

learninglife

Winter/Spring 2020



College of Continuing
& Professional Studies

UNIVERSITY OF MINNESOTA

ccaps.umn.edu/learninglife

Hard-Thinky Stuff

LearningLife joins the one, the only, the Theater of Public Policy (T2P2) to bring you *End of Life: Live and Unscripted!*, a decidedly unique (and important, and fun) learning experience. The evening will begin with social worker Brenda Hartman and medical doctor Ann McIntosh, who will guide the audience through one of life's most crucial conversations. The T2P2 cast will then bring these exchanges to life in ways that are intelligent, hilarious, and profound. After all, they've been using improv comedy theater to encourage people to get excited about and involved with "hard-thinky stuff" for nearly a decade.

Join us February 19 to see the magic sparked when you tackle something difficult with two of the most powerful forces in the universe: knowledge and humor!

**“IMAGINE C-SPAN
BEING SUDDENLY
SWARMED BY
THE CAST
OF SNL”**

— *Minneapolis Star Tribune*



Photo courtesy Theater of Public Policy



HEADLINERS

What's on Baby's Mind? The Developmental Origins of Adult Mental Health and Disease

Thursday, February 6, 7 p.m., \$20 (HEDLX005)



Early childhood represents one of our greatest opportunities to influence an individual's trajectory of mental health across the lifespan. This is because the first 1000 days following conception is the period of most rapid brain growth and development. As such, it is a period of extreme vulnerability to environmental risks that can disrupt brain development, including malnutrition, stress, toxin exposure, and inflammation. At the same time, positive support for brain development through appropriate nutrition, reduction of stress, and provision of social environmental support lays the foundation for long-term mental health.

It's clear that these early life events have lifelong consequences. According to Dr. Michael K. Georgieff, "A major research focus at the University of Minnesota has been to develop new techniques to assess the developing brain, particularly its function, at the youngest possible time. The ability to more precisely define brain function before the age of three years allows for earlier and more targeted interventions to be instituted with the likelihood that those interventions will have greater long-term impact."

Michael K. Georgieff is the Martin Lenz Harrison Land Grant Professor of Pediatrics, Obstetrics and Gynecology, and Child Psychology at the University of Minnesota. He is also executive vice chair of Pediatrics, head of the Division of Neonatology, and director of the University's Center for Neurobehavioral Development. Georgieff serves as an advisor to the National Institutes of Health, UNICEF, and the American Academy of Pediatrics.

The Literature of Retirement

Saturdays, February 8, 15, 22 (three meetings), 10 a.m.–noon, \$135 (LLX188)

Google “preparing for retirement” and little comes up but advice about financial planning. But what of preparing the heart, the mind, and the soul? How do you say goodbye to a career that has anchored you for decades? How do you leave a job you never liked without bitterness for wasted years? How can you retire with grace, dignity, and joy?

When in moral doubt, literature often provides timely answers. But even literature fails us when it comes to questions about the ethics and metaphysics of retirement: the soul questions, if you will. Why?

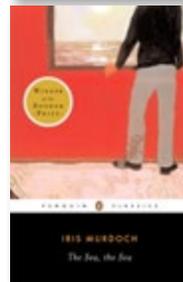
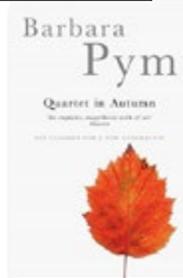
Before the 20th century, people rarely had the fiscal luxury to retire, at least in our modern sense of the word. Those who could afford to stop working had never really worked in the first place: they lived off hereditary estates. Those who had to work could rarely afford to stop. When ill health finally forced them to, they lived with their children. Or wound up in poorhouses. Or worse.

The retirement to which modern Americans, Britons, and Western Europeans now aspire is a product of the social, political, and medical changes of the times, and with those changes, a small but fascinating new genre has appeared on the literary horizon: the novel of retirement.

This course will examine a few of the best novels about retired people, including Barbara Pym’s darkly comic *Quartet in Autumn* and Iris Murdoch’s unsettling *The Sea, the Sea*. The course will begin with Shakespeare’s *The Tragedy of King Lear*; about which instructor John Watkins says, “I can think of no better instance of retirement planning gone wrong.”

Required: William Shakespeare, *The Tragedy of King Lear*; Barbara Pym, *Quartet in Autumn* (Plume, 1992); and Iris Murdoch, *The Sea, the Sea* (Penguin Classics, 2001).

John Watkins is Distinguished McKnight University Professor in the Department of English at the University of Minnesota, where he also teaches in the Department of History. He is the recipient of numerous awards, including a Guggenheim Fellowship, the Arthur “Red” Motley Exemplary Teaching Award, the Morse-Alumni Award, and the Ruth Christie Award for Excellence in Teaching.



Shakespeare’s Fair Youth and the Dark Lady: An Admirer’s View

Thursday, February 13, 3–5 p.m., Campus Club, Coffman Memorial Union, East Bank campus \$55 (LLX190)

The 154 sonnets penned by William Shakespeare are among the greatest poems ever written in the English language. Love, jealousy, despair, humility, and pride—the same passions dominate the sonnets that are familiar to us from the author’s plays.

