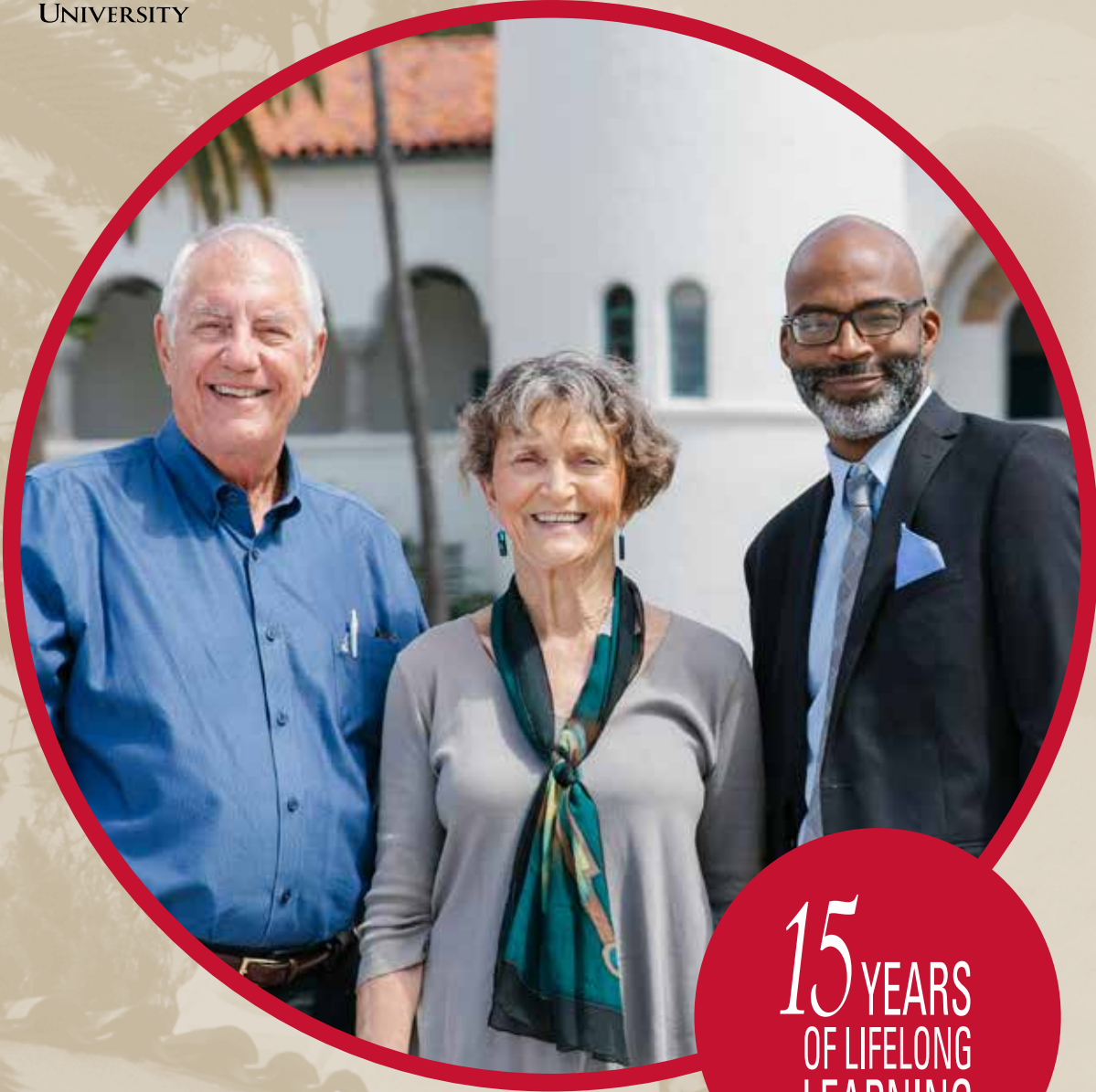




SAN DIEGO STATE UNIVERSITY

Fall 2019

COURSE CATALOG



15 YEARS OF LIFELONG LEARNING

Osher Institute at SDSU

offers intellectually stimulating, university-quality courses for students age 50 and better. There are no tests or grades, just the thrill of learning with like-minded peers.

Parking is included.



College of Extended Studies
never stop learning™

Table of Contents

- About Osher | 1
- Schedule at a Glance | 2
- Aging, Personal Finance,
& Retirement | 5
- Arts & Humanities | 8
- Personal Development/
Special Interest | 15
- Politics &
Current Events | 17
- Religious Studies | 21
- Sciences | 22
- Special Events | 23
- Instructor Bios | 26
- Membership | 34
- Registration | 34
- Parking &
Transportation | 36
- Map | 37
- Registration Form | Center

How to Contact Us

Registration Office

- Register or change schedule:
Phone: (619) 594-5152
Website:
neverstoplearning.net/osher

Osher Staff

- For questions:
Phone: (619) 594-2863
Email: osher@sdsu.edu
Live Chat:
neverstoplearning.net/osher

On the cover (L to R): Osher volunteer Dean Popp, Osher volunteer Patti Begely, and Osher instructor Ryan Parker.

Welcome to FALL 2019

The Osher Institute at SDSU is celebrating 15 years of lifelong learning in the San Diego community. In September 2004, the Osher Institute debuted with 16 members and seven courses. Since its inception the institute has grown to 750 members and more than 125 courses per year. Join us this fall as we offer adults age 50 and better new ways to learn, grow, and explore. Natural disasters, online dating, and the conquest of the American West are just some of the topics on deck for intellectual fun starting this September. Learn more about the benefits of the Osher Institute on page 1, and see the Schedule at a Glance on page 2. All are welcome.

neverstoplearning.net/osher



Important FALL Dates

Registration Opens | Tuesday, August 13
FALL 2019 Session | Sept. 6–Dec. 16

Join Us: Fall Kickoff Event

Friday, August 30
9:30 am–12:30 pm

Get a tantalizing preview of fall courses from our dynamic instructors, and meet staff and fellow learners at this fun, informal event. You can register for courses and meet exhibitors from local community organizations. The event concludes with an optional walking tour of our facilities and several points of interest on campus (wear comfortable shoes). Light refreshments will be provided. We look forward to meeting you!

This event is free. Space is limited. RSVP by Wednesday, August 28, at neverstoplearning.net/osher, (619) 594-2863, or osher@sdsu.edu. You'll receive an email with event details and instructions for convenient parking. Trolley and bus stops are also nearby.



About the Osher Institute at San Diego State University

The Osher Lifelong Learning Institute at SDSU is one of 123 unique Osher Lifelong Learning Institutes supported by The Bernard Osher Foundation. Established in 2004, the Osher Institute at SDSU is operated by staff from SDSU's College of Extended Studies with support from the Osher advisory board, leadership committees, members, and instructors who serve within our diverse learning community. The Osher Institute at SDSU is funded through the generous endowment support of The Bernard Osher Foundation and the Osher Institute at SDSU members' fees and contributions. To learn how your gift can help enhance the tradition of excellence, visit neverstoplearning.net/supportOSHER.



Bernard Osher



SAN DIEGO STATE UNIVERSITY

Mission: The Osher Lifelong Learning Institute at SDSU engages and enriches lifelong learners through a diverse selection of courses and programs to foster the joy of learning.

Vision: The Osher Lifelong Learning Institute at SDSU focuses on being a premier learning resource in the San Diego region, providing university-quality programming for the intellectually curious.

Discover the Rewards of Osher Membership

Membership is \$30 for new and renewing members, per person, per term. Membership is required to register for Osher offerings unless otherwise noted.

- Access to a wide array of offerings
- Free, convenient parking included with course fees
- A community of engaging peers
- Discounted rates at the Aztec Recreation Center, local theaters, museums, cultural facilities, and more (with SDSUcard)
- SDSU Love Library privileges
- Free admission to all regular season Aztec athletic events (with SDSUcard)
- Amazon Prime student rate (\$59 versus \$119 per year)
- Free Microsoft Office 365
- Connection to the academic and cultural resources at SDSU
- Engaging leadership and volunteer opportunities



Offerings at Osher Institute at SDSU

All offerings are held in the Gateway/Extended Studies Center unless otherwise noted.

