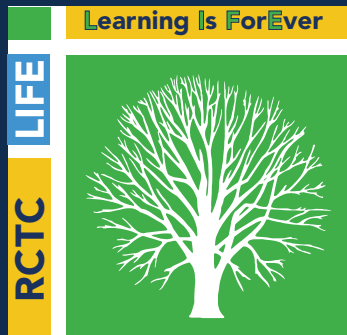




LIFE PROGRAM

Learning Is ForEver

SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER | 2025



Providing adult education, insight, and engagement

www.learningisforever.net | facebook.com/RCTCLIFE

FOR PROGRAM INFORMATION, PLEASE PHONE 507-280-3157

Supported by Rochester Community and Technical College

Welcome to Learning Is ForEver at RCTC



FROM THE OFFICE

It's our pleasure to welcome each of you, returning and new, to another exciting year of classes. This catalog brings fresh opportunities to

explore new ideas, revisit favorite topics, and engage in meaningful conversations. LIFE is built around the belief that learning doesn't stop as we age. More than anything, LIFE is a community—a place to learn, laugh, and grow together. Here's to a joyful, engaging, and enriching year!

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ABOUT LIFE

As part of the Rochester Community and Technical College (RCTC) outreach effort, Learning Is ForEver (LIFE) provides stimulating educational programs and encourages social and personal growth for lifelong learners in our growing and diverse community. This is accomplished through various affordable classes, including lectures, discussion groups, and other learning opportunities, all in an accessible setting. LIFE offers classes in Current Affairs, History, Humanities, Science/Math/Technology, Personal Interest, and Travel. There are no educational requirements, term papers, or tests. Everyone succeeds, and all are welcome!

PICTURED ON THE COVER



Dean Waldof (left) moved from Minneapolis to Rochester in 1982 and loves both cities. He feels lucky to have worked with great teams as a Mechanical Engineer. In retirement, he and his wife travel as much as possible. Nature feeds

his soul, and maintaining his wooded acreage keeps him out of trouble. He enjoys the variety of LIFE classes offered. "One way to truly enjoy life is to learn something new every day."

Bob Bendzick (right) believes staying informed is an obligation for those lucky enough to live a long life. Acquiring new knowledge helps keep us young and relevant. He values the knowledge of presenters and the opinions of attendees. "I wish I had found LIFE sooner. Come and enjoy the knowledge that is here for the taking."

Genell Cummings (seated) is a retired kindergarten teacher, enjoys walking her miniature Schnauzer, Ivy, attending sporting events of her five grandkids, and traveling. She began attending LIFE right after retirement and encourages everyone to attend a class or two!



FROM THE ADVISORY BOARD

Welcome to a new school year of LIFE! When looking through the catalog, you will quickly see that it will be hard to choose from the interesting classes and excellent instructors. Thanks to our

Program Committee, who strive to find new instructors and topics while retaining highly rated ones from previous years. We value your input and encourage you to fill out the evaluation after each class. A dedicated committee reviews your input and reports its findings to the board.

Please consider attending the Harvest Dinner in October. Douglas Wood has written many books for children and adults, is an instructor, a guide for Road Scholar, and a songwriter/singer. It will be a wonderful dinner, time to visit with friends, old and new, as well as an entertaining program.

As we look forward to a new year, help us expand the LIFE program by reaching out to friends and encouraging them to attend classes. Their first class is free!

I wish you a great year. See you in class!

Julie Stenehjem
LIFE Advisory Board Chair

BECOMING A MEMBER

To attend LIFE classes, participants may choose to purchase a membership to enjoy reduced class fees. Non-members are always welcome but pay a slightly higher fee per class. 12-month membership (September through August) are only \$35. Memberships are non-refundable.

LOCATION

Classes are held in person at RCTC Heintz Center, located at 1926 Collegeview Road SE, Rochester, or online via Zoom.

TUITION ASSISTANCE

Tuition assistance is available. Reach out to our office for information.

GUEST POLICY

Members may bring a guest (someone who has not attended before) to a class at no charge. Please contact our office for more information.

WAYS TO REGISTER



ONLINE

Available for members with credit card payment at www.learningisforever.net



MAIL

Include the registration form and a check payable to "RCTC LIFE"

RCTC LIFE Program
851 30th Avenue SE, Box 50
Rochester, MN 55904



IN PERSON

Bring a check payable to "RCTC LIFE"

RCTC Heintz Center
1926 Collegeview Road SE
Rochester, MN 55904

CLASS FORMATS



IN PERSON

The class is held in an RCTC classroom unless otherwise noted.



ONLINE

Live class online. The Zoom link will be emailed before the class.



HYBRID

Live in-person and online at the same time. The Zoom link will be emailed before the class.



DISCUSSION GROUP

A conversation that allows participation by all members.

VIEWING ROOM

We welcome you to our viewing room to watch any online class on the big screen. Contact our office to reserve your seat.

CANCELLATION/REFUND POLICY

Cancellation requests must be made **five business days before** the class starts. A \$5 processing fee will be retained.

- In the event the LIFE Program is canceled, a full refund will be issued.
- If RCTC classes are canceled due to inclement weather, all LIFE classes will be canceled (and rescheduled if possible).
- If Rochester Public Schools are closed but RCTC remains open, LIFE will hold classes.



ROCHESTER
COMMUNITY AND TECHNICAL COLLEGE




Course Recordings

Miss a class you wished you could have attended?

Want to learn about a topic that was offered previously?

Wish you could share a past class with a friend?

We've got you covered!

Many of our online classes have been recorded and are kept in our archive for one year. **Purchase a recording for only \$10/recording/person!**

Purchases can be made online or by completing the paper form. To purchase online or learn more, visit www.learningisforever.net or scan this code.




Questions? Call 507-280-3157 or email jamie.schroeder@rctc.edu





Douglas Wood
KEYNOTE SPEAKER

2025 Annual HARVEST DINNER

THURSDAY
OCTOBER 23
5:30-8:00PM

Best Western Rochester
1517 16th Street SW

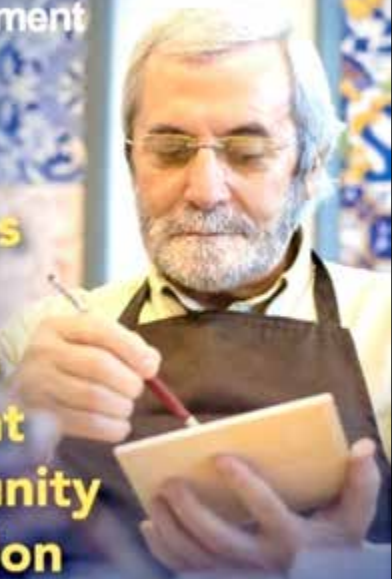


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OCTOBER
14



adult enrichment



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www.rochesterce.org/enrichment/adult

Classes by Category

CURRENT AFFAIRS

* Headliners.....	5, 8, 15, 24, 29
Losing Soft Power	8
Middle East Update	9
Germany at Crossroads	11
Social Security	12
AGI	13
* Dodge County, Inc.....	14
State of the World.....	17

EVENTS

* Grill Out	7
* Community Conversation..	10
* Harvest Dinner.....	21

HISTORY

* PB at 100	9
Shackleton	9
Dangerous Ideas	10
Birth of the Atomic Age.....	10
William Franklin	11
Decades: 1930s	12
Christians in Politics	13
Great Depression	13
Executive Order	14
Salem Witch Trials.....	15
Lawrence of Arabia	15
Four Horses	16
* Rudolf Virchow.....	17
War at Home	18
Bridging the Divide.....	18
MN Underground RR.....	18
USA Response Holocaust..	19
Transatlantic Slave	19
Jane Austen.....	19
Lessons from Vietnam.....	20
* Reformation	21
Battle of Gettysburg	22
Hidden Cemeteries.....	23
Mormon Trail	23
Guy Fawkes.....	24
Rise of India	24

HISTORY (continued)

Black Liberation	25
Tubman & Hamer.....	25
Eichmann	26
Cherry Mine	27
Witches of November.....	27
British Life	27
British Christmas.....	29
Buying A Bride.....	29
Underground Railroad.....	30
Women of Civil War.....	30
Decades: 1940s	30
Helen Keller	31

HUMANITIES

Frida and Diego	7
* Great Literature	5, 7
MN State Fair.....	9
George Gershwin.....	10
* War and Art: WW I	11
* Art in War: WW II.....	11
LIFE Book Group.....	5, 12
* Rock Album Covers.....	13
* Rated R.....	6, 14, 21, 26, 31
Satirical Songs	15
Franklin Ellerbe.....	15
Woody Guthrie.....	16
Impressionism.....	16
Banned Books	20
War of the Worlds	22
Bayeux Tapestry	23
Cartoon Music	23
Bauhaus Story.....	23
* Music of Motown.....	24
F. Scott Fitzgerald	25
Behind the Bellow	25
Historical Oz	25
Mosaics of Ravenna	28
Tchaikovsky.....	28
That's Art?!	28
Sir Walter Scott.....	28
Rock Art.....	29

PERSONAL INTEREST

Electrical Safety	8
* Anxious Generation	10, 16
Successful Aging	12
* K9 Search and Rescue.....	14
Stress of Life	19
* Nutrition News	22
Healthcare System	27
* Ways to Cope	27
Religion and Law	29
Fraud and Scams.....	30

SCIENCE/MATH/TECH

Effects of Food Dye	18
Asteroids.....	20
* Intro to Polymers	20
Rapids to Reservoirs.....	21
Welcome to Mars.....	30

TRAVEL

Tour of White Sands	7
Baltic: Estonia	8
Baltic: Latvia	8
Baltic: Lithuania	8
Monuments of D.C.....	9
Munich	17
Haunted Tour of Anoka	22
Galena, Illinois	24
Visions of Italy.....	26
Stories from Eswatini.....	26
Valley of Fire	28

*Signifies in person class

GREAT LITERATURE BOOK GROUP

Stephen MacLennan and Betty Spitzmiller facilitate discussions of great literature for people who love reading (and sometimes rereading) and making connections with the author, fellow readers, and their own lives.

This year's group will continue reading Samuel Cohen's *50 Essays: A Portable Anthology* (3rd edition). This compact and inexpensive anthology includes essays by authors such as James Baldwin, Rachel Carson, and Henry David Thoreau. Over the summer, the group will read Diane Wilson's novel *The Seed Keeper* and discuss it at the September class.

Discussions are presented in a hybrid format: each month, members may choose to meet in person at the Heintz Center or join via Zoom. After registering, you may pick up a copy of Cohen's 3rd edition from the LIFE office for an additional \$6 or secure your own copy.

The group will meet on the first Thursday of each month, September-June. **The class fee covers all sessions.** Members should come to class prepared to discuss pre-selected works of classic literature!

\$40/\$50 Sep 4, Oct 2, Nov 6, Dec 4



10:00 AM-12:00 PM Hybrid/Room H1305

HEADLINERS

Gather, Listen, and Learn! Meet in person once a month to engage in a thoughtful exchange of ideas, opinions, and information with facilitators Steve Frytak and Phil Karsell.

This is a place to flex your brain, find gratification in being acknowledged for what you know, and be humbled by the knowledge of others. Bring current newspaper/magazine topics or other topics you would like to discuss.

All are welcome! **There is no registration fee; however, you need to pre-register.** Each class is limited to 10 participants to ensure everyone has time to share their thoughts.

Fridays, Sep 5, Oct 3, Nov 7, Dec 5

1:00 PM-3:00 PM Room H1415



LIFE BOOK GROUP

Enjoy lively and thoughtful book discussions with fellow readers on the third Friday of each month! Group members suggest and select the books, and discussions are facilitated by Steve Troutman. Please plan to get your own copy of each selected title.

Upcoming discussion dates and books are listed below. Books for February through June will be chosen in the fall.

Sep 19 *The Demon of Unrest: A Saga of Hubris, Heartbreak, and Heroism at the Dawn of the Civil War* by Erik Larson

Oct 17 *The Book of Gutsy Women: Favorite Stories of Courage and Resilience* by Hillary Clinton & Chelsea Clinton

Nov 21 *The Mighty Red* by Louise Erdrich

Dec 19 *Rainbow Parade* by Emily Neilson & *And Tango Makes Three* by Justin Richardson, et al [two children's books]

Jan 16 *A Bright Future: How Some Countries Have Solved Climate Change and the Rest Can Follow* by Joshua Goldstein and Staffan Qvist

\$40/\$50



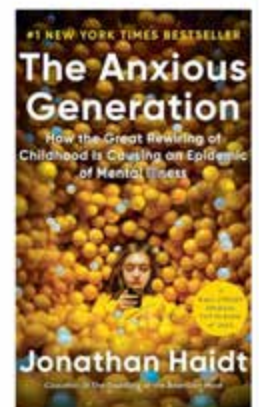
9:00 AM-11:00 PM Online via Zoom

Community Conversation: *Understanding The Anxious Generation*

FREE EVENT!

Let's come together as a community to discuss the challenges young people face today and better understand how we can support the next generation!

Information on page 10.



RATED R FOR READ!

Whether you are an avid reader wanting to discuss the book you just read or a movie buff who enjoys the story played out on a screen in front of you, this is the class for you!

You are invited to enjoy themed snacks as you watch a movie based on a novel. After the movie wraps up, Stephen MacLennan lead a discussion of both the book and the movie and ultimately decide which we prefer. Moviegoers are encouraged to read the selected book before the viewing date; however, if you would rather just come and enjoy the movie, snacks, and fellowship, that is fine too.

Anyone wishing to participate in the discussion after the movie must secure a copy of the book. Don't miss your chance to finally answer the question as to which is better, the book or the movie?

