“Rising Above the Clouds”

Lifelong Learning Institute
reNEW • reVITALIZE • reINVENT

Fall 2015
"Rising Above the Clouds", photo courtesy of Harsha Jayawardena, M.D., F.C.A.S, was taken at Mt. Rainier National Park in Washington. The scene of Mt. Rainier rising above the clouds on that beautiful summer day, represents the vision of lifelong learning, which is to reNew, reVitalize and reInvent. Each of our members, both faculty and student, are passionate about learning. They hope to "reach new heights" in their pursuit of new knowledge and new skills. The Lifelong Learning Institute offers a variety of opportunities for adults 18 years and older, to fulfill these interests.

For only a $99 membership fee, members have access to 2 consecutive semesters of classes, without graded homework or tests!

If you join today, your membership will entitle you to sign up for classes for the Fall 2015 and Spring 2016 semesters.

The Fall 2015 semester has a selection of 48 classes to choose from and runs from September 2015-December 2015. The Spring 2016 semester runs from January 2016-May 2016.

Additional membership benefits are described in the next few pages.

About the photographer: Dr. Harsha Jayawardena is a board certified general surgeon with the Mason City Clinic in Mason City. He is a LLI faculty member.
Greetings Lifelong Learners,

As I reflect on the past semester, I am overwhelmed by our lifelong learners’ enthusiasm for knowledge. I find myself learning so much from all of you! When I was thinking about why lifelong learning is so important, I stumbled upon this wonderful article that describes the benefits of lifelong learning. As the author of that article suggests, “lifelong learning is like a health club for your brain” (2008).

I discovered that there are many positive reasons for keeping your mind active, and here is a top ten list:

10. Helping develop one’s natural abilities, when we have more time to explore new opportunities.
9. Opening one’s mind to different perspectives and ideas as we take part in active dialogue and discussions.
8. Creating a curious mind to discover and learn about history, current events, politics, the sciences, art and music, or the cultures of other countries.
7. Increasing our wisdom by understanding the reasons for previous successes and failures, and putting our lives in perspective.
6. Making the world a better place by our participation in community service, and giving back to our cities, our country and our world.
5. Helping adapt to change by learning together to understand technology and keeping up with these changes while having fun.
4. Allowing us to find meaning in our lives, with our past and our future.
3. Involving us in society as active contributors through the educational programs offered and opportunities to travel.
2. Developing new friendships with people who truly embrace the excitement of life.
1. Providing an enriching life through learning, travel, volunteerism, and new friendships.


As you can see, the lifelong learners that I have had the privilege to meet embody all these qualities, as they continue to embrace the opportunities LLI has to offer. I am curious to find out if you agree with this list, and/or if you have more to add. Please stop by to visit with me, and let me know your thoughts! My promise to you is that I will keep exploring new avenues to enhance your learning experience and growth.

Welcome to the Fall 2015 LLI semester!

Darshini Jayawardena
Director, Lifelong Learning Institute @ NIACC

The Lifelong Learning Institute at NIACC is a valuable asset for all of us who reside in North Iowa and have an intellectual curiosity to learn. By attending the lectures and seminars provided by the Institute, we have the opportunity to broaden our respective horizons about our environment, our history and our culture. Furthermore, we learn to appreciate the same regarding the traditions of others from various parts of the globe.

First Citizens National Bank is honored to maintain an ongoing relationship with the Lifelong Learning Institute and to assist in making the work of the Institute meaningful.

Take advantage of as many ways as you can to make your life worth living, to continue to grow and be involved in the greater North Iowa community and beyond by utilizing all of the opportunities made available through the Lifelong Learning Institute at NIACC and First Citizens National Bank.

O.Jay Tomson
Chairman of the Board, First Citizens Financial Corp.

“First Citizens National Bank is the proud sponsor of NIACC’s Lifelong Learning Institute and is the home of The Heritage Club.”
ABOUT THE LIFELONG LEARNING INSTITUTE

NIACC offers you the opportunity to become a member of the Lifelong Learning Institute, a community of adults who learn for the joy of learning without grades, tests, papers or long-term classes. The Lifelong Learning Institute has members of all educational backgrounds and provides the perfect way to expand knowledge while meeting other like-minded adults. Learn something you never had the chance to study. Discuss topics that are interesting to you. Take a class that stretches your mind and teaches you new ways of thinking. Renew, Revitalize and Reinvent yourself!

PROGRAM POLICIES AND MEMBER INFORMATION

Membership

The Lifelong Learning Institute is a membership organization for learning. Members join with their initial registration fee of $99 per year. That $99 provides a member with two consecutive semesters of classes. Once a person has joined LLI, they are considered a member of the Institute and are eligible for special benefits.

Cancellation Policy

If you have registered for a class and find that you cannot attend, please call 422-4358 and cancel as soon as possible. We expect cancellations as LLI members are very busy. There is often a waitlist for classes and you will be helping another member to challenge their brain if they can take the class.

Inclement Weather Policy

The Lifelong Learning Institute will follow the NIACC weather guidelines. When NIACC is closed due to inclement weather, Lifelong Learning Institute classes will also be cancelled both on and off campus. If the weather is questionable, please err on the side of safety. Tune into your local television or radio for closing announcements. Rain, snow, sleet or hail, we often cancel if safety is an issue.

Volunteer Opportunities

The members of the Lifelong Learning Institute support many volunteer opportunities. Members work with the RSVP program of NIACC to promote reading in the elementary schools. They are on-air readers of the Globe Gazette to the print impaired through IRIS and they are docents for the Historic Park Inn, and the Stockman House. To become involved in any of these programs, contact Darshini Jayawardena at her office phone number 641-422-4271 or email her at jayawdar@niacc.edu

LLI Photographs

Please be aware that LLI activities may be photographed in order to obtain photos to use in brochures, newsletters, website, or other promotional material. In addition, the media may take photos or videotapes of events and classes. If you have concerns about photos or video images taken by LLI, please contact Darshini Jayawardena at (641) 422-4271 or jayawdar@niacc.edu

Donations

The Lifelong Learning Institute accepts donations to offset the cost of the Institute. All donation should be made to the NIACC Foundation in the name of the Lifelong Learning Institute.

LLI Scholarships for NIACC Students

The Lifelong Learning Institute provides a semester scholarship to a deserving NIACC student. The scholarship is funded through the generous giving of the LLI members.
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DVD: Liszt  NEW!
Instructor: Member Led
Date: Tues. - Sept 8 & Mon. Sept 14, 21 & 28
Time: 10:00am – 12:00pm
Location: AC101 - New Location
Course # 99965

Franz Liszt’s legacy is his vision of the piano as an orchestra unto itself. He was the first pianist to play a solo recital, the first to perform the entire keyboard repertoire, and the first to perform entire programs purely from memory! Join Professor Robert Greenberg as he takes you through the unpredictable life of this famous artist/performer, whom he calls a true “modernist” in music.

This event is open to members and non-members, so please bring a friend or two whom you think might be interested in learning more about our Lifelong Learning Institute.

Registration is required by Monday, August 17.

Recorder for Beginners
Instructor: Susan Daugherty
Date: Tues./Thurs. – Sept. 8, 10 & Tues./Wed. Sept 15, 16
Time: 1:30pm – 2:45pm
Location: AC150
Course # 99967
Fee # 99969

This class is for people who would enjoy making music with others, whether or not they have learned an instrument before. The recorder is a fun and easy instrument to learn, with fingerings that apply to the woodwind family of instruments. It is a great starter instrument, allowing participants to practice the skills of reading music, fingerings notes, and playing in rhythm. Class members will learn a variety of tunes from folk, classic, and popular styles. No previous music experience is necessary.

Class maximum is 20. Material Fee $10.00 (includes beginning book & recorder). If you need to purchase a book and recorder, you must request at time of registration with Fee # noted.

Susan Daugherty holds a BA in music education from UNI and a MA in education from Drake University. She taught music in the Mason City schools for 10 years. Since that time she has taught private music lessons, played in the Mason City and Clear Lake municipal bands, directed church music ensembles, and taught music to homeschool classes.
Health and Nutrition  NEW!  
Instructor: Megan Conlon  
Date:  2nd Wed. of each month:  
Sept 9, Oct 14, Nov 11 & Dec 9  
Time:  5:30pm – 6:30pm  
Location: BC200  
Course # 99970

1. Top Tips for Wellness: Learn Megan’s Top Tips for wellness by eating for good health. From eating to improve your heart-healthy to simple swaps for weight-loss, Megan will cover a variety of tips to improve your health and wellbeing.