- **Course** | 2–6 weeks, 2-hour meeting, once per week | Fee: \$35–\$74
- **Workshop** | 1–4 weeks, 2–3 hour meeting | Fee: \$19–\$49
- **Lecture** | 1-day, 2-hour meeting | Fee: Free–\$15
- **Edventure** | 1-day, 2-hour meeting | Fee: \$39
- **Special Event** | 1-day, 2–3 hour meeting | Fee: Free–\$19

AGING, PERSONAL FINANCE, & RETIREMENT

Osher Institute Offering	Instructor	Day	Date	Time	Page
Lecture: Retirement Primer: Here Already? Part 1 Social Security: Your Questions Answered	Robert Shultz	W	9/11	1–2:50 pm	5
Lecture: The Mature Palate: Taste, Smell, and Flavor	Claire Murphy	T	9/17	11 am–12:50 pm	5
Lecture: Retirement Primer: Here Already? Part 2 Health Care and Your Retirement	Robert Shultz	W	9/18	1–2:50 pm	5
Lecture: Retirement Primer: Here Already? Part 3 Outlook & Opportunities: Fuel for Your Investment Journey	Robert Shultz	W	9/25	1–2:50 pm	5
Lecture: What's in Your Retirement Account? Researching Your Investments at the SDSU Love Library	Timothy Tully	Th	9/26	11 am–12:30 pm	6
Four-Week Course: The Labyrinth of Personal and Collective Memory	Oliva Espín	Th	10/3–10/24	1–2:50 pm	6
Lecture: There's No Excuse for Financial Elder Abuse!	Kimberly Swierenga	F	10/25	11 am–12:50 pm	6
Lecture: Whose Life is it Anyway? Right to Die: History and Solutions	Faye Girsh and Barry Price	M	10/28	9–10:50 am	7
Lecture: <i>The Coming Widow Boom</i> : How Prepared Are You?	Buddy Thomas	T	11/19	9–10:50 am	7

ARTS & HUMANITIES

Six-Week Course: The Wisdom of Mythology Section 1	Peter Bolland	M	9/9–10/14	3–4:50 pm	8
Four-Week Course: Critical Thinking: How to Survive an Ever-Changing World	Alejandro Castañeda	Th	9/12–10/3	9–10:50 am	8
Six-Week Course: Mid-to-Late 20th Century Art in Europe and America	Damon Hitchcock	F	9/13–10/18	9–10:50 am	9
Six-Week Course: Philosophy of Death and Dying	Matthew Wion	F	9/13–10/18	2–3:50 pm	9
Lecture: Hamlet's Guide to Happiness: Seven Lessons from the Greatest Play Ever Written	Rob Crisell	T	10/1	11 am–12:50 pm	9
Six-Week Course: The World of the Middle Ages	Bruno Leone	W	10/2–11/6	1–2:50 pm	10
Lecture: <i>Some Fun Tonight! The Backstage Story of How The Beatles Rocked America: The Historic 1965 American Tour</i>	Chuck Gunderson	M	10/7	11 am–12:50 pm	10
Edventure: Culture and Cuisine of Iraq	Susan McBeth	M	10/7	11:30 am–1:30 pm	10
Four-Week Course: Latino and Chicano History of the United States	Richard Griswold del Castillo	W	10/9–10/30	3–4:50 pm	11
Six-Week Course: Conquest of the American West	John Putman	M	10/14–11/25	9–10:50 am	11
Two-Week Course: The Arrogance of Power and the Demise of Empires	Farouk Al-Nasser	M	10/14 & 10/21	11 am–12:50 pm	11

ARTS & HUMANITIES (cont.)

Osher Institute Offering	Instructor	Day	Date	Time	Page
Four-Week Course: The Art of the Italian Renaissance	Douglas Barker	W	10/16–11/6	1–2:50 pm	12
Six-Week Course: The Wisdom of Mythology Section 2	Peter Bolland	M	10/21–12/2	3–4:50 pm	8
Six-Week Course: Art History: Native Arts of the Americas	Damon Hitchcock	F	10/25–12/6	9–10:50 am	12
Edventure: The Unsung Heroes of World War II	Susan McBeth	T	10/29	11 am–1 pm	12
Two-Week Course: New Movie History	Ryan Parker	Th	10/31 & 11/7	1–2:50 pm	13
Six-Week Course: The Future of the European Union	Cristina Pintado	M	11/4–12/16	12–1:50 pm	13
Six-Week Course: Events Leading to WWI and WWII	Lola Sparrowhawk	T	11/5–12/10	11 am–12:50 pm	13
Two-Week Course: South American Music Series	Emily Jullié	Th	11/7 & 11/14	11 am–12:50 pm	14
Lecture: The People's Republic of China: Historical Development, Cultural Legacy, and Contemporaneity	Edwin McDaniel	F	11/8	11 am–12:50 pm	14
Lecture: The Service Knows and Will Remember: The Aircraft Crash Memorial on Japacha Ridge	Alexander D. Bevil	T	12/3	9–10:50 am	14

PERSONAL DEVELOPMENT/SPECIAL INTEREST

Lecture: Cybersecurity and You	Hau Nguyen	Th	9/19	1–2:50 pm	15
Workshop: The Zentangle Method	Janet Masey	T	9/24	11 am–12:50 pm	15
Four-Week Workshop: Anyone Can Write!	Danielle Kaheaku	T	10/8–10/29	11 am–12:50 pm	15
Lecture: Stay Organized, Stay Secure 101	Alex Brzozowski and Rusty Sailors	T	10/8	1–2:50 pm	16
Workshop: Confident Online Dating	Jamesa Selleck	Th	10/24	11 am–1:50 pm	16
Four-Week Workshop: Qi Kung for Better Health	Glen Clabaugh	F	10/25–11/15	2–3:50 pm	16
Lecture: Leveling the Playing Field: How to Eliminate Implicit Bias and Discrimination	Wendy Patrick	Sa	11/2	12–1:50 pm	17
Two-Week Course: Generational Diversity	Jacqueline Penhos	Th	12/5 & 12/12	9–10:50 am	17

POLITICS & CURRENT EVENTS

Two-Week Course: Forced Migration in the Media	Tiffany Dykstra-DeVette	M	9/23 & 9/30	1–2:50 am	17
Lecture: Russia, Ukraine, Crimea — Why the Conflict?	Philip Pryde	T	9/24	3–4:50 am	18

POLITICS & CURRENT EVENTS (cont.)

Osher Institute Offering	Instructor	Day	Date	Time	Page
Two-Week Course: What's Up With DACA?	Glenn Smith	W	10/2 & 10/9	10–11:50 am	18
Lecture: The Long Road to Same-Sex Marriage	Esther Rothblum	M	10/7	9–10:50 am	18
Six-Week Course: Foreign Policy Issues Now	David Bame	T	10/8–11/12	10–11:50 am	19
Six-Week Course: Diplomacy and Defense, Together Again	David Bame	Th	10/10–11/14	10–11:50 am	19
Four-Week Course: What's Up (Doc)Ket?	Glenn Smith	W	10/16–11/6	10–11:50 am	19
Two-Week Course: USA-Mexico Border Issues	Alexander Gomez	Sa	10/19 & 10/26	10–11:50 am	20
Two-Week Course: Media Literacy in the Fake News Era	Gustavo Solis	Th	10/24 & 10/26	4–5:50 pm	20
Lecture: Economists' Take on the Minimum Wage	Joe Silverman	W	11/13	3–4:50 pm	20
Four-Week Course: International Human Rights Law	Eyassu Gayim	T	11/19–12/10	1–2:50 pm	21

RELIGIOUS STUDIES

Lecture: Introduction to Buddhism and Practical Meditation	Gen Kelsang Lhadron	F	10/18	11 am–12:50 pm	21
Two-Week Course: Can the Bible and Evolution Coexist?: Genesis and Creation, Religion, and Science	John Spencer	Th	11/12 & 11/19	1–2:50 pm	21
Two-Week Course: Introduction to Islam	Khaleel Mohammed	W	12/4 & 12/11	1–2:50 pm	22

SCIENCES

Six-Week Course: Natural Disasters	Isabelle Sacramento Grilo	F	9/6–10/11	1–2:50 pm	22
Lecture: Chaos and Fractals: Why Can't We Beat the Roulette?	Ricardo Carretero	Th	9/26	11 am–12:50 pm	22
Lecture: Alzheimer's Disease: New Science and Reason for Hope	Jerold Chun	F	11/15	11 am–12:50 pm	23

SPECIAL EVENTS

Fall 2019 Kickoff Event	Staff/Volunteers	F	8/30	9:30 am–12:30 pm	23
SDSU Love Library Discovery Session and Tour	Gloria Rhodes	Th	9/26	11 am–12:30 pm	23
OLLI Café	Staff/Volunteers	T	10/1	1–2:50 pm	24
SDSU Arts Alive Theater Event: <i>Just Like Us</i>	SDSU Arts Alive	Su	10/6	2–4 pm	24

Retirement Primer: Here Already?

This three-part series examines many areas for personal financial consideration and concern as we approach and live in our golden years. We'll cover important concepts and strategies in retirement planning. **Part 1 | Social Security: Your Questions Answered.** Considerations for filing early/delaying, power of spousal benefits, and long term viability of Social Security. **Part 2 | Health Care and Your Retirement.** Impact of rising health care costs: Medicare & supplemental health care costs, planning for long-term care costs, potential impact on retirement savings, and steps to take. **Part 3 | Outlook & Opportunities: Fuel for Your Investment Journey.** Economic and market commentary and trends, potential reasons for volatility, and actions to take now.