Thu, Sep 25 *Fried Green Tomatoes*
by Fannie Flagg

Thu, Oct 23 *The Legend of Sleepy Hollow*
by Washington Irving

Thu, Nov 20 *Sense and Sensibility*
by Jane Austen

Thu, Dec 18 *In God We Trust: All Others
Pay Cash* by Jean Shepherd

\$10/\$20 (per session)

10:00 AM-1:00 PM



Location: Forté Living Movie Theatre Room at
3955 Superior Dr NW, Rochester

Follow LIFE on Facebook



*Why name **LIFE** in Your Will or Trust*

Since 1993, the LIFE Program has been an integral part of Rochester Community and Technical College's outreach by inspiring lifelong learners to engage, discover, and grow. LIFE has received financial support from individuals who have included the LIFE Program as a beneficiary of their wills and estate plans.

By naming the LIFE Program as a beneficiary in your will or trust, you are expressing gratitude for the opportunities our educational programs have provided. This gesture ensures that the programs you cherish will continue to enrich the lives of lifelong learners for years to come.

Your Legacy Shapes our Future



Thanks to bequests and other major gifts, the LIFE Program can grow and offer innovative new classes to meet the changing interests of our diverse community. Our commitment to creating stimulating educational experiences will fulfill lifelong dreams and foster lasting connections well into the future.

Have you already named the LIFE Program as a beneficiary of your will or trust? If so, please contact the RCTC Foundation at 507-281-7771. We would love to thank you for your generosity.



Time to renew your

Annual Membership

All individuals participating in LIFE classes are required to either be a LIFE member or pay an increased fee as a non-member. Membership for the academic year (September thru August) is \$35 per person. Additional fees are charged per course. There are no refunds on LIFE membership purchases.

Renew at www.learningisforever.net or by using the paper registration form.



Annual LIFE Grill Out



Join fellow LIFE members for a chance to mingle, dine on picnic food, and preview the new fall catalog while enjoying summer weather. Non-members are welcome and strongly encouraged.

Th Aug 14 11:30 AM-1:30 PM \$5/\$5

Heintz Center



A Virtual Tour of White Sands National Park with Sarah Sherwood



Join Ranger Sarah for a virtual tour of White Sands National Park. Topics will include the history of the park, animal and plant life within the park, including endemic species, an overview of the fossilized footprints, and more. Learn what makes White Sands such a unique and incredible landscape and how you can support national parks both near and far.

T Sep 2 1:00 PM-2:00 PM \$10/\$20 Zoom

Frida and Diego with Taylor Hagood



Mexican artists Frida Kahlo and Diego Rivera blazed across art history. A Third-World couple who both captured and repulsed the imagination and affection of the First World, Frida and Diego stood at the nexus of early twentieth-century society. Meanwhile, their passionate relationship was like no other. In this lecture, Professor Taylor Hagood presents the story of their lives, art, and relationship.

W Sep 3 10:00 AM-12:00 PM \$15/\$25 Zoom

Great Literature Book Group with Stephen MacLennan and Betty Spitzmiller



Stephen and Betty facilitate discussions of great literature for people who love reading (and sometimes rereading) and making connections with the author, fellow readers, and their own lives. This year's group will continue reading Samuel Cohen's *50 Essays: A Portable Anthology* (3rd edition). This compact and inexpensive anthology includes essays by authors such as James Baldwin, Rachel Carson, and Henry David Thoreau. Over the summer, the group will read Diane Wilson's novel *The Seed Keeper* and discuss it at the September class. After registering, you may pick up a copy of Cohen's 3rd edition from the LIFE office for an additional \$6 or secure your own copy. The group will meet on the first Thursday of each month, September-June. The fee covers all sessions. Come to class prepared to discuss pre-selected works of classic literature!

Th Sep 4, Oct 2, Nov 6, Dec 4 10:00 AM-12:00 PM \$40/\$50 Hybrid/Room H1305



Taking Electrical Safety Seriously with People's Energy Co-op (featuring Ashley Kincaid)



Everyone knows you shouldn't stick a penny in an outlet because you could get hurt. Did you know why you shouldn't mess with damaged electrical equipment and instead call in the professionals? Ashley Kincaid, Marketing Specialist and Safety Coordinator at People's Energy Cooperative, will discuss this and much more to ensure we understand how to remain safe when electricity is involved.

Th	Sep 4	1:00 PM-2:30 PM	\$12/\$22	Zoom
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Headliners with Steve Frytak/Phil Karsell



Gather, Listen, and Learn! Meet in person to engage in a thoughtful exchange of ideas, opinions, and information with facilitators Steve Frytak and Phil Karsell. This is a place to flex your brain, find gratification in being acknowledged for what you know, and be humbled by the knowledge of others. Bring current newspapers or magazine topics, or any other topics you would like to discuss. Class is limited to the first 10 registered to keep the group at a size where everyone will have time to express their thoughts. There is no fee attached to this class; however, you need to pre-register.

F	Sep 5	1:00 PM-3:00 PM	\$0/\$0	Room H1415
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Is America Losing Its Soft Power? with Todd Lefko



The loss of foreign students, fights with our traditional allies, treatment of immigrants, appearance of a nation sadly divided, disappearance of the program of humanitarian assistance, fight against science and research, and the separation from international organizations have changed the role of the US as the model of a civilized world's future. The attraction of the US had been based upon more than the economy or our military. It was based upon America as an idea. It was our Soft Power that had made us a different form of world leader. People could achieve their dreams if they became American. That has become a reality of our past, not of the present. We will discuss what this means for the US and the world.

M	Sep 8	10:00 AM-12:00 PM	\$15/\$25	Zoom
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The Baltic Countries: Lithuania, Latvia, and Estonia with Asya Pereltsvaig



The three Baltic countries—Lithuania, Latvia, and Estonia—are a beautiful and captivating, if often overlooked, part of Europe. Thanks to their location on the shores of the Baltic Sea, the Baltic countries have long enjoyed a mild climate and trade links with Western Europe and the Nordic countries. While today they are often mentioned in the same breath, Lithuania, Latvia, and Estonia are historically, culturally, ethnically, and linguistically very different from one another.

These differences in history, language, and religion made each of the three Baltic countries unique in terms of architecture, traditions, and even cuisine. The Baltic countries' more recent history, however, has united them in the struggle against Soviet domination: having been annexed by the USSR in 1940, the three republics joined forces in fighting for independence, and their struggle has been instrumental in bringing down the Soviet Union. In the 30 years since the dissolution of the USSR, the Baltic countries have experienced economic growth (economists even speak of the "Baltic Tiger") and cultural revival, attracting more tourists than ever. Join us for a fascinating virtual trip to the three Baltic countries!

Estonia	M	Sep 8	3:00 PM-5:00 PM	\$15/\$25	Zoom
Latvia	W	Oct 8	3:00 PM-5:00 PM	\$15/\$25	Zoom
Lithuania	M	Nov 10	3:00 PM-5:00 PM	\$15/\$25	Zoom

Middle East Update with Henry Berman



The Middle East conflict and violence continue to dominate. What are the latest updates? Can the Hamas-Israel War ever end? Then new dynamics are surfacing new leader in Syria, nuclear talks with Iran, and ongoing attacks from the Houthis. We will examine the current situation and implications for the future.

T Sep 9 10:00 AM-12:00 PM \$15/\$25 Zoom

The Monuments of Washington, D.C. with Valerie Gugala



Valerie Gugala explores the iconic monuments of Washington, D.C., offering an in-depth look at their historical significance and symbolism. Highlights include the Lincoln Memorial, Washington Monument, Jefferson Memorial, and Vietnam and Korean War Veterans Memorials, among others. The lecture delves into the stories behind these landmarks, from their architectural design to their role in shaping national identity and honoring the sacrifices of

American soldiers, civil rights leaders, and presidents. With rich historical context and reflections on their enduring impact, this lecture provides a comprehensive overview of the monuments that define the nation's capital.

T Sep 9 1:00 PM-3:00 PM \$15/\$25 Zoom

The Minnesota State Fair: Places and Spaces with Kristin Anderson



The state fair was held in many places over the years—until 1885, at least, when they settled on the current fairgrounds. Over the decades, many buildings have come and gone—including three different grandstands at the current location. In this presentation, we'll explore fairgrounds and facilities, past and present, going back to the days of the Territorial fairs and tracing our way to the present places and spaces of the Great Minnesota Get-Together.

W Sep 10 10:00 AM-12:00 PM \$15/\$25 Zoom

PB at 100 with Jeff Pieters



The Post Bulletin is celebrating its 100th anniversary this year. Formed by the merger of two rival newspapers, the PB, as it's known, has a long and storied history covering the news of southeastern Minnesota. Learn about the newspaper, its history, and many of the biggest stories it has covered in this presentation by Editor Jeff Pieters.

W Sep 10 1:00 PM-2:30 PM \$12/\$22 Room H1415



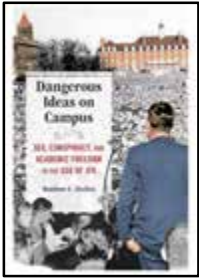
British Explorer: Shackleton and the Antarctic with Andrew O'Brien



Sir Ernest Henry Shackleton was an Irish Antarctic explorer who led three British expeditions to the Antarctic. Learn about the wreckage of a failed expedition and how Shackleton would save his crew in one of the most daring exploits of the Twentieth Century. He is remembered as one of the principal figures of the period known as the Heroic Age of Antarctic Exploration.

Th Sep 11 10:00 AM-11:30 AM \$12/\$22 Zoom

Dangerous Ideas on Campus with Matthew Ehrlich



This class examines free speech and debates over sex and politics on campus by focusing on two cases at the same university in the early 1960s. In the first case, a professor was fired after writing a public letter condoning premarital sex. In the second case, another professor kept his job after he made white supremacist remarks and claimed there was a massive communist conspiracy. The class will show how the different treatment of the two men marked a fundamental shift in the understanding of academic freedom. Their cases also embodied a stark divide over beliefs and values that continues to this day.

M	Sep 15	10:00 AM-11:15 AM	\$10/\$20	Zoom
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"And the Living is Easy": The Life and Music of George Gershwin with Tom Cimarusti

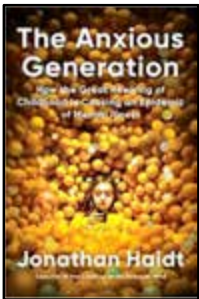


Along with Irving Berlin and Cole Porter, George Gershwin remains one of the most celebrated American composers. Although his most famous compositions were written for piano and/or orchestra (e.g., "Rhapsody in Blue" and "An American in Paris"), Gershwin wrote numerous musicals and songs. Come celebrate the life and music of George Gershwin as Dr. Cimarusti

explores Gershwin's unique musical language in select songs, including "Summertime" and "Rhapsody in Blue."

M	Sep 15	1:00 PM-2:30 PM	\$12/\$22	Zoom
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Community Conversation: Understanding The Anxious Generation with Kris Meyer



Join RCTC's LIFE program, Community Education, and Dr. Kris Meyer for a timely and thought-provoking public event as we explore Jonathan Haidt's groundbreaking book, *The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness*. This event will highlight key themes from the book, including the rise of anxiety and depression among youth, the role of social media and smartphones, and the cultural shifts shaping the well-being of the next generation. Whether you're a parent, educator, healthcare professional, or concerned community member, this event offers a meaningful opportunity to engage in dialogue about challenges facing young people today and how we can support healthier development. There is no fee; however, **registration is required**. Let's come together as a community to better understand what's happening-and what we can do-to support the next generation.

M	Sep 15	6:00 PM-8:00 PM	\$0/\$0	Commons
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The Birth of the Atomic Age: Los Alamos in 1945 and Its Impact Today with Galina Vromen



What was it like to live in WW2, where the world's first atomic bomb was built? What were the considerations that went into dropping nuclear bombs on Hiroshima and Nagasaki? How did they use influence nuclear policy after the war? Inspired by research for her historical novel, *Hill of Secrets*, set in WW2 Los Alamos, author Galina Vromen will bring alive that momentous period and discuss its impact on nuclear proliferation today.

T	Sep 16	10:00 AM-11:30 AM	\$12/\$22	Zoom
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Germany at a Crossroads: Taking the Pulse of a Nation with Anette Isaacs



Germany's recent election has laid bare the deep political, economic, and social challenges facing the country. From the ongoing energy crisis and economic slowdown to immigration debates and the rise of populist movements, Germany is at a pivotal moment. This lecture explores the shifting political landscape, key election outcomes, and what they reveal about the nation's future. Where is Germany headed, and what does it mean for Europe and the world?

T Sep 16 1:00 PM-2:30 PM \$12/\$22 Zoom

War and Art: The Russian Empire's Artistic Expression During World War I with Carol Veldman Rudie



This lecture examines the experience of Russian artists during the war and the revolution that ended the empire's participation in it. The art scene was lively with debate about the social change that was occurring. Artists' visual voices and personal life choices played an important role in shaping the outcomes. This dialog will be illustrated through the presentation.

W Sep 17 10:00 AM-12:00 AM \$15/\$25 Room H1415



Art in War: Soviet Artists During World War II with Carol Veldman Rudie



The Great Patriotic War reached deep into the Soviet landscape both physically and culturally. What artists did to capture the efforts and effects of the conflict before, during and after the war helped shape the Soviet perspective of its role in the eventual defeat of Nazi Germany. Using the siege at Leningrad as an example, this presentation highlights some of those artistic contributions.

