Know It All
Like longing for spring from our vantage point in the Midwest, the young boy pictured on the cover of this catalog is reaching for something he can’t yet see. He’s like any one of us fueled by faith, ignorance, passion, or some combination of the three as we work toward goals, stretch for brass rings, search for answers, or grasp at straws. As the adage goes: it’s not the destination, it’s the journey, and as any educator or student would tell you, the joy is more often than not found in the riddle or equation, not its solution.

The late Stephen Hawking, our world’s great ambassador to the cosmos, was the author of theories that unlocked a universe of possibilities—possibilities that we continue to explore. Wildly intelligent and inventive beyond measure, he seemed to know it all, yet revealed in the fact that he had so much more to learn. He was, in fact, the consummate lifelong learner, one who embraced the limitless search for knowledge as being what, coupled with love, imbues life with meaning and purpose and joy.

And so, while there are those among us who seem to know it all (as well as those who claim to know it all), how lucky we are that not one of us does.

—Anastasia Faunce
Program Director

Postscript: Hawking’s joyful searching knew few bounds and he advised his children: “Remember to look up at the stars and not down at your feet.” Wise counsel as we seek and question and explore and dream our way through this long-awaited season.

Woodrow Wilson and the American Internationalist Experiment

Woodrow Wilson is often remembered as either a paternalistic liberal or reactionary conservative at home, and as a naïve idealist or cynical imperialist abroad. Historians’ harsh judgments are understandable. Wilson began his presidency promising a new, cooperative diplomacy and responded to World War I with a plan for international deliberation and collaboration within a League of Nations. Yet under Wilson, interventions in Latin America increased, and a humiliating peace settlement was forced upon Germany.

A generation after Wilson, nationalism hindered the United States’s responsible engagement in world affairs, and a second vastly destructive global conflict threatened the survival of democracy worldwide. As a result, modern liberals and conservatives alike consider his ideas a bridge too far—in his day and ours.

In this seminar, we’ll turn to the historical record to recover Wilson’s actual ideas and their implementation as a means to challenge these long-held conclusions. We’ll explore the possibility that Wilson was not a “Wilsonian,” as that term has come to be understood. He did not seek to stamp American-style democracy on other peoples, but to enable the gradual development of a genuinely global system of governance that would maintain justice and facilitate peaceful change.

LearningLife seminars embrace Socrates’s belief in inquiry and exchange; they include both lecture and critical discussion. Tuition includes continental breakfast.

Trygve Throntveit is a Dean’s Fellow for Civic Studies in the College of Education and Human Development at the University of Minnesota. He is the author of William James and the Quest for an Ethical Republic (Palgrave Macmillan, 2014) and Power Without Victory: Woodrow Wilson and the American Internationalist Experiment (University of Chicago Press, 2017).
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, 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 an annual series of four courses designed to help you prepare for a successful post-career life by focusing on personal, professional, and social satisfaction, as well as timely financial and health matters.

You may take individual courses ($140) or the four-course series ($475). Tuition includes meals and refreshments. No discounts. For course descriptions and instructor biographies, visit ccaps.umn.edu/encore-transitions.

Pathways to Post-Career Life (May 4, 9 a.m.–4 p.m.)
Course includes: Encore Transitions (Dr. Kate Schaefers), Seeking Something More: My Transition Story (Corrie Lapinsky), Internal Compass: Identifying Values, Talents, and Priorities (Barbara Hoese, Bill Lindberg), and Embracing Risk and Regret (Kevin Winge).

Aging Well, Being Well (May 11, 9 a.m.–4 p.m.)
Course includes: Thrive: The Broaden and Build Theory of Positive Emotions (Amy Gunty), Resilience (Dr. Henry Emmons), The Agile Brain Game (Dennis Curley, Michelle Hutchison, Dr. Jim Robinson, Joshua Will), and Promoting Independence in Housing and Community (Dr. Marilyn Bruin).