Format: 85% Lecture, 15% Interactive discussion



Instructor: Robert Shultz

PART 1 - Social Security: Your Questions Answered

Date: Wednesday, Sept. 11, 1–2:50 pm

Schedule No: 19FA 99806 OF

Fee: Free

Registration Deadline: Sept. 11

PART 2 - Health Care and Your Retirement

Date: Wednesday, Sept. 18, 1–2:50 pm

Schedule No: 19FA 99808 OF

Fee: Free

Registration Deadline: Sept. 18

PART 3 - Outlook & Opportunities: Fuel for Your Investment Journey

Date: Wednesday, Sept. 25, 1–2:50 pm

Schedule No: 19FA 99809 OF

Fee: Free

Registration Deadline: Sept. 25

The Mature Palate: Taste, Smell, and Flavor

More than 15% of the U.S. population is over 65 and older adults represent the fastest growing segment of the consumer market. What is the mature palate? This course will explore the potential for brain imaging tools to probe changes in taste and smell that are related to sensory perception, reward value, and anticipation of and consumption of food. While health considerations play a role in food choice in older adults, those choices are increasingly good for consumers of all ages. Students will learn what the changes are in taste, smell, and flavor in older consumers and how this can influence healthy food choices.

Format: 60% Lecture, 20% Interactive discussion, 20% Hands-on activity



Instructor: Claire Murphy, Ph.D.

Date: Tuesday, Sept. 17, 11 am–12:50 pm

Schedule No: 19FA 99812 OF

Fee: \$15

Registration Deadline: Sept. 17

What's in Your Retirement Account? Researching Your Investments at the SDSU Library

Having trouble managing your retirement account(s)? The SDSU library subscribes to several resources that can help you make sense of your investments. This lecture will introduce you to resources that provide up-to-date pricing and analyst commentary on stocks, bonds, dividends, ETFs and more. This lecture will also introduce you to additional free resources and where to find a Certified Financial Planner.

Format: 70% Lecture, 15% Interactive discussion, 15% Hands-on activity

Instructor: Timothy Tully, MLIS

Date: Thursday, Sept. 26, 11 am–12:30 pm

Location: SDSU Love Library

Schedule No: 19FA 99854 OF

Fee: Free

Registration Deadline: Sept. 26



The Labyrinth of Personal and Collective Memory

Life stories and autobiographical memories, although deeply personal, have important political and psychological purposes — they allow us to reinsert ourselves into the narrative that is history. How do groups construct collective memories on the basis of individual experiences? How are individual memories influenced by collective understandings of historical realities? All of us have personal memories that intermingle with historical and political circumstances even though we may not have lived through dramatic events. Our personal memories of events are part of our individual autobiographical memories and collective historical memories. Some of us carry “memories” of events that happened before our birth. Indeed, the intergenerational transmission of memories has a significant psychological effect on many lives. In this class, we will aim to answer these poignant questions.

Format: 60% Lecture, 20% Interactive discussion, 20% Hands-on activity

Instructor: Oliva Espín, Ph.D.

Dates: Thursdays, Oct. 3–24, 1–2:50 pm

Schedule No: 19FA 99822 OF

Fee: \$49

Registration Deadline: Oct. 3



There's No Excuse for Financial Elder Abuse!

How vulnerable are your aging loved ones to financial abuse and exploitation? What particular acts are they most vulnerable to? Who is advising them about their money — is it financial planning or fleecing? What are they being sold and how much are they losing? What does this mean for your inheritance? How can seniors be protected against abuse and what remedies are available to victims? Questions such as these have been on the national radar for decades and California has taken action by enacting laws that protect elders and dependent adults that provide civil remedies for victims and their estates. Financial exploitation of seniors is a growing problem and you're in a position to fight back. Come learn how.

Format: 80% Lecture, 20% Interactive discussion

Instructor: Kimberly Swierenga, Esq, MBA

Date: Friday, Oct. 25, 11 am–12:50 pm

Schedule No: 19FA 99838 OF

Fee: Free

Registration Deadline: Oct. 25



Whose Life is it Anyway? Right to Die: History and Solutions

Join us for an overview of why it is important to consider important end-of-life decisions before a crisis, the importance of discussing these issues with family and friends, and the mechanisms available to gain an end-of-life experience consistent with your goals, beliefs, and values. We will discuss important legal documents such as an advance directive and a do not resuscitate order (DNR) to help you obtain your end-of-life wishes.

Format: 80% Lecture, 20% Interactive discussion



Instructors: Faye Girsh, Ed.D and Barry Price, Ph.D.

Date: Monday, Oct. 28, 9–10:50 am

Schedule No: 19FA 99840 OF

Fee: \$15

Registration Deadline: Oct. 28

The Coming Widow Boom: How Prepared Are You?

Over one million Baby Boomers will pass away in the next 10 years...4 out of 5 will be men...how prepared are you? As the old saying goes, “You can’t stop the waves, but you can learn to surf!” The death of a spouse, inevitable as it is, is one of those transitions very few people plan for, yet this kind of planning is inherently an act of love. Based on the book of the same name, this class offers the refreshing approach of how building a practical path to emotional and financial wellness now, while both spouses are living, can significantly reduce the fear and uncertainty of anticipating such a life altering event. The program is equally beneficial for current surviving spouses. Attendees will receive a free copy of Buddy’s book *The Coming Widow Boom – What You and Your Loved Ones Can Do to Prepare for the Unthinkable*.

Format: 75% Lecture, 15% Interactive discussion, 10% Film viewing



Instructor: James F. (Buddy) Thomas Jr., CFP, CLU, AEP

Date: Tuesday, Nov. 19, 9–10:50 am

Schedule No: 19FA 99851 OF

Fee: Free

Registration Deadline: Nov. 19

The Perfect Gift for Intellectually Curious Friends

Osher Gift Certificates

An Osher Gift Certificate in any amount is perfect for friends who would enjoy the thrill of learning with like-minded peers. Certificates may be applied toward membership, courses, lectures, book clubs, workshops, special events, and day-trip Edventures through the Osher Lifelong Learning Institute at SDSU.

Two ways to purchase:

- College of Extended Studies Registration window (Hardy Avenue side of the Gateway Center building, 5250 Campanile Dr.) Monday–Friday, 8 am–4:30 pm
- By phone at (619) 594-5152

For more information, please call (619) 594-2863 or email osher@sdsu.edu.



ARTS & HUMANITIES

The Wisdom of Mythology

Mythology is the story humanity tells itself about itself. All over the world and throughout time, artists and storytellers have woven fantastical tales out of the threads of our ordinary lives, stories designed to move us into a deeper relationship with the cosmos, each other, and ourselves. Carl Jung, Joseph Campbell, and others suggest that mythology is encoded metaphorical information designed to help us live our own best lives. Experience the personal relevance of the lessons of mythology as we explore creation stories, tales of the gods, mythic images, and heroes' journeys. Note: both sections cover the same content.

Format: 70% Lecture, 30% Interactive discussion

Instructor: Peter Bolland, M.A.

Section 1

Dates: Mondays, Sept. 9–Oct. 14, 3–4:50 pm

Section 2

Dates: Mondays, Oct. 21–Dec. 2, 3–4:50 pm
(No class Nov. 11 — Veterans Day)

Schedule No: 19FA 99804 OF

Fee: \$74

Registration Deadline: Sept. 9

Schedule No: 19FA 99860 OF

Fee: \$74

Registration Deadline: Oct. 21



Critical Thinking: How to Survive an Ever-Changing World

Critical thinking is a highly important philosophy discipline to be aware of and handle, especially in the world we live in today. It focuses on the critical and clear assessment of the information we receive, the perception we have of the world and society, the analysis of the media we consume, and the way we focus on modernity. The absence of critical thinking results in a black and white tunnel vision of what happens in life. With a critical thought, we can grow. The discussion happens over four sessions and consists of tools to analyze information about a variety of topics.

Format: 50% Lecture, 20% Interactive discussion, 30% Multimedia

Instructor: Alejandro Castañeda, M.A.

Dates: Thursdays, Sept. 12–Oct. 3, 9–10:50 am

Schedule No: 19FA 99807 OF

Fee: \$49

Registration Deadline: Sept. 12



Mid-to-Late 20th Century Art in Europe and America

After World War II, the idea that art could play a central role in facilitating a better society became a collective endeavor among artists, designers, and architects. With lofty ideals, many visionary artists set out to create a new and completely modern living environment. Deepen your understanding of the visual arts by examining the rich and varied expressions of Jackson Pollock and Abstract Expressionism, Andy Warhol and Pop Art, Minimalist sculptors, Photorealism, the impact of the Feminist Movement, and those who shaped the environment such as Christo. This course experience is for those who enjoy history, travel, and cultural enrichment.
Format: 85% Lecture, 10% Interactive discussion, 5% Hands-on activity



Instructor: Damon Hitchcock, M.A.