W Sep 17 1:00 PM-3:00 PM \$15/\$25 Room H1415



William Franklin: Divided Loyalty with Richard Bell



This talk with University of Maryland historian Richard Bell delves into the complex life of William Franklin, Benjamin Franklin's only surviving son, whose loyalty to the British Crown set him on a collision course with his revolutionary father. As New Jersey's colonial governor, William upheld the monarchy while Benjamin championed liberty, creating a poignant familial and political rift. The talk examines William's imprisonment, exile in England, and tireless advocacy for the Crown, contrasting it with his father's role in shaping a new nation. Through vivid anecdotes, the talk highlights William's life as a symbol of the personal sacrifices and divided loyalties in the age of the American Revolution.

Th Sep 18 10:00 AM-11:30 AM \$12/\$22 Zoom

Creative Successful Aging: The Key to Happiness - What Nobody Tells Us with Edward Creagan, MD. FAAHPM.



At this point in history, we are amid the "gray tsunami." One of the greatest migrations in history: the relentless march of individuals into their 80s and 90s. A transition that is radically changing our social, political, and economic landscape. With the data driven by extensive studies of long-term follow-up of "successful aging," Dr. Creagan will share with us the practical, relevant, and scientifically based characteristics of individuals who continue to thrive well into their 80s and 90s. He will emphasize characteristics of these remarkable individuals. Such as the overarching importance of social connections and community engagement, and the importance of apathy as a potential barometer of Alzheimer's dementia.

Th	Sep 18	1:00 PM-2:30 PM	\$12/\$22	Zoom
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LIFE Book Group with Steve Troutman



Enjoy lively and thoughtful book discussions with fellow readers on the third Friday of each month! Group members suggest and select the books, and discussions are facilitated by Steve Troutman. Please plan to get your own copy of each selected title. Books for February through June will be chosen in the fall.

September	<i>The Demon of Unrest: A Saga of Hubris, Heartbreak, and Heroism at the Dawn of the Civil War</i> by Erik Larson			
October	<i>The Book of Gutsy Women: Favorite Stories of Courage and Resilience</i> by Hillary Clinton & Chelsea Clinton			
November	<i>The Mighty Red</i> by Louise Erdrich			
December	<i>Rainbow Parade</i> by Emily Neilson and <i>And Tango Makes Three</i> by Justin Richardson, et al [two children's books]			
January	<i>A Bright Future: How Some Countries Have Solved Climate Change and the Rest Can Follow</i> by Joshua Goldstein and Staffan Qvist			

Th	Sep 19, Oct 17, Nov 21, Dec 19, Jan 16	9:00 AM-11:00 AM	\$40/\$50	Zoom
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The Decades 1930s with Jim Gibbons



The 1930s were an era of hardships. Hit with the Great Depression, many families struggled to put food on the table, and work opportunities were scarce. Historian Jim Gibbons will take you back to a time of great economic hardship, the rise of the German Nazi party, and World War II.

M	Sep 22	10:00 AM-12:00 PM	\$15/\$25	Zoom
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Social Security Solvency with AARP



AARP is sending a clear message that Social Security must be protected. We're taking action to ensure that all older Americans can safely access the benefits they have earned and get questions answered in the ways that are best for them. This workshop focuses on building an understanding of the implications of Social Security claiming decisions and the financing of Social Security. You will discover what Social Security is, how to secure your benefits, and what's at stake for the future of Social Security.

M	Sep 22	1:00 PM-2:00 PM	\$10/\$20	Zoom
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American Christians in Politics with Sarah Ruble



By some accounts, Christians became politically active in the United States during the 1980 presidential campaign. That narrative elides the myriad ways Christian Americans have been involved in American politics since the founding of the country. In this session, we will explore how Christians have engaged in American life and what that has meant for the country.

T Sep 23 10:00 AM-12:00 PM \$15/\$25 Zoom

Lessons From the Great Depression with Ed Linz



These two sessions will cover events in the 1920s leading up to the start of the Great Depression, including ominous parallels between the 1920s and the 2020s. I will suggest that the Depression did not start with the infamous stock market crashes of late 1929, but that the seeds were sown following the end of WW I and subsequent events throughout the 1920s. We will discuss political and economic conditions during the 1930s and the early years of WW II with a detailed examination of the lives of a diverse group of Americans who provided first-hand accounts of their lives during this tumultuous period of American life. There will be a discussion of lessons learned, with questions and comments solicited. This class is presented over two sessions and the class fee covers both sessions.

T Sep 23 & 30 1:00 PM-2:30 PM \$24/\$34 Zoom

Rock Album Covers with Paul Koeller



Come enjoy learning about iconic rock album covers. You'll learn which album covers are most famous, stories behind the covers, and information about the artists who designed them. As a bonus, we'll enjoy some of the music from those albums.

W Sep 24 10:00 AM-12:00 PM \$15/\$25 Room H1415



A Philosophical Introduction to Artificial General Intelligence (AGI) with Brendan Shea



In this lecture, we'll explore the concept of "Artificial General Intelligence" (or AGI). Among the questions we'll address are whether machines can achieve human-level intelligence in most or all domains. If so, how far away might this be? What might be the consequences for human society if AGI were achieved? How would this change our political lives? Our work lives? Our personal lives? What can we do as citizens to help ensure that artificial intelligence (whether it reaches the level of AGI) benefits, rather than harms, humans?

W Sep 24 1:00 PM-3:00 PM \$15/\$25 Zoom

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Rated R for Read! *Fried Green Tomatoes with Stephen MacLennen*

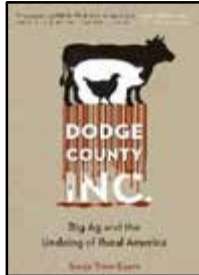


We will individually read the Fannie Flagg 1987 novel *Fried Green Tomatoes at the Whistle Stop Cafe* and then gather to watch the 1991 movie *Fried Green Tomatoes* starring Kathy Bates, Jessica Tandy, and Mary Stuart Masterson. In 1980s Alabama, the elderly Mrs. Threadgoode recounts to Evelyn—mired in the sad slump of middle age—the tale of daredevilish Idgie and her friend Ruth, who ran a barbecue joint in 1930s Whistle Stop, Alabama. The story features themes of friendship, resolve, and redemption, with a dash of whodunit. Rated R for READ is a casual (reading/audiobook optional) book/movie club that explores story via literature and cinema. Bring your copy of the book or simply show up for the movie and enjoy the post-movie discussion and themed snacks provided.

Th Sep 25 10:00 AM-1:00 PM \$10/\$20 Forté Living, Movie Theatre Room
3955 Superior Dr NW



Dodge County, Incorporated: Big AG and the Undoing of Rural America with Sonja Trom Eayrs



In *Dodge County, Incorporated* attorney and rural advocate Sonja Trom Eayrs provides a riveting insider's account, detailing how American livestock farming has been wrested from small family farmers and transformed into today's corporate control of meat production and pricing. Trom Eayrs argues that this corporatism can and should be fought and curbed, not only for the sake of land, labor, and water, but for democracy itself.

M Sep 29 10:00 AM-12:00 PM \$15/\$25 Room H1415



Minnesota-Wisconsin K9 Search and Rescue featuring Chili, Chulu, Chevy, and Casey!



Jean Musgjerd and Jen Sauer will be on-site to explore the vital role of K9 teams in search and rescue operations. This presentation will provide an in-depth look at how specially trained dogs and their handlers work together to locate missing persons in a variety of challenging environments, including wilderness, disaster scenes, and urban settings. You will learn about selection, training, and capabilities of these dogs and gain insight into real-life missions and the teamwork involved. Following the presentation, the K9 stars of the team: Chilli, Chulu, Chevy, and Casey, will surprise you with a live demonstration showcasing the incredible skills of a working K9!

M Sep 29 1:00 PM-2:00 PM \$10/\$20 Room H1415



The Executive Order: The History of Its Use and Abuse with Michael Scheibach



Less than a month after taking office, President Trump issued 60 Executive Orders, affecting immigration, tariffs, government agencies, freedom of speech, and foreign aid, to mention a few. President Trump is not the first president to use Executive Orders to circumvent Congress, however. The Emancipation Proclamation was an Executive Order issued by Abraham Lincoln. Franklin Roosevelt issued an Executive Order to detain more than 100,000 Japanese Americans during World War II. Harry Truman placed the steel industry under federal control with an Executive Order. And Theodore Roosevelt used Executive Orders to set aside more than 170 million acres of land for public use. This presentation explores the history of presidential Executive Orders and their impact on American society.

T Sep 30 10:00 AM-12:00 PM \$15/\$25 Zoom

The Salem Witch Trials with Michelle Gibbons



In the shadow of hysteria, women in colonial Massachusetts stand accused of a crime they cannot prove or disprove — witchcraft. Join historical presenter Michelle Gibbons as she discusses the impossible situation of the many suspected witches during one of the darkest chapters in American history. Through this lecture, you will hear the haunting story of women caught in a web of fear, suspicion, and paranoia that consumed an entire community. What does it mean to be labeled a witch in a time when the mere whisper of sorcery could cost you everything? What would you do if your life depended on a confession to a crime you didn't commit?

W Oct 1 10:00 AM-11:30 AM \$12/\$22 Zoom

British Hero or Villain: Lawrence of Arabia with Andrew O'Brien



Archeologist, army officer, diplomat, and writer, T.E. Lawrence was a Renaissance man in every sense. However, his role in the Arab Revolt and the Sinai and Palestine Campaign against the Ottoman Empire during the First World War was controversial and would make him famous throughout the world. Many of his Arab friends would feel betrayed.

Th Oct 2 10:00 AM-11:30 AM \$12/\$22 Zoom

The Greatest Satirical Songs with David Misch



Satire is one of the oldest forms of humor, and adding music makes it even more powerful; in early Germanic and Celtic societies, people mocked in song would break out in boils and even commit suicide. Returning speaker, writer, and author, David Misch, shows how 15 hilarious, pointed, satirical songs mock racism, war, sexism, income inequality, and more. This lecture is for mature audiences. Please note: Those prone to boils may not wish to attend!

Th Oct 2 1:00 PM-2:30 PM \$12/\$22 Zoom

Headliners with Steve Frytak/Phil Karsell



Gather, Listen, and Learn! Meet in person to engage in a thoughtful exchange of ideas, opinions, and information with facilitators Steve Frytak and Phil Karsell. This is a place to flex your brain, find gratification in being acknowledged for what you know, and be humbled by the knowledge of others. Bring current newspapers or magazine topics, or any other topics you would like to discuss. Class is limited to the first 10 registered to keep the group at a size where everyone will have time to express their thoughts. There is no fee attached to this class; however, you need to pre-register.

F Oct 3 1:00 PM-3:00 PM \$0/\$0 Room H1415



Rochester and Beyond: Franklin Ellerbe's Architectural Legacy with Kristin Anderson



Franklin Ellerbe seems an unlikely founder for a multinational, world-famous architecture firm. He started his architecture studio at age 39 and died just over a decade later. Yet in that time, he and his son established a practice with deep connections to the Mayo Clinic and Rochester community, building a reputation for medical facilities and more. Through mergers that created Ellerbe Becket and later AECOM, Franklin Ellerbe's heritage endures in over a century's worth of building in Rochester and around the world.

M Oct 6 10:00 AM-12:00 PM \$15/\$25 Zoom

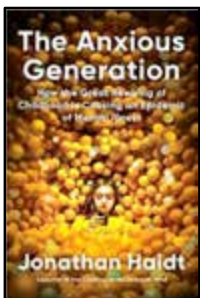
The Dust Bowl Troubadour: The Songs of Woody Guthrie with Tom Cimarusti



The American songwriter Woody Guthrie was arguably one of the most significant figures in American folk music. Although primarily known for "This Land is Your Land," Guthrie also composed numerous songs concerning American socialism, anti-fascism, eventually earning one of his albums (Dust Bowl Ballads) listed among the "100 Albums that Changed the World." Come join Dr. Tom Cimarusti (FGCU Professor of Music History) as we explore the life and the music of this American icon -- "The Dust Bowl Troubadour." Bring your singing hats!

M Oct 6 1:00 PM-2:30 PM \$12/\$22 Zoom

The Anxious Generation Book Study with Kris Meyer



Attendees from the public event offered on September 15th have an opportunity to participate in a follow-up three-part book study led by Dr. Kris Meyer. Dr. Meyer has maintained a career in education working as an elementary school counselor, principal, and a professor for graduate students in Mental Health and Professional School Counseling. Dr. Meyer will dive deeper into Haidt's research and proposed solutions. The study series is designed to foster collaborative learning and actionable insights. Please secure your own copy of the book *The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness*. Continuing Education Units (CEUs) are available for those eligible.

M Oct 6, 20, Nov 3 6:00 PM-8:00 PM \$59/\$59 Room H1100



Impressionism: From Artistic Scandal to World's Most Beloved Paintings with Deborah Robin



It's hard to believe that Monet's beautiful waterlilies were once considered shocking and radical! This class reveals how Impressionism—now beloved in museums worldwide—was initially mocked as "unfinished" and "childish" by critics and the public. We'll explore how artists like Monet, Renoir, and Degas broke the rules by painting outdoors, capturing fleeting moments of light, and using visible brushstrokes rather than the smooth, polished style that had dominated art for centuries. Discover the fascinating stories behind famous masterpieces and understand why these rebellious painters, who simply wanted to capture the world as they saw it, ended up creating one of the most popular artistic movements of all time.

T Oct 7 10:00 AM-12:00 PM \$15/\$25 Zoom

Four Horses and Their Honors with Stephenie Slahor



The US military has had thousands of horses for battle and for settling America's frontiers. This lecture examines four who were honored with full military funerals for their significant work. The horses: Comanche, who survived "Custer's Last Stand;" Blackjack, who was a caparisoned horse for military ceremonies; Staff Sergeant Reckless, who assisted the US Marines during the Korean War; and Chief, who was the very last US Army Cavalry horse.