Financial Planning for Retirement (May 18, 9 a.m.–4 p.m.)
Course includes: Unretirement (Chris Farrell), Making Sense of Social Security, Medicare, and Long-Term Care (Dr. Mark Fischer), Retirement Planning Basics (Andrew Thelander), and Estate Planning: Your Financial Foundation and Estate Planning: Beyond the Basics (Samantha L. Heaton).

Launching Your Future (June 1, 9 a.m.–4 p.m.)
Course includes: A Purposeful Quest (Barbara Hoese), Vital Involvement: What Does It Look Like for Your Next Act? (Dr. Helen Kivnick), Thread to Fabric: The Art of Following Through (Jerry Allan), and a panel of recent and not-so-recent retirees.
Minnesota Gardens: New Plants and Landscapes for a Hotter World

Tuesday, May 8, 6–9 p.m., $70 (LLX133)

No doubt about it: Minnesotans are experiencing warmer seasons and increasing fluctuations in wet/dry weather events. This affects how we garden. What plants will flourish as our climate continues to change? Luckily for us, the University of Minnesota is a leader in identifying and developing new high-temperature-tolerant plants and methods for growing vegetables and herbs indoors, making this intensive the best three hours you can spend to ensure your garden’s success.

Professor John Erwin will discuss the science of heat tolerance and photosynthesis, as well as innovative ways for growing vegetables and herbs in our yards and homes. He’ll begin by discussing the current research on heat tolerance, photosynthesis, and adding fungi to soil to increase plant stress tolerance; the effects of changing light and carbon dioxide on plant photosynthesis; and the introduction of cacti and succulents to the Midwest landscape.

He’ll then relate how to identify the best annuals for increasingly hot and dry yards, when to sow and plant your garden, and ways to maximize your yield, such as through the use of raised beds, fertilizers, and mulches.

Finally, Erwin will detail how to start plants indoors, as well as indoor growing techniques, like hydroponics, and different types of LED lights, and how to measure the amount of photosynthetic light produced.

John Erwin, Professor, Department of Horticultural Science, University of Minnesota, works with the greenhouse ornamental and vegetable industries in Minnesota and six other states. He is a Commissioner and Vice-President of the Minneapolis Park and Recreation Board.

The Neurobiology of Aging

Wednesdays, May 30, June 6, 13 (three meetings), 4–6 p.m., $135 (LLX137)

Throughout the world, improved public health and medical treatments have contributed to a dramatic increase in human longevity, making our aging population one of the prominent demographic trends of this century. And as the population ages physically, our brains undergo a natural process of aging. What changes can we expect as our brains age, and what steps can we take to prevent normal aging from transitioning into disease states, such as dementia or Alzheimer’s?

The course will begin with some fundamental topics of neurobiology, such as neuronal signaling and neuroanatomy, so that we may better understand the clinical, behavioral, and molecular aspects of brain development.

We’ll then discuss the neurobiological principles critical to cognitive function, explore real human brains, and gain practical knowledge about how to promote and maintain brain health as this vital organ ages.

Key to the course will be learning how to critically assess neuroscience data. Research data, as reported in many news stories, can often be misleading because the findings are misinterpreted or exaggerated. By surveying the current research on age-related brain changes, participants will develop the tools to evaluate scientific data analytically, allowing them to make informed decisions, both personally and socially.

Throughout the course, lectures, discussions, readings, presentations, and video screenings will deepen your knowledge of how the brain functions and give you a glimpse of what neuroscientists are doing to improve our cognitive function and quality of life as we age.

Julia Gamache, BA, magna cum laude, Carleton College, is a PhD candidate in the University of Minnesota’s Graduate Program in Neuroscience and a recipient of a 3M Science and Technology Fellowship.

Offered in cooperation with the Department of Neuroscience.
### Genomes: Understanding Your Body’s Ancestry

Mondays, June 11, July 23, 30 (three meetings), 3–5 p.m.
Session one: Continuing Education and Conference Center
Sessions two and three: 50 Coffey Hall, Saint Paul campus
$135 + genome service fee (LLX135)

This unique course will introduce you to, well, you. To participate, students should order the “Ancestry Only” personal genome service from 23andMe no later than May 7, 2018. The service (around $99) will detail a significant fraction of the genetic variations within your genome, and we’ll explore these in the second part of the course. It is important to read closely the terms of service and privacy statement at 23andMe prior to registering, and to consider the possible effects of learning such information.