Dates: Fridays, Sept. 13–Oct. 18, 9–10:50 am

Schedule No: 19FA 99810 OF

Fee: \$74

Registration Deadline: Sept. 13

Philosophy of Death and Dying

When do we die? Medically? Socially? Are these the same things? Is there any good reason to think there is life after death? Should we fear death? How can we cope with grief? This course will analyze various medical definitions of death; ponder the meaning of social death versus bio-medical death; and explore various traditions of death and burial and how these reflect cultural and personal attitudes toward death.

Format: 75% Lecture, 25% Interactive discussion

Instructor: Matthew Wion, Ph.D.

Dates: Fridays, Sept. 13–Oct. 18, 2–3:50 pm

Schedule No: 19FA 99811 OF

Fee: \$74

Registration Deadline: Sept. 13



Hamlet's Guide to Happiness: Seven Lessons from the Greatest Play Ever Written

William Shakespeare's *Hamlet* is not usually associated with happiness. In this lecture, Rob explores the profound, funny, and fascinating aspects of Shakespeare's greatest work, demonstrating that despite themselves the characters in *Hamlet* have much to say on the subject of how to live wise and happy lives. Rob takes us chronologically through the play, performing and discussing famous speeches by Claudius, the Ghost, Gravedigger, and — of course — the melancholy Dane himself. Whether you've never read *Hamlet* or have seen it numerous times, there is plenty to discover and enjoy about this "poem unlimited."

Format: 70% Lecture, 10% Interactive discussion, 20% Hands-on activity

Instructor: Rob Crisell

Date: Tuesday, Oct. 1, 11 am–12:50 pm

Schedule No: 19FA 99818 OF

Fee: \$15

Registration Deadline: Oct. 1



The World of the Middle Ages

Although frequently referred to as the Dark Ages, the Middle Ages was in many respects the most colorful and consequential age in world history. It was an era which witnessed the rise of Christianity and Islam, the establishment of the great universities of Europe, and many unequaled works of literary, philosophical, and architectural genius. Perhaps most intriguing of all was the emergence of feudalism, a social, economic, and political system that over time evolved into the contemporary nation-state. Drawing from this rich cultural and institutional tapestry, these lectures will present an overview of the fascinating world of the Middle Ages.

Format: 90% Lecture, 10% Interactive discussion

Instructor: Bruno Leone, M.A.

Dates: Wednesdays, Oct. 2–Nov. 6, 1–2:50 pm

Schedule No: 19FA 99821 OF

Fee: \$74

Registration Deadline: Oct. 2



Some Fun Tonight! The Backstage Story of How The Beatles Rocked America: The Historic 1965 American Tour

The 1965 Beatles tour of North America was indeed historic. Come learn how Beatles manager Brian Epstein “birthed” the idea of stadium rock by filling up large venues with upwards of 50,000 people. The massive show at Shea Stadium on August 15, 1965 smashed records for attendance and gross earnings and set the stage for other promoters to dream up even larger shows such as Woodstock in 1969. Follow the Beatles as they crisscross North America. See how the Beatles paved the way for the multi-billion-dollar concert industry of today.

Format: 75% Lecture, 25% Interactive discussion

Instructor: Chuck Gunderson, M.A.

Date: Monday, Oct. 7, 11 am–12:50 pm

Schedule No: 19FA 99824 OF

Fee: \$15

Registration Deadline: Oct. 7



The Culture and Cuisine of Iraq

American love stories consist of an almost singular tale of chance meetings, defying the odds, and falling in love. As Americans, we are used to the notions of stolen kisses, romantic dates, and surprise proposals. But what happens if your culture does not approve of this? Join us for a wonderful Middle Eastern lunch and conversation with Huda Al-Marashi, author of *First Comes Marriage*. Huda is an American-born child of Iraqi immigrants who met the boy that she would ultimately marry when she was six years old. Discover the truth about arranged marriages and its entwined importance into Muslim families as Huda tells us of her life and her journey to find her true love.

Format: 50% Lecture, 40% Interactive discussion, 10% Hands-on activity

Facilitator: Susan McBeth, M.A.

Presenter: Huda Al-Marashi

Date: Monday, Oct. 7, 11:30 am–1:30 pm

Location: Sufi Mediterranean Cuisine
5915 Balboa Ave., San Diego, CA 92111

Schedule No: 19FA 99855 OF

Fee: \$39

Registration Deadline: Sept. 30



Latino and Chicano History of the United States

Who are the Latinos? What are their accomplishments and contributions to the United States and its development into a world power in the 21st century? What are the main historical events shaping their culture and society? Who are their heroes (heroines) and why are they important to all of us? What is the future of the U.S. going to look like? Find the answers to these provocative questions as we learn about the history of the Latinos in the U.S. Learn about the evolution of the Latino peoples. Encounter new peoples and ideas that have been ignored or missed by traditional education. During the last session, students will have the opportunity to view Día de los Muertos altar displays at an off-site location.

Format: 75% Lecture, 25% Interactive discussion



Instructor: Richard Griswold del Castillo, Ph.D.

Dates: Wednesdays, Oct. 9–30, 3–4:50 pm

Schedule No: 19FA 99828 OF

Fee: \$49

Registration Deadline: Oct. 9

Conquest of the American West

Cowboys and Indians? Gunfights and sharpshooters? Is this what you think of when considering the late 19th-century American West? This course will explore historical topics including the military conquest of the American Southwest, the gold rush and westward migration, the role of the West in the Civil War, the Indian wars, the economic development of the region, social bandits and gunslingers, the environment, and Buffalo Bill Cody's Wild West Show.

Format: 75% Lecture, 15% Interactive discussion, 10% Film viewing



Instructor: John Putman, Ph.D.

Dates: Mondays, Oct. 14–Nov. 25, 9–10:50 am
(No class Nov. 11 — Veterans Day)

Schedule No: 19FA 99829 OF

Fee: \$74

Registration Deadline: Oct. 14

The Arrogance of Power and the Demise of Empires

Have you ever wondered what causes the rise and fall of empires? Empires that controlled, occupied, and influenced significant portions of the known world? Did you know that every one of these empires lasted between 200–260 years? The ingredients of failure are similar among all. What do we need to do to make sure that this doesn't happen?

Format: 80% Lecture, 20% Interactive discussion



Instructor: Farouk Al-Nasser, Ph.D.

Dates: Mondays, Oct. 14 & 21, 11 am–12:50 pm

Schedule No: 19FA 99830 OF

Fee: \$35

Registration Deadline: Oct. 14

The Art of the Italian Renaissance

With art historian Douglas Barker as your guide, explore the painting, sculpture, and architecture of the Italian Renaissance, from 1250 to 1600. Giotto, Donatello, Botticelli, Fra Angelico, Leonardo da Vinci, Michelangelo, Raphael, Titian, and El Greco are just some of the outstanding artists whose work is featured in this six-week course. See how the Italian Renaissance ties into the art of the ancient Greco-Roman world and lays a basis for the present.
Format: 80% Lecture, 20% Interactive discussion



Instructor: Douglas Barker, M.A.

Dates: Wednesdays, Oct. 16–Nov. 6, 1–2:50 pm

Schedule No: 19FA 99832 OF

Fee: \$49

Registration Deadline: Oct. 16

Art History: Native Arts of the Americas

How was the power of art and architecture used in religious rituals and civic life of indigenous American cultures? This course will discuss works ranging from monumental architecture and sculpture to ceramic technology. Investigate the cultural richness of the Olmec and Maya cultures of Mesoamerica, the Nazca and Inca of South America, the distinctive artistic expressions of Eskimo, Inuit, Pacific North Coast inhabitants, and the brilliance of Ancestral Puebloans and those who flourished on the Great Plains.
Format: 85% Lecture, 10% Interactive discussion, 5% Hands-on activity



Instructor: Damon Hitchcock, M.A.

Dates: Fridays, Oct. 25–Dec. 6, 9–10:50 am
 (No class Nov. 29 — Thanksgiving break)

Schedule No: 19FA 99837 OF

Fee: \$74

Registration Deadline: Oct. 25

The Unsung Heroes of World War II

Meet the forgotten members of the Greatest Generation: the military animals who guarded American coasts against submarine attacks, dug out Londoners trapped in bomb wreckage, and carried vital messages under heavy fire on Pacific islands during World War II. They kept up morale, rushed machine gun nests, and even sacrificed themselves picking up live grenades. Join Robin Hutton, the bestselling author of *Sgt. Reckless: America's War Horse*, for a special tour of the Veterans Museum at Balboa Park. Uncover the experiences of veterans, both human and animal, during this unique museum tour and author talk.