T Oct 7 1:00 PM-2:30 PM \$12/\$22 Zoom



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Cities of the World: Munich with Taylor Hagood



From fabulous Baroque cathedrals to the heart-warming sights and sounds of Oktoberfest, Munich, Germany, is one of the most endearing cities in Europe. Despite the dark shadows of its history in the twentieth century, the city has long since emerged to recapture its uniquely merry culture and is now a sophisticated, wealthy, and chic leader in European culture. In this installment of the "Cities of the World" series, Taylor Hagood draws on his long association with the city to present its history, art, music, food, and drink.

W	Oct 8	10:00 AM-12:00 PM	\$15/\$25	Zoom
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Virchow and "Social Medicine" with Eric Matteson



Rudolf Virchow was one of the foremost physicians of the nineteenth century. His scholarship, discoveries, and achievements in medicine have made an indelible mark on medicine. In 1847, Virchow was charged with investigating the causes of a typhus outbreak in Upper Silesia, finding horrible health, housing, and social conditions. He was convinced that only a change in society could improve the health of the people. This presentation surveys the life and medical contributions of Rudolf Virchow. We will review his achievements in the context of his times and lasting influence, and consider the contributions and impact of Virchow as a social reformer.

Th	Oct 9	1:00 PM-2:30 PM	\$12/\$22	Room H1415
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State of the World with Todd Lefko



How does the world make sense? Climate change, political division, economic uncertainty, the questioning of truth, science, and the role of the US, and the increased possibility of nuclear war raise questions about the present and future. We will discuss the factors involved in our world and understand their meaning for our lives and for the lives of our children and grandchildren.

M	Oct 13	10:00 AM-12:00 PM	\$15/\$25	Zoom
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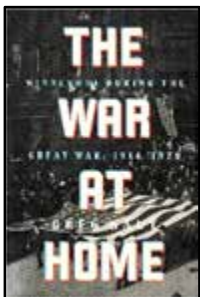
The Effects of Synthetic Food Dye with Rebecca Bevans



In today's discussion, we'll explore an overlooked but urgent public health concern—synthetic food dyes. These additives make food look appealing, but what do they do to our bodies, especially developing children? Grounded in a decade of scientific research, we will dig into the biological effects, historical context, regulatory battles, and what you can do to protect your health.

M Oct 13 1:00 PM-3:00 PM \$15/\$25 Zoom

The War at Home: Minnesota During the Great War, 1914-1920 with Greg Gaut



Americans went to war in 1917 not only against Germany but also against each other. The controversial decision to send an army to France came during a contentious time when farmers and workers challenged the wealthy, African Americans struggled against Jim Crow and lynchings, women campaigned for suffrage, and millions crusaded against alcohol. Greg Gaut will introduce his new book, *The War at Home*, which focuses on the lives of individual Minnesotans to tell the dramatic story of this period, when the North Star State experienced bitter polarization, nativism, flagrant disregard for democratic norms, and intense, occasionally violent, confrontations. The

Minnesota Commission of Public Safety ruled the state with an iron hand during the war. Led by John F. McGee, the commission pursued a "loyalty" campaign against trade unions, the Nonpartisan League, the Socialist Party, and the Industrial Workers of the World. McGee's most prominent adversary was Charles A. Lindbergh Sr., whom the Nonpartisan League nominated to challenge the governor in the fiercely contested 1918 primary. Although Minnesota's home front experience was the product of a particular confluence of events and personalities, it raises issues about how democracy can give way to authoritarianism when economic inequality, anti-immigrant nationalism, and racism rule the day.

T Oct 14 10:00 AM-11:30 AM \$12/\$22 Zoom

Bridging the Divide: 35 Years of German Unification with Anette Isaacs



As Germany approaches the 35th anniversary of its unification, the journey of bringing together two countries separated for 45 years remains a profound chapter in its modern history. The last three decades were marked by both hope and hardship as East and West Germany struggled to bridge deep divides—political, economic, and cultural. Join German historian Anette Isaacs for a fascinating discussion on the complexities of unification, the many challenges faced, and the hard-won successes that shaped the "New Germany."

T Oct 14 1:00 PM-2:30 PM \$12/\$22 Zoom

Understanding Minnesota's Role in the Underground Railroad with Karen Sieber



Historian Karen Sieber will be speaking on Minnesota's role in the Underground Railroad and her efforts to build a digital database and classroom resources about Black freedom seekers in the nineteenth-century Midwest. She will also discuss her recent discovery of documentation that places noted Black abolitionist and Underground Railroad leader Moses Dickson in Minnesota during the 1850s. Sieber will provide insight into how Dickson's story connects to both the local and national Black freedom movements. She will also discuss common debunked myths and misconceptions about the UGRR that exist, like the use of "freedom quilts."

W Oct 15 10:00 AM-12:00 PM \$15/\$25 Zoom

America's Response to the Holocaust with Howard Kerner



The 1939 Gallup Poll revealed that 65% of Americans felt that Germany's persecution of Jews was mostly or entirely the fault of the Jews. What was going on in this country to elicit such a feeling and how did America act-or not-to confront the Nazi menace in Europe and America? Eye-opening and little-known facts, along with video evidence, make this issue more fascinating and provocative. Part two will examine the shocking effects of maritime issues and missed opportunities on America's attempts to save European refugees from the Nazi terror. First-hand historical audio-visual testimony will enhance our understanding of little-known government actions, inactions, and prejudices that affected the outcome of the war. This class is presented over two sessions and the fee covers both sessions.

W	Oct 15 & 22	1:00 PM-3:00 PM	\$30/\$40	Zoom
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Fighting the Transatlantic Slave Trade with Richard Bell



This lecture first examines varieties of resistance to the Transatlantic Slave Trade within Africa, before any African captives ever boarded the great prison hulks that would carry them across the Atlantic. It then pivots to explore the ways that captives—working sometimes individually, sometimes collectively—fought slavery on the Middle Passage from Africa to America.

Th	Oct 16	10:00 AM-11:30 AM	\$12/\$22	Zoom
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Frazzled, Hassled? How to Survive the Escalating Apocalyptic Stress of Life with Edward Creagan, MD. FAAHPM.



Lake Wobegon is that mythical community out there on the edge of the prairie "where all the women are strong, all the men are good-looking, and all the children are above average." I may have missed it, but I do not believe Garrison Keillor documents depression, anxiety, insomnia, and other stress-related issues. But today, every community is struggling with the pandemic of stress-related illnesses, and the erosion of quality of life and sense of well-being. Dr. Creagan will share with us ominous data on the frequency of these issues, the carnivorous impact of technology on our well-being, and what we can do to cultivate a citadel of serenity. Most of us are amid an overload of the 24-hour news cycle, which siphons off our brain power. We can learn from the experts on how to somehow turn off the fire hose of endless catastrophic news and yet remain informed.

Th	Oct 16	1:00 PM-2:30 PM	\$12/\$22	Zoom
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Jane Austen: Social Critic and Comedian, The 250th anniversary of Jane Austen's birth with Lauren Radick



2025 marks the 250th anniversary of Jane Austen's birth – it is the perfect time for us to celebrate her work and her life! Jane Austen was the seventh of eight children in a close-knit family, and her upbringing in a predominantly male household influenced her sharp observations of society. She never married and often drew from her own experiences and the people around her to create her memorable characters and insightful commentary on social dynamics. We will explore her sharp social commentary and distinctive humor, focusing on three of her most famous books. By embedding her criticisms within the lives of her characters, she ensures that her books are as informative as they are enjoyable. Her works are so funny and entertaining, but they also shine a light on the societal constructs of her time. Through these works, we'll see how she entertainingly and impactfully challenged the cultural standards of her time.

M	Oct 20	10:00 AM-11:30 AM	\$12/\$22	Zoom
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Asteroids: Friends or Foes? with J. Kelly Beatty



Astronomers have discovered more than 750,000 small rocky bodies orbiting between Mars and Jupiter. Tons of these "space rocks" fall as meteorites onto Earth every year. Join solar-system specialist Kelly Beatty as he explores how they formed, what they're like, and when one of them might strike Earth with enough force to create widespread damage.

M Oct 20 1:00 PM-2:30 PM \$12/\$22 Zoom

Lessons From the Vietnam War with Ed Linz



These two sessions begin with the history of Vietnam and its colonial period under France. We will also discuss its involvement in World War II, the rise of Ho Chi Minh and the Viet Minh, and the French-Indochina War leading to the defeat of the French forces. Our next point of emphasis will be the division of Vietnam into North-South and U.S. involvement leading up to U.S. Marines landing in 1965. We will conclude with an extensive discussion of the Vietnam War, including strategy by U.S., South Vietnamese, Viet Cong, and North Vietnamese forces leading to the eventual collapse of South Vietnam in 1975. This will be an interactive session soliciting questions and comments. This class is presented over two sessions and the fee covers both sessions.

T Oct 21 & 28 10:00 AM-11:30 AM \$24/\$34 Zoom

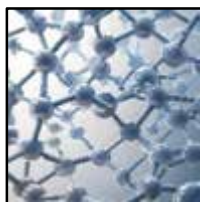
"Don't Read THAT!" Banned Books with Valerie Gugala



This presentation will explore specific examples of books that have been banned or challenged throughout history. We will discuss the reasons why books are banned and highlight how censorship can stifle free speech and intellectual curiosity. We will also look at specific examples of banned books throughout history, including *Catcher in the Rye*, *To Kill a Mockingbird*, and even the Harry Potter series.

T Oct 21 1:00 PM-3:00 PM \$15/\$25 Zoom

An Introduction to Polymers Around Us with Heather Sklenicka



Polymers are everywhere, from the plastic containers in our kitchens to the synthetic fabrics we wear. But what exactly are they, and how do they form? In this interactive presentation, you'll learn the fundamentals of organic nomenclature, the structures of monomers, and the process of polymerization. Then you'll have the opportunity to experiment to create your own bouncy ball! Whether you're new to chemistry or just curious about the materials shaping our world, this session will leave you with an appreciation for the science of polymers.

W Oct 22 10:00 AM-11:30 AM \$12/\$22 Room H1415



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Rated R for Read! "The Legend of Sleepy Hollow" with Stephen MacLennen



To mark Halloween, we will individually read the Washington Irving 1820 short story "The Legend of Sleepy Hollow" and then gather to watch the 1999 movie *Sleepy Hollow* starring Johnny Depp and Christina Ricci. In 1790s New England, schoolmaster Ichabod Crane woos Katrina Van Tassel, competing with town rowdy Abraham "Brom Bones" Van Brunt, who tells the harrowing tale of the Headless Horseman. The story features themes of romance, rivalry, and confronting one's fears, with a dash of the supernatural (or is it just imagination?). Rated R for READ is a casual (reading/audiobook optional) book/movie club that explores story via literature and cinema. Bring your copy of the book or simply show up for the movie and enjoy the post-movie discussion and themed snacks provided.

Th Oct 23 10:00 AM-1:00 PM \$10/\$20

Forté Living, Movie Theatre Room
3955 Superior Dr NW



Annual Harvest Dinner with Douglas Wood



We are honored to welcome Douglas Wood—renowned author, artist, musician, naturalist, wilderness guide, and visionary—as our keynote speaker at this year's Harvest Dinner! A passionate advocate for lifelong learning, Douglas will share captivating stories and insights drawn from his rich life experiences that are sure to leave you inspired. Doors will open at 5:30 PM, a plated dinner with a choice of three entrees (options provided soon) will be served at 6:00 PM, and Douglas will take the stage at 6:45 PM. Enjoy a delicious meal, uplifting entertainment, and the company of fellow LIFE supporters—all while helping us kick off our annual fundraising campaign, which is necessary to sustain a program that means so much to us. Your attendance at this event will directly support our ability to continue offering the high-quality speakers and enriching experiences we've all come to value. Don't miss this memorable evening! **Registration Deadline: October 14.**

Th Oct 23 5:30 PM-8:00 PM \$59/\$69

Best Western 1517 16th Street SW



From Rapids to Reservoirs & Back Again? with John Anfinson



This presentation is about a rare opportunity to redefine the character and presence of the Mississippi River within the heart of the Twin Cities. In 2014, Congress directed the U.S. Army Corps of Engineers to permanently close the Upper St. Anthony Falls Lock. Closing the Upper Lock ended commercial barge traffic at the next two locks and dams downstream. Now the Corps of Engineers wants to leave all three. The Upper St. Anthony Falls Dam will stay, but we have a choice as to whether the two locks and dams remain or come out. The outcome will have profound consequences for the Twin Cities and the Mississippi River well downstream.

M Oct 27 10:00 AM-11:00 AM

\$10/\$20

Zoom

The Reformation with Chad Israelson



The Reformation is one of the most significant events of the last 1,000 years. Much more than a European religious split, it influenced the world militarily, economically, and politically. This course examines the long-term and immediate causes, the major moments during, and the immediate and long-term impacts of the Reformation.

M Oct 27 1:00 PM-3:00 PM

\$15/\$25

Room H1415



Trending Topics in Nutrition News with Tara Schmidt



Is butter back? What's a seed oil? Nutrition in the news may have good intentions, but tends to simply create more confusion. Join Mayo Clinic registered dietitian Tara Schmidt as we weed through common (and confusing) topics around health and nutrition.