First, we’ll look at the connection between our unique human genome sequence and what it reveals about our regions of origin. The instructor will survey how genomes vary between individuals, how to identify variations that trace to particular regions, and how this information may be used to estimate when an ancestor from a region distinct from that of the majority of our ancestors became a family member.

Later, we will focus on identifying and detailing the Neanderthal-derived gene variants that most of us carry, and exploring your ancestors’ regions of origin.

The final session will be dedicated to using your genome sequence to illuminate relationships with your contemporary relatives, including how to identify genetic similarity between a parent and child, and what that looks like in contrast to genetic similarities with siblings, uncles, aunts, and/or cousins.

**David Matthes** is an associate teaching professor in the Department of Biology Teaching and Learning and the Department of Genetics, Cell Biology and Development at the University of Minnesota. He is a recipient of the College of Biological Science’s Most Engaging Professor Award and the Dagley-Kirkwood Undergraduate Education Award.

### Birding by Ear

Thursday, June 14, 7 a.m.–3 p.m., $140 (LLX136)

How do avid birders find so many birds? Half the battle is being able to identify bird songs—not only what type of bird is singing, but what specific calls mean. This lively immersion will have you out during the height of breeding season where you’ll enjoy the search for colorful species like Indigo Buntings, Yellow Warblers, and Green Herons. You’ll also listen for Soras and Marsh Wrens and learn the predator alarm calls of Red-winged Blackbirds and Robins.

Led by Sharon “Birdchick” Stiteler, this nature-filled, multisensory experience will begin at the Richardson Nature Center located within Hyland Lake Park Reserve. After a morning full of birds and a brief presentation that will boost your birdsong knowledge, there will be lunch at a nearby restaurant. The group will reconvene at the Minnesota Valley National Wildlife Refuge Visitor Center where the day will conclude on the trails, where you can practice identifying the bird calls you have added to your repertoire.

Participants should be prepared to walk and stand throughout the day. Tuition includes lunch; transportation not included.

**Sharon “Birdchick” Stiteler** works as a National Park Ranger for the Mississippi National River and Recreation Area and travels the world as a speaker, bird field technician, and bird-bander. A frequent consultant for the media, she is the author of *City Birds/Country Birds* (Adventure Publications, 2008) and *Disapproving Rabbits* (Harper, 2007).
An Artful Life: Drawing for Beginners

Monday–Thursday, June 18–21 (four meetings), 9 a.m.–noon
Regis Center for the Arts, Room W244, West Bank campus, $245 + supply fee (LLX103)

In this immersive mini-camp, you’ll harken back to your childhood, when drawing was as natural and uninhibited as breathing. You also will heighten your visual awareness by using keen observational skills that help you draw what is seen rather than its symbol. A variety of techniques and media will be introduced, both to encourage experimentation and to help you find your natural drawing style. You’ll learn different ways of observing and representing objects and people through quick gesture sketches and long-study drawings.

Projects will focus on a variety of subject matter (still life, landscape, the human figure) and introduce drawing concepts sequentially, each new concept or technique building on the previous. Mornings will begin with lectures and demonstrations related to concepts important to the novice drawer, including mark-making, line quality, media experimentation, and observation of shape, angle, and proportion. Over time, you’ll hone your hand-eye coordination and become attuned to your own visual sense and style.

No previous drawing experience necessary. Participants must purchase/provide their own supplies and a list will be sent upon registration. Complete kits available at Wet Paint for $30.

Laura Stack, MFA, University of Kansas, is a Minneapolis artist who teaches in the Department of Art at the University of Minnesota. She is represented by Circa Gallery, is a member of Rosalux Gallery Collective, and has exhibited her work locally, nationally, and internationally.