Format: 60% Lecture, 20% Interactive discussion, 20% Museum tour

Facilitator: Susan McBeth, M.A.

Presenter: Robin Hutton

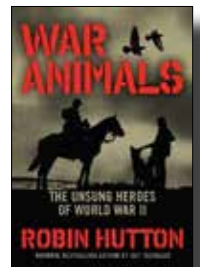
Date: Tuesday, Oct. 29, 11 am–1 pm

Location: The Veterans Museum at Balboa Park
 2115 Park Blvd., San Diego, CA 92101

Schedule No: 19FA 99856 OF

Fee: \$39

Registration Deadline: Oct. 22



New Movie History

Welcome to the 21st century. The sons and daughters of Welles and Hitchcock have upheld the artistic legacy. Our goal is simple — discuss new movies by new directors that are making history before our eyes. Explore the genius of new directors, their catalogs, and creative connections. Students will examine movies released in the 2000's by directors such as Spike Jonze, Alfonso Cuaron, Wes Anderson, Christopher Nolan, and David Fincher. By focusing on casting, dialogue, political inferences, pop culture references, cinematography, and marketing techniques, we will define the period in which these films were released as well as give students a better understanding of their impact on cinema as a whole.

Format: 40% Lecture, 30% Interactive discussion, 30% Hands-on activity



Instructor: Ryan Parker

Dates: Thursdays, Oct. 31 & Nov. 7, 1–2:50 pm

Schedule No: 19FA 99843 OF

Fee: \$35

Registration Deadline: Oct. 31

The Future of the European Union

Europe is the largest trade power, it is home to the world's largest single market and second most used currency. At the same time, Europeans are facing many challenges, from globalization, to the impact of new technologies on society and jobs, to security concerns and the rise of populism. The European agenda will be defined in the European Parliament elections in June this year. In this class, students will gain a deeper understanding on the composition and structure of the European Union. The class will analyze the main issues and some of the proposed solutions. We will look at the major European trading partners to discuss changes taking place and the implications in the stability of the European Union.

Format: 40% Lecture, 60% Interactive discussion



Instructor: Cristina Pintado, M.A.

Dates: Mondays, Nov. 4–Dec. 16, 12–1:50 pm
(No class on Nov. 11 - Veterans Day)

Schedule No: 19FA 99844 OF

Fee: \$74

Registration Deadline: Nov. 4

Events Leading to WWI and WWII

Decades before WWI, governments of Europe and Russia engaged in an arms race leading to territorial competition for regional supremacy. Did the First World War competition for power and control develop into a plan for economic world domination among Europe's great powers? Recently unclassified files and documents add to the complexity of the events leading to the most terrible wars in human history and the motivations of the world leaders at that time. This course will discuss the implications of how history is presented and the importance of details when analyzing the big picture politics of this time period.

Format: 70% Lecture, 30% Interactive discussion



Instructor: Lola Sparrowhawk

Dates: Tuesdays, Nov. 5–Dec. 10, 11 am–12:50 pm

Schedule No: 19FA 99845 OF

Fee: \$74

Registration Deadline: Nov. 5

South American Music Series

Enjoy listening to Latin American music from Brazil and Argentina as you learn about the sexy samba, smooth bossa nova, and the sultry tango. In this two-class series, you will appreciate Latin music while you discover the history and cultural heritage that these musical genres represent in their respective countries. Familiarize yourself with classic songs and timeless musicians from South America's Southern Cone.

Format: 40% Lecture, 20% Interactive discussion, 40%, Listening to music



Instructor: Emily Jullié, M.A.

Dates: Thursdays, Nov. 7 & 14, 11 am–12:50 pm

Schedule No: 19FA 99847 OF

Fee: \$35

Registration Deadline: Nov. 7

The People's Republic of China Historical Development, Cultural Legacy, and Contemporaneity

Current China-U.S. relations are strained, but have you ever considered the situation from the Chinese perspective? In just 40 years, China has risen from a poverty stricken, underdeveloped nation to become a major player on the world economic stage. China's contemporary domestic development will be explored along with its extensive international investments. Additionally, the many domestic problems confronting the Chinese Communist Party are explored. Learn how the Chinese leaders and the Chinese themselves view their nation's achievements and future outlook.

Format: 80% Lecture, 20% Interactive discussion



Instructor: Edwin McDaniel, Ph.D.

Date: Friday, Nov. 8, 11 am–12:50 pm

Schedule No: 19FA 99848 OF

Fee: \$15

Registration Deadline: Nov. 8

The Service Knows and Will Remember: The Aircraft Crash Memorial on Japacha Ridge

Have you ever stumbled upon an old engine mounted on a stone pedestal while hiking along the Japacha Ridge in Cuyamaca Rancho State Park? This class will discuss who these men were and what significance the old engine has to their memory. All but forgotten by most modern historians, the memorial marks the site of one of the most sought after aircraft crash sites in modern military aviation history. An international event that "attracted the attention of the whole world", you will discover how, amid on-going border tensions, both the American and Mexican governments cooperated in the search for the two men.

Format: 70% Lecture, 30% Interactive discussion



Instructor: Alexander D. Bevil

Date: Tuesday, Dec. 3, 9–10:50 am

Schedule No: 19FA 99852 OF

Fee: \$15

Registration Deadline: Dec. 3

PERSONAL DEVELOPMENT/SPECIAL INTEREST

Cybersecurity and You

How safe are you on the internet? Have you ever wondered why your computer is slow? Are you curious about the dark web and how hackers get into your computer? Join us for an interactive discussion on how to protect yourself from cyber threats!

Format: 50% Lecture, 50% Interactive discussion



Instructor: Hau Nguyen, M.S., MBA

Date: Thursday, Sept. 19, 1–2:50 pm

Schedule No: 19FA 99859 OF

Fee: \$15

Registration Deadline: Sept. 19

The Zentangle Method

Intimidated by art? Want to de-stress? The Zentangle Method is an easy healing art method that creates beautiful images by drawing structured patterns and during the process you relax, focus, and get into a state of well-being. *Psychology Today* calls Zentangle “yoga for the brain.” No rulers, no erasers, no mistakes. If you can draw a circle and a straight line — you got this. Join Janet Masey, certified Zentangle teacher, and start your Zentangle journey today. Materials are included with registration fee.

Format: 20% Lecture, 10% Interactive discussion, 65% Hands-on activity, 5% Demonstration



Instructor: Janet Masey

Date: Tuesday, Sept. 24, 11 am–12:50 pm

Schedule No: 19FA 99815 OF

Fee: \$19

Registration Deadline: Sept. 17

Anyone Can Write!

Have you ever thought about writing a novel or have fantastic life stories you would love to share but don't know where to start? Everyone has a story inside them — you just need the right toolset to get those thoughts down on paper. Come learn the basics on how to get started with your own written story by learning techniques such as brainstorming, plotting, and character design. These methods will work for any genre — from non-fiction like journals and memoirs to fantasy and sci-fi — and can be done at any pace to fit your needs to get that story out there.

Format: 40% Lecture, 30% Interactive discussion, 30% Hands-on activity



Instructor: Danielle Kaheaku

Dates: Tuesdays, Oct. 8–29, 11 am–12:50 pm

Schedule No: 19FA 99826 OF

Fee: \$49

Registration Deadline: Oct. 8

Stay Organized, Stay Secure 101

Are you tired of wasting time looking for that one document you need on your computer or in the stacks of paperwork on your desk? Do you hear the constant reports of hacking and worry you might be next? If you answered “yes” to one of these questions, this class is for you! Learn the best methods to organize electronic and paper files to tame clutter and save time, as well as the steps you can take now to reduce your risk of a cyberattack.

Format: 70% Lecture, 30% Interactive discussion



Instructors Alex Brzozowski and Rusty Sailors

Date: Tuesday, Oct. 8, 1–2:50 pm

Schedule No: 19FA 99857 OF

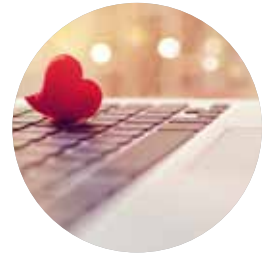
Fee: Free

Registration Deadline: Oct. 8

Confident Online Dating

Off the market for a while? Veteran of dreary dates? Need a quick-start to get back in the game? We take an irreverent look at successfully navigating the online scene. You’ll learn elements of distinctive profiles and good photos, who pays for what, timing, filtering, and first dates. Students will learn to market themselves through good photos, appealing interests, and compelling profile essays. Gain more self-assurance and have a more positive dating experience through successful strategies, techniques, and best practices.