2. Super Foods for a Super You: Consuming a diet high in super foods may help to prevent disease, promote longevity and increase brain power. Super foods are foods that not only provide essential nutrients, but also deliver an added benefit to protect our health. Join Megan and learn which foods to eat and why.

3. Eating for a Healthy Heart: Has your doctor ever told you that you need to lower your cholesterol or that you have high blood pressure? Have you ever wanted to know exactly what those numbers mean and how to improve them? Join Megan as she teaches you exactly what foods to consume to improve your heart health.

4. Trends and Tips - A closer look: From diet to diet, fad diets have been around for years. During this class, we will be setting the record straight and discovering the truth about fad diets. Learn how to decide if what you are doing is healthy and what to avoid. Bring your questions about popular diets and we will put the confusion to an end.

Megan Conlon, RD, LD, received her Bachelor of Science degree from Iowa State University. Megan worked for the Supplemental Nutrition Program for Women, Infants and Children (WIC) as a nutrition educator and then started her career as a Hy-Vee Registered Dietitian. Megan’s experiences developed her passion for community nutrition and working with the public. She also has expertise ranging from medical nutrition therapy to food service. Megan’s goal is to increase awareness in the surrounding community of the impact nutrition can have on the well-being and quality of life by making healthy living fun, easy and affordable!

Cuba  NEW!  
Instructor: Dr. Susan Urbatsch  
Date: Thurs. – Sept. 10, 17 & 24  
Time:  10:00am – 11:00am  
Location: PC224  
Course # 99971

Learn about the history and culture of Cuba up to the Spanish American War and Cuban Independence in the first session; the Castro Revolution, successes and failures in the economy in the second; and finally, learn from an in depth coverage of the health system. Did you know that Cuba spends per capita costs of $660 compared to the $8800 per capita spent in the US while still reaching life expectancy and infant mortality rates better than the United States? Join Dr. Urbatsch and learn about this fascinating country.

Dr. Susan Urbatsch is a retired VA physician, who has practiced in Germany, but now resides in Mason City. She attended a week long seminar in Cuba to learn more about the Cuban Health Care system, and will share her first hand experiences in class.

Healing Touch-Energy Therapy  NEW!  
Instructor: Dorothy Lawse  
Date: Thurs. - Sept. 10  
Time:  3:30pm – 5:30pm  
Location: AC101  
Course # 99972

Healing Touch is an energy-based therapeutic approach to healing. Healing Touch uses touch to influence the energy system, thus affecting the physical, emotional, mental and spiritual health of a person. The goal in Healing Touch is to restore harmony and balance in the energy system to help the person self-heal. Introduction to Healing Touch will describe the human energy field, discuss basic energy principles, discuss the history of Healing Touch and demonstrate specific intervention techniques used in Healing Touch.

Dorothy Lawse, MD, CHTP/I has practiced emergency medicine for 37 years and retired in the fall of 2014 from Allen Memorial Hospital in Waterloo, IA. In 1999, she began her Healing Touch training and became certified in 2004 with re-certification in 2009 and 2014. In January 2010, she became certified as a Healing Touch Instructor for Level I of five levels. After teaching and practicing for the past five years she was re-
certified as a Healing Touch Instructor for Level I in January 2015. Her training continues through national energy meetings and classes each year.

**H.G. Wells** NEW!
**Instructor:** Daniel Parks  
**Date:** Fri. – Sept. 11, 18, 25 and Oct. 2  
**Time:** 1:00pm – 3:00pm  
**Location:** RC113  
**Course # 99973**

Wells is perhaps the most influential of all science fiction writers whose work is still being revisited for blockbuster films and TV series. In this course, we’ll be discussing Wells’ life and career and some of his classic works. It is encouraged that those attending familiarize themselves with *The Island of Dr. Moreau* and *The Invisible Man*. Other short stories will be provided.

**Daniel Parks** is a graduate of NIACC and a 2014 graduate of Iowa State University with a Bachelor of Arts in Liberal Studies. His special interests are folklore and mythology and how they are reflected in both literature and cinema.

**ETC...President’s Wives**  
**Leader:** Karen Fick  
**Date:** Mon. – Sept. 14, 21, 28 & Oct. 5th, 12  
**Time:** 1:00pm – 2:30pm  
**Location:** AC101 – New Location  
**Course # 99974**

**THIS IS NOT A LECTURE CLASS.** Sessions are member led and volunteers will be asked to research the lives of these fascinating ladies in order to start the discussion. We will be learning about their early education, family, marriage, White House years, accomplishments, scandals, deaths, etc. Resources are available at your library and online. If you have a laptop, e-reader, etc. bring it along to class. All class members are asked to do some background research and bring information on at least one area of the First Ladies in order to enrich our discussion. At our first session, we will be learning about Abigail Adams and Elizabeth Monroe.  
**Class maximum is 12.**

**Karen Fick** graduated from Hamilton Business College so very many years ago. She recently retired from the Cerro Gordo County Sheriff’s Office where she spent 28 years as a 911 dispatcher/correctional officer. She currently works part-time at the Clear Lake Library. She enjoys traveling, renewing old friendships and making new friends, and, of course, attending LLI classes.

**Your Civil Rights**  
**NEW!**  
**Instructor:** Don Grove  
**Date:** Thurs. – Sept. 17  
**Time:** 1:00pm - 3:00pm  
**Location:** AC101  
**Course # 99975**

Learn the history of Iowa’s Civil rights law, as well as federal, state and local human rights ordinances from an expert in the field. What are the functions of the Iowa Civil Rights Commission? How does the complaint process operate? Learn the facts through an interactive presentation, with plenty of examples and opportunities for questions.

**Don Grove** earned his JD from Drake Law School in 1977. He started at the Iowa Civil Rights Commission (ICRC) in January, 1979. He worked as a mediator, investigator, supervisor, and administrative law judge, then served as executive director from 1992 to 1999. He left the ICRC in January, 1999, and started at Citizens’ Aide/Ombudsman’s Office (CAO) in May, 1999, where he worked as an investigator. He left CAO and returned to the ICRC in January, 2006 as a supervisor, and currently supervises Screening and Housing Investigations.

**Constitution Day**  
**Instructor:** Bennett Smith  
**Date:** Thurs. – Sept. 17  
**Time:** 3:00pm – 5:00pm  
**Location:** BC200  
**Course # 99976**

The Second Amendment to the United States Constitution states, “A well-regulated Militia, being necessary to the security of a free
State, the right of the people to keep and bear Arms, shall not be infringed.” What this Amendment means in practice is a hotly contested area of public debate about the nature and meaning of the Constitution. Is this right absolute? If not, what are the limits of it? Does government regulation constitute infringement? In celebration of Constitution Day, the focus of this presentation will be on tackling some of these important questions. We will discuss the historical origins of the Second Amendment, and some of the key Court cases that have led to the current public policy debate regarding the Second Amendment. Join us for a lecture on this important Constitutional issue at the annual NIACC Constitution Day presentation. A recommended reading list and handout will be provided, and there will be a question and answer session after the lecture.

**Firearms on Campus:** North Iowa Area Community College is committed to providing a safe and secure learning and working environment. The use and possession of all firearms, ammunition, and other dangerous weapons intended to inflict injury, or explosives are prohibited on college property. This includes use of firearms for the purpose of hunting. No hunting will be permitted on college property. The President or designee may authorize exceptions to this policy to those persons conducting and participating in an approved program of instruction in the college’s curriculum which requires access to such equipment as an integral part of the instructional program and to those persons granted permission at the discretion of the President for specific purposes.

**Bennett Smith** is an asset manager in Clear Lake, Iowa, and an instructor in History and Political Science at North Iowa Area Community College. He is also an instructor in various lifelong learning programs including the NIACC Lifelong Learning Institute; the Osher Lifelong Learning Institute at Iowa State University and the LIFE program at Rochester Community and Technical College in Rochester, Minnesota. He holds a Bachelor of Science degree in Speech Communication from Iowa State University, and has also done graduate work at the University of Iowa in Social Foundations of Education. He is currently a graduate student in the Master of Arts program in History at Iowa State University.

**Art Inspiration: Creative Writing at the MacNider**

Instructor: Mary Lynn Oertel

Date: Tues. – Sept. 22, 29, Oct. 6, 13, 20, 27, & Nov. 3, 10

Time: 10:30am – 12:30 pm

Location: MacNider Art Museum, 303 2nd St SE, Mason City

Course # 99977

Join us at the MacNider Art Museum for a creative adventure! As we enjoy art, we will write about our selected masterpieces, ---or about topics that these masterpieces inspire--using dialogue, description, narrative, argumentation, to name a few. Inspiration is yours! Amaze yourself as you create new word-treasures, based upon your insights and timeless artistic genius. You do not need any writing experience; instructor assistance and a student writing guide will be provided. Let the creating begin!