Beginning Watercolor

Monday–Thursday, June 25–28 (four meetings), 9 a.m.–noon
Regis Center for the Arts, Room W244, West Bank campus, $245 + supply fee (LLX138)

Watercolor painting dates back to the Stone Age when charcoal, ochre, and other natural pigments were used to depict Paleolithic animals and humans on the walls of caves. Later, the medium became a mainstay of Egyptian and Chinese art. Watercolor’s modern age took root in the Renaissance of 15th and 16th century Europe, and its popularity flourished in the 18th century when it was used to color topographical sketches and as a medium for fluid, spontaneous painting.

An artistic trifecta, the term watercolor refers to the medium, the method, and the resulting work, and this introductory course will familiarize participants with basic watercolor techniques, including washes, wet-on-wet, wet-on-dry, and glazing. Participants also will experiment with color mixing on the palette and directly on the paper, and by color layering.

Mornings will begin with lectures, demonstrations, and introduction to projects, which will focus on representation and abstraction using both still life and the human figure as references. Historical and contemporary watercolor paintings and images will be shared for inspiration.

The remainder of the time will be devoted to participant practice, individual feedback from the instructor, and class critique.

No previous painting experience necessary. Participants must purchase/provide their own supplies and a list will be sent upon registration. Complete kits available at Wet Paint for $30.

Laura Stack, see bio on page 10.
**Design Thinking**

Tuesday, July 10 (one meeting), 1–5 p.m., $95 (LLX092)

The emerging field of “Design Thinking” takes design concepts from professional realms such as architecture, film, fashion, and design and applies them to broader society. The process, which focuses on deep listening, holistic thinking, creativity, collaboration, experimentation, and user experience and engagement, is used in a variety of fields (business, education, urban planning, health care), as well as to engage with issues of cultural, political, and environmental significance. But it doesn’t stop there.

The Design Thinking process also is useful to individuals who are working toward expansive or specific goals. There are no limits to what can be envisioned through Design Thinking. Use it to plan a large-scale project such as starting a business, building a house, or developing a ten-year career plan or something smaller in scope, such as designing a high-yield garden, inventing and marketing a product, or creating a long-term strategy to improve your health.

In this course, you’ll use the systematic steps of empathy, problem definition, ideation, prototyping, and testing to advance your creative vision while interacting in small groups in order to harness the power of collective Design Thinking.

**Virajita Singh**, assistant vice provost, Office for Equity and Diversity; senior research fellow and adjunct assistant professor, College of Design, University of Minnesota, trained as an architect in India and the United States and applies Design Thinking to a variety of fields.

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**Positive Psychology: The Science of Well-Being**

Tuesdays, July 10, 17, 31, August 7 (four meetings), 2–4 p.m., $165 (LLX143)

Note: An earlier section of this popular course takes place Tuesday, June 5, 12, 19, 26 (four meetings), 2–4 p.m., $165 (LLX131). At print, five seats remain.

In the past two decades, Positive Psychology has emerged and grown, building optimistic steam as a bold new approach to studying (and treating) the variances of the human condition.

It began in 2000 when Dr. Martin Seligman, then-president of the American Psychological Association, challenged researchers to consider not only how to prevent and treat mental illness but also how to help people thrive. The focus, he posited, should not be on deficits and problems but rather human strengths and well-being.

Since that time, experimental and cross-sectional research has come to better understand the psychological processes that enhance human strength and resilience. These in turn help to foster a life characterized by significant engagement with the world—a life lived fully.

This course takes a long and practical view of Positive Psychology. Through lectures, multimedia presentations, and hands-on experiments, we’ll engage in a rigorous examination of the current research in the field and then discuss how these findings relate to our own life experiences—from triumph to adversity and everything in between.

Throughout the course, participants will gain a more profound understanding of the processes that specifically support human thriving and use this as a foundation to become more adept at employing activities that researchers believe increase life satisfaction, purpose, and meaning.