Format: 75% Lecture, 25% Interactive discussion



Instructor: Jamesa Selleck

Date: Thursday, Oct. 24, 11 am–1:50 pm

Schedule No: 19FA 99835 OF

Fee: \$19

Registration Deadline: Oct. 24

Qi Kung for Better Health

Discover Qi Kung, an ancient practice from China developed by the monks of the Shaolin Temple under the teachings of Bodhidharma in the 5th Century. For 1,500 years it has helped people stay young and in good health. Through exploring Pa Kwa Chang (eight trigram palm), Qi Kung students will improve balance, coordination, and flexibility as well as see improvements in overall health. You will learn the basic philosophy of Qi Kung and some of the foundational movements with an emphasis on student participation and proper body movement. All body types and fitness levels are welcome. Wear comfortable clothing and shoes.

Format: 30% Lecture, 30% Interactive discussion, 40% Hands-on activity



Instructor: Glen Clabaugh, M.A.

Dates: Fridays, Oct. 25–Nov. 15, 2–3:50 pm

Schedule No: 19FA 99839 OF

Fee: \$49

Registration Deadline: Oct. 25

Leveling the Playing Field: How to Eliminate Implicit Bias and Discrimination

Whether interacting personally or professionally, we are at risk of the subliminal tug of implicit bias. Because we are all vulnerable to short-cut thinking based on stereotypes, we must be familiar with the boundaries of permissible behavior — on and off the job. This program will cover current laws regarding bias and discrimination within a modern workplace. You will learn how to recognize bias and discriminatory practices, how to identify signs of both overt and subtle bias, and how to prevent bias and discrimination from progressing from the boardroom to the courtroom.

Format: 60% Lecture, 40% Interactive discussion

Instructor: Wendy Patrick, J.D., Ph.D.

Date: Saturday, Nov. 2, 12–1:50 pm

Schedule No: 19FA 99842 OF

Fee: \$15

Registration Deadline: Nov. 1



Generational Diversity

Explore and dispel myths and stereotypes about Nexters and Millennials. Learn how to connect with your grandchildren, mentees, co-workers, volunteers, and any other young person in your life.

Format: 40% Lecture, 30% Interactive discussion, 30% Hands-on activity

Instructor: Jacqueline Penhos, M.A.

Dates: Thursdays, Dec. 5 & 12, 9–10:50 am

Schedule No: 19FA 99813 OF

Fee: \$35

Registration Deadline: Dec. 5



POLITICS & CURRENT EVENTS

Forced Migration in the Media

Media representations of refugees are one of the most important ways that global communication shapes our understanding of refugee crises, also known as forced migration. Explore communication theory, analyze examples of current events, and deepen your understanding of displacement as a social phenomenon. Join us in tackling the dynamics between displaced communities and media representations of the individuals, social contexts, and causes of forced migration.

Format: 30% Lecture, 30% Interactive discussion, 40% Hands-on activity

Instructor: Tiffany Dykstra-DeVette, Ph.D.

Dates: Mondays, Sept 23 & 30, 1–2:50 pm

Schedule No: 19FA 99814 OF

Fee: \$35

Registration Deadline: Sept. 23



Russia, Ukraine, Crimea — Why the Conflict?

Learn the historical origins, ethnic considerations, and current rationales for the serious territorial conflicts between the Russian Federation and Ukraine, as well as in other areas of the former Soviet Union over the years. Topics include who has the most convincing claim to Eastern Ukraine and the Crimean peninsula. Dr. Philip Pryde explains why these regions, and others, are considered so strategically important to the Russian Federation and its current leadership.

Format: 70% Lecture, 30% Interactive discussion

Instructor: Philip Pryde, Ph.D.
Date: Tuesday, Sept. 24, 3–4:50 pm

Schedule No: 19FA 99816 OF
Fee: \$15
Registration Deadline: Sept. 24



What's Up With DACA?

This two-week interactive course will examine key aspects of the ongoing legal battle about the “Deferred Action for Childhood Arrivals” (DACA) policy adopted in 2012 by the Obama Administration and proposed (so far unsuccessfully) to be rescinded by the Trump Administration. Why has the Supreme Court so far declined to review lower court rulings against the Trump Administration? What will the issues be when the court ultimately does get involved? On what bases have (most) lower courts, including the 9th Circuit U.S. Court of Appeals, ruled that the proposed DACA rescission is illegal?

Format: 80% Lecture, 20% Interactive discussion

Instructor: Glenn Smith, J.D., LL.M.
Dates: Wednesdays, Oct. 2 & 9, 10–11:50 am

Schedule No: 19FA 99820 OF
Fee: \$35
Registration Deadline: Oct. 2



The Long Road to Same-Sex Marriage

By the end of this discussion you will know more about same-sex marriage in the U.S. and internationally than most people. The talk will focus on early attempts to legalize same-sex marriage, the difference between civil unions, domestic partnerships and marriage, and some of the legal, political and social issues for and against same-sex marriage.

Format: 80% Lecture, 20% Interactive discussion

Instructor: Esther Rothblum
Date: Monday, Oct. 7, 9–10:50 am

Schedule No: 19FA 99823 OF
Fee: \$15
Registration Deadline: Oct. 7



Foreign Policy Issues Now

How do you make sense of conflicting news reports and competing views of foreign events? And what does all that mean for us, especially ahead of elections in 2020? We'll address these challenges together, discussing facts and methods to help you understand current world affairs on your own terms. Guided by an American diplomat with 29 years of experience, we'll look at current international issues and where they may be headed. Whatever your politics and experience, you'll have the chance to contribute your own views and learn some others.

Format: 60% Lecture, 40% Interactive discussion

Instructor: David Bame

Dates: Tuesdays, Oct. 8–Nov. 12, 10–11:50 am

Schedule No: 19FA 99825 OF

Fee: \$74

Registration Deadline: Oct. 8



Diplomacy and Defense, Together Again

San Diego is a border city with a large military presence, but there are not many opportunities to think about how our diplomatic and military personnel work together all over the world to serve and protect our country. We will look at how the U.S. military and U.S. Embassies organize themselves, develop strong leaders, and deploy their capabilities against threats worldwide. We will use historic and current case studies, with guest speakers when available, to understand how diplomatic and military leaders view international security challenges and work together to overcome them.

Format: 60% Lecture, 40% Interactive discussion

Instructor: David Bame

Dates: Thursdays, Oct. 10–Nov. 14, 10–11:50 am

Schedule No: 19FA 99827 OF

Fee: \$74

Registration Deadline: Oct. 10



What's Up (Doc)ket?

By delving into some of the hottest controversies on the Supreme Court's docket this year, gain a sophisticated sense of the court's role in our governmental system and the kinds of cases it typically takes on. Observe the play-by-play of arguments on appeal, deconstruct the actual briefs filed, and get a sample of the questioning at oral argument. See firsthand how lower courts, advocate lawyers, and amici ("friends of the court") shape the court's perception of social/economic/political issues as they become "legal" issues.

Format: 70% Lecture, 30% Interactive discussion

Instructor: Glenn Smith, J.D., LL.M.

Dates: Wednesdays, Oct. 16–Nov. 6, 10–11:50 am

Schedule No: 19FA 99831 OF

Fee: \$49

Registration Deadline: Oct. 16



USA-Mexico Border Issues

This course offers students two weeks of intensive and experiential education aimed at exposing participants to a wide range of perspectives on key border issues in the San Diego-Tijuana region. The primary course goal, however, is to develop an understanding of the border that goes beyond the stereotypical depiction of the region as exclusively a point of conflict. The first course session, consisting of a lecture and short documentary, will be held on campus. The second class session is a tour of Border Field State Park, an important wildlife habitat, where students will learn about the history of the border in our region and its effects on the environment and current politics. Note: Students should be prepared to walk 2 miles (mostly flat) and bring any document verifying legal residence in the U.S. (e.g. driver's license) to gain access to Friendship Park.

Format: 50% Lecture, 20% Interactive discussion, 30% Field trip

Instructor: Alexander Gomez, M.A.

Dates: Saturdays, Oct. 19 & 26, 10–11:50 am

Schedule No: 19FA 99834 OF

Fee: \$35

Registration Deadline: Oct. 18



Media Literacy in the Fake News Era

Have you ever wondered whether a news article you see online is accurate? This course provides students with a useful toolbox to help them navigate today's digital media landscape. Students will learn how to identify fake news, find reliable news sources, and become a more informed news consumer.

Format: 30% Lecture, 30% Interactive discussion, 40% Hands-on activity

Instructor: Gustavo Solis

Dates: Thursdays, Oct. 24 & 31, 4–5:50 pm

Schedule No: 19FA 99836 OF

Fee: \$35

Registration Deadline: Oct. 24



Economists' Take on the Minimum Wage

Learn economists' take on the minimum wage in this lively lecture/discussion. We will discuss on the "Fight for 15," an issue that is sure to be part of the 2020 election, while also learning a brief history of the minimum wage in the U.S., the economic theory economists use to analyze a policy proposals like raising the minimum wage, the difference between a minimum wage and a living wage, and the likely effects of raising the minimum wage in states like California. Students will come away from the class with a better understanding of why academic economists rely on the economic models to make predictions, as well as understand the difference between good politics and good policy.