**Mary Lynn Oertel** holds a B. A. in Education from The University of Iowa in English and French, and an M. A. in Literature from Northeastern Illinois University, Chicago. Her professional experience includes 14 years of teaching middle-school Language-Arts; presenting at Mankato State University's Women and Spirituality Conferences; presenting humor for the Northwest Iowa Secretary's Association and Iowa Lakes Community College's Continuing Education Division; teaching Composition at Iowa Lakes Community College; 9 years of teaching high-school English and televised French; 9 years of teaching English as a Second Language at Drake University's International Center as Instructor and Lecturer; teaching ESL and English Composition at 5 Des Moines Area Community College campuses, Grandview University and Scavo Alternative High School, Des Moines. Having relocated to her home town of Mason City, with her husband, Bill, she has returned to her passions of world literature, connecting spirituality with nature, cooking and foreign languages.

Email us at LLI@niacc.edu

For more information Call (641) 422-4358
Pickett's Charge and the Battle of Gettysburg   NEW!
Instructor: Gary Wattnem
Date: Tues. – Sept. 22
Time: 3:00pm – 4:30pm
Location: BC200
Course #99978

Learn how the Confederate Army got so far north and why Pickett's Charge became known as the "high water mark for the Confederacy", and represented the worst brutality of the war during the third and final day of the Battle of Gettysburg. An artist's rendition of the battle will also be displayed.

Gary Wattnem is a retired Major General having served 35 years in the Active Army and Army Reserve. He also retired as the Sales Manager for the Americas for Reichert Technologies in 2012. He is a graduate of South Dakota State University and has resided in Mason City for 40 years.

The New Jim Crow   NEW!
Instructor: Midge Gaylor
Date: Wed. – Sept. 23, 30, Oct. 7, 14 & 21
Time: 10:00am – 11:00am
Location: RC113
Course #99979
Fee #99981

We will study the book, The New Jim Crow, by Michelle Alexander. This author challenges the idea that with the election of a black president we have eliminated racism. She outlines how she feels we have just redesigned it. What are our perceptions? How does the War on Drugs feed into a rebirth of a “caste” system? How are other minorities affected? Is there a plan to reduce minority voting rights? Do non-minorities have a responsibility? Please read Forward through chapter 1 for first session. Audiobook is available for free on YouTube. Class maximum is 20.

Book Fee of $10.00. If you wish to purchase the book you must state so at registration with the Fee # listed.

Midge Gaylor has a BA in Elementary Education from Iowa State Teachers College, Special Education Certification from Mankato State College, and a Master’s Degree in Effective Teaching from Drake University. She has resided in Alaska, Minnesota, North Dakota, Tennessee, Indiana, Colorado, and Iowa. Midge has previously taught LLI classes on the NW Coast as well as the Central and Western Coasts of Alaska. She has been a LLI instructor since its inception.

Intro. to German   NEW!
Instructor: Laura Grommesh
Date: Wed. – Sept. 23, 30, Oct. 7, 14, 21, 28 and Nov. 4, 11
Time: 4:30pm – 6:30pm
Location: MCHS Room #1309, 1700 4th St SE, Mason City
Course # 99982

Duetch? Deutsh? Dutch? German! Beautiful scenery, history at every turn, culturally rich, interesting and friendly people! What's not to love? Planning a trip or just want to learn more about this amazing language and culture? This 8 week class is for you. We will examine not only the culture of Germany, but also those basic language situations that you'll find yourself in when travelling or going about your daily life. And we should have fun doing so!

Class maximum is 20.

Laura Grommesh has taught German at Mason City High School since 1992. Originally from the Twin Cities area, she is proud to call Mason City home now. To say German is a passion in her life is an understatement. She majored in German at St. Cloud State University, and studied in Germany through their Center for International Studies. She visits with and without students as often as possible. Her students frequently say, "Why
don't you just go live there?"
And perhaps someday she will,
when her dogs are well behaved
enough and she wins the lottery.
(Neither of which will ever hap-
pen.) Some would say her life
revolves around school and dogs
and they wouldn't necessarily be
wrong, but she likes it like that.
In addition to her teaching, she
is the Student Senate Adviser,
Assistant Speech Coach and
MCEA Co-President. She is also
a member of the IASC State
Board and on the executive board
of the Friends of the Mason City
Dog Park.

**Human Trafficking: A Crisis in Our Hometowns** NEW!  
Instructor: Lenchen Raeside  
Date: Thurs. – Sept. 24  
Time: 3:00pm – 4:30pm  
Location: BC200  
Course # 99983

What is human trafficking? Who is at risk and why? This will be an interactive presentation with video testimony of three women from Iowa that were trafficked, along with a powerful dramatic video of the impact of “sexting” (sending pictures from phones) on youth in every school in Iowa. Topics covered include: the 5 most common methods to enslave women and children, the “face” of a trafficker and how they keep their victims submissive, where does a trafficker go to profile potential victims and why is this such a huge problem in the United States? Is it a problem in Iowa? What can we begin to do today to help make our communities a safer place for women and children? Lenchen will share about a rescue Cedar Rapids Gives was involved in that involved a young girl from Cedar Rapids, Iowa.

**Lenchen Raeside** has been working with women and families for over 30 years. Lenchen helped found House of Hope in Cedar Rapids where she served as Executive Director until 2011. In 2013, she and her husband Bob founded Cedar Rapids Gives. The mission of Cedar Rapids Gives is to assist in the work of rescue and restoration of those victimized by human sex trafficking, along with prevention education in the State of Iowa.

**Wet and Wild-Nature Photo Presentation** NEW!  
Instructor: Bruce McKee  
Date: Fri. – Sept 25  
Time: 10:00am – 11:30am  
Location: AC101  
Course # 99984

Enjoy the scenic nature and wildlife photography of our lakes, rivers, streams and waterfalls, including photos taken within the last year locally and at many State and National Parks.

**Bruce McKee**, the Instructional Technology Coordinator at NIACC, is an avid nature photographer and outdoor enthusiast. He has worked as a professional photographer, videographer, media producer, photography instructor, and currently manages and supports online instruction at NIACC. He has a BFA in Studio Arts (Motion Picture Production and Photography) from the University of Minnesota, and an MA in Educational Technology from the University of Northern Iowa.

**Theatre Production and Backstage Tour** NEW!  
Instructor: Tim Slaven  
Date: Mon. – Sept 28  
Time: 4:00pm – 6:00pm  
Location: NIACC AUD  
Course # 99985

Tour the NIACC auditorium for a close-up look at modern theatre technology. Learn about sets, lighting, and sound and how technical theatre has changed over the centuries. Some walking and climbing steps involved. Wear comfortable shoes.

**Tim Slaven** has taught Theatre at NIACC for 23 years. His professional experience includes working as Designer/Technical Director for the Old Creamery Theatre, and the Clinton Area Showboat Theatre.

Email us at LLI@niacc.edu  
For more information Call (641) 422-4358
ETC…Recorder
Leader: Barb Roberts
Date: Tues. - Sept. 29, Oct. 6, 13, 20, 27 & Nov. 3, 10, 17, 24
Time: 11:00am – 12:00pm
Location: PC118 - New Location
Course # 99986

This ETC….group is an opportunity for those who attended the classes taught by Susan Daugherty, and would like to keep playing and practicing. Join this informal and fun way to keep your musical skills current! Bring your recorder!

Barb Roberts has appreciated music ever since she can remember. Besides owning a keyboard, an old pump organ, and auto harp, she is trying to learn mountain dulcimer. She is a native of Mason City, and enjoys spending her retirement volunteering in the community and continuing to pursue her love of learning through classes at NIACC.

Barb Roberts – Bio on Page 10

Classics of American Lit.: Democracy in America by Alexis de Tocqueville NEW!
Instructor: Bennett Smith
Date: Tues. – Sept. 29
Time: 3:00pm – 5:00pm
Location: BC200
Course # 99988

More than one reviewer has called this book the best book ever written on America, and also the best book on democracy. The objective of this lecture is twofold. First, it is to give students a general overview of the great book, Democracy in America, and secondly, it is to emphasize the role that Tocqueville gave to the importance of civic associations in the origin and sustenance of republican government in America.