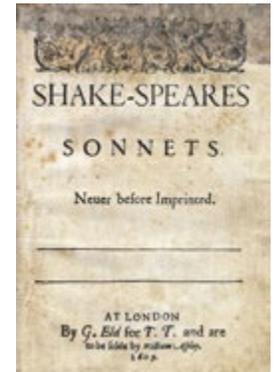
While each sonnet is a poem unto itself, they make up two distinct narratives: those of the fair youth and those of the dark lady. To date, the identities of their addressees have not become known. Yet, the perennial appeal of the sonnets lies in their literary worth.

“From a literary standpoint, Shakespeare’s sonnets stretched the strict conventions of the Petrarchan sonnet, which was popular at the time,” says Liberman. “Rather than focus on courtly or unobtainable love in a conventional way, Shakespeare paved the way for modern romantic poetry by conveying love as complex, earthy, and often controversial.”

Join us for a pre-Valentine afternoon of decadent sweets, libations, and poetry. Tuition includes dessert and coffee/tea. A cash bar featuring champagne and other poetic elixirs will be available. Space is limited. Registrations must be received by February 7.

Anatoly Liberman is a professor in the University of Minnesota’s Department of German, Scandinavian, and Dutch. An internationally renowned scholar of word origins, Liberman discusses the topic regularly on MPR and is the author of *Word Origins and How We Know Them* (Oxford University Press, 2005). The work of William Shakespeare has been at the center of Liberman’s interest since his youth.

Offered in cooperation with the Campus Club of the University of Minnesota.



End of Life: Live and Unscripted!

Wednesday, February 19, 7–9 p.m., \$55 (includes refreshments) (LLX194)

End-of-life care planning: It's something we all know we should consider, but few of us do, at least in a proactive way. After all, the topic can be discomforting, even scary. But what if you paired end-of-life planning discussions with two of the most powerful forces in the universe: knowledge and humor?



Photo courtesy Theater of Public Policy



Brenda Hartman

Dr. Ann McIntosh

This unique live show with the Theater for Public Policy (T2P2), social worker Brenda Hartman, and medical doctor Ann McIntosh uses both to help you dive into one of life's most crucial conversations. You'll learn about aspects of end-of-life care you and, no doubt, many others have been too nervous to face or ask about, while being engaged by Hartman and McIntosh and entertained by T2P2's awarding-winning improv artists.

Hopes, fears, and any and all questions will be explored in an environment that mixes humor with grace, and savvy with support.

You know it's important, so why hesitate? Let's talk (and *laugh*) about end-of-life planning!

The Theater of Public Policy has been using improv comedy theater to encourage people to get involved with "hard-thinky stuff" since 2011. Praised by civic leaders, artists, and audiences for their intelligence and highly entertaining presentation of difficult issues, T2P2's topically themed shows feature interviews with experts, followed by a cast of improvisers bringing those conversations to life. Since its formation, T2P2 has performed more than 300 shows, toured the country, hosted candidate debate forums, transformed the entire city of Saint Paul into a stage, and more.

Brenda Hartman, MSW, LICSW, University of Minnesota, is a stage 4 cancer survivor whose private clinical practice specializes in working with people who have life-threatening and life-ending illnesses. In 2017, she received a Bush Fellowship through which she studied end-of-life practices from various cultures, religions, and spiritual traditions.

Ann McIntosh, MD, BSN, University of Minnesota, is an emergency medicine physician who has been helping individuals and loved ones in life-threatening situations make decisions for more than 25 years. Practical, realistic, and action-oriented, she enjoys working collaboratively to engender a culture of health.

Offered in cooperation with the Theater of Public Policy.

Introduction to Global Environmental History

Thursdays, February 20, 27, March 5, 19 (four meetings, no class March 12), 6–8 p.m., \$165 (LLX195)

Beginning with the broad themes and scope of environmental history, this introductory course focuses on human-environment interactions and the role environmental factors play in shaping world history. Presentations, readings, and discussions will explore topics such as climate, volcanic eruptions, landscape, plants, crops, animals, insects, disease, pestilence, energy, and technology, enabling participants to understand the complex relationship between human societies and nonhuman species, as well as the changing nature and structure of this relationship throughout history.

Required: Dorothy H. Crawford, *Deadly Companions: How Microbes Shaped our History* (Oxford University Press, updated edition, 2018), and Naomi Oreskes and Erik M. Conway, *The Collapse of Western Civilization: A View from the Future* (Columbia University Press, 2014).

Zozan Pehlivan is an assistant professor of History in the University of Minnesota's College of Liberal Arts. A historian of the modern Middle East and the Ottoman Empire, her research and teaching focus on the history of environments, climate change, comparative empires, and pastoral nomads and animals. Prior to joining the University, she held a two-year fellowship at the Indian Ocean World Centre of McGill University in Montréal, Quebec.



Photo: Piyaset, Shutterstock



HEADLINERS

A Candid Conversation with Neel Kashkari

Thursday, March 5, 7 p.m., \$20 (HEDLX006)



Do you ever wonder how big banks are regulated? How, for instance, do we put an end to “too big to fail?” What influences the decision to raise or lower the federal funds rate, and what are the consequences when the publicly voiced opinions of the executive branch are at odds with those decisions? How does the Federal Reserve Bank of Minneapolis gather the data that informs its work within the Federal Reserve system? How might that data influence economic growth and economic inequality and opportunity in the state? The region? The country?