T	Oct 28	1:00 PM-2:00 PM	\$10/\$20	Room H1415
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War of the Worlds with Laura Keyes



On the Eve of Halloween 1938, a young actor/director broadcast a radio drama based on a 40-year-old novel, *The War of the Worlds*. While the original broadcast had a relatively low audience, the impact it had, and continues to have, on American Culture is staggering. But how much of that impact was reality, and how much has been exaggerated over the years? Were there riots in the streets from panicked listeners, or did most of the audience simply enjoy a well-done piece of theatre? Did Orson

Welles know he would frighten listeners, or was this an unintended accident? Attend this illustrated lecture and learn the real story!

W	Oct 29	10:00 AM-11:30 AM	\$12/\$22	Zoom
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Haunted Virtual Tour of Anoka with Anoka County History Center (featuring Sara Given)



Discover the history & mystery of Anoka on this virtual ghost tour. Hear the spooky stories of Anoka along with images from the ACHS collection—and maybe even trade a few tall tales with your fellow attendees.

W	Oct 29	1:00 PM-2:30 PM	\$12/\$22	Zoom
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The Second Battle of Gettysburg with Barry Adams



The common story of the battle of Gettysburg usually covers the arrival of the forces at Gettysburg, the battle tactics and movements of troops, highlighted battle segments such as Little Round Top or Pickett's Charge, etc. Then the historian offers general statistics on the casualties, and then follows the two armies southward as General Lee retreated to Virginia. As a Battlefield Guide,

I've said that story a thousand times. BUT what has never been told in any precise and personalized detail is what happened to those soldiers who were wounded. They did not leave the Gettysburg area with the army. They went to field hospitals, horrible in many respects, and fought a second battle... a battle of survival and recovery (which many lost). **Note:** This class is presented over two sessions. The class fee covers both sessions.

Th	Oct 30	10:00 AM-11:30 AM	\$24/\$34	Zoom
Th	Nov 6	1:00 PM-2:30 PM		Zoom

www.learningisforever.net

Hidden Cemeteries with Emilie Le Beau Lucchesi



Officials in growing cities during the 18th and 19th centuries had to move the dead to make way for the living. In Great Lakes cities like Chicago and Milwaukee, work crews were ordered to excavate, move, and rebury cemetery plots. But not all the workers were honest. Some claimed to move the plots they left behind. Others weren't careful and didn't locate all the graves. In recent decades, scientists have been able to study these graves and learn more about the lives of people who lived before us. Dr. Emilie Le Beau Lucchesi introduces these lost graves, how they were discovered, and what they have taught social scientists and anthropologists.

Th	Oct 30	1:00 PM-2:30 PM	\$12/\$22	Zoom
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A Story in Embroidery: The Bayeux Tapestry with Kristin Anderson



Textiles were among the most highly valued art forms in medieval Europe. England was an important center for making these textiles, and teams of English women likely created the Bayeux Tapestry, which ranks among the most famous medieval artworks. Measuring over 220 feet long, this massive textile depicts the Norman Conquest of England in 1066. We'll learn about the embroidery's roots in similar medieval objects, and investigate the questions and controversies related to its origins.

M	Nov 3	10:00 AM-12:00 PM	\$15/\$25	Zoom
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What's Opera, Doc?: Looney Tunes and the Evolution of Cartoon Music with Tom Cimarusti



What could Bugs Bunny and the 19th-century Italian opera composer Gioacchino Rossini possibly have in common? Or how about Elmer Fudd and Richard Wagner? Come find out as Dr. Tom Cimarusti explores the loony world of cartoon music, including its origins, its evolution, and how classical music is used in some of the most iconic Warner Bros cartoons. Be prepared for some giggles and laughs!

M	Nov 3	1:00 PM-2:30 PM	\$12/\$22	Zoom
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Birth of Modern Design: The Bauhaus Story with Deborah Robin



Look around you—the clean lines and functional beauty of modern design are everywhere in our daily lives. This revolutionary approach began at the Bauhaus, a German school of art and design. Although it was shut down by Hitler in 1933, it transformed our visual world forever. Dr. Robin will show you how to spot Bauhaus influences in everyday objects, from chairs to fonts to kitchen tools. You'll discover how this brief but brilliant movement created modern living by replacing ornate decoration with sleek simplicity. No prior art knowledge required.

T	Nov 4	10:00 AM-12:00 PM	\$15/\$25	Zoom
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The Mormon Trail with Stephenie Slahor



Here, we learn about the migration of the Mormon pioneers under the leadership of Brigham Young and how they established the West's major, two-way trail that not only brought Mormons to Utah but also fostered the opening of vast areas of what are now the central and western portions of the United States.

T	Nov 4	1:00 PM-2:30 PM	\$12/\$22	Zoom
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Guy Fawkes with Taylor Hagood



A massively tone-setting occurrence of the beginning of the 17th century, the Gunpowder Plot indicated that not all was well in England. The most famous figure to emerge from this failed attempt to destroy Parliament was Guy Fawkes. To this day, he and the plot he took part in are commemorated in England. In this lecture, Professor Taylor Hagood will present the story of Fawkes and the Gunpowder Plot on Guy Fawkes Day.

W Nov 5 10:00 AM-12:00 PM \$15/\$25 Zoom

Headliners with Steve Frytak/Phil Karsell



Gather, Listen, and Learn! Meet in person to engage in a thoughtful exchange of ideas, opinions, and information with facilitators Steve Frytak and Phil Karsell. This is a place to flex your brain, find gratification in being acknowledged for what you know, and be humbled by the knowledge of others. Bring current newspapers or magazine topics, or any other topics you would like to discuss. Class is limited to the first 10 registered to keep the group at a size where everyone will have time to express their thoughts. There is no fee attached to this class; however, you need to pre-register.

F Nov 7 1:00 PM-3:00 PM \$0/\$0 Room H1415



Music of Motown with Paul Koeller

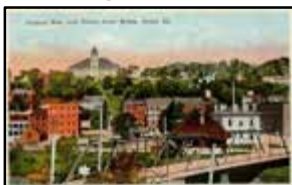


Join Paul as he uses a presentation with photos and music to tell the story of the legendary Motown artists. Learn about artists like The Temptations, The Supremes, Smokey Robinson, Stevie Wonder, Marvin Gaye, The Jackson Five, and more.

M Nov 10 10:00 AM-12:00 PM \$15/\$25 Room H1415



Galena, Illinois: A Midwest Treasure with Tracey Roberts



The picturesque city of Galena has been of interest to the earliest Indigenous peoples and the one million tourists who visit annually. With rolling hills, access to the Mississippi River, and a history of lead and zinc mining, Galena has been the hub of many regional and national events. In this class, you will learn how Galena impacted the early days of northwestern colonial expansion, becoming

the hub of America's greatest lead mining boom from the 1820s-1860s. The Civil War was won by Galena leaders Ulysses S Grant and the eight generals he recruited, while Congressman Elihu Washburne was President Grant's greatest supporter. Through the lean years and the boom times, the success in preserving the exquisite 19th-century-built environment is perhaps Galena's greatest achievement of all.

W Nov 12 10:00 AM-12:00 PM \$15/\$25 Zoom

The Rise of India with Henry Berman



India recently surpassed China as the most populous country on the planet, almost 1.5 billion. This increasing prominence is becoming more visible in their role as a leader of the Global South. We will discuss their current leadership issues, plus their ongoing conflict with Pakistan.

W Nov 12 1:00 PM-3:00 PM \$15/\$25 Zoom

Fighting for Black Liberation in the Revolutionary War with Richard Bell



This lecture examines the multifaceted ways that Black Americans seized the unique opportunities provided by the Revolutionary War to declare their independence from slavery and secure its abolition in the northern states. It then pivots to explain enslaved people's failure to achieve abolition in the South, the result of a counter-revolutionary campaign mounted by slaveholders there to entrench the peculiar institution deeper than ever before.

Th Nov 13 10:00 AM-11:30 AM \$12/\$22 Zoom

Soaring Spirits for Freedom: Harriet Tubman and Fannie Lou Hamer with Kate Clifford Larson



Born a century apart—one into slavery in Maryland, the other in Jim Crow Mississippi—they battled subjugation to ensure freedom and equality for all Americans. Fortified by family, faith, and community, they both resisted and then overcame the forces of oppression. One led people along the Underground Railroad and served the Union during the Civil War. The other stared down her would-be killers and used her powerful voice to lead. Their lives and legacies are a testament to the soaring power of freedom that inspires unseen leaders to rise up from the most difficult places.

Th Nov 13 1:00 PM-3:00 PM \$15/\$25 Zoom

F. Scott Fitzgerald: Love, Loss, and the American Dream. The 100th Anniversary of *The Great Gatsby* with Lauren Radick



F. Scott Fitzgerald's work offers deep insights into the American Dream, ambition, and social dynamics of the 1920s. His complex character development and innovative narrative style have shaped literature for generations. Fitzgerald's battles with fame, wealth, and relationships are intricately reflected in his novels, especially in *The Great Gatsby*. His body of writing sheds light on the societal dynamics, class issues, and identity struggles of his era, many of which resonate today.

M Nov 17 10:00 AM-11:30 AM \$12/\$22 Zoom

Behind the Bellow: A Not-so-Silent Look at Silent Movies and the Foto player with Anoka County History Center (featuring Nate Otto)



Step back in time and discover the wonder of the American Fotoplayer—a fascinating mechanical instrument that brought silent movies to life in the early 1900s. In this engaging encounter, you will meet Nate Otto, who will teach you about this remarkable machine that combines piano, percussion, whistles, and special effects to create dramatic soundtracks for silent films. Nate will present history of the Fotoplayer, demonstrate the machine, and leave time for questions. Whether you're a lover of classic cinema, nostalgic sounds, or clever mechanical inventions, this presentation is sure to entertain and enlighten!

M Nov 17 1:00 PM-2:30 PM \$12/\$22 Zoom

The Historical Wizard of Oz with Laura Keyes



Just hearing the name "Oz" conjures up fantastic images, adventures, and heartfelt memories. So many of us can recite the plot of the famous story, but how many of us know what went into creating it? What influences did L. Frank Baum have in his life as he created what is widely acknowledged as America's First Fairytale? Librarian Laura Keyes will separate fact from fiction as she shares the fantastic story of this amazing man, who created The Wonderful Wizard of Oz.

T Nov 18 10:00 AM-11:30 AM \$12/\$22 Zoom

Eichmann before Jerusalem—Insights into the Mind of a Mass Murderer: 65th Anniversary Lecture with Anette Isaacs



Although he did not belong to the highest leadership circle, Adolf Eichmann is commonly referred to as the “architect of the Holocaust.” Who was this man? Did he just represent the “banality of evil” as author Hannah Arendt so famously expressed it? Or was he indeed a fanatical and utterly brutal Nazi, as recent historical research suggests? 65 years after his capture in Argentina, Anette Isaacs presents a compelling discussion of the decade Eichmann spent in Buenos Aires, which will reveal crucial insights into the mind of one of the world’s most callous mass murderers.

T Nov 18 1:00 PM-2:30 PM \$12/\$22 Zoom

Visions of Italy: Tourism as a Positive Force: Celebrating and Preserving Rural Italy with Anna Bonavita



With more UNESCO World Heritage sites than any other country in the world, as well as the delights of great food and wine, beautiful cities and countryside, and colorful regional cultures, the flow of tourism to Italy has been relentless and continues to grow. It has been focused, however, on a few particularly popular locations, and this over-tourism is having severe, adverse impacts. Join

Anna Bonavita, founder of a travel-based nonprofit called Esperanza, for a fresh approach to experiencing the treasures of Italy. She rejects the mass tourism phenomenon and will share an alternative perspective, beginning with the belief that tourism can be a catalyst for positive local change, particularly in off-the-beaten-path locations. Her focus will be the Emilia-Romagna region, where she will describe how the compassionate, curious, cultured, and caring traveler can find hidden gems and have a positive local impact. Because how we travel truly matters.

W Nov 19 10:00 AM-11:30 AM \$12/\$22 Zoom

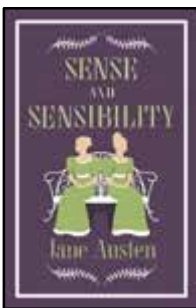
My Other Home is a Kingdom - Stories from Eswatini, Africa with Terry Krieger



Thirty-five years ago, I served as a Peace Corps volunteer in Swaziland, Africa (renamed Eswatini). I was a high school math teacher out in “the bush.” In this presentation, I will talk about my life in Africa in the late 1980s and compare that with my reflections from a recent trip I took there with my wife in February of 2025. It was my first return trip to Africa. What a difference 35 years makes!

W Nov 19 1:00 PM-2:15 PM \$10/\$20 Zoom

Rated R for Read! *Sense and Sensibility* with Stephen MacLennen



We will individually read the Jane Austen 1811 novel, *Sense and Sensibility*, and then gather to watch the 1995 movie adaptation starring Emma Thompson and Kate Winslet. In 1790s England, sisters Elinor and Marianne strive to survive under financial duress while seeking love during a time of cultural and class strictures. The story features themes of romance, sisterhood, and the rational (sense) versus emotional (sensitivity) dichotomy. Rated R for READ is a casual (reading/audiobook optional) book/movie club that explores story via literature and cinema. Bring your copy of the book or simply show up for the movie and enjoy the post-movie discussion and themed snacks provided.

Th Nov 20 10:00 AM-1:00 PM \$10/\$20 Forté Living, Movie Theatre Room
3955 Superior Dr NW



Common Life and Death Mistakes in Navigating the "Healthcare System" with Edward Creagan, MD. FAAHPM.



Once upon a time, most of us had access to a kind healthcare provider who had rudimentary medical training: four years of medical school and then perhaps one or two years of a general internship. He was trusted, competent, and listened. Today, most practitioners are part of some sort of national integrated healthcare delivery system. We are fortunate if we see the same provider on two consecutive visits; the frequency of burnout among these providers approaches 50% in some studies. Dr. Creagan will provide insights on obtaining medical access, how to navigate the electronic health record, the importance of being our advocate on some of the most important decisions of our lives, and the potential promise and pitfalls of artificial intelligence.