Tocqueville shares his purpose with us, from the introduction, “I confess that in America I have seen more than America itself; I have looked there for an image of the essence of democracy, its inclinations, its personality, its prejudices, its passions; my wish has been to know it if only to realize at least what we have to fear or hope from it”, Democracy in America, Penguin Classics, translated by Gerald Bevan.

On this theme of public service and the role of civic associations in American life, NIACC is holding a service learning fair from 10:00 a.m. to 2:00 p.m. on this same date.

Many local non-profit organizations will be available on campus and we want to invite everyone to the fair as well as the lecture. The role of civic associations is vital to the health of our society and I hope you will join us for both events.

Email us at LLI@niacc.edu

Reminder:
Computer classes
Continuing Education
computer classes are offered to
LLI members at
HALF PRICE!

A list of these computer classes are listed on page 24 of this brochure!
For more information call 641-422-4358.
October 2015

Bennett Smith – Bio on page 7

Provocative Literature: Guns, Germs, and Steel
Instructor: George Riesen
Date: Thurs. – Oct. 1, 8, 15, 22 (skip 10/29) & Nov. 5, 12
Time: 10:00am – 12:00pm
Location: MC LIB – MC Room 225 2nd St SE, Mason City, IA
Course # 99989

This fall the Provocative Literature Study Circle will be discussing Jared Diamond's Pulitzer Prize winning work, Guns, Germs, and Steel: The Fates of Human Societies. The first paragraph of the preface to Diamond's texts reads: "This book attempts to provide a short history of everybody for the last 13,000 years. The question motivating the book is: Why did history unfold differently on different continents? In case this question immediately makes you shudder at the thought that you are about to read a racist treatise, you aren't: as you will see, the answers to the question don't involve human racial differences at all. The book's emphasis is on the search for ultimate explanations, and on pushing back the chain of historical causation as far as possible." Though participants are encouraged to read the entire book before the class begins, each week's discussion will be centered on specific chapters. Grab a copy of the book and join us in discussing the history of the world! Class size is limited and preference is given to established members of the Circle. The ISBN number of Guns, Germs and Steel is 0-393-31755-2.

George Riesen is a stay-at-home mother of four: in a former life she taught high school English at the Pennington School, a boarding school in New Jersey. She holds a BA in English from Yale University. George is a member of the LLI Advisory Board.

A Simple Way of Spiritual Being II
Instructor: Mary Lynn Oertel
Date: Thurs. – Oct. 1, 8, 15, 22 & 29
Time: 10:30am – 12:30pm
Location: St. John’s Episcopal Church, 120 1st St NE, Mason City
Course # 99990

We can grow in joy, peace and fulfillment when we develop our spiritual strengths. In this highly interactive and creative class, we will learn how seeds, rocks, butterflies, earth and water teach us enduring spiritual truths. Be prepared to discuss, question, create, savor and enjoy the richness from our own Iowa nature, in studying such spiritual masters as St. Isaac of Syria, Julian of Norwich, Madame Jeanne Guyon and St. Francis of Assisi. Class maximum 15.

Mary Lynn Oertel – Bio on page 7

Storm Chasing NEW!
Instructor: Adam Frederick
Date: Thurs. – Oct. 1
Time: 1:00pm – 3:00pm
Location: NC 180ABC
Course # 99991

Why are people interested in storm chasing? Some enjoy it as a hobby for pure thrill seeking purposes, some chase storms for purely scientific reasons. Learn from an expert storm chaser on how to spot storms and describe their strength and duration. Experience (indirectly) the beauty of the views afforded by the stormy skies, and the unpredictability of the storms, as well as how storm chasing first began.

Adam Frederick was born in Mason City, but grew up in Northern Michigan. He credits the lake effect snow storms he experienced there with sparking his interest in weather. After he returned to Eastern Iowa, he decided to attend Iowa State University to major in meteorology and minor in journalism. Realizing that experiencing weather had to occur outdoors, he began chasing tornadoes. After 80 plus tornadoes, he moved back to Mason City to eventually become KIMT's Chief Meteorologist. As Adam says, “Our goal at KIMT is to bring you the most accurate and fastest severe weather information to help keep you safe,” and he knows that his experience has helped him to relate with people who are affected by severe weather.

Email us at LLI@niacc.edu

For more information Call (641) 422-4358
Calligraphy NEW!
Instructor: Kathie Vix
Date: Fri. – Oct. 2, 9, 16, 23 & 30
Time: 10:00am – 11:30am
Location: AC150
Course # 99992

Calligraphy is from the Greek: kal-lig’ra-fi Greek--kalos, beautiful and grapho, to write. So calligraphy is beautiful handwriting.

Written communication dates back hundreds of years. From the early decades of the Roman Empire to the 15th century, calligraphy was developed because of the production of books. Skillful scribes helped to publish the works of Cicero, Seneca, Plato and many others. It was also important to make multiple copies of Scriptures and other service books for religious observations. Paper began to be used in Europe in the 14th century. Previous to that, papyrus and animals skins were used. In ancient Egypt, carbon ink, a combination of soot and gum mixed with water, was used. Vellum and parchment are two types of paper used in early calligraphy. Parchment comes from the skins of lambs and vellum come the skins of calves. Today, there are many beautiful papers available as well as many types of inks and pens. Learn the history of calligraphy as well as practice writing in this class.

Class maximum is 15. Required fee: $7.50.

Kathie Vix grew up in the city of Chicago receiving her Bachelor’s degree in Math Education from Northeastern Illinois University in Chicago. She and her husband moved to Clear Lake over forty years ago and she began teaching Math in the Mason City schools at the eighth grade level. Upon retiring, she was asked to be a Math tutor at NIACC where she taught classes and tutored Math in the Student Learning Center for twelve years. Kathie has always been interested in handwriting and also gardening. One of the Industrial Arts teachers helped her make her first flower press and that was the beginning of her greeting card vocation.

DVD: Financial Literacy Part II
Instructor: Member Led
Date: Mon. – Oct. 5, 12, 19 & 26
Time: 10:30am – 12:00pm
Location: AC101 - New Location
Course # 99993

Everyone should endeavor to improve their financial literacy. A better understanding of finance will help you make informed decisions about investing for retirement or taking out a mortgage. This is the second in a series offered by the Great Courses. Professor Connell Fullenkamp from Duke University, will cover topics such as returns and prices in the secondary markets, interest rates as indicators and the future of finance. If you missed Part I of the series, it is available for viewing at the NIACC Library. (DVD is not available to be taken off campus for viewing.) Please check out the DVD from the Cont.Ed. Office at NIACC.

Gandhi: The History of the Indian Nonviolence Movement and the Struggle for Independence NEW!
Instructor: Kent Mick
Date: Mon. – Oct. 5, 12, & 19
Time: 6:00pm – 7:30pm
Location: BC200
Course # 99994

In these three 90 minute session courses, you will learn about the life of Mohandas K. Gandhi and his work towards freeing India from British rule. The course is divided into three sections: 1) Gandhi and the origins of Nonviolence, 2) Satyagraha and The Struggle, 3) Independence and the Civil War.

Kent Mick was born in 1963, and raised in a small Iowa town (Humboldt, Iowa pop. 5500) until graduation in 1981. He was very active in athletics, music and academics while growing up, and after high school, attended a small prestigious liberal arts college, Simpson College in Indianola, Iowa. While at Simpson, he played football and was a student leader in college government. Following graduation in 1985, he began his professional teaching career in Ft. Worth, Texas. He returned to Iowa in 1987, in order to teach in a smaller setting. He has since been teaching and coaching in Iowa for the past 28 years, with a break in 2001, when he worked as a medical representative for GSK, Inc. (pharmaceuticals). He returned to teaching in 2004, and hopes to continue teaching for 28 more years.

“Live as if you were to die tomorrow. Learn as if you were to live forever.”
- Mahatma Gandhi
years! In addition to teaching, Kent is a published playwright whose play has been produced in New York, Toronto and Melbourne. He sings and plays harmonica and guitar in two blues/rock bands and he is a voracious reader of history!

Exploring the Realms of Life’s Purpose
Instructor: Mary Vold
Date: Tues. – Oct 6, 13, 20, 27, & Nov. 3
Time: 2:00pm – 3:30pm
Location: AC150
Course # 99995

There is an innate drive within us to seek knowledge about our purpose in life. There is an internal drive to find meaning in our life. It is a dimension of our wellness. The poets, philosophers and prophets explore these concepts in their writings. Many perspectives exist about how we can view our purpose in life. But getting into the personal nuts and bolts of our own purpose can seem mysterious and elusive. This course provides concrete methods for exploration. A variety of simple approaches will be explained to help you begin defining your own sense of what is a meaningful life lived with purpose.