Whether regarding immigration, early child development, postsecondary education, or retirement, the Federal Reserve Bank of Minneapolis has a tremendous effect on the way we live and thrive (or fail to thrive) in our communities. Join us as Fed President Kashkari and College of Continuing and Professional Studies Dean Robert Stine discuss the institution and some of its recent initiatives, before entertaining questions in a town hall-style forum.

Alexander Hamilton Award-winning **Neel Kashkari** has been president and chief executive officer of the Federal Reserve Bank of Minneapolis since 2016. In this role, he serves on the Federal Open Market Committee, bringing the Ninth Federal Reserve District's perspective to monetary policy discussions in Washington, DC. He also oversees all of the Bank's operations and was instrumental in establishing the Minneapolis Fed's Opportunity & Inclusive Growth Institute, whose mission is to improve the economic well-being of all Americans.

International Health Concepts: Ayurveda, The Science of Life

Saturday, March 14, 9 a.m.–noon, College of Biological Sciences Conservatory, Saint Paul campus, \$70 (LLX196)

Developed more than 3,000 years ago in India, Ayurveda is one of the world's oldest holistic ("whole-body") systems of medicine. Based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit, Ayurvedic practice is proactive and focuses on promoting good health, rather than fighting disease. What's more, the practice treats individuals as unique beings, each with their own constitutions and wellness needs.

This course will survey the basic principles of Ayurveda and how they may be used in your daily life. We'll begin with a discussion of the inner balancing of constitutional energies (Vata, Pitta, and Kapa), which are unique to each person. You'll become familiar with your energy balance and how it can help you maintain your health—physically, mentally, and emotionally.

Next, we'll tour the College of Biological Sciences' new Conservatory and its biodiverse collection of plant species from around the world, including those most commonly used in Ayurvedic practice (and that you can grow in your own garden)! The tour will include a discussion about how rare and unusual plants have evolved to exist in various environments.

The course will end with a demonstration of beginning yoga activities and exercises (including chair yoga) that enhance your health, in keeping with Ayurvedic practice.

Vanashree Belgamwar received her Bachelor of Ayurveda Medicine and Surgery from the University of Health Sciences in India. She is also trained in Nadi Pariksha, or Ayurvedic pulse diagnosis through which a person's pulse may reveal their overall health and diseases they may be prone to in the future. Belgamwar is president of the Minnesota Ayurveda Association.



Vanashree Belgamwar

Lisa Philander, PhD, University of Arizona, is the curator of the College of Biological Sciences Conservatory at the University of Minnesota. Her interdisciplinary background combines an interest in the histories of plant use and how various cultures use the same plant in a multitude of ways. Her mission: to instill the love of plants in others.

Jessica Rosenberg, MFA, MID, is an adjunct professor in the College of Design at the University of Minnesota. She has been practicing and teaching yoga and wellness for more than 13 years, and runs a 200/500 RYS registered yoga school through Yoga Alliance. A Reiki master, Rosenberg is certified in Ashtanga, Bikram, Power Vinyasa, Modo/Moksha Yoga, Soft Touch Hatha Yoga, and Thai Massage.

Offered in cooperation with the College of Biological Sciences Conservatory.



Napa Valley Deep Dive

Tuesdays, March 17, 24, 31 (three meetings), 6:30–8:30 p.m. Coffman Memorial Union, Campus Club, East Bank campus, \$135 + \$30 wine fee (LLX197)



Photo: Anastasia Faunce

There's a good reason Napa Valley is recognized internationally as one of the world's most reputable areas for wine growing and tourism. Thirty miles long and only five miles across at its widest point, this California gem is home to some of the most diverse microclimates on the planet. From cool and foggy to hot and dry, and with soils that are a patchwork of gravel, sand, and silt, the Napa Valley boasts of more than 16 American Viticultural Areas as distinguished by their unique geographic features.

Intrigued? Take the plunge! In this course you'll dive deep into tasting and studying world-class wines produced from a collection of grape varieties (Cabernet, Chardonnay, Malbec, Sauvignon Blanc), most of which have been grown in the region for more than 150 years.

You'll also explore the history of some of Napa's pioneering producers like Mondavi (figurehead Robert was born in Virginia, Minnesota) and Beringer (the oldest continually operated winery in California), and some of the more recent, innovative makers such as Matthiasson (2018 and 2019 James Beard Award Finalist) and Ashes & Diamonds (one of Napa's newest wineries), all of which are creating exceptional wines from some of California's oldest soils.

No wine experience is necessary. A \$30 fee, payable to the instructor at the first class, will cover the cost of wine for all sessions.

Leslee Miller is a dually certified sommelier through the International Sommelier Guild and the Court of Master Sommeliers. The former director of Archery Summit Winery, Willamette Valley, Miller is owner of the wine-consulting firm Amusée and cofounder of the national wine club Sip Better.



HEADLINERS

Of Dogs, Dinosaurs, Elephants, and Kids: Demystifying (and Curing) Cancer

Thursday, April 2, 7 p.m., \$20 (HEDLX007)



For most people, cancer is a mysterious and fearsome condition. This emotionally based response means that social stigmas are often tied to a cancer diagnosis. However, at its core, cancer is a disease caused by mutations in a cell's DNA. In fact, the same mechanisms of DNA mutation that lead cells to become cancerous are the drivers of evolution. Therefore, cancer risk may be considered to be part of our evolutionary legacy. Moreover, few people realize that advances in cancer research and treatment are allowing millions of people and animals to lead healthy and fulfilling lives as cancer survivors.