**Amy Gunty**, PhD candidate, and researcher, Institute on Community Integration, College of Education and Human Development, University of Minnesota, works with military families, intervention programs for families, and community integration efforts for people with intellectual and developmental disabilities.
Alzheimer’s disease is anything but rare and its toll on our aging population is about to reach cataclysmic proportions. It’s estimated that if the course of the disease is not slowed or halted, the number of Americans affected will grow from 5 million to more than 16 million individuals by 2050. That’s one in three people over the age of 65 who will be living with Alzheimer’s disease.

The socioeconomic impact: a cost of one trillion dollars annually. Add to that a health care system that is already overwhelmed and ill-equipped to support families and caregivers, and you have a multifaceted crisis.

But according to Dr. Sylvain Lesné, things are not all doom and gloom! “Knowledge is power and my University of Minnesota colleagues and I are using our expanding understanding of Alzheimer’s disease in hopes of preventing, curbing, and/or halting this memory-robbing disease.”

In this seminar, Lesné discusses recent developments in Alzheimer’s disease research, including what he and his team believe are missing pieces to the puzzle and where we may be headed in the near and more-distant future.

LearningLife seminars embrace Socrates’s belief in inquiry and exchange; they include both lecture and critical discussion. Tuition includes continental breakfast.

Sylvain Lesné, PhD, MS, Université de Caen, is an Associate Professor of Neuroscience at the University of Minnesota where he also is an Institute for Translational Neuroscience Scholar and the Associate Director of the N. Bud Grossman Center for Memory Research and Care.
The Improvisational Mindset

Monday, July 16 (9 a.m.–4 p.m.), $150 (LLX061)

It’s been said that improvisation is not so much about creating, it’s about discovering what’s there, in the moment, before you. You know what else? Honing your improvisational mindset is a surefire way to nourish and sustain your mental health. (This has to do with the ability to tolerate ambiguity, which is essential to having a fit and positive mind.)

This immersion explores the tenets of improvisation and how, when well-practiced, they can make you more flexible, effective, and empathetic. Improv can also help you discover personal strengths and move beyond perceived limitations.

The day will include lectures, video screenings, and discussions about research that connects improvisation with mindfulness, psychology, cognition, and relationship skills. Hands-on exercises and constructive feedback will help you learn how to cultivate an improvisational mindset.

Reawaken your sense of play! In the process, you’ll strengthen your mind-body connection and experience the significant link between in-the-moment thinking and mental health. You’ll learn about ambiguity, too. Maybe.

Tuition includes breakfast and lunch.

Jim Robinson, PhD, University of Southern California, is a sought-after improv teacher and performer a ten-year veteran of the Brave New Workshop, and a founder of Table Salt Productions for which he writes, directs, and produces. When not on stage, Robinson is a communications specialist—clients include Cargill, General Mills, Bush Foundation—whose hobbies include teaching psychology at St. Catherine University and the University of St. Thomas.

Wines of the Mediterranean Basin

Mondays, July 16, 23, 30 (three meetings), 7–9 p.m.
North Loop Wine and Spirits, Minneapolis, $135 + wine fee (LLX140)

The story of wine begins thousands of years ago on the eastern end of the Mediterranean Sea, where the Vitus Vinifera species of grapevines were first isolated and propagated for the sole purpose of creating delicious fermented juice. Over the next 5,000 years, human travel through the Mediterranean basin helped these vines to spread and later build the foundation for today’s European wine industry.

Weaving history, geography, culture, and wine appreciation, this course explores the wines of the regions that touch the Mediterranean Sea. We’ll begin by surveying the ancient history of wine, including a discussion about a recent DNA analysis that produced unexpected results.

As we move through Greek and Roman history, we’ll taste a variety of wines popular during the times discussed and learn of their near extinction in the 1970s, as well as of the wineries that are working tirelessly to preserve this aspect of wine history.

Spain, France, and Italy will be central to our study, but so, too, will be the wines of Croatia, Greece, Lebanon, and northern Africa. We’ll also consider the wines of Sardinia, Corsica, the Balearic Islands, and more. Each session will include a range of interesting wines to taste and discuss.