Mary Vold is a certified nurse manager, and has been a registered nurse for 34 years. She is currently working in Hospice. She has been a certified Life Coach, since 2003, trained by Americas Dream Coach Marsha Weider, a nationally known coach, speaker and author. Mary has worked with Tim Kelly, national speaker and author of the book, True Purpose. She coaches at The Center - Nurturing Body Mind & Spirit, in Mason

Call the NIACC Box Office at (641)422-4188 if you wish to purchase tickets for:

Sept. 17 - Kate Davis
Sept. 25 - Big Bad Voodoo Daddy
Oct. 3 - 42nd Street
Oct. 11 - St Louis Brass (Performance Post View available: See page 15)
Oct. 17 - Ronnie Milsap
Oct. 21 - The Cat in the Hat
Oct. 30 - Straight No Chaser
Nov. 4 - Doc Hendley
Nov. 11 - Mannheim Steamroller
Dec. 9 - The Blenders (Performance preview available: See Page 22)
Dec. 16 - Beauty and the Beast

Email us at LLI@niacc.edu

For more information Call (641) 422-4358
ETC...Current Topics
Instructor: Midge Gaylor
Date: Wed. – Oct. 7, 14, 21, 28 & Nov. 4, 11
Time: 11:15am – 12:15pm
Location: MT154- New Location
(Parking is available near building.)
Course # 99996

Meet to discuss current topics in the news (or what should be in the news). Topics of interest will be chosen for discussion by participants and presenters who volunteer. The leader will prepare basic information and raise questions to stimulate discussion. Some topics that have been discussed in the past are “Aeroponics”, “Difference between Muslim Culture and Muslim Religion”, and “Why is the bee population in crisis?” Very informal, but a great way to stay in the know! Topics will be decided at the first class.

Midge Gaylor – Bio on Page 8

The Origins of Cities NEW!
Instructors: Diana D. Cameron & Stephen F. Cameron
Date: Wed. – Oct. 7, 14, 21, & 28
Time: 2:00pm – 3:00pm
Location: RC114
Course # 99997

Have you ever wondered why cities have reputations for intellectualism, creativity and freedom, yet are also viewed as the natural habitat of the slick-tongued and the sinful? If so, join Steve and Diana Cameron for a short look at the historical pedigree of cities, from the first city charters in the age of feudalism to the back-to-nature movements of the 60s and 70s and beyond. Using a gumbo of Louisiana-French legal sources, literary sources, and current events, we will examine cities as a response to the feudal order, as centers of free and independent labor, and as objects of fear and rebuke from the larger society.

Diana D. Cameron has been an instructor in the Communications Division at NIACC since 1997, teaching Elements of Writing, Composition and Speech, and Introduction to Poetry and Drama. She holds Masters Degrees in Comparative Literature and English, from the University of Chicago and Tulane University, respectively, and a J.D. from Loyola University, New Orleans School of Law.

Stephen F. Cameron holds both a BA in English and a JD from Loyola University, New Orleans, and is an active member of the Louisiana Bar. He practiced law in New Orleans from 1978 to 1997, and has taught in a variety of educational settings including NIACC, BVU, Newman High School, St. Mary’s Academy, and the New Orleans Public School System.

Private Eyes: Filling the Gap NEW!
Instructor: Gene Blackwell
Date: Thurs. – Oct. 8
Time: 3:00pm – 5:00pm
Location: BC200
Course # 99998

Many times there is a “gap” between what the public police or a lawyer can do for a citizen and what needs to be done. While the media portrays the image of a “private eye” as romantic and exciting, the reality is quite different. The private investigator is fundamentally an information gatherer, and often times, the information gathered has little to do with crime prevention or criminal apprehension. Learn from an expert in the field about the historical perspective of private sector investigations and protection agencies, the types of investigations, the different aspects of information gathering, preserving/protecting files, and the importance of secrecy.

Gene Blackwell has a vast experience in the military, public, government, and private fields of criminal and civil investigations. His education includes studies in Business Administration and Fine Arts from the University of Alabama at Mobile, Public Speaking from the University of Houston, and Political Science and Criminology from South Texas Junior College. He has served in the military, and earned his permanent license as a Texas Peace Officer from the Texas Commission on Law Enforcement Standards and Education. He is the author of a book, The Private Investigator, and has lectured at Houston Community College, Acacia Vocational Studies System, Texas A&M University, and at numerous schools and colleges and at International Security Confer-
Gothic Literature  
Instructor: Daniel Parks  
Date: Fri. – Oct. 9, 16, 23, & 30  
Time: 1:00pm - 3:00pm  
Location: RC113  
Course # 99999

Gothic Literature is known for its gloomy and mysterious aesthetics and the tortured journey of the protagonist. In this course, we'll examine the two forms of the genre- the threat from the supernatural and the characters who are haunted by their own psychological demons. This semester, we'll be reading works from American authors. It is encouraged that those attending familiarize themselves with *Wieland* by Charles Brockden Brown and *The House Next Door* by Anne Rivers Siddons. Other short stories will be provided.

Daniel Parks – Bio on page 6

Performing Arts: St. Louis Brass  
Leader: Liz Gales  
Date: Sun. – Oct. 11  
Time: Following the 3:00pm Performance

Location: AUD  
Course # 100000

Founded in 1964, the St. Louis Brass Quintet is one of America’s longest standing brass quintets. The group was originally formed by members of the St. Louis Symphony to play children’s concerts around the St. Louis area, but soon expanded to present full length concerts funded by the National Endowment for the Arts, the Missouri Arts Council, and the Mid-America Arts Alliance. St. Louis Brass has performed together for more than 40 years and 2500 engagements. Come meet the performers after their show!

A Psychological Review: The Care-Giver/Care-Receiver Experience  
NEW!  
Instructor: Dr. Charlene Gooch  
Date: Thurs. – Oct. 15, 22, 29 (skip 11/5) & Nov. 12, 19  
Time: 3:00pm – 5:00pm  
Location: BC200  
Course # 100001

Not too far into the future, the growth of America’s elderly population will become so rapid that by the middle of the next century, it might be completely inaccurate to think of ourselves as a Nation of the young: there could be more persons who are elderly (65 or over) than young (14 or younger)! According to the Census Bureau, the elderly population will more than double between now and the year 2050, to 80 million. Most of this growth is expected to occur between 2010 and 2030, when the "baby boom" generation enters its elderly years. This class is an overview of physical, social, emotional/psychological, and economic factors that influence the experience of both Care-Givers and Care- Receivers, particularly as those roles are experienced by the older adult population and the persons who provide direct care and support, those who influence that care, and those who make decisions about care. The class is both didactic and interactive. Class materials include deep research, documents, and resources in addition to case studies. Students will have opportunities to ask questions and share experiences as these relate to class content.

Dr. Charlene Gooch brings an eclectic professional blend of relationship therapy, employee assistance, health care, and higher education, both faculty and clinical, experiences to her presentations. She holds a PhD, in family therapy/family studies; MS, in nursing and higher education/curriculum; and a BS, in nursing. She is a Family & Marital Therapist, Mediator, Consultant, and a Veteran and RN. In addition to her university faculty role, she has conducted over 350 presentations at inter-
national, national, state, and local levels, to include workshops, seminars, live radio, and webinar modalities. Dr. Gooch wrote curriculum for the Massachusetts Public Health Department and its Suicide Prevention Program to teach professionals and paraprofessionals how to identify, communicate with, and refer persons exhibiting depressive and suicidal behaviors. She has also worked with a number of trauma victims, both Veterans and civilians. Her most recent major publication was an article for the “Journal of Employee Assistance,” about her work counseling the victims and families of the Patriots Day Boston Marathon bombing. She has been a volunteer with Veterans for several years. A native north Iowan, Dr. Gooch returned to this area in 2013, to serve as care-giver for family members, an experience she believes has given her not only additional information, but a new perspective on this dynamic; she shares it in hopes of helping others through this challenge.

**Iowa Caucuses**
**Instructor: John Skipper**
**Date: Thurs. – Oct. 15**
**Time: 5:30pm – 7:30pm**
**Location: MC LIB**
**Course # 100002**

The Iowa Caucuses have become nationally famous because they are the first test for potential presidential candidates. How do they work? How did they become so important? This class will answer those questions plus provide insights into the many presidential candidates who have come to Iowa over the past 40 years.

**John Skipper** is a reporter and columnist for the *Mason City Globe Gazette*. He has taught Creative Writing for 25 years and twice has been a guest speaker for the National Writers Workshop. He is the author of 14 books, on topics such as the biography of Meredith Wilson, a history of the Iowa Caucuses, and behind-the-scenes political espionage at the 1964 Democratic National Convention. John is a member of the LLI Advisory Board.

**Harmonica 101**
**Instructor: Gary Roath**
**Date: Mon. – Oct. 19, 26 & Nov. 2**
**Time: 1:00pm – 2:30pm**
**Location: AC101- New Location Course # 100003**

**Back by Popular Demand!**
Learning to play a musical instrument is an excellent way to keep the brain active. The harmonica provides a portable and easy way to do just that. You will need a diatonic C harmonica which can be purchased at local music stores. So, come have fun while challenging your brain and your lungs!

**Gary Roath** has been playing the harmonica since he was eight years old and will share his tips and tricks with Lifelong Learners who are excited to take on the challenge of learning a new instrument. Gary was the Administrative VP for Allied Purchasing and plays a broad range of music on his harmonica.

**Classics of Western Lit.: Don Quixote**
**NEW!**
**Instructor: Bennett Smith**
**Date: Mon. – Oct. 19**
**Time: 3:00pm – 5:00pm**
**Location: BC200**
**Course # 100004**

Last semester, we read Sir Walter Scott’s book, *Ivanhoe*, and the possible influence its notions of chivalry and honor had on its southern readers in the antebellum period of 1820 to 1860. Mark Twain in his book, *Life of the Mississippi* (1883), intimated that the writings of Scott had so much influence on southerners that he was responsible in large part for the Civil War. Twain bracketed his comments on Scott’s novel with some on Cervantes’ famous novel, *Don Quixote*, and the power of books in general when he said that “A curious exemplification of the power of a single book for good or harm is shown in the effects wrought by *Don Quixote* and those wrought by *Ivanhoe*. The first swept the world’s admiration for the medieval chivalry silliness out of existence; and the other restored it. As far as our South is concerned, the good work done by Cervantes is pretty nearly a dead letter, so effectually has Scott’s pernicious work undermined it.” Twain asserts a tremendous amount of influence upon public affairs for both *Ivanhoe* and the *Quixote*, and he makes a strong claim about the effect of Cervantes work on the
death of chivalry. *Don Quixote* is the imaginative story of a knight-errant who has read too many chivalric romances and decided to go on an adventure to save the world by reclaiming the chivalric ideal. In the end, he makes some unique discoveries about himself and the world around him that calls into question that very ideal. Join us for a yearlong reading adventure of *Don Quixote*. We will meet once in the fall for an introduction and then will meet in the spring to discuss the book. We will be using the acclaimed translation by Edith Grossman.

**Bennett Smith** – Bio on page 7

**The History of Rock-n-Roll Music: 1920-1993** NEW!

**Instructor:** Kent Mick

**Date:** Mon. – Oct. 26 & Nov. 2, (skip Nov. 9) & 16

**Time:** 6:00pm – 7:30pm

**Location:** BC200

**Course #** 100005

The History of Rock-n-Roll Music: 1920-1993 is a three 90 minute session course which discusses and traces the history of rock-n-roll music from its roots in jazz, blues, gospel and country to the birth of alternative rock in the early 1990s. The course is divided into three sections: 1) The birth of a new sound, 1920 to 1954

2) Down come the barriers, 1954 to 1979 and

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”

- Plato

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**TRAVEL & ADVENTURE FILM SERIES**

North Iowa Area Community College is proud to present their 2015-2016 Travel and Adventure Film Series. These live narrated films by professional filmmakers are an opportunity to armchair travel to some popular and exotic places around the globe.

- **Friday, October 16, 2015**
  - America’s Grand Canyon
  - 7:00 PM

- **Friday, November 6, 2015**
  - Bhutan, The Cloud Kingdom
  - 7:00 PM

- **Saturday, March 19, 2016**
  - Madagascar
  - 7:00 PM

- **Thursday, February 11, 2016**
  - Norway
  - 7:00 PM

- **Thursday, April 7, 2016**
  - The Misty Isles of Scotland
  - 7:00 PM

Tickets are $5 for adults
$3 for students
Season Tickets are $20

Call: 641-422-4358
November 2015

3) MTV and the New Dis-Order 1980 to 1993

Kent Mick – Bio on Page 12

Wine to Water    NEW!
Instructor: George Riesen
Date: Mon. – Nov. 2
Time: 10:00am – 12:00pm
Location: AC101
Course # 100007

Learn about the history of the many socialist and utopian societies formed across the U.S. in the 19th Century. Many of these still have some remnant or at least some archeology as the beginnings of still existent communities. The second session will cover the effect of the novel Looking Backward 2000 to 1887 by Edward Bellamy, published in 1888, and was the third-largest bestseller in the US in the 19th Century after Uncle Tom’s Cabin and Ben Hur. The publishing of the book precipitated the development of “Bellamy Clubs” all over the U.S., and became the impetus for a new political mass movement called “Nationalism.” The book is still readily available in print and in electronic media. It is suggested that participants read the novel prior to the second class session.

John Henry has lived in Mason City for 30 years, coming to this area to manage Kayenay Graphics and later working at Metalcraft as the Research and Development and Technical Manager, retiring in 2013. Prior to moving here, he was an Assistant Professor at Northern Illinois University, teaching in Industrial Technology, and an Assistant Professor at Oklahoma State University, teaching in the School of Journalism. He graduated with a B.A. from the University of Iowa, majoring in English and Journalism, and has a M.S. degree in Printing Technology from the Rochester, Institute of Technology. He enjoys reading and collecting Letterpress Printing equipment and publishing small books under the Cedar Creek Press imprint.

Orphan Trains
Instructor: Dennis Wilson
Date: Thurs. – Nov. 5
Time: 3:00pm – 5:00pm
Location: BC200
Course # 100008

Few people today know about the Orphan trains and the part they played in developing this country. It is estimated that there are over two million descendants today, yet many of them are unaware of their heritage. We'll look at the history of this movement, and attempt to answer the question as to why American history has ignored the movement of over 250,000 children from the Eastern seaboard to the Midwest and beyond between 1853 and 1929. JoAnne Lower, storyteller/oral traditionalist, often referred to as Iowa's Garrison Keillor, will tell a true story about an actual Orphan Train rider. Jo-Anne is a popular speaker at events throughout Iowa. Also Ken Burns' PBS documentary on the Orphan Trains will give us an insight on what these children experienced. The Mason City library has acquired all six volumes of The Orphan Train Riders stories. I would suggest reading some of them, also the

Join other interested members in a book discussion which is part of NIACC’s Common Read initiative. Wine to Water is the gripping story of a regular, rough-and-tumble guy who wanted to provide a service to the world. It describes a tale of braving tribal warfare and natural disasters and encountering fascinating characters in far-flung regions of the world. It is also an authoritative account of a global crisis and an inspirational tale that proves how ordinary people can improve the world.

George Riesen - Bio on Page 11

Utopia in America  NEW!
Instructor: John Henry

George Riesen - Bio on Page 11

John Henry has lived in Mason City for 30 years, coming to this area to manage Kayenay Graphics and later working at Metalcraft as the Research and Development and Technical Manager, retiring in 2013. Prior to moving here, he was an Assistant Professor at Northern Illinois University, teaching in Industrial Technology, and an Assistant Professor at Oklahoma State University, teaching in the School of Journalism. He graduated with a B.A. from the University of Iowa, majoring in English and Journalism, and has a M.S. degree in Printing Technology from the Rochester, Institute of Technology. He enjoys reading and collecting Letterpress Printing equipment and publishing small books under the Cedar Creek Press imprint.

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Join other interested members in a book discussion which is part of NIACC’s Common Read initiative. Wine to Water is the gripping story of a regular, rough-and-tumble guy who wanted to provide a service to the world. It describes a tale of braving tribal warfare and natural disasters and encountering fascinating characters in far-flung regions of the world. It is also an authoritative account of a global crisis and an inspirational tale that proves how ordinary people can improve the world.

George Riesen - Bio on Page 11

John Henry has lived in Mason City for 30 years, coming to this area to manage Kayenay Graphics and later working at Metalcraft as the Research and Development and Technical Manager, retiring in 2013. Prior to moving here, he was an Assistant Professor at Northern Illinois University, teaching in Industrial Technology, and an Assistant Professor at Oklahoma State University, teaching in the School of Journalism. He graduated with a B.A. from the University of Iowa, majoring in English and Journalism, and has a M.S. degree in Printing Technology from the Rochester, Institute of Technology. He enjoys reading and collecting Letterpress Printing equipment and publishing small books under the Cedar Creek Press imprint.

Orphan Trains
Instructor: Dennis Wilson
Date: Thurs. – Nov. 5
Time: 3:00pm – 5:00pm
Location: BC200
Course # 100008

Few people today know about the Orphan trains and the part they played in developing this country. It is estimated that there are over two million descendants today, yet many of them are unaware of their heritage. We'll look at the history of this movement, and attempt to answer the question as to why American history has ignored the movement of over 250,000 children from the Eastern seaboard to the Midwest and beyond between 1853 and 1929. JoAnne Lower, storyteller/oral traditionalist, often referred to as Iowa's Garrison Keillor, will tell a true story about an actual Orphan Train rider. Jo-Anne is a popular speaker at events throughout Iowa. Also Ken Burns' PBS documentary on the Orphan Trains will give us an insight on what these children experienced. The Mason City library has acquired all six volumes of The Orphan Train Riders stories. I would suggest reading some of them, also the
Orphan Train by Christina Baker Kline, and Last Train Home by Renee Wendinger.

Dennis Wilson is a graduate of NIACC, Milwaukee, Canadian Pacific retired railroad conductor and member of the Milwaukee Railroad Historical Society. He is chairman of the Rotary Cannonball steam engine restoration and Cannonball Gardens project in East Park, Mason City, IA. He is a writer and community volunteer for historical preservation, and member of the LLI advisory board.

Coping with Stress, Depression and Suicide at Home and Work NEW!
Instructor: Dr. Charlene Gooch
Date: Thurs. – Nov. 5
Time: 5:30pm – 7:30pm
Location: BC200
Course # 100009

Suicides in all ages continue to pose a major public health problem. The suicide rate for Veterans continues to increase, suicide of teenagers in many geographic areas seems barely affected by all the programs and focus programs offered, and the rate for males, ages 35-55 is very high. Even one suicide is heartbreaking, wreaking havoc on families and communities. Beyond this stark and worst of outcomes, anxiety and depression prohibit full enjoyment of life, interfere with work productivity, and emotionally cripple individuals and families. This class is for family caregivers, human resources managers, employee assistance program professionals, health and education professionals, and other adults concerned about themselves or others. Participants learn how to recognize, and manage stress, anxiety, and depression in themselves and others. Content also includes resources, communication skills to work with people, and information about suicide prevention.

Dr. Charlene Gooch – Bio on page 15

Dr. Seuss in Spanish NEW!
Instructor: Rosie LaVallee
Date: Fri. – Nov. 6, 13, 20 & Dec 4
Time: 10:00am -11:30am
Location: AC150
Course # 100010
Fee # 100011

If you took Rosie’s Spanish class in the Spring, this is your opportunity to practice what you learned! Have fun reading the age-old children’s classics of Dr. Seuss in Spanish. You can impress your family with your fluency! You will cover the following four books with Rosie in class:
Ve, perro.Ve!
by P.D. Eastman
Eres mi Mama?
by P.D. Eastman
Huevos verdes con jamon
by Dr. Seuss
Horton Escucha a Quien!
by Dr. Seuss

There are 2 additional books available for you to purchase as well, however, there is no guarantee these two books will be covered in class due to time limitations. If you wish to purchase the additional two books you must request them at the time of registration with the Fee # listed. They are:

La Oruga Muy Hambrienta
by Eric Carle

Perro Grande...Perro Pequeno
by P.D. Eastman.

Required Book fee: $30.00 for the 4 books that will be covered in class.
Additional Book fee: $13.00 if you wish to purchase the additional 2 books.

Rosie LaVallee was born and raised in Mexico City. She holds a teaching degree in elementary education from Colegio Frances Mayorazgo, Mexico City. After teaching in Mexico, Rosie vacationed in the U.S. where she met her husband. After several business positions in California and Iowa, in 1994, Rosie became a Spanish-English interpreter for Mercy Medical Center, Mason City. In 1999, Rosie began teaching Spanish at the North Iowa Christian School, Clear Lake, for kindergarten through 6th grade students. When the school moved to Mason City, Rosie homeschooled her granddaughter and returned to teach Spanish to grades kindergarten through twelfth grade. Rosie translated two books and two student manuals for the Baptist Mid-Missions Agency, Ohio. Her stories about her interpretation experiences were published in Mercy’s Clam Chowder for...
the Mercy Soul. Rosie’s passion is helping people. Presently, she uses this passion within the medical community.

**Agatha Christie NEW!**

**Instructor:** Daniel Parks  
**Date:** Fri. – Nov. 6, 13, 20 & Dec. 4  
**Time:** 1:00pm – 3:00pm  
**Location:** RC113  
**Course #** 100012

The creator of iconic detectives Hercule Poirot and Ms. Marple is still the most famous and best-selling mystery writer worldwide. In this course, we'll examine the author's life and delve into some of her classic work. It is encouraged that those attending familiarize themselves with *The Pale Horse* and *Murder is Easy* (also known as *Easy to Kill*). Other short stories will be provided.

**Daniel Parks – Bio on page 6**

**Intermediate Recorder NEW!**

**Instructor:** Susan Daugherty  
**Date:** Tues./Thurs. – Nov. 10, 12, 17, 19  
**Time:** 1:30pm – 2:45pm  
**Location:** AC150  
**Course #** 100014

This class is for students who have had previous experience with the recorder and are ready to challenge themselves. There will be a focus on playing ensembles - duets and trios. Learn some fun holiday tunes to impress your family and friends!  
**Class maximum is 20. Required Book fee is $12.00.** (Includes new alternate fingering and new rhythm patterns, and many more songs!)

**Susan Daugherty-Bio on page 4**

**Literature of the Middle East NEW!**

**Instructor:** Pat Shultz  
**Date:** Tues. – Nov 10, 17 & 24  
**Time:** 3:00pm – 5:00pm  
**Location:** BC200  
**Course #** 100015

While the Middle East suffers the tragedy of war and terrorism, it is easy to forget the long history of art, literature and culture that belongs to this part of the world. From *One Thousand and
One Arabian Nights to the elegant poetry repeated and written over the centuries, the Middle Eastern literature tradition is one we have ignored amid the bombings, deaths and refugees that are now the news from the region. Yet that very literature reflects the ideals and beliefs at the core of the society today. Together, the participants in this class will read and interpret examples of this literature and analyze what it offers in terms of understanding the present.

Pat Shultz holds a BA and MA from the University of Northern Iowa, and has taught English, Speech and Journalism in Sioux City and Clear Lake for 32 years as well as evening Communications Skills classes at NIACC. She serves on the board of the Clear Lake Community School Foundation. She is the Executive Director of Wright on the Park, Inc. She is an avid enthusiast of prairie school architecture and the Frank Lloyd Wright designs and world cultures. She has taught several different courses for the Lifelong Learning institute, including topics of Islam and the issues in the Middle East.

Veterans Day- The Korean War: The Battle of the Chosin Reservoir NEW!
Instructor: Bennett Smith
Date: Wed. – Nov. 11
Time: 2:30pm – 4:30pm
Location: BC200
Course # 100016

On June 25th, 1950, the military forces of North Korea with the tacit support of both the Soviet Union and China invaded South Korea. South Korean and United Nations forces were pushed back to the Pusan Perimeter by September, but a brilliant counterattack at Inchon by Douglas MacArthur relieved those troops and created a push into North Korea by United Nations troops. They almost got to the Yalu River, before the Chinese invaded North Korea. As Chinese troops poured across the border, the stage was set for one of the most famous battles of the war. The Battle of the Chosin Reservoir occurred from November 17th to December 13th. United Nations forces, comprised of primarily American soldiers and marines, fought a major battle in horrible freezing weather against a vastly superior Chinese force. They were encircled but managed to breakout and fight their way to the coast. For their bravery and valor, they will forever be known as the “the Chosin Few.” The objective of this presentation is to honor the sacrifice and service of Korean War veterans and all veterans on this Veterans Day and to educate the public regarding this important historical event during the Korean War. A recommended reading list and handout will be provided, and there will be a question and answer session after the lecture.

Bennett Smith – Bio on page 7

The Lone Ranger Rides Again
Instructor: Tom Castle
Date: Mon. – Nov. 16
Time: 3:00pm – 4:30pm
Location: BC200
Course # 100017

Follow the LONE RANGER from the early radio days in 1933 to the 2013 movie. Where did he get his mask and silver bullets? Who was his original nemesis? Why is he the LONE RANGER?

Give the gift of Learning...With a Lifelong Learning Gift Certificate.
It is a great idea for any holiday, birthday, anniversary or just because!
For more information call: 641-422-4358
Review the story of their horses. Learn about the people that played the characters. There will be fact, fiction, and opinion. Tom Castle has a large range of interests from railroads to toy trains to radio shows and photography. He was a photographer by profession and by hobby. He volunteers on KCMR radio, hosting a show called Train Tunes Tom. He confesses that he is old enough to remember when radio was the form of entertainment and he would sit around and listen to the radio like we do TV today. From time to time, he digs out an old radio show and plays it on KCMR. As a child, he took on the role as one of his cowboy heroes and the Lone Ranger is still his favorite. Tom graduated from Mason City Jr. College and the University of Iowa.

Creating the Best Retirement for Your Personality NEW! 
Instructor: Ann Beasley  
Date: Wed. – Nov. 18  
Time: 12:30pm – 2:30pm  
Location: NC180ABC  
Course # 100018  

If you are already retired or thinking about it, this course is for you. This is an opportunity for you to take a professional interest inventory and learn which leisure activities you might find the most interesting. We will also spend time talking about what is working for you in your retirement, what you learned the hard way, and offer suggestions for finding satisfying ways to spend your days. Class maximum is 50. Required Fee of $5.00.

Ann Beasley, NIACC’s Career Counselor, has a Master’s Degree in College Student Personnel and Counseling. After working at the University of Iowa and raising three children, she joined the NIACC family where she has taught Career Decision Making for several years, as well as Job Seeking Skills and Strategies for Academic Success. She recently earned a certificate in Career Coaching and Retirement Coaching, and looks forward to working with Lifelong Learning Institute members. Ann is a member of the LLI Advisory Board.

Performing Arts: 
The Blenders  
Leader: Liz Gales  
Date: Wed. – Dec 9  
Time: 6:30pm – 7:45pm  
Location: NC180DEF  
Course # 100019  

Back by popular demand, The Blenders are a North Iowa favorite. Always a sold-out event, they bring a rocking Christmas experience for the whole family. Come meet the guys before the show!
# Summary of Classes by Topic

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Email us at LLI@niacc.edu
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For more information Call (641) 422-4358
New Member Payment Information
Your payment **MUST** accompany this form.

(Membership is for two semesters. Fall and Spring or Spring and Fall. Classes are not offered in the summer session.)

☐ Check—Please enclose check for $99 membership fee made payable to **NIACC**

☐ Credit Card— We accept VISA, MasterCard or Discover. Please complete the following:

Please charge my:  □ VISA  □ MasterCard  □ Discover

Account Number: ___________________________________________________  Expiration Date:  _________________

Cardholders Name: _________________________________________________  Card Verification Number*:  _______________

Signature:  _________________________________________________________  Amount to be Charged $ _________________

*REQUIRED: The card verification number (CVN) on VISA and MasterCard charge cards follows the card number written on the back of the card.

**REMINDER:** Some classes listed below have additional supply or book fees. Remember to include additional fee payments with your registration form.

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Fax Registration to 641-422-4112
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10:00am Kick Off Coffee (NC180)
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<td>1:00 pm Human Traff (BC200)</td>
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* See Campus Map for Building/Room Legend

Fax Registration to 641-422-4112
# October 2015

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10:00am DVD: Fin. Lit. (AC101)  
1:00pm ETC: Pres. Wives (AC101)  
6:00pm Gandhi (BC200)  

10:30am Creat. Wrtg. (MacNider)  
11:00am ETC: Recorder (PC118)  
12:00pm ETC: Harmonica (PC118)  
2:00pm Life's Purpose (AC150)  

10:00am Jim Crow (RC113)  
11:15am ETC: Curr. Top. (MT154)  
2:00pm Origin of Cities (RC114)  
4:30pm German (MCHS)  

10:00am Prov. Lit (MC LIB)  
10:30am Spirituality II (Church)  
1:00pm Storm Chas. (NC180ABC)  

10:00am Calligraphy (AC150)  
1:00pm H. G. Wells (RC113)  

10:00am DVD: Fin. Lit. (AC101)  
1:00pm ETC: Pres. Wives (AC101)  
6:00pm Gandhi (BC200)  

10:30am Creat. Wrtg. (MacNider)  
11:00am ETC: Recorder (PC118)  
12:00pm ETC: Harmonica (PC118)  
2:00pm Life's Purpose (AC150)  

10:00am Jim Crow (RC113)  
11:15am ETC: Curr. Top. (MT154)  
2:00pm Origin of Cities (RC114)  
4:30pm German (MCHS)  
5:30pm Health & Nutr. (BC200)  

10:00am Prov. Lit (MC LIB)  
10:30am Spirituality II (Church)  
3:00pm Private Eyes (BC200)  

10:00am Calligraphy (AC150)  
1:00pm Gothic Lit. (RC113)  

10:00am DVD: Fin. Lit. (AC101)  
1:00pm Harmonica 101 (AC101)  
3:00pm Don Quixote (BC200)  
6:00pm Gandhi (BC200)  

10:30am Creat. Wrtg. (MacNider)  
11:00am ETC: Recorder (PC118)  
12:00pm ETC: Harmonica (PC118)  
2:00pm Life's Purpose (AC150)  

10:00am Jim Crow (RC113)  
11:15am ETC: Curr. Top. (MT154)  
2:00pm Origin of Cities (RC114)  
4:30pm German (MCHS)  

10:00am Prov. Lit (MC LIB)  
10:30am Spirituality II (Church)  
3:00pm Caregiver (BC200)  

10:00am Calligraphy (AC150)  
1:00pm Gothic Lit. (RC113)  

10:00am DVD: Fin. Lit. (AC101)  
1:00pm Harmonica 101 (AC101)  
6:00pm Rock n' Roll (BC200)  

10:30am Creat. Wrtg. (MacNider)  
11:00am ETC: Recorder (PC118)  
12:00pm ETC: Harmonica (PC118)  
2:00pm Life's Purpose (AC150)  

11:15am ETC: Curr. Top. (MT154)  
2:00pm Origin of Cities (RC114)  
4:30pm German (MCHS)  

10:30am Spirituality II (Church)  
3:00pm Caregiver (BC200)  

10:00am Calligraphy (AC150)  
1:00pm Gothic Lit. (RC113)  

* See Campus Map for Building/Room Legend  
Fax Registration to 641-422-4112
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<td>10:00am Prov. Lit (MC LIB)</td>
<td>10:00am Dr. Suess (AC150)</td>
<td>10:00am Agatha Christie (RC113)</td>
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<td>1:00pm Harmonica 101 (AC101)</td>
<td>11:00am ETC: Recorder (PC118)</td>
<td>10:00am Utopia (AC101)</td>
<td>10:00am Dr. Suess (AC150)</td>
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<td>6:00pm Rock n' Roll (BC200)</td>
<td>12:00pm ETC: Harmonica (PC118)</td>
<td>3:00pm Orphan Trains (BC200)</td>
<td>1:00pm Utopia (AC101)</td>
<td>10:00am Dr. Suess (AC150)</td>
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<td>1:30pm Life's Purpose (AC150)</td>
<td>5:30pm Stress (BC200)</td>
<td>10:00am Dr. Suess (AC150)</td>
<td>1:00pm Agatha Christie (RC113)</td>
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<td>2:00pm ETC: Recorder (PC118)</td>
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* See Campus Map for Building/Room Legend

Fax Registration to 641-422-4112
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* See Campus Map for Building/Room Legend

Fax Registration to 641-422-4112

- CHRISTMAS EVE
- CHRISTMAS DAY
- NEW YEAR'S EVE
Legend

AB  Pierce Administration Building  AC  Activity Center  BC  Beem Center
CB  Buettner Careers Building  FA  Fine Arts  MH  McAllister Hall
NC  Muse Norris Conference Center  PC  Pappajohn Center  RC  Recreation Center
MT  Murphy Technology Center
The Lifelong Learning Institute
NIACC
500 College Drive
Mason City, IA 50401

www.niacc.edu/LLI
Email: LLI@niacc.edu

Darshini Jayawardena, Director
Contact: 641-422-4271

Kathy Bormann, Lifelong Learning Support
Office Phone: 641-422-4358

North Iowa Area Community College is committed to the policy that all persons shall have access to its programs, facilities, and employment without discrimination based upon race, religion, colors, creed, sex (including pregnancy), sexual orientation, gender identity, national origin, marital status, age, disability (physical or mental), veteran status, or genetic information.