According to Dr. Jaime Modiano of the University of Minnesota College of Veterinary Medicine and Masonic Cancer Center, the biological and evolutionary foundations for why and how cancer happens across the animal kingdom are key to this research.

Join us April 2, as Modiano explains how breaking through the evolutionary lifespan barrier affects cancer risk, allowing scientists to not only demystify the condition, but also develop effective approaches to prevent and cure cancer in humans and companion animals alike.

Jaime Modiano is the Alvin and June Perlman Endowed Chair of Animal Oncology and director of the Animal Cancer Care and Research Program of the College of Veterinary Medicine and Masonic Cancer Center at the University of Minnesota. Through the Modiano Lab, he seeks to understand how and why cancer happens, and to translate that research into clinical applications that improve the health and well-being of companion animals and humans.

Toni Morrison Tribute: The Class

Thursdays, April 2, 23, May 14, June 4 (four meetings), 6–8 p.m., \$165 (LLX191)

Also offered Thursdays, September 17, October 8, 29, November 19 (four meetings), 6–8 p.m., \$165 (LLX202)

The loss of Toni Morrison's earthy presence cannot be calculated. What can be done in the face of her death, however, is to celebrate her work by reading it again and again—and to surround ourselves with the author's wisdom, clarity, and conviction.

During this four-session tribute and celebration we'll do just that. Led by longtime Morrison devotee, Dr. Toni McNaron, the first three sessions will focus on novels that form a historical trilogy detailing the perpetual ills of slavery. The books will be read in the order written, from *Beloved* set in the 1860s, to *Jazz* set in the 1970s, to *Paradise* set in the 1920s.

In the final session, we'll consider *The Origin of Others* and Morrison's Nobel Prize speech. These nonfiction works illuminate two themes often investigated by the author: 1) why we humans seem to demand that there be an "other" or "stranger" in our midst in order to feel comfortable, and 2) the pure and undeniable power contained in the words we write and speak.

Required: Toni Morrison, *Beloved* (Knopf, 1987); *Jazz* (Knopf, 1992); *Paradise* (Knopf, 1997); *The Origin of Others* (Harvard University Press, 2017); and Nobel Prize in Literature Speech (Nobel Prize, 1993).

Toni McNaron is Professor Emerita of English at the University of Minnesota where she has been the recipient of five awards for outstanding teaching, including the College of Continuing and Professional Studies Distinguished Educator Award.



Photo: Christopher Drexel

From Marshall to Roberts: The Supreme Court and the Commerce Clause

Mondays, April 6, 13, 20 (three meetings) 6:30–8:30 p.m., \$135 (LLX199)

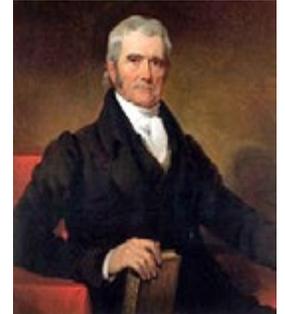
One of the most important powers held by the United States Congress is the power to regulate interstate commerce. But what is commerce and what is Congress allowed to regulate under Article I, Section 8 of the US Constitution?

This three-session course with Dr. Timothy Johnson, a nationally recognized expert on US Supreme Court oral arguments and decision making, traces the Court's jurisprudence in this area of law and places the major cases in political and economic contexts.

Participants will read several key cases, from *Gibbons v. Ogden* (decided in 1824, this landmark ruling stated the Commerce Clause included the power to regulate navigation) to the *National Federation of Independent Business v. Sebelius* (decided in 2012, this ruling upheld Congress's power to enact most provisions of the Patient and Affordable Health Care Act, often referred to as Obamacare).

Throughout the course, lectures and discussions will emphasize how the scope of federal power has waxed and waned over the past 200 years.

Timothy R. Johnson is Morse-Alumni Distinguished Professor of Political Science and Law who, in 2018, received the American Political Science Association's Distinguished Teaching Award and was a semi finalist for the prestigious Robert F. Cherry Award for Great Teaching Award. His University honors include the Red Motley Award for Exemplary Teaching, the Horace T. Morse-Alumni Association Award for Outstanding Contributions to Undergraduate Education, and the John Tate Award for Excellence in Undergraduate Advising.



Photos: Wikipedia

Elizabeth Scheu Close: Minnesota's First Modern Architect

Tuesdays, April 7, 14, 21 (three meetings), Session One: April 7, 5–7 p.m., Continuing Education and Conference Center, Saint Paul campus; Session Two: April 14, 5–7 p.m., Room 225, Rapson Hall, Minneapolis East Bank campus; Session Three: April 21, 5–7:30 p.m., Continuing Education and Conference Center, Saint Paul campus, \$135 (LLX192)

Once described as a “diminutive woman in a hard hat,” Elizabeth “Lisl” Scheu Close (1912–2011) was not only Minnesota’s first modern architect, she was a trailblazer in her field. During a 50-year career she designed hospitals, laboratories, and more than 250 handsome, efficient houses in Minnesota and beyond. She also created numerous designs for prefabricated houses, and more than 10,000 dwellings were produced from her plans.

Born in Vienna, Austria, to a politically and socially well-connected family, Close was raised in an early modern house designed by architect Adolf Loos. According to instructor Jane King Hession, the house attracted visitors from around the world, and this influenced Close’s decision to become an architect.