Format: 50% Lecture, 50% Interactive discussion

Instructor: Joe Silverman, M.A.

Date: Wednesday, Nov. 13, 3–4:50 pm

Schedule No: 19FA 99849 OF

Fee: \$15

Registration Deadline: Nov. 13



International Human Rights Law

Much has been said and written about state of human rights internationally. How can human rights be sustained in a world that is divided by national systems, cultures, religions, and stages in economic development? Who gave international organizations the mandate to promote human rights universally? What are the kinds of rights and freedoms that are acknowledged, who monitors their practical realization, and how? This course will acquaint you with the achievements made in this field by delving into the legal, political, and ethical issues surrounding human rights.

Format: 70% Lecture, 30% Interactive discussion

Instructor: Eyassu Gayim

Dates: Tuesdays, Nov. 19–Dec. 10, 1–2:50 pm

Schedule No: 19FA 99805 OF

Fee: \$49

Registration Deadline: Nov. 19



RELIGIOUS STUDIES

Introduction to Buddhism and Practical Meditation

In this course, Buddhist nun Gen Kelsang Lhadron, will present Buddhist philosophy in a way that is informative and practical for those interested in personal development. The student will gain an understanding of the main principles of Buddhism such as formless consciousness, beginningless time, karma and the ultimate nature of reality. We will then experience how these principles are brought to life in meditations on patient acceptance, love, and compassion. Join us on a journey through Buddha's teachings that is both intellectually stimulating and personally transformative.

Format: 40% Lecture, 30% Interactive discussion, 30% Meditation activity

Instructor: Gen Kelsang Lhadron

Date: Friday, Oct. 18, 11 am–12:50 pm

Schedule No: 19FA 99833 OF

Fee: \$15

Registration Deadline: Oct. 18



Can the Bible and Evolution Coexist?: Genesis and Creation, Religion and Science

When was the last time you carefully examined the contents of Genesis 1-3 in the Old Testament/Hebrew Bible? Does Genesis contain one or two stories of creation? How should we understand the materials in this portion of the Bible? We will end the first session by considering what is called "creationism" and how that fits, or not, with our examination of Genesis 1-3. The second session will ask whether religion and science can coexist without doing violence to each other. The concepts of faith and fact, truth and true, infinite and finite, and deity and human will be discussed in seeking to resolve this question of coexistence.

Format: 60% Lecture, 40% Interactive discussion

Instructor: John Spencer, Ph.D.

Dates: Tuesdays, Nov. 12 & 19, 1–2:50 pm

Schedule No: 19FA 99846 OF

Fee: \$35

Registration Deadline: Nov. 12



Introduction to Islam

Have you ever asked what exactly do Muslims believe? Is Islam a western or eastern religion? This course attempts to provide answers to these and a host of other questions, to give you familiarity with the tenets of the religion.

Format: 50% Lecture, 30% Interactive discussion, 20% Hands-on activity

Instructor: Khaleel Mohammed

Dates: Wednesdays, Dec. 4 & 11, 1–2:50 pm

Schedule No: 19FA 99853 OF

Fee: \$35

Registration Deadline: Dec. 4



SCIENCES

Natural Disasters

Have you ever wondered what made that earthquake you experienced, or the hurricane that pummeled the east coast, or the tsunami that hit Japan? In this class, you'll explore the answers to all these and more. I'll take a wide range of natural disasters, from cosmic impacts to volcanoes, explain them fully, and apply them to events that happened or are happening all around the world. We will emphasize the relationships between humanity and natural processes and the release of energy by the Earth. This course will help you articulate and recognize the types of geological hazards, their relative strengths and spacial distribution, and how humans get in the way of energy release.

Format: 90% Lecture, 10% Interactive discussion

Instructor: Isabelle SacramentoGrilo, M.S.

Dates: Fridays, Sept. 6–Oct. 11, 1–2:50 pm

Schedule No: 19FA 99802 OF

Fee: \$74

Registration Deadline: Sept. 6



Chaos and Fractals: Why Can't We Beat the Roulette?

This course explores the conundrum between determinism and randomness through the concept of chaos and its beautiful fractal signatures.

Considering that the mechanical systems that surround us are deterministic (knowledge of the past precisely determines the future evolution) and thus predictable through the laws of physics, why do certain systems display apparently unpredictable behavior? For example, is a coin toss a random event?

Can we predict the roulette? The laws of physics dictate that if one knows all forces acting on a system then all its future evolution is strictly determined by its initial configuration. If so, why can't we beat the roulette?

Format: 80% Lecture, 10% Interactive discussion, 10% Demonstration

Instructor: Ricardo Carretero, Ph.D.

Date: Thursday, Sept. 26, 11 am–12:50 pm

Schedule No: 19FA 99817 OF

Fee: \$15

Registration Deadline: Sept. 26



Alzheimer's Disease: New Science and Reason for Hope

This lecture will discuss our recent research breakthrough that shows existing HIV medicines that might be able to treat Alzheimer's disease. Students will hear more about the latest research in Alzheimer's, as well as develop an understanding of the underlying biology of the brain.

Format: 90% Lecture, 10% Interactive discussion



Instructor: Jerold Chun, MD., Ph.D.

Date: Friday, Nov. 15, 11 am–12:50 pm

Schedule No: 19FA 99850 OF

Fee: \$15

Registration Deadline: Nov. 15

SPECIAL EVENTS

Fall 2019 Kickoff Event

Get a tantalizing preview of fall courses from our dynamic instructors, and meet staff and fellow learners at this fun, informal event. You can register for courses and meet exhibitors from local community organizations. The event concludes with an optional walking tour of our facilities and several points of interest on campus (wear comfortable shoes). Light refreshments will be provided. We look forward to meeting you!



This event is free. Space is limited. RSVP by Wednesday, August 28 at neverstoplearning.net/osher, (619) 594-2863, or osher@sdsu.edu. You'll receive an email with event details and instructions for convenient parking. Trolley and bus stops are also nearby.

Facilitators: Osher Staff and Volunteers

Date: Friday, August 30, 9:30 am–12:30 pm

Fee: Free

RSVP Deadline: August 28
(membership not required)

SDSU Love Library Discovery Session and Tour

Learn more about all the great resources available to you at the SDSU Library. Enjoy a tour led by library faculty and staff for an overview of the collections (more than 7 million items) and services. Learn how to find and borrow books; what special collections and other selections are on each floor; how to access the 800+ public computers; how to check out DVDs and CDs from the Media Center; how to access the book catalogs (for printed and eBooks), article and journal databases, and digital collections; and how to request materials from other libraries. Membership is not required.



Instructor: Gloria Rhodes

Date: Thursday, Sept. 26, 11 am–12:30 pm

Schedule No: 19FA 99803 OF

Fee: Free

Registration Deadline: Sept. 19

OLLI Café

OLLI Café is a social hour held every semester between classes where students can come together in a specially designated room at CES to relax, regroup, share insights about classes, and catch up. Also learn about exciting new programming and developments for the upcoming year. Light refreshments are provided. OLLI Café is open to members and non-members. Registration is required only if you need a parking permit.



Facilitators: Osher Staff and Volunteers
Date: Tuesday, Oct. 1, 1–2:50 pm

Schedule No: 19FA 99819 OF
Fee: Free
Registration Deadline: Oct. 1
 (membership not required)

SDSU Arts Alive Theater Event: *Just Like Us*

Based on Helen Thorpe’s bestselling book, this documentary-style play follows four Latina teenage girls in Denver — two of whom are documented and two who are not — through young adulthood. Their close-knit friendships begin to unravel when immigration status dictates the girls’ opportunities, or lack thereof. When a political firestorm arises, each girl’s future becomes increasingly complicated. *Just Like Us* poses difficult, yet essential questions about what makes us American.



Facilitator: SDSU Arts Alive Staff
Date: Sunday, Oct. 6, 2–4 pm

Schedule No: 19FA 99858 OF
Fee: \$19
Registration Deadline: Oct. 6

Be an Osher Volunteer

Volunteers are crucial to society, and they’re the backbone of Osher at SDSU. We welcome your energy, enthusiasm, and fresh ideas — and you’ll appreciate the sense of ownership. Your skills and interests are unique, and we would love to match you with the perfect role to spread the word about the intellectually and socially uplifting Osher community.



Consider Joining or Chairing a Committee or Group
Time commitment is 1–3 hours per week

- **Membership Committee** – Develop strategies to recruit and retain members. This includes greeting and welcoming new students, nurturing member relationships, assisting with annual member meetings, and developing member surveys.
- **Administrative Support** – Assist with day-to-day operations such as creating class packets, sending welcome letters to new members, summarizing course evaluations, and sending course-reminder emails to students and instructors.
- **Fundraising Team** – In collaboration with SDSU University Relations and Development, develop and implement strategies to assist in achieving annual fundraising goals.
- **Marketing Team** – Increase visibility of Osher through outreach, community partnerships, and social media.
- **Event Planning Team** – Help plan events such as the Kickoff Event and OLLI Café.