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.

Jason Kallsen is the founder and owner of Twin Cities Wine Education. Since 1998, he has taught more than 25,000 students, from beginner to expert, the joy of wine appreciation. He is a Certified Sommelier with the Court of Master Sommeliers and a Certified Specialist of Wine.
Box Score: The Role of Baseball’s Official Scorer

Thursday, July 19, 9–11 a.m., $55 (LLX141)

In the game of baseball, the official scorer is a person appointed by the league to record events on the field. The league then uses this record to compile statistics for each player and team. Unlike in other sports, baseball’s official scorer is not just a recorder, but also a judge whose judgements can affect individual statistics, but not the progress or outcome of a game.

Led by an official scorer for Major League Baseball and the National Basketball Association, this seminar will explore the official-scorer role differences in baseball and basketball, and trace how baseball’s official scorer graduated from recorder to judge.

The instructor will discuss the decline in errors during the last 50 years (and the reasons for it), as well as the use of replay video by scorers and the appeal system for scoring decisions. He also will dig into the notion of home-team bias (does it exist?) and what is done by Major League Baseball to standardize how specific plays are ruled.

There will be numerous stories to illuminate and entertain, as well as video simulations that allow participants to try their hand at being the official scorer in the “press box,” more commonly known as the “booth.”

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Stew Thornley is an official scorer for Major League Baseball and the National Basketball Association. A sports historian, he has written more than 40 books, including The Saint Paul Saints: Baseball in the Capital City (Minnesota Historical Society Press, 2015) and Minnesota Twins Baseball: Hardball History on the Prairie (The History Press, 2014).
Western Herbalism: History, Theory, and Practice

From simple teas to the multibillion-dollar supplement industry, herbal medicine is a major part of many people’s daily health and healing. Yet most assume that herbal medicine is an exotic import or ancient holdover. What are the origins of Western herbalism practice? How and why were these practices used for medicine and dietary purposes?

Through guided presentations and hands-on activities, this course will follow the history of Western herbal medicine. We’ll begin at the Wangensteen Library in order to study spectacularly illustrated Renaissance herbals and rare, handwritten recipe books, and then try our hand at making herbal pomanders.

Next, the curator of the Native American Medicine Gardens will guide us through the garden’s plants and their uses by Minnesota’s Indigenous populations. We’ll also practice drawing plants in situ as a means to have a record of what we have learned.

During the final session, we’ll explore the Wangensteen’s book and artifact collection to discover how specific plants and practices moved into the burgeoning US pharmaceutical marketplace to become the bulwark of commonly used medicine. We’ll also make an herbal syrup, salve, or oxymel inspired by historic recipes.

Cante Suta-Francis Bettelyoun is Coordinator of the University of Minnesota’s Native American Medicine Gardens.

Margaret (Macey) Flood, MA, University of Minnesota, is a PhD candidate in the History of Science, Technology, and Medicine at the University of Minnesota.

Lois Hendrickson, MA, University of Denver, is Curator of the Wangensteen Historical Library of Biology and Medicine at the University of Minnesota.

Offered in cooperation with the Wangensteen Historical Library of Biology and Medicine and the Native American Medicine Gardens.

Out of the Lab and Into the Fire: Scientists and the Nobel Peace Prize

Scientists of all stripes have won the Nobel Peace Prize, bringing their scientific acumen out of the lab or clinic and into the roiling cauldron of international politics and policy.

How did they come to choose this mission? What characterizes their leadership? What unique ethical or professional challenges do they encounter? What do they accomplish and at what price?

This course takes an in-depth look at four laureates: the University of Minnesota’s Dr. Norman Borlaug (September 17), Kenya’s Dr. Wangari Maathi (October 1), the Organisation for the Prohibition of Chemical Weapons (October 15), and Doctors Without Borders (October 29).

Highly interactive, each session will use video screenings, lectures, small group discussions, and readings to explore how scientists have become international forces for human rights.


Maureen Reed, MD, University of Minnesota, is an adjunct faculty in the Schools of Public Health and Medicine. She chaired the University Board of Regents and served as Executive Director of the Nobel Peace Prize Forum, working with the Nobel Institute and its Laureates.
The Demoted but Unforgotten Gods of Ancient Scandinavia

Tuesdays, September 18, 25, October 2 (three meetings), 6:30–8:30 p.m., $135 (LLX145)

The conversion of Scandinavia to Christianity resulted in the banishment of the old gods, but unlike what happened in England and on the European continent, the northern myths have not been lost. A Dane (Saxo) and an Icelander (Snorri Sturluson) preserved numerous tales of Odin, Thor, Frey, Balder, Loki, Freya, Frig, and others.

Our main sources are the Poetic Edda (a collection of ancient songs) and Snorri’s Prose Edda. We see the world emerging from an encounter of cold and heat, a primordial giant dismembered and becoming the sky, the sea, the mountains, the stars, and the rest of the universe. The gods fight giants, monsters, and one another; they make love, seduce gullible women, and move toward the final battle in which everything and everybody will perish.

More “primitive” than the famous Greek myths, the myths of medieval Scandinavia breathe the spirit of fatalism. Rest assured, in this course the gods will appear in their original greatness and for a while triumph over chaos. We’ll even allow the earth to bloom again.

Recommended: Snorri Sturluson, Edda, any edition.

Anatoly Liberman is a professor in the Department of German, Scandinavian, and Dutch at the University of Minnesota. An internationally renowned scholar of word origins, Liberman is the author of Word Origins and How We Know Them: Etymology for Everyone (Oxford University Press, 2005).
Mediterranean Encounters

Wednesdays, September 26, October 3, 10, 17 (four meetings), 6–8 p.m., $165 (LLX134)

The Mediterranean provides a perfect site for reflection on the origins and limits of the modern nation state; on the demographic, economic, military, and cultural exchanges between societies and states that anticipate and compose the modern international state system; and on the benefits and challenges of living in close proximity with people of marked linguistic, ethnic, and religious differences.

Scholars have often commented on the historical Mediterranean as an antecedent of a modern, globalized society. Navigable waterways facilitated communication, trade, and cultural exchange, as well as population transfers between different Mediterranean societies. This also meant that the region was notoriously unstable. The incessant movement of peoples, goods, and ideas across any kind of border created constant threats to ethnic, religious, and political identities.

This course examines the work of Mediterranean authors who have responded to these challenges with reference to four points of cultural encounter: Ancient Greece and Rome, the Ottoman Empire and the West, the Balkans, and Israel and its Arab neighbors.


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 University of Minnesota Morse-Alumni Award, and the Ruth Christie Award for Excellence in Teaching.
Voices of Light: Making Art Out of Politics

Thursdays, September 27, October 18, November 15 (three meetings), 6–8 p.m., $135 (LLX142)

For generations, writing that is political in nature has often contained more heat than light, and some critics have gone so far as to insist that “political art” can never be excellent as art—that it remains, by definition, polemic. In this course, we’ll read three books—all strong and moving examples of fine writing—that offer unblinking commentaries on the issues of race and gender during their respective times.

We’ll begin with The Fire Next Time (September 27). Written in 1963, James Baldwin’s examination of the consequences of racial injustice gave passionate voice to the emerging civil rights movement and is a classic of American literature.

On October 18, we’ll move further back in time (1938) and to another place (England) with Virginia Woolf’s book-length essay Three Guineas. Written as a letter outlining how to prevent the looming specter of WWII, it underscores Woolf’s commitment to gender equality and pacifism.

A meditation on the cultural depiction of the black female figure, Voyage of the Sable Venus (November 15) received the 2015 National Book Award for Poetry, and author Robin Coste Lewis was declared to be a “voice essential to our present moment.”


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.

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  612-624-4000
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.

Contact Us

612-624-4000  ccapsinfo@umn.edu  ccaps.umn.edu/learninglife

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