When it became necessary for Close to leave Vienna as the Nazis rose to power, a family friend arranged her safe passage to America and her education at MIT. In 1936, she moved to Minnesota where she, with husband Winston Close, established the state’s first architecture practice dedicated to modern design in 1938.



In addition to exploring her formative years in Vienna, Hession will place Close’s career as an architect within the historical context of other women in the field. The course includes a visit to the exhibition *Elizabeth Scheu Close: A Life in Modern Architecture*, of which Hession is the curator, as well as a walking tour of University Grove, a neighborhood in Falcon Heights where 15 houses designed by Close stand.

Recommended: Jane King Hession, *Elizabeth Scheu Close: A Life in Modern Architecture* (University of Minnesota Press, 2020).

Jane King Hession, M.Arch, University of Minnesota, is an architectural historian. In addition to her recent book on Close, she is coauthor of *John H. Howe, Architect: From Taliesin Apprentice to Master of Organic Design* (University of Minnesota Press, 2015), *Frank Lloyd Wright in New York: The Plaza Years* (Gibbs Smith, 2007), and *Ralph Rapson: Sixty Years of Modern Design*. (Afton Historical Society Press, 1999).

Offered in cooperation with the Goldstein Museum of Design.



Photos courtesy University of Minnesota Press

Beating About the Bush: English Idioms and Other Wild and Woolly, Tongue-in-Cheek Phrases

Wednesday, April 15, 6:30–8:30 p.m., \$55 (LLX193)

Most travelers to English-speaking countries might be puzzled if informed that for some goods and services we pay through the nose. By contrast, English speakers would know what is meant, but have no idea why they have said such a strange thing.

Nor do they think to question what is the brunt in “to bear the brunt” or what dander is in “to get one’s dander up.”

Most speakers of English are not interested in the whereabouts of the lurch in which they are often left (they take the phrase for granted), and if one says that at the moment they are in a brown study, not everybody will know where to look for them.

Our mastery of everything is limited, and just as no one has encountered all the words of one’s native language, no one understands all its idioms. But ask anyone in a course on language history and they will tell you that the study of the derivation of idioms is wildly entertaining.

In this seminar, Professor Anatoly Liberman will offer a preview of his recently completed *Take My Word for It: The Inscrutable Origin of English Idioms*, in which the meanings of such collocations and, more importantly, their origins are explained. After seven years of scholarly research (not counting the 20 that were preparatory), this dictionary is scheduled to be published in late 2020, leaving the good Professor thrilled to bits!

Anatoly Liberman, see bio on page 3.

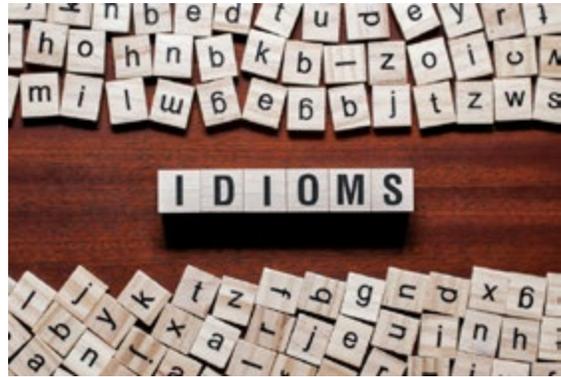


Photo: Dreamstime

Don Giovanni

Wednesdays, April 22, 29 (two meetings), 6:30–8:30 p.m., \$95 (LX189)

First performed at the National Theater in Prague in 1787, Mozart’s *Don Giovanni* is considered by many modern critics to be the composer’s greatest operatic masterpiece. Highly unusual in its time because of its frank sexuality, violent opening, and striking exploration of profound moral and theological issues, *Don Giovanni* has traditionally been regarded as a weighty antidote to Mozart’s well-known comic operas.

Based on literary treatments associated with the notorious libertine of fiction Don Juan of Seville, and with a libretto written by Lorenzo da Ponte, the opera’s uniqueness derives in part from its origins in a special tradition of Don Juan operas in Prague that have only recently come to light.

Altogether, the music of *Don Giovanni* is an extraordinary compendium of serious and comic styles. And while minuets were considered somewhat old-fashioned in Mozart’s time, the minuet from the ball scene at the close of the first act remains one of the most famous melodies in all of classical music.

Tickets to the Minnesota Opera’s production of *Don Giovanni* are not included in tuition. However, registered participants will receive information for a 20 percent discount on tickets to the performance of their choice.

Daniel Freeman, PhD, University of Illinois at Urbana-Champaign, has taught courses in music history at the University of Minnesota and the Smithsonian Institution. Considered the world’s leading historian in the field of 18th-century Czech music, Freeman also is a musicologist and pianist.

Offered in cooperation with the Minnesota Opera.