For more information, please call (619) 594-2863 or email osher@sdsu.edu.

The Osher Institute at SDSU presents ...

Inside Vietnam Small Group Adventure

Vietnam: Hanoi, Halong Bay, Hué, Hoi An, Nha Trang, Dalat, Ho Chi Minh City



DEPARTURE DATE: October 28, 2020

Itinerary Summary

DAYS	DESTINATION
1-2	Fly to Hanoi, Vietnam
3-6	Hanoi
7	Halong Bay
8-9	Fly to Hué
10-12	Hoi An
13-14	Danang • Fly to Nha Trang
15-16	Dalat
17-19	Fly to Ho Chi Minh City (Saigon)
20	Return to U.S.

What's Included

- International airfare, airport transfers, government taxes, fees, and airline fuel surcharges unless you choose to make your own air arrangements
- All land transportation and 3 internal flights
- Accommodations for 17 nights
- 40 meals—daily breakfast, 12 lunches, and 11 dinners (including 1 Home-Hosted Dinner)
- 23 small group activities
- **Explore in a small group of 8-16 travelers (average group size of 14)**

20 days from **\$3795**
Includes international airfare
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Farouk Al-Nasser, Ph.D., is a graduate of Baghdad University, University of Colorado, and University of Denver with B.S., M.S., and Ph.D. degrees in electrical engineering. In his 42-year career in the data storage industry, he held technical, operational, marketing, and senior executive management positions at Fortune 500 and midsize companies. After the 2003 invasion, Al-Nasser worked in the Middle East for a San Diego-based company involved in the reconstruction and development of Iraq. He is on the board of directors and past president of the San Diego World Affairs Council. ● *The Arrogance of Power and the Demise of Empires*, page 11.

David Bame is a retired U.S. Foreign Service Officer (diplomat), with 29 years of experience working in more than 30 countries as well as in Washington. Bame's political-military focus throughout his career has included work on key U.S. national security policies around the world, especially the Middle East and Europe. His last assignment was in San Diego, where he advised Navy SEALs and other special operations personnel about national strategy and foreign policy issues. He has lectured in Austria, Iraq, Israel, Saudi Arabia, the United Kingdom, and at numerous U.S. and foreign universities. ● *Foreign Policy Issues Now*, page 19; *Diplomacy and Defense, Together Again*, page 19.

Douglas Barker, M.A., is a professional art historian, metaphysical researcher, and art history teacher. He has taught at several colleges and universities over the last 25 years. While living in England, Germany, and Switzerland, he studied alternative education and worked as a guide on art tours. He also conducted study tours of Israel and India in the German language. Barker has traveled extensively in native North America and participated in numerous ceremonies. He earned his M.A. in art history from the University of Chicago and has taught 100+ courses at a variety of colleges and universities. ● *The Art of the Italian Renaissance*, page 12.

Alexander D. Bevil is a graduate of SDSU, and has been writing articles about San Diego's history since 1988. While working as a historical consultant, he taught a local history class at Old Town San Diego. During his 20-year career as a California State Parks historian, he prepared evaluation studies on several locations associated with California's military history. He recently chaired a conference at the San Diego Veterans Museum at Balboa Park, which focused on San Diego's role during WWI. During his tenure as a California State Parks historian,

he researched and evaluated the monument's historical significance. The result was an article published in 2005 the *San Diego Journal of San Diego History*. Since then, he has successfully nominated another historic military crash site to the California Register of Historic Resources and published an article about the crash of PSA Flight 182. Recently retired, he plans on nominating the Japacha Ridge crash site to the National Register of Historic Places. ● *The Service Knows and Will Remember: The Aircraft Crash Memorial on Japacha Ridge*, page 14.

Peter Bolland, M.A., is the philosophy and humanities department chair, and a professor of philosophy and humanities at Southwestern College where he teaches world religions, Asian philosophy, world mythology, and ethics. Bolland also focuses on bringing the life-changing insights of the world's wisdom and traditions into the wider community through his columns in *Unity Magazine* and the *San Diego Troubadour*, as well in numerous lectures and workshops at venues like The Chopra Center, San Diego Oasis, and Vision: A Center for Spiritual Living. An award-winning poet and singer-songwriter, Bolland also performs regularly. For upcoming events, visit peterbolland.com. ● *The Wisdom of Mythology*, page 8.

Alex Brzozowski is a professional organizer and productivity specialist. She started her company Be Organizing in 2012 because she believes there's a better way to organizing people's lives — focusing not only on the home, but specializing in digital and business organizing and productivity. This includes digital documents, CRM programs, photos, music, email contacts, calendar and more. Her goal is to help her clients free up time to do what they love by bringing order and efficiency to their business, digital life, and home. She is a member of the National Association of Professional Organizers (NAPO) and is active in the San Diego chapter. ● *Stay Organized, Stay Secure 101*, page 16.

Ricardo Carretero, Ph.D., is a professor of applied mathematics at SDSU (Nonlinear Dynamical Systems Group) with ample experience in chaos and fractals. He was a post doctoral research fellow at the department of mathematics and statistics, Simon Fraser University, Vancouver, Canada; a research fellow at the Centre for Nonlinear Dynamics and its Applications, University College London; and a member of the dynamical systems group at the School of Mathematical Sciences, Queen Mary and Westfield College, London. Carretero earned his physics degree at the Faculty of Sciences, Mexican National University. ● *Chaos and Fractals: Why Can't We Beat the Roulette?*, page 22.

Alejandro Castañeda, M.A., has taught at

prestigious Mexican universities including Universidad Anáhuac and Universidad Iberoamericana. Currently, he teaches marketing and communications online at Coahuila, Mexico State University in Torreon, Mexico. He is a visiting professor for extended learning programs at CSU San Marcos and the University of Texas at Austin. He is faculty at Universidad Anahuac of Cancún in Cancún, México and Instituto Tecnológico de Teléfonos de México in Mexico City. He is also a published writer with nine books to his name in the fields of leadership, productivity, customer service, and sales. Castañeda holds a bachelor degree in communications from La Salle University and a master degree in communications from Università Internazionale delle Arte and Università Statale de Firenze. ● *Critical Thinking: How to Survive an Ever-Changing World*, page 8.

Jerold Chun, MD, Ph.D., is professor and senior vice president of Neuroscience Drug Discovery at Sanford Burnham Prebys Medical Discovery Institute (SBP). He received his M.D. and Ph.D (neuroscience) degrees through the Medical Scientist Training Program at Stanford University School of Medicine, moving east as a Helen Hay Whitney Postdoctoral Fellow at the Whitehead Institute for Biomedical Research – MIT. He then joined the faculty at the UCSD School of Medicine, where he became professor of pharmacology and neurosciences and directed the neurosciences graduate program. He subsequently became department head of molecular neuroscience at Merck Research Laboratories, returning to academia as professor at The Scripps Research Institute and adjunct professor at UCSD, before his current position. He has made important contributions to our understanding of the brain and its diseases, including the discovery of genomic mosaicism in the brain and its involvement in the most common forms of Alzheimer’s disease with relevance to other brain diseases. Authoring more than 300 scientific publications, he has been recognized in Thomson Reuters’ World’s Most Influential Scientific Minds citation list and is a member of numerous advisory, review, and editorial boards in both academia and industry. ● *Alzheimer’s Disease: New Science and Reason for Hope*, page 23.

Glen Clabaugh, M.A., is a San Diego native who loves the outdoors, teaching, history, and martial arts. He has been involved in some form of martial arts instruction since 1991, including Tang Soo Do Korean Karate, Aikido, Tai Chi Chuan, and most recently Pa Kua Chang. He also earned a single-subject credential to teach social science and has a master’s degree in military history. Clabaugh teaches ESL writing, test

preparation, speaking, math and reading skills at the American Language Institute at SDSU. ● *Qi Kung for Better Health*, page 16.

Rob Crisell is a teacher, author, attorney, and actor in Temecula, CA. He teaches Shakespeare and poetry in the Murrieta Valley Union School District as part of its Visual and Performing Arts (VAPA) program. He has appeared in *The Merchant of Venice*, *Complete Works of Shakespeare* (Abridged), *Much Ado About Nothing*, *Romeo and Juliet*, *Hamlet*, *The Tempest*, and *Macbeth*, among other works. His second book *Shakespeare’s Book of Wisdom: Advice on Living a Wiser, Happier Life from William Shakespeare & Friends* was published by DePortola Press in winter 2018. He has three one-man shows, which he performs regularly, including his newest show *Hamlet’s Guide to Happiness: Seven Lessons from the Greