mountaineer Loop, Dip for the Oyster, Chase the Rabbit and other dances. Figures come from Irish ceillidh, contra, smooth mountain, and clog dancing. You can learn the basic clogging step, or you can use a simple walking step. Remember: "You can learn to dance if you can count to three (walk, walk, walk)!"

New!

Flowers and Wreaths

Connie Zulaica

Thursday 11:00 - 12:15 **1st 6 weeks**

Bring your floral wire cutters/scissors, an assortment of seasonal artificial flowers, foliage and decorations, and a small or medium wreath base – and before you know it, the instructor will work with you to create your own floral masterpiece. Both design and practical tips will be shared. Material ideas will be discussed at the first class; a \$10 materials fee is required. (Max 10)

Brain Games

Pat Schmitz

Tuesday 11:00 - 12:15 **1st 6 weeks**

This course will use a variety of engaging games to exercise our brains as we work on long-term memory, working memory, attention to detail, processing speed, and other brain functions. The class is highly interactive – you'll need paper and pencil. (Max 25)

New!

Indian Cooking

Kris Challapalli

Monday 1:00 - 2:15 **2nd 6 weeks**

Explore one of the world's classic cuisines -- that of India. Foods prepared will be mostly vegetarian, using Indian spices and traditional Indian cooking methods. The instructor will emphasize preparing balanced meals. A food fee of \$5 is due at the first class. (Max 15)

The Art of Quilting

Janice Liggett/Lisetta Ennis

Wednesday 9:30 - 12:15

This long-running ALIR class covers various quilting and piecing techniques and methods, with a different focus and project each term. Students bring sewing machines to class to work on their individual projects. Contact the instructor for a specific supplies list or with questions at janicesgarden@att.net. (Max 30)

Continuing Ballroom Dancing

Barbara J. Gadsby

Tuesday 1:00 - 2:15

This ballroom class welcomes anyone interested in improving their dance skills. You will acquire new steps and improve not just your skill but also your style. We'll cover Foxtrot, Waltz, Swing, Rumba, ChaCha, Merengue, Salsa and more. No dance partner required.

New!

Knitting for Beginners

Dean DeBenedictis

Monday 9:30 - 10:45 **1st 6 weeks**

Beginner's knitting will cover equipment, concepts and terminology. Students will learn about the proper gauge, the knit stitch, the purl stitch, increases, decreases, how to identify and correct mistakes, and basic casting on and binding off. We'll discuss the yarns and tools you may want to use at the first class. (Max 20)

Beginning Line Dance

Eloy Ramirez

Thursday 9:30 - 10:45

If you have no experience in line dancing (or any kind of dancing), if you have two left feet, or even if you are just a bit shy – this class is for you! It's so much fun you won't realize you're getting physical as well as mental exercise. (Max 30)

Introduction to Tai Chi

Julie Little

Thursday 1:00 - 2:15

This class will introduce you to Tai Chi for health and flexibility. We will learn the first eight moves of the Yang style form. We will include plenty of repetition and practice in order to become familiar with these beneficial movements. (Max 25)

Tatting: Lace – Frivolite

Luz Amelia S. McClellan

Thursday 1:00 - 2:15 2nd 6 weeks

Tatting can be defined as *a hole surrounded by thread*. Create elegant lace, a beautiful doily, a decorative holiday ball, or more, while learning this 250-year-old art. A video will be used to support your hands-on experience as will the instructor's guidance. A \$15 materials fee is payable to the instructor. (Max 8)