Photo courtesy Minnesota Opera

The Art of Ancient Greece

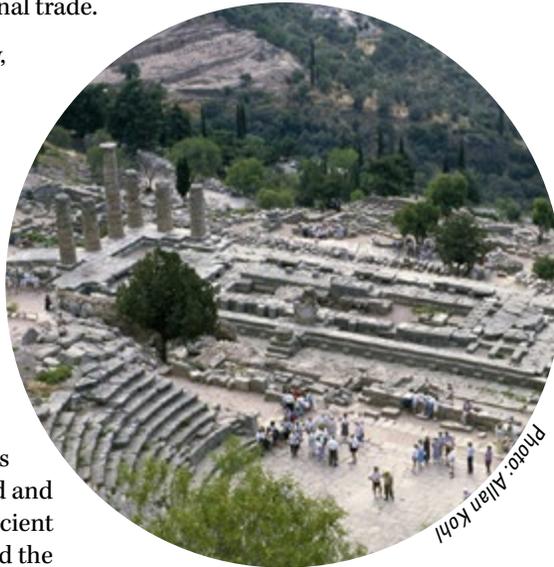
Mondays, April 27, May 4, 11 (three meetings), 6:30–8:30 p.m., \$135 (LLX198)

This introduction to ancient Greek art begins with the Aegean cultures of the Minoans and Mycenaeans, then goes on to examine the development of Greek visual art through the Geometric, Archaic, Classical, and Hellenistic periods. Through images of archaeological sites including Delphi, Olympia, and the Athenian Acropolis, as well as notable examples of sculpture and figurative vase painting, participants will trace the relationship of Greek art with philosophy, religion, politics, war, and international trade.

Those interested in Greek mythology, literature, and early drama will have opportunity to observe how Greek artists idealized figures such as the Athlete and the Warrior, visualized the legendary exploits of heroes such as Herakles, and presented tense encounters between humans and a variety of mythological “others,” including centaurs, satyrs, and the dreaded Minotaur.

With the age of Alexander the Great and the spread of Greek artistic styles throughout the Mediterranean world and beyond, participants will see how ancient Greek art and architecture influenced the Romans and subsequent civilizations—influences visible today in American government buildings and on university campuses.

Participants planning travel to Greece will see examples of some of the finest works of ancient art displayed today in Greek museums, as well as important works from the collections of Greek art in the United States.



Art historian **Allan Kohl** has taught courses on ancient, medieval, and Renaissance art at the Minneapolis College of Art and Design, where he is the visual resources librarian. His previous LearningLife courses, including the art and design history of the Netherlands, and Athens, Florence, Istanbul, London, Paris, Rome, Vienna, and Venice.

*Offered in cooperation with the University of Minnesota
Alumni Association Travel Program.*



Photo: Dreamstime

Encore Transitions

For many of us, the next decade will bring beginnings and endings in both work and life. As we think about what's to come after our primary careers, it can be challenging to envision, let alone create, a fulfilling and secure future. What's more, we're expected to leap into that future overnight. But retirement isn't an event, nor is it a one-size-fits-all proposition. It's a process that takes time, especially as we look toward post-career lives that are likely to last as long as our working lives.

Encore Transitions is a series of three courses designed to help you prepare for successful post-career life by focusing on personal, professional, and social satisfaction, as well as timely financial and health matters. Whether it is through a new line of work, service, learning, or other meaningful activities, Encore Transitions emphasizes post-career engagement as a foundation for vitality, happiness, and healthy longevity.

You may take individual courses (\$155) or the three-course series (\$405). Tuition includes meals and refreshments. No discounts. All programs subject to change.

My thoughts and plans for retirement changed dramatically as a result of this series. It presented me with many, many new options and new ways of looking at this stage in my life. I will have better "encore" years because of what I learned.

—Encore Transitions alumnus

Encore Transitions, The Series

Fridays, May 1, 15, 29 (three meetings), 9 a.m.–4 p.m., \$405 (LLX085)

Pathways to Post-Career Life

Friday, May 1, 9 a.m.–4 p.m., \$155 (LLX086)

Course includes: *Encore Transitions* (Dr. Kate Schaefer), *Relationship Evolutions* (Dr. Kate Schaefer), *Internal Compass: Identifying Values, Talents, and Priorities* (Bill Lindberg), and *Thrive: The Broaden and Build Theory of Positive Emotions* (Amy Gunty).

Financial Planning for Retirement

Friday, May 15, 9 a.m.–4 p.m., \$155 (LLX087)