Th	Nov 20	1:00 PM-2:30 PM	\$12/\$22	Zoom
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Cherry Mine Disaster with Michelle Gibbons



The year is 1909. You are new to the United States and must work hard to keep your family fed. You are willing to risk the odds, working for long hours at levels from 165 feet to 500 feet below the surface of the earth, mining coal to obtain your goal. The hours are long, and the work is back-breaking. Suddenly, you hear a scream as a fiery inferno has ignited the mine. On November 13, 1909, 481 men and boys went to work in a mine in Illinois, and 259 of them never came back out. The Cherry Mine disaster is ranked among the top three mining disasters in our nation's history. Join historian Michelle Gibbons as she recounts that horrific day.

M	Nov 24	10:00 AM-12:00 PM	\$15/\$25	Zoom
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The Witches of November with Emillie Lucchesi



In the autumn, frigid air from the north descends on the Great Lakes. The water temperature, however, is still warm from summer. The temperature difference brings turbulent storms. Starting in 1679 when Le Griffon sank in Lake Michigan, this presentation explores how the Witches of November (also called the Gales of November) have been responsible for thousands of shipwrecks in our inland seas.

M	Nov 24	1:00 PM-2:30 PM	\$12/\$22	Zoom
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When Special Days Feel Empty: Finding Ways to Cope with Ana Wilson



Holidays, holy days, and special occasions often bring joy, but for those grieving, they can also magnify loss. No matter your beliefs, culture, religion, or traditions, the absence of a loved one can feel more profound during gatherings and celebrations. If you've ever struggled with the weight of grief on these meaningful days, join us to explore practical coping strategies and ways to honor both loss and love.

T	Nov 25	1:00 PM-2:30 PM	\$12/\$22	Room H1415
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British Life in the Victorian Age: Aristocrats and the Elites with Andrew O'Brien



Learn the social protocols of this fabulously wealthy, landed aristocracy like how to enter a dining room correctly, how a hostess can signal using her dinner napkin, and know why your dinner conversation changes after each course. We will focus on social engagement, BUT everything is in the preparation. Learn how to dress for dinner. Explore the Victorian fads for dieting and exercise.

W	Nov 26	10:00 AM-11:30 AM	\$12/\$22	Zoom
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The Spectacular Mosaics of Ravenna with Kristin Anderson



In late ancient/early medieval Europe, the Italian city of Ravenna was an important connection point between the Roman and Byzantine worlds, and it had prestigious relationships with the imperial courts. Ravenna became home to a group of important buildings—churches, baptisteries, and mausolea—and many of them are still standing, decorated with stunning mosaics. In this presentation, we will learn about the city's rich artistic heritage, especially its surviving mosaics.

M	Dec 1	10:00 AM-12:00 PM	\$15/\$25	Zoom
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A Tough Nut to Crack: The Flop (and Fame) of Tchaikovsky's Nutcracker with Tom Cimarusti



Although considered one of Tchaikovsky's most beloved works, the 1892 premiere of the ballet The Nutcracker was hardly a success. What brought about its success in later years? What is it about the music that still captivates audiences all around the world? Come celebrate the holiday season as Dr. Tom examines this perennial favorite, not only as a classic among younger and older audiences alike, but also as a work that captures the essence of love and fantasy.

M	Dec 1	1:00 PM-2:30 PM	\$12/\$22	Zoom
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That's Art?! Making Sense of Art Since 1970 with Deborah Robin



Ever stood in front of a museum piece thinking, "My grandchild could have made that"? You're not alone! This course offers a friendly, no-jargon look at today's most famous (and sometimes baffling) artists. We'll explore why a banana taped to a wall sold for \$120,000, discover what makes artists like Banksy and Yayoi Kusama global sensations, and uncover the stories behind headline-grabbing artworks that spark both conversation and controversy. No art background needed—just bring your curiosity! You'll leave with fresh insights into contemporary art that will make your next museum visit more enjoyable, even if you still don't want some of these pieces hanging in your living room.

T	Dec 2	10:00 AM-12:00 PM	\$15/\$25	Zoom
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Valley of Fire with Stephenie Slahor



This lecture describes the geology, archaeology, modern history, and biology of this unique Nevada State Park, located 45 miles northeast of Las Vegas. It is especially famous for its thousands of petroglyphs made by ancient Native Americans who lived among the colorful sandstones of the area covered by the State Park.

T	Dec 2	1:00 PM-2:30 PM	\$12/\$22	Zoom
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Sir Walter Scott with Taylor Hagood



The great writer of Scottish Highland Romance, Sir Walter Scott, was one of the most commercially successful novelists of all time. His stories of daring and passion set against Scotland's rugged landscape captured the imaginations of readers worldwide. From his earnings, he built one of the wonderful country estates in the United Kingdom, Abbotsford. In this lecture, Professor Taylor Hagood will present Scott's life and work.

W	Dec 3	10:00 AM-12:00 PM	\$15/\$25	Zoom
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British Christmas Traditions: Quirky and Unexpected with Andrew O'Brien



British quirky Christmas traditions explained! How does the royal family celebrate Christmas? What role did the Victorian Period play in creating the modern celebration from the tree to the holiday card? Hear some other bizarre Christmas traditions from around the world, from Catalonia to Mexico. Join us for some Yuletide fun!

Th Dec 4 1:00 PM-2:30 PM \$12/\$22 Zoom

Headliners with Steve Frytak/Phil Karsell



Gather, Listen, and Learn! Meet in person to engage in a thoughtful exchange of ideas, opinions, and information with facilitators Steve Frytak and Phil Karsell. This is a place to flex your brain, find gratification in being acknowledged for what you know, and be humbled by the knowledge of others. Bring current newspapers or magazine topics, or any other topics you would like to discuss. Class is limited to the first 10 registered to keep the group at a size where everyone will have time to express their thoughts. There is no fee attached to this class; however, you need to pre-register.

F Dec 5 1:00 PM-3:00 PM \$0/\$0 Room H1415



Rock Art Around the World with Constance Arzigian



Rock art is a unique human creation. Rock art imagery emerged during the ice ages almost 50,000 years ago and has continued up to the present. Major sites are found across Europe, but ancient rock art is found worldwide, including North and South America, Africa, Asia, Australia, and Indonesia. This presentation will consider where some of these rock art sites are found, what this imagery looks like, what its context can suggest about its purpose, and how such patterns differ around the world. Jeffers Petroglyphs here in southern Minnesota provides a spectacular and accessible place to experience such human expressions going back 7000 years.

M Dec 8 10:00 AM-12:00 PM \$15/\$25 Zoom

Buying A Bride: An Engaging History of Mail Order Matches with Marcia Zug



Today, it is a common misconception that women turn to marital immigration only as a desperate last resort. The reality is more complicated, and most mail-order brides are enticed rather than coerced. In this book talk, Prof. Zug will explore the history of mail-order marriage from colonial times to the present. She will explain why Americans repeatedly turned to mail-order marriages to form their families, how the perception and acceptance of these marriages have changed over time, and why such marriages should be protected, and possibly even encouraged.

M Dec 8 3:00 PM-4:30 PM \$12/\$22 Zoom

Religion and Law with Sarah Ruble



In the United States, religion and law have shaped each other. While some people contend that there is a wall of separation between the two, the reality is vastly more complicated. In this session, we will explore how religion has affected law and how laws have affected religion.

T Dec 9 10:00 AM-12:00 PM \$15/\$25 Zoom

Fight Fraud and Scams with AARP



The AARP Fraud Watch Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. This presentation covers a range of topics, including: cyber security, protecting your digital ID, and government and online imposter scams. In this session, we will share an inside look at how scammers think, how to safeguard against

identity theft and fraud, first-hand accounts from victims, and what to do if you or someone you know has been a victim.

W	Dec 10	10:00 AM-11:00 AM	\$10/\$20	Zoom
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Why Did They Call It 'The Underground Railroad'? with Richard Bell



The historical network of secret routes to freedom known as the Underground Railroad was neither underground nor a railroad. Why, then, is this the name we had long used to describe it? Historian Richard Bell examines the mysterious origins of this strange term and explains why it caught on so quickly. As the term became commonplace, it helped to build public support for the antislavery cause and push the cause of Black freedom to the center of national debate.

Th	Dec 11	10:00 AM-11:30 AM	\$12/\$22	Zoom
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Women of the Civil War with Rachel Fabian



Women of the Civil War aims to provide an alternative perspective of how women were actively engaged in the war compared to traditional images and expectations people may have in mind. Kady Brownell and Frances Clalin fought in the War as soldiers. Dorothea Dix had an impact on nursing and care reform. The Grimke Sisters were influential activists. Writers such as Francis Ellen Watkins Harper and Elizabeth Keckley powerfully influenced attitudes. There were also many who served as spies and conspirators. The presentation will take a deeper dive into these women and allow their often-overlooked stories a chance to be heard.

Th	Dec 11	1:00 PM-2:30 PM	\$12/\$22	Zoom
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The Decades: 1940s with Jim Gibbons



The 1940s were a time of war. Though the Great Depression had subsided, terror was in the lives of many due to the dictatorship of Adolf Hitler, the Holocaust, World War II, and the Red Scare. Historian Jim Gibbons will join us to discuss the World War II attack on Pearl Harbor, the Cold War, Truman's presidency, new controversial music that ended the Swing era and ushered in a new decade marked by the emergence of Rock and Roll.

M	Dec 15	10:00 AM-12:00 PM	\$15/\$25	Zoom
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Welcome to Mars with J. Kelly Beatty



No planet in our solar system is more like Earth than the Red Planet. Thanks to spacecraft that have been circling Mars and crawling across its surface for decades, we've learned that this world is now a deeply frozen wasteland. But long ago, it was much warmer, had a dense atmosphere, and had rivers of liquid water flowing across its surface. What happened to Mars? Was life ever present on its surface? What's it like today? And why is it red? Get the latest scientific findings — and enjoy 3D views of its surface — in this informative and entertaining update.

M	Dec 15	1:00 PM-2:30 PM	\$12/\$22	Zoom
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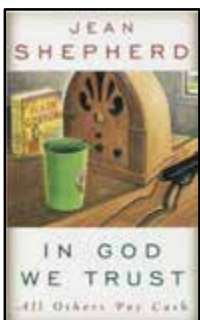
The Life of Helen Keller with Michelle Gibbons



Helen Keller lived a life of determination, persistence, and encouragement. After being stricken by illness as a baby, she was left legally blind and deaf. Through the help of teacher Anne Sullivan, she learned to not only overcome her disabilities, but to far exceed her limitations. Historical presenter, Michelle Gibbons, will describe Keller's childhood and how it transformed her into the role model she became!

W Dec 17 1:00 PM-2:30 PM \$12/\$22 Zoom

Rated R for READ! A Christmas Story with Stephen MacLennen



To mark the holiday season, we will individually read Jean Shepherd's 1966 memoir *In God We Trust: All Others Pay Cash*, and then gather to watch the 1983 movie *A Christmas Story* starring Peter Billingsley, Melinda Dillon, and Darren McGavin. Shepherd's memoir recounts his Midwestern upbringing, including the episode (mostly in Chapter 2) vividly portrayed in the movie of young Ralphie, his family and friends, and his obsessive quest to receive a genuine Red Ryder BB Gun for Christmas. Rated R for READ is a casual (reading/audiobook optional) book/movie club that explores story via literature and cinema. Bring your copy of the book or simply show up for the movie and enjoy the post-movie discussion and themed snacks provided.

Th Dec 18 10:00 AM-1:00 PM \$10/\$20 Forté Living, Movie Theatre Room
3955 Superior Dr NW



Instructor Biographies



AARP empowers people to choose how they live as they age. More than 100 million Americans are 50 or older, and people want their money, health, and happiness to last as long as they do. We are a wise friend and fierce defender, focusing on the priorities of older Americans. **Page 12, 30.**



Barry Adams retired from his role as a historian and Licensed Battlefield Guide at Gettysburg National Military Park. He was born and raised in eastern Pennsylvania. Adams earned his degrees in history and spent 35 years in public education as a teacher and as the principal at Kutztown (PA) High School. He has given more than a thousand tours at Gettysburg and spoken to a wide variety of audiences: historical societies, Civil War roundtables, schools, fraternal organizations, and national and international military officers-in-training, and he has acted as an adjunct instructor for several university courses. In 2018, Barry's book, *Steele County in the Civil War*, was published by Donning Publishing Company. The book won the Best Publication Award from the Minnesota Alliance of Local History Museums in 2018. **Page 22.**



Kristin Anderson is a Professor Emerita of Art and Design at Augsburg University in Minneapolis. Her courses included art history and architectural history surveys as well as more specialized offerings such as American Art, Scandinavian Art, and Women and Art. A graduate of Oberlin College, Kristin has master's degrees in art history (University of Minnesota) and church history (Luther Seminary) as well as a Ph.D. in American Art, Architecture, and Popular Culture from the University of Minnesota. **Page 9, 15, 23, 28**



Dr. John O. Anfinson has been researching, writing, and speaking about the upper Mississippi River for over 30 years. He spent the first half of his federal career with the St. Paul District, U.S. Army Corps of Engineers, as a historian and cultural resources program manager. He joined the Mississippi National River and Recreation Area, a unit of the National Park Service, in 2000, where he served as Superintendent from 2014-2020. John is the author of *The River We Have Wrought: A History of the Upper Mississippi* (2003) and *River of History* (2003). John holds a Ph.D. in U.S. History from the University of Minnesota. **Page 21.**



The **Anoka County Historical Society** maintains a 3,000-square-foot exhibit gallery in the heart of downtown Anoka, surrounded by historic buildings and riverways. It strives to represent the legacy story of the 21 communities constituting Anoka County through artifacts, written accounts, photographs, and oral histories. ACHS conducts educational programming, tours, and special events that focus on keeping legacy stories alive for the present generation. The organization also advocates for individuals to preserve their family histories privately, businesses to document their journey, or the communities themselves to better address how future residents will remember previous generations. **Page 22, 25.**



Dr. Connie Arzigian is a Teaching Professor in the Archaeology and Anthropology Department at the University of Wisconsin–La Crosse, and Senior Researcher with the Mississippi Valley Archaeology Center at UWL. Her research is on Midwestern archaeology and paleoecology, examining subsistence and settlement systems, and the origins of agriculture. In addition, she teaches about biological anthropology and how our species has emerged and thrived. **Page 29.**



J. Kelly Beatty is an award-winning science journalist and astronomer. During the 1980s, he was among the first Western journalists to gain direct access to the Soviet space program. Kelly is a former Senior Editor of *Sky & Telescope* magazine (serving over 40 years) and former editor of *Night Sky* magazine. Now retired from the magazine, he remains actively involved in many *Sky & Telescope* articles, tours, and other projects. He holds a bachelor's degree in geology from the California Institute of Technology and a Master's degree in science journalism. Specializing in planetary science and space exploration, Kelly conceived and edited *The New Solar System*, considered a standard reference among planetary scientists. **Page 20, 30.**



Richard Bell is Professor of History at the University of Maryland and author of *Stolen: Five Free Boys Kidnapped into Slavery and Their Astonishing Odyssey Home*, which was a finalist for the George Washington Prize and the Harriet Tubman Prize. He has held major research fellowships at Yale, Cambridge, and the Library of Congress and is the recipient of the National Endowment for the Humanities Public Scholar award and the 2021 Andrew Carnegie Fellowship. He is a Trustee of the Maryland Center for History and Culture and a fellow of the Royal Historical Society. **Page 11, 19, 25, 30.**



Henry Berman is a retired businessman, working for 34 years at Ecolab, a global company based in St Paul. He has been a prominent member of the Great Decisions Speaker's Bureau for seven years, with a strong interest in the Middle East, Africa, and the emerging nations of Asia. He has given presentations on such varied topics as Saudi Arabia, the Future of the Kurds, Red Sea Security, South Africa's Legacy of Apartheid, and China in Africa. He has also been a teacher at OLLI (Osher Lifelong Learning Institute at the University of Minnesota) for three years. Courses he has created and led include the Middle East Conflict, the Horn of Africa, and the Philippines-US Relationship. **Page 9, 24.**



Dr. Rebecca Bevans is a cognitive neuroscientist and Professor of Psychology at Western Nevada College, where she teaches a wide range of courses, including abnormal psychology, child development, and social psychology. She earned her Ph.D. in cognitive neuroscience and her master's degree in child development from the University of Nevada, Reno. Her interest in synthetic food dyes began as a personal mission to help her son—an effort that ultimately led her to become a nationally recognized expert in the field. In 2016, Dr. Bevans delivered a widely acclaimed TEDx talk on the effects of synthetic food dyes and has since appeared on dozens of podcasts and radio programs. She and her son were also featured in *To Dye For: The Documentary*. Together with her students, Dr. Bevans has conducted research on the prevalence of synthetic dyes in everyday products, from beverages to personal care items. Today, she continues to collaborate with leading researchers worldwide, blending scientific expertise with personal passion in her ongoing work. **Page 18.**



Anna Bonavita is a former physicist with a passion for culture, cuisine, and the environment. Born in a small village in Bulgaria but swept up in the waves of globalization, she claims several countries as the source of her cultural identity. Her travel nonprofit, Esperienza, provides small-scale, immersive experiences that connect travelers with rural and small-town communities, leading to new, unexpected growth opportunities for both. She is also the founder of the Italian Cultural Center of Minneapolis/St. Paul, the Italian Film Festival, and The Communal Table. **Page 26.**



Dr. Tom Cimarusti, a native of Los Angeles, received his Ph.D. at Florida State University, where he defended his dissertation concerning 19th-century Italian song. He has presented his research at conferences in Europe, Asia, and the United States. He is currently working on an edition of hymns associated with the late 19th-century religious cult, the Koreshan Unity. He has been the recipient of numerous research grants and excellence in teaching awards. As an avid accordionist, he is also active in the performance of the traditional music of Argentina (tango), Italy (work songs), and the USA (zydeco). He lives in Naples, FL, with wife Christy and two boys, Paul and Christopher. **Page 10, 16, 23, 28.**

Questions? Call 507-280-3157.



Dr. Kate Clifford Larson is a New York Times and Wall Street Journal best-selling author of critically acclaimed biographies of American women. Her work includes *Walk With Me: A Biography of Fannie Lou Hamer*; *Bound for the Promised Land: Harriet Tubman, Portrait of an American Hero*; *Rosemary: The Hidden Kennedy Daughter*; and *The Assassin's Accomplice: Mary Surratt and the Plot to Kill*

Abraham Lincoln. Specializing in 19th and 20th century U.S. Women's and African American history, Larson is also an award-winning consultant for feature film scripts—including Focus Features' *Harriet* starring prize-winning Cynthia Erivo, and Robert Redford's *The Conspirator*—documentaries, museum exhibits, curriculum guides, public history and tourism initiatives, and she appears frequently on local, national, and international media outlets. **Page 25.**



Dr. Edward Creagan is a medical oncologist who practiced at the Mayo Clinic for more than forty Minnesota winters until he transitioned into the orbit of digital health and health information in 2018. He was the first Mayo Clinic consultant board-certified in hospice and palliative medicine. Dr. Ed received the Distinguished Mayo Clinician Award—Mayo Clinic's highest honor. He also completed an elected term as President of the Mayo Staff. He is the author of the triple award-winning book *How Not to Be*

My Patient: A Physician's Secrets for Staying Healthy and Surviving Any Diagnosis. His second book is about death and dying issues, titled *Farewell*, and provides answers to vital end-of-life questions. He blogs regularly on his website, AskDoctorEd.com, and can be followed daily on Instagram, X, and TikTok. **Page 12, 19, 27.**



Matthew C. Ehrlich is an emeritus professor of journalism at the University of Illinois, Urbana-Champaign. In addition to his new book, *The Krebiozen Hoax*, he has also written books about audio documentaries, professional sports, and journalists' portrayals in popular culture. **Page 10.**



Rachel Fabian is from Winona, MN, where she is currently working as a Government Business Analyst with Fastenal Company. Her educational history includes a bachelor's degree in business administration from Bethany Lutheran College, and she is currently working on her MBA at Saint Mary's University. She is currently the Vice President of the Hiawatha Valley Civil War Round Table, which meets at the Winona County Historical Society. The group meets on the second Saturday of each month from September - May. Rachel is simply someone who has a passion for history and enjoys researching lesser-known topics, as there is always something new to learn.

Page 30.



Stephen Frytak is a retired Mayo Medical Oncologist. He previously served on the Learning Is ForEver (LIFE) Board. **Page 5, 8, 15, 24, 29.**



Greg Gaut is a historian who has been a college teacher and a historic preservation consultant focused on preparing National Register of Historic Places nominations throughout Minnesota. Minnesota Historical Society Press published *The War at Home: Minnesota During the Great War, 1914-1920* in March 2025. His article on a World War I espionage case, "Hardware Store Sedition: The Case of Charles W. Anding," won the Solon J. Buck Award for the best article in the journal *Minnesota History* for 2020. A lover of libraries, he published *Laird's Legacy: A History of the Winona Public Library* and *Reinventing the People's Library*, a history of a Carnegie library in St. Paul, which became the East Side Freedom Library. He and his wife, Marsha Neff have co-authored many articles for *Minnesota History*, two of which won the David Gebhard Award for the best article on Minnesota's built environment. He earned a doctorate in Russian and Modern European History at the University of Minnesota. **Page 18.**



Jim Gibbons, a Marengo, IL, resident and historical presenter, has made a name for himself teaching the importance of history. Using his passion for and strong knowledge of history, Jim offers over 176 riveting presentation topics. Jim has been researching history and historical figures since college. Using his slogan, "Life is no mystery when you know your history," he has a passion for retelling historical stories of presidential, world, and United States history, with a strong emphasis on how history continually repeats. Jim's goal is to not only teach the important parts of history but to point out that if history's warnings are heeded, mankind stands to have a brighter future. **Page 12, 30.**



Michelle Gibbons is making a name for herself teaching the importance of history. Through her passion for history and training from her father, Michelle debuted at several locations in early 2020. She received her BA Degree from NIU in 2008 with double majors in Journalism and English and a minor in Political Science. Using her father's slogan, "Life is no mystery when you know your history," Michelle's goal is to teach history and help others learn its value in today's society. **Page 15, 27, 31.**



Valerie Gugala has been studying the Lincoln Family for more than 50 years. Her interest in the Lincolns led her to an interest in the Presidents, First Ladies, and their families. Over the last 25 years, Valerie has spoken at libraries, schools, churches, senior groups, and park districts throughout the country. She loves to share her knowledge of and enthusiasm for our country's history with audiences. She has a background in theatre, as she was the co-producer for the Bartlett Park District Theatre Program for over 10 years, and worked with The Mystery Shop, a traveling mystery theatre company, from 2001 to 2020. Valerie lives in Bartlett, Illinois, a suburb of Chicago, with her husband Brian, son Steven, and two Siamese cats, Rajah & Jasmine. **Page 9, 20.**



Taylor Hagood has been lecturing in the LIFE program since 2021. A professor of American literature at Florida Atlantic University, he lectures on a range of topics in literature, art, music, history, and travel. He is the author of multiple books, including the biography/true crime *Stringbean: The Life and Murder of a Country Music Legend*; *Faulkner's Imperialism: Space, Place*, and the *Materiality of Myth; Secrecy, Magic*, and the *One-Act Plays of Harlem Renaissance Women Writers*; and *Faulkner, Writer of Disability*, winner of the C. Hugh Holman Award for Best Book in Southern Studies. **Page 7, 17, 24, 28.**



Anette Isaacs, German-born and raised, is a historian and public educator who has been presenting hundreds of programs on more than 40 different topics (all about her native country's history, politics, and culture) all over the United States. She holds a Master's Degree in American Studies, Political Science, and History and is currently serving as the Director of OLLI at FIU (Florida International University) in Miami, FL. **Page 11, 18, 26.**



Chad Israelson received his BA from the University of Wisconsin-La Crosse and his MA from the University of Nebraska. Israelson has taught at RCTC since 1996. He has also taught at UW-La Crosse, Augsburg, and Winona State. Chad won Outstanding Educator in 2003 and 2012. Chad recently coauthored the book *The Political World of Bob Dylan: Freedom and Justice, Power, and Sin* and has authored *Kings of North: Photographs and History of the Minnesota Vikings*; *Football and Family: The Justin Jefferson Story*; and *Small Town, Big Dreams: The Kirill Kaprizov Story*. **Page 21.**



Phil Karsell is a retired Mayo physician. His interests include volunteer medicine for the Salvation Army and, recently in Guatemala, making wooden toys for the Ronald McDonald House, nature photography, grandchildren, and lifelong learning — science, history, and philosophy. **Page 5, 8, 15, 24, 29.**



Howard Kerner received his BA and MA in English from the State University of NY at Albany and did additional graduate work towards his Ph.D. at the University of Virginia. Howard has taught at the high school, college, and university levels for 47 years, lectured extensively, and published over 700 articles, many on the Holocaust. His "passion project" since retirement is researching and sharing uplifting and inspiring stories of human goodness during the Holocaust. **Page 19.**



Laura Keyes graduated from UW-Madison with a Master's Degree in Library Studies and has been presenting on historic topics for over 15 years. Laura Keyes is currently the Director of the Dunlap Public Library District in Dunlap, IL. **Page 22, 25.**



Paul Koeller is a retired IBMer and active Mayo Volunteer who loves researching and presenting music and local history topics. Paul has given numerous history presentations in Rochester and presented about twenty different rock music classes for Rochester Community Education and RCTC's LIFE program. Paul also loves traveling and gardening. **Page 13, 24.**



Terry Krieger is a retired college math instructor and the coauthor of several undergraduate math textbooks. He and his wife have lived in Rochester for over 25 years. Any time he spends in wilderness camping or kayak fishing is time well spent. He is looking forward to his wife's 2026 retirement from the Mayo Clinic (Pharmacist), after which they plan to move to their vacation home in Door County, Wisconsin. **Page 26.**



Emilie Le Beau Lucchesi, Ph.D., is an author and journalist in Illinois. She is a regular contributor to Discover Magazine. Her work has also appeared in National Geographic, USA Today, The New York Times, and The Atlantic. She is the author of *Ugly Prey: An Innocent Woman and the Death Sentence that Scandalized Jazz Age Chicago* and *This is Really War: The Incredible True Story of a Navy Nurse POW in the Occupied Philippines*. She is the co-author of *A Light in the Dark: Surviving More than Ted Bundy* with survivor Kathy Kleiner Rubin. **Page 23, 27.**



Todd Lefko is President of the United Filtration Company and worked in Russia for over 35 years. He was the weekly columnist for Rossiske Vesti, the political newspaper of the Russian Presidential Administration, for 18 years, and has written over 700 articles. Todd is on the Editorial Board for the Russian Historical Reporter and has been the English editor for four Russian books. He is the Chairperson of East-West Connections and has taught at the U of M and other Minnesota colleges. He has lectured at universities in Russia, Germany, China, Belarus, Kazakhstan, and Turkmenistan. Todd is a Fellow of the Caux International Roundtable and a member of the Technical Advisory Committee at the Almaty Management University in Kazakhstan. Todd holds a BA in History, an MA in Public Administration, and coursework for a Ph.D. in Urban History from the U of M. He also studied Public Policy as a Bush Fellow at Harvard University and Urban Planning at the University of Manchester, England. He is a founder of Global Volunteers, has served as Treasurer and Representative at the United Nation, and has been a member of the Twin Cities Metropolitan Council, Regional Transit Board, and Minnesota Experimental City Authority. **Page 8, 17.**



Ed Linz grew up on a farm in Kentucky prior to attending the U.S. Naval Academy. Following graduation in 1965, he served on four nuclear submarines and was Commanding Officer, USS KAMEHAMEHA (SSBN-642). During his retirement from the Navy, he taught high school Physics in public schools in Northern Virginia and coached track and cross country. Ed is the author of six books, including recent works on the Great Depression and the Vietnam War. He holds advanced degrees from Oxford University and George Mason University and lives in Maine and Virginia. He was the recipient of a heart transplant in 1994. **Page 13, 20.**



Stephen MacLennan is a retired electrical engineer and mathematician who worked 30 years in the field of digital signal processing in the Twin Cities, then taught high school mathematics at Wayzata and Eagle Ridge Academy (Minnetonka) and coached the Minnesota High School All-State Math Team. Throughout, he kept books of poetry, stories, essays, novels, and plays nearby for society and solace. In 2024, he and his wife, Mai moved to Rochester, where he now enjoys literature, mathematics, music, and tennis. **Pages 5, 6, 7, 14, 21, 26, 31.**



Eric L. Matteson, MD, MPH, is an emeritus professor of medicine and rheumatology at the Mayo Clinic in Rochester, Minnesota. Dr. Matteson earned his Doctor of Medicine at Friedrich Alexander University in Erlangen, Germany, and then pursued his fellowship in rheumatology at the University of Michigan and a Master's in epidemiology at the University of North Carolina before coming to the Mayo Clinic as faculty. Dr. Matteson has particular interests in large vessel vasculitis, inflammatory arthritis, lung disease in autoimmune disorders, and medical history. He is the past president of the Rheumatology Research Foundation. **Page 17.**



Dr. Kris Meyer earned a Ph.D. from Iowa State University in Educational Leadership. She has maintained a career in education working as an elementary school counselor, principal, and professor for graduate students in Mental Health and Professional School Counseling. Kris has done extensive research on resiliency and writes and produces a weekly podcast L.I.V.E. Live Inspired Views for Everyday. Kris is retired and works part-time teaching at Buena Vista University. She and her husband, Don, live in Rochester, have two grown children, and two very special grandsons. **Page 10, 16.**



Minnesota-Wisconsin Canine Search and Rescue has a mission of providing trained K9 teams to help federal, state, county, and local government agencies locate victims in wilderness, water, and urban environments. These services are provided free and may include the recovery of lost persons or items during a wilderness, water disaster, or urban search and rescue request. MN-WI is a part of a network of professional volunteers, and a response may include members from search units associated with MN-WI. **Page 14.**



David Misch is a former stand-up comedian, screenwriter ("Mork and Mindy," "Saturday Night Live," "The Muppets Take Manhattan"), author of *Funny: The Book*, ("A Beginner's Guide To Corruption"), teacher (his own courses on comedy at USC and musical satire at UCLA) and lecturer at Yale, Columbia, the Smithsonian, 92nd St. Y (NYC), Oxford University, Trinity College Dublin, University of Sydney, VIEW Cinema (Torino, Italy) and San Miguel (Mexico) Writers' Conferences, Raindance Film Festival (London), Austin Film Festival, American Film Institute, Writers Guild of America, Sony, DreamWorks, Lucasfilm, Disney, Second City, Actors Studio. More at davidmisch.com **Page 15.**



Andrew O'Brien was born in England and graduated with a Bachelor's and Master's degree in History from Oxford University. Andrew also has a teaching degree from London University and a Master's degree in teaching from Johns Hopkins University. After teaching school in England and the UK, Andrew presented just under four hundred lectures to lifelong learning communities. **Page 9, 15, 27, 29.**



People's Energy Cooperative is a member-owned electric distribution cooperative celebrating over 85 years of delivering retail electric power to its 20,000 consumer-members in Olmsted, Dodge, Fillmore, Mower, Wabasha, and Winona counties. **Page 8.**



Asya Pereltsvaig received a degree in English and History from the Hebrew University of Jerusalem and a Ph.D. in Linguistics from McGill University. She taught at Yale, Cornell, and Stanford and has been teaching in lifelong education programs since 2010. Her expertise is in language, culture, and history, and the relationship between them. Asya has published five scholarly books and is a popular instructor for several Osher Lifelong Learning Institutes around the country and was the faculty host for the OLLI trip to the Baltic countries and St. Petersburg in July 2017. **Page 8.**



Jeff Pieters is the editor of the Rochester Post Bulletin. He joined the newspaper in 2001 after previous positions in Iowa, Indiana, and the Twin Cities. In Rochester, he has reported in local government and edited the Life section. He has been an editor since 2019. **Page 9.**



Lauren Radick is a passionate educator and lifelong learner with a deep love for literature. A former early childhood center administrator, she now teaches the course "The Life and Times of Literary Favorites" and serves as an adjunct literature instructor for OLLI at Florida International University. Lauren holds a bachelor's degree in journalism and literature from Emerson College and a Master's Degree in Education from The George Washington University. When she's not teaching, you can find her immersed in a good book, always seeking to expand her knowledge and share her passion for learning with others. **Page 19, 25.**



Tracey Lee Roberts (Senior Lecturer Emerita, Dept of History, UW-Platteville) has been researching and writing about the Galena, IL region for three decades. Besides teaching, she has engaged in Public History as director and curator at several museums. She gives talks about the people who populated the Upper Mississippi Lead-Zinc Mine District. Her own British lead mining family arrived in Galena in 1834, bringing the Primitive Methodist religion to the laboring classes. She is currently writing a biography of Henry Dodge, Wisconsin's first territorial governor. **Page 24.**



Deborah Robin retired from a career as a university educator and administrator, then channeled her passion for lifelong learning into an ongoing relationship with OLLI at ASU and other Continuing Education programs nationally. She shares her enthusiasm for art by teaching a wide range of art history courses. Specializing in modern and contemporary art, she also devoted over a decade to volunteering as a Docent at the Scottsdale Museum of Contemporary Art. Her academic journey includes a BA in English and an MA in Humanities from Florida State University, and a Doctorate in Education from Nova Southeastern University. **Page 16, 23, 28.**



Sarah Ruble was born and raised in Washington State. She earned her B.A. at Seattle Pacific University, Master of Theological Studies and Ph.D. in American religious history from Duke University. Since 2007, she has been a professor in the Department of Religion at Gustavus Adolphus College, primarily teaching history of American religion and Christian theology. She is the author of *The Gospel of Freedom and Power: Protestant Missionaries in American Culture after World War II*. Her recent work includes two YouTube-based adult Sunday School curricula: one on the history of Christianity and racism in the U.S. and the other on the development of Christian doctrine, both available at sarahruble.com. She is a frequent teacher and guest preacher in Minnesota churches and lifelong learning programs. She lives in St. Peter, Minnesota, with her husband and son. **Page 13, 29.**



Michael Scheibach, Ph.D., currently teaches for the Osher Lifelong Learning Institute (OLLI) at the University of Miami and Florida International University. He received his doctorate in American Studies from the University of Kansas and taught for several years as an adjunct professor at Kansas City and Missouri-area colleges before moving to Miami. Scheibach is the author of five books on the early Cold War and Atomic Age, including *Atomic Narratives and American Youth: Coming of Age with the Atom, 1945-1955*; *Atomics in the Classroom: Teaching the Bomb in the Early Postwar Era*; *"In Case Atom Bombs Fall": An Anthology of Governmental Explanations, Instructions and Warnings from the 1940s to the 1960s*; *Protecting the Home Front: Women in Civil Defense in the Early Cold War*; and *Atomic Alert: The Atomic Bomb* and *The Show That May Save Your Life*. **Page 14.**



Tara Schmidt, M.Ed., RDN, LD, is a registered dietitian and an instructor of nutrition at the Mayo Clinic in Rochester, Minnesota. As the lead dietitian for the Mayo Clinic Diet, she provides guidance rooted in evidence-based principles, helping individuals develop sustainable and realistic strategies for long-term health. She also hosts Mayo Clinic On Nutrition, a podcast that dives into current nutrition research and practical weight management tips. **Page 22.**



Brendan Shea, Ph.D., is a Philosophy and Computer Science instructor at Rochester Community and Technical College. He's published over 25 academic articles or book chapters, focused mainly on issues in applied ethics, the philosophy of science, or areas where these intersect (such as bioethics or the ethics of artificial intelligence). He's been teaching for over 20 years and has given many LIFE lectures (which he enjoys!). He lives in Rochester, MN, with his wife Annea and son Harry. **Page 13.**



Ranger Sarah Sherwood is an interpretive Park Guide at White Sands National Park. Her educational background is varied — including degrees in math and psychology — and she considers herself a "generalist" in the field of natural and cultural resources. A native New Englander, Sarah has lived in nine states in the past seven years due to her work with the NPS and feels lucky to have personally experienced so many of our country's most incredible landscapes. **Page 7.**



Karen Sieber is an scholar of social justice history in the United States, often working through public history and digital history initiatives. She is best known as the creator of Visualizing the Red Summer, part of the AP African American Studies curriculum nationwide. In addition to appearing in television shows and documentaries her research has appeared in Minnesota History, PBS, Smithsonian, Jacobin, Yahoo, MSN, and in the book *Where Are the Workers? Labor's Stories at Museums and Historic Sites*. Her work has been featured by the American Historical Association, National History Day, National Archives, and National Council for Public History. **Page 18.**



Dr. Heather Sklenicka is an Instructor of Chemistry at RCTC. She earned her Ph.D. in Synthetic Organic Chemistry from the U of M. Her favorite classes to teach are Organic Chemistry and Research. Outside of work, she teaches fitness classes at the Rochester Athletic Club, plays Dungeons & Dragons, and spends many happy hours on the couch with crochet, an audiobook, and a cat or two. **Page 20.**



Dr. Stephenie Slahor has retired from her law practice, university, and law school teaching. She now creates informative and enjoyable OLLI and adult education courses, primarily in the natural sciences, and about places where human history and/or geology have significance. **Page 16, 23, 28.**

Betty Spitzmiller received her Ph.D. from the University of Minnesota. Betty is a retired college teacher of courses in writing, literature, classical mythology, and the humanities. **Page 5, 7.**



Sonja Trom Eayrs, author of *Dodge County, Incorporated: Big Ag and the Undoing of Rural America*, is a farmer's daughter, rural advocate, and attorney. She is involved in several rural advocacy organizations, including the Socially Responsible Agriculture Project, Farm Action, Land Stewardship Project, and Dodge County Concerned Citizens. Trom Eayrs also serves as the business manager for the Trom family farm in Dodge County, Minnesota. **Page 14.**



Stephen Troutman is a LIFE board member, facilitator, presenter, and lifelong learner. He worked at IBM for 33 years; he retired as an Executive Consultant. In the Navy for 23 years and retired as a Captain. In retirement, for 12 years now, he has been a community volunteer; he is currently active at LIFE (Learning Is Forever and SCORE (mentors to small businesses). In 2021, he received the Mayor's Medal of Honor for Senior Service. **Page 5, 12.**



Carol Veldman Rudie is a docent and the coordinator of outreach education at the Museum of Russian Art in Minneapolis. She regularly leads classes and speaks on topics of Russian art. A former college teacher, she has done Ph.D. work at the University of Minnesota in English literature and art history. **Page 11.**



Galina Vromen spent more than a decade as a foreign correspondent, mostly for Reuters News Agency -- in the Netherlands, UK, France, Mexico and Israel. After retiring, she harnessed her research and writing skills to release her debut historical novel, *Hill of Secrets*, which has garnered some 3,500 five-star ratings on Amazon. The research on the book sparked her interest in the aftermath of the use of the atom bomb and she has become well-versed on issues of nuclear arms today. **Page 10.**



Rev. Ana M. Wilson, MDiv, BCC, CT grew up on military bases and lived in Virginia, West Germany, and Texas before moving to Rochester. She previously served as a Chaplain and currently serves as a Bereavement Coordinator for a local hospice. She is a wife, mother, grandmother, and an ordained minister in the Christian Church denomination. Ana has a B.S. in Math and Science. She attended Brite Divinity School earning a Master of Divinity. She completed her Chaplain residency program at Parkland Hospital in Dallas and is a Board Certified Chaplain. Ana became Certified in Thanatology (CT) through the Association for Death Education and Counseling (ADEC) in 2022. **Page 27.**



Douglas Wood is an author of 40 books, artist, musician, naturalist and wilderness guide. His new memoir, *A Wild Path*, has been named Sigurd Olson "Notable Book" winner and received the Midwest Book Award. Doug has read and performed at the White House and other venues across the country. As a wilderness guide, he has led expeditions from the Boundary Waters to the Northwest Territories. **Page 21.**



Marcia Zug is the Miles and Ann Loadholt Professor of Family Law and the University of South Carolina School of Law. *You'll Do* is her second book. Her previous book, *Buying A Bride: An Engaging History of Mail-Order Marriage*, explored the legal history of mail-order marriages. She lives in Columbia, SC with her husband and two daughters. **Page 29.**

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