

**FALL 2022 CLASSES**  
**INSTITUTE FOR LEARNING IN RETIREMENT**

***Exciting Interactive Courses for Curious People at SaddleBrooke***

**22-301 WORLD OF DINOSAURS (UPDATED REPEAT)**

Byron Cotter, Wednesdays, 10 am to 12 noon  
Cactus Room: September 14, 21, 28, October 12, 19

Dinosaurs are the iconic monsters of legends, cartoons, and movies, but there is also a well-established and rapidly growing science base that reveals how they lived in and interacted with the world of their era. This course surveys that science base, starting with the first appearance of dinosaurs some 240 million years ago, to the mass extinction 66 million years ago that wiped them all out, except for birds, now widely accepted as today's surviving dinosaurs. The course also explores many of their contemporaries—archosaurs, early mammals, the flying reptilian pterosaurs, and marine reptiles, the real “sea monsters”. Also covered are the “bone hunters”, the paleontologists who have traveled the world finding the fossil remains of these creatures.

**22-302 FAMOUS WOMEN IN AVIATION (NEW)**

Chuck Stump, Tuesdays, 8 to 10 am  
Sonoran Room: September 20, 27, October 4, 11, 18

Aviation history is full of heroes, inventors, explorers, and challengers, and mostly men. While most people can identify four or five women who have been a part of aviation history, few realize how many there really are. This course will explore and delve into the little recognized world of famous women who have made major contributions to aviation history. These women are a significant part of the heroes, inventors, explorers, and challengers who have contributed to the amazing world of aviation. Prior to the class, see how many famous women you can identify, and the role or roles they played. NO FAIR googling! Just use your own base of knowledge!

**22-303 AMERICAN SHORT STORY REDUX (NEW)**

Mike Carran, Fridays, 10 am to 12 noon  
Cactus Room: September 23, 30, October 7, 14, 21

We will be reading ten short stories that vary in length from a few pages to around thirty pages. All of the short stories explore conflict either in a character's inner mental state or outward environment. While I'll provide some brief background about each of the authors as well as the historical period in which the story was written, the class will primarily consist of a discussion of the short story's form and content as a work of art. Our discussion will be guided by a set of questions which we will, as a class, explore. Each of the short stories is available on-line. The stories along with the discussion topics are as follows:

Week 1: “Bartleby the Scrivener” by Herman Melville, and “A & P” by John Updike (Workplace Expectations and Personal Values)

Week 2: “The Story of an Hour” by Kate Chopin and “Walter Mitty” by James Thurber (Gender Expectations)

Week 3: “The Fall of the House of Usher” by Edgar Allen Poe and “Silent Snow, Secret Snow” by Conrad Aiken (Sanity and Madness)

Week 4: “How Beautiful with Shoes” by Wilbur Daniel Steele and “The Gardener” by Rudyard Kipling (Love: Forbidden and Accepted)

Week 5: “The Things They Carried” by Tim O’Brien and “The Fly” by Katherine Mansfield (Violence and Loss)

## **22-304 SYSTEM EARTH: CLIMATE SCIENCE AND ENERGY TECHNOLOGY (NEW)**

Lockwood Carlson, Mondays, 8 to 10 am  
Sonoran Room: October 3, 10, 17, 24, 31

This course is about the scientific foundations of the understanding of the global climate, its past, present, and estimates for the future. We will explain and discuss the climactic changes in the last few hundred years and the key role of the increase in atmospheric carbon dioxide (CO<sub>2</sub>) concentration and its consequences on the global climate, regional variations, and on human society over the next few decades and centuries. Energy technologies for the future, to reduce climactic effects, will be described and critically evaluated for global policy options.

## **22-305 TELLING YOUR STORY—FINDING MEANING (NEW)**

Jacqueline Tobin, Mondays, 1:30 to 3:30 pm  
Cactus Room: October 10, 17, 24, 31, November 7

In his groundbreaking work, *The Hero's Journey*, Joseph Campbell, the great mythologist, described the universal journey that all heroes undergo. His model, still used by writers of all genres, creates a roadmap for telling our own stories, as the heroes of our own lives. In this course, structured as a memoir writing workshop, we will use Campbell's roadmap to identify the parts of our own story and perhaps discover a new way of telling that story.

## **22-306 HUMAN EVOLUTION (REPEAT)**

Louise Grabell, Thursdays, 10 am to 12 noon  
Activity Center: October 13, 27, November 3, 10  
Coyote North: October 20

Human Evolution is a five-part exploration into the origins of *Homo sapiens*, starting with the extensive fossil evidence found on the continent of Africa. Understanding human evolution also requires some understanding of the basic concepts of evolution as a process, and discussion of whether humans are, indeed, still evolving. The mechanism for change in all organisms is genetic, and in that light, some time will be devoted to show how DNA can change, and how the

environment played an influential role in determining the qualities of the modern-day human species. Participants will gain an understanding of and appreciation for the outcomes of human evolution and our ancestral heritage through a close examination of the fossil record and historical migrations of our closest human relatives. During the last session we will explore some very controversial modern-day influences on human evolution.

## **22-307 THE GEOGRAPHY OF JUDAISM, CHRISTIANITY, AND ISLAM (NEW)**

Gary Fuller, Mondays, 10:30 am to 12:30 pm  
Sonoran Room: October 17, 24, 31, November 7, 14

Geography is a science that deals, in part, with the origin and diffusion of innovations. The Abrahamic religions are among the most significant of all new things to enter our world. While this course will necessarily deal with aspects of the religions themselves, primary emphasis will be the origin, spread, and change in these belief systems over time and through space.

## **22-308 WRITER WIVES OF FAMOUS WRITERS (NEW)**

Linda Griffin, Tuesdays 10:30 am to 12:30 pm  
Sonoran Room: November 1, 8, 15, 22, 29

When a writer like Fitzgerald or Hemingway becomes famous, the writings of his wife often get overlooked. Such is the case with Zelda Fitzgerald, Martha Gelhorn (Hemingway), and also Elizabeth Barrett Browning (wife of Robert Browning), and Mary Shelley (wife of Percy Bysshe Shelley). These four women wrote at the same time as their husbands, but their works are often passed over. In this course we will look at their lives and some of their writings, and comment historically about their marriages to their famous husbands. Class members should buy "Travels with Myself and Another: A Memoir", by Martha Gelhorn. (Buy a used paperback from Amazon).

## **22-309 INTRODUCTION TO POETRY (NEW)**

Randy Greene, Wednesdays, 10 am to 12 noon  
Cactus Room: November 2, 9, 16, 30, December 7, 14

This course is designed to introduce students to poetry to increase their understanding and pleasure in reading poetry. We will focus on the various things poetry does and how it does them. We will read a wide variety of poems, and while we will discuss some technical elements, we will concentrate on the experience of reading poems and why we care about them. We will use Helen Vendler's *Poems, Poets, Poetry: An Introduction and Anthology, Second Edition* as a guiding text. It is available used on various sites for around \$5.00 as well as a PDF online.

## **22-310 HOW OUR VISION CHANGES AS WE AGE (NEW)**

Bob Springer, Wednesdays, 1:30 to 3:30 pm  
Cactus Room: November 2, 9, 16, 30, December 7, 14

**HOW WE SEE:** Many people think of the eye as similar to a camera. However, in this course, we will learn that our visual system bears almost no resemblance to a camera. We don't see the world with our EYES, we see the world with our BRAIN that acts as a high-powered computer. About half of our brain is devoted to visual processing. When light enters the eyes, it passes through a web of blood vessels before it reaches the receptors at the back of the eye that see the image we are looking at. The brain erases these vessels from our view. This erasure process requires that the eyes constantly move. The eye does a great deal of processing to identify the edges of the images we are looking at. This edge information is sent from the eyes to the back of the brain where it is used to create the world we see. In our class, we will discuss this fascinating processing of images, and we will see some incredible visual illusions to demonstrate what happens when the visual system does not properly use the normal rules it uses to process images.

**PROBLEMS THAT MAY OCCUR AS WE AGE:** After we have learned how our eyes work, the most substantial part of our class will deal with the significant problems people may have with their vision as they age. We will discuss the details of each visual problem, and, importantly, we will discuss the latest research, technology, and treatment options for each. These problems include: Increasing Myopia; Presbyopia; Cataracts; Glaucoma; Vitreous Detachment; Macular Degeneration; Diabetic Retinopathy.

## **22-311 PSYCHOLOGICAL FACTORS THAT IMPACT THE QUALITY AND DURATION OF OUR LIVES (NEW)**

Marv Goldberg, Thursdays, 10:30 am to 12:30 pm  
Sonoran Room: November 3, 10, 17, December 1, 8, 15

This course examines how two socially learned phenomena influence our lives: (1) the type of humor we come to favor and (2) the (negative) stereotypes we internalize regarding aging. We'll first explore what humor is: how it is defined by comedians, advertisers, and researchers. We will examine how researchers measure humor—we'll measure your humor style. We will consider which humor style is most effective in 1) enhancing creativity, and 2) dealing with health issues. Lastly, we'll explore the link between the images/stereotypes we have as seniors (particularly negative ones) and how they can influence various aspects of our health and even how long we might live.

## **22-312 STENDHAL: MASTER FRENCH REALIST (NEW)**

David Stegink, Fridays, 10 am to 12 noon  
Cactus Room: November 4, 11, 18, December 2, 9

Stendhal (1783-1842) wrote his masterpiece "The Red and the Black" in 1830, and it is probably considered the first significant "realist" French novel. It is widely praised for its real and understandable characters (depth and perceptive psychology), revealing "the concealed

resources of the human heart and psyche". It's ranked 29th in "The 100 Greatest Novels of All Time". We will read Stendhal's "The Red and the Black" (Norton Critical Edition, 2008) in five sections: 1. (before the first class) pgs. 7-83; 2. pgs. 83-175; 3. pgs. 175-258; 4. pgs. 258-362; 5. pgs. 363-418. The course will be primarily class discussion, with some lecturing thrown in. In addition, in each segment, we will view the appropriate section of a fabulous film production of the novel.

## **22-313 DNA, THE LAW AND YOU (NEW)**

Gloria Quigg, Mondays 8 am to 10 am  
Sonoran Room: November 7, 14, 21, 28, December 5, 12

In this six-week course, you will learn about DNA. What is it? How is it used in genealogy? How does law enforcement use it in cold cases and the identification of bodies? Although this is more for the genealogist, everyone will gain general knowledge about the use of DNA.

## **22-314 THE SONG REMEMBERS WHEN-- PART II (NEW)**

Susan Kravitz, Mondays, 10:30 am to 12:30 pm  
Sonoran Room: November 21, 28, December 5, 12, 19

The second installment of this course will cover a synoptic review of the understanding of the power of music in memory and human adaptation. We will then explore the influence of Greek and Roman mythology, Jungian archetypes, and folk tales on popular music, folk music, and musical theater. Centuries' old stories of human desires and behaviors can both challenge and inform a neuroscientific understanding of why humans create song, rhythm, and melody. This course is appropriate for both newcomers and those who've already taken Part I. Lots of new music, both live and recorded!