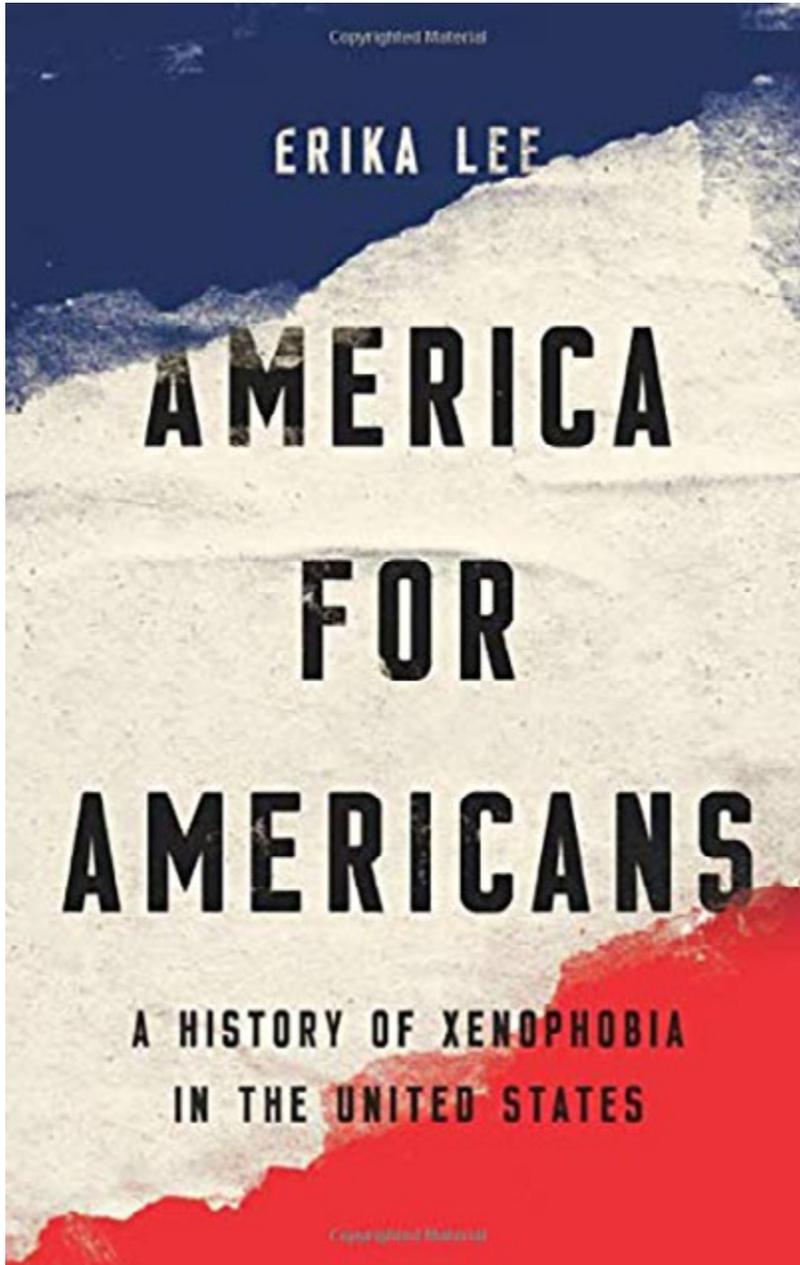
Course includes: *Finding Meaning, Money, and Happiness in the Second Half of Life* (Chris Farrell), *Social Security and Medicare Primer* (Rhonda Whitenack), *Estate Planning: Your Financial Foundation* (Samantha Heaton), and *Retirement Planning Basics* (Andrew Thelander).

Aging Well, Being Well

Friday, May 29, 9 a.m.–4 p.m., \$155 (LLX088)

Course includes: *Longevity* (Joel Spoonheim), *Crossing Thresholds: Changes, Losses, Resilience, and Hope* (Ted Bowman), and more!

Registration for Encore Transitions opens in late February.



HEADLINERS

Xenophobia in America: How We Got Here and What's at Stake

Thursday, May 7, 7 p.m., \$20 (HEDLX008)



The United States is known as a nation of immigrants.

Paradoxically, it is also a nation of xenophobia, and this irrational fear, hatred, and hostility toward immigrants has been a defining feature of our country from the colonial era to the Trump administration.

Benjamin Franklin ridiculed Germans for their “strange and foreign ways.” Americans’ anxiety over Irish Catholics turned xenophobia into a national political movement.

Chinese immigrants were excluded, Japanese immigrants incarcerated, and Mexican immigrants deported. Today,

Americans fear Muslims, Latinos, and the so-called “browning” of America.

Join us May 7, when award-winning author and historian Dr. Erika Lee helps us to confront this history and explains how xenophobia works, why it has endured, and how it threatens the United States.

Erika Lee teaches American history at the University of Minnesota, where she is a Regents Professor, a Distinguished McKnight University Professor, the Rudolph J. Vecoli Chair in Immigration History, and the director of the Immigration History Research Center. One of the nation’s leading immigration and Asian American historians, Lee was recently awarded an Andrew Carnegie Fellowship and named incoming Vice President of the Organization of American Historians. She is the author of *The Making of Asian America: A History* (Simon & Schuster, 2015), which received the Asian/Pacific American Award for Literature and was a Kirkus Reviews Best Book of 2015, and *America for Americans: A History of Xenophobia in the United States* (Basic Books, 2019).

Votes for Women 100 Years Later: The Legacy of the 19th Amendment

Tuesday, May 12, 6–8 p.m., \$55 (LLX201)

It's incredible to me that any woman should consider the fight for full equality won. It has just begun.

—Alice Paul, 1920

The year 2020 marks the 100th anniversary of the ratification of the 19th Amendment, guaranteeing and protecting women's constitutional right to vote. In the seven decades leading up to the passage of the 19th Amendment, women throughout the United States picketed and protested, and were imprisoned in their efforts to secure their constitutional right to vote.

As we commemorate this important milestone, we must also explore the 19th Amendment's relevance to the equal-rights issues of today. Women are underrepresented at every level of public office. Women comprise less than a



Photo courtesy Library of Congress

quarter of the US Congress, and one in three women eligible to vote did not cast a ballot during the 2016 presidential election.

During this seminar, Dr. Kathryn Pearson will begin by tracing women's political involvement leading up to the 19th Amendment. She'll then discuss women's increased participation in politics over the past 100 years, with a focus on their contributions to American politics at all levels of government, persistent challenges, and the ongoing struggle for equal rights.

LearningLife seminars embrace Socrates's belief in inquiry and exchange; they include both lecture and critical discussion.

Kathryn Pearson, PhD, University of California, Berkeley, is an Associate Professor of Political Science in the College of Liberal Arts at the University of Minnesota, where her research focuses on the United States Congress, congressional elections, political parties, and women and politics. The recipient of the University's Morse Alumni Award for Outstanding Contributions to Undergraduate Education, she is currently working on a book entitled *Gendered Partisanship in the House of Representatives*.

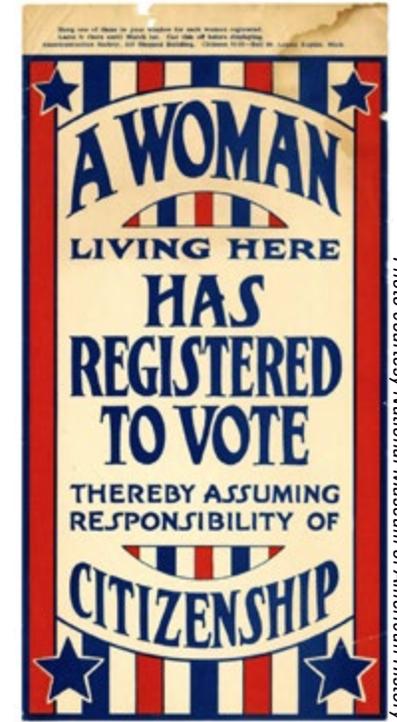
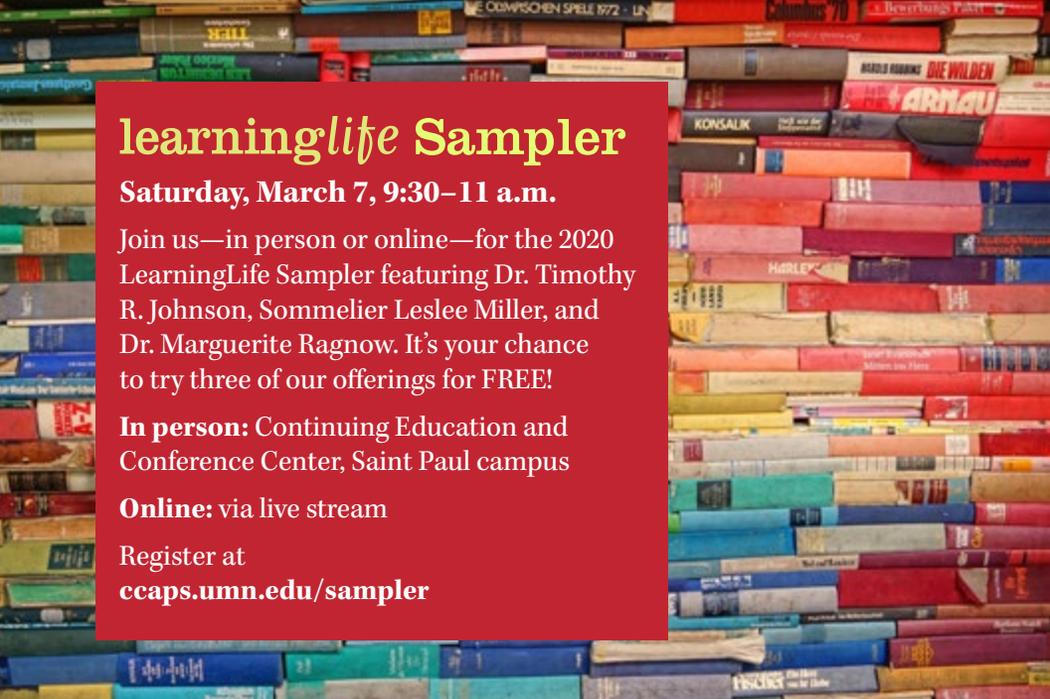


Photo courtesy National Museum of American History



learninglife Sampler

Saturday, March 7, 9:30–11 a.m.

Join us—in person or online—for the 2020 LearningLife Sampler featuring Dr. Timothy R. Johnson, Sommelier Leslee Miller, and Dr. Marguerite Ragnow. It's your chance to try three of our offerings for FREE!

In person: Continuing Education and Conference Center, Saint Paul campus

Online: via live stream

Register at
ccaps.umn.edu/sampler

Photo: Robert Anasch

On the Horizon

The following offerings are open or soon-to-be open for registration. Visit the LearningLife website regularly to see new courses, seminars, and immersions.

Design Thinking (June 24)

Desperately Seeking Chardonnay (begins July 15)

A Golden Age of Cartography: Maps and Mapmakers Before 1880 (begins July 16)

International Health Concepts: China (summer 2020)

When Things Fall Apart (begins September 11)

Toni Morrison Tribute (begins September 17)

On the Cover: Nikolaos Gyzis, *Historia*, 1892

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learninglife

Registration

Visit the LearningLife website for regularly added courses, seminars, and immersions, as well as information about registration, discounts, and scholarships.

Online ccaps.umn.edu/learninglife

Phone 612-625-2900

Mail CCAPS Registration, 353 Ruttan Hall, 1994 Buford Avenue,
Saint Paul, MN 55108

Location and Parking

Unless otherwise noted, all courses and events take place at the Continuing Education and Conference Center, 1890 Buford Avenue, Saint Paul. Parking is available in the adjacent lot or ramp for a fee.

Cancellation Policy

If LearningLife is forced to cancel a course or event, you will receive a full refund, credited to the original method of payment. Programs will not be cancelled due to inclement weather unless the University closes. Cancellations are subject to a 10 percent fee if received five or fewer working days before the program start date. No refunds will be granted if you cancel on or after the first day of the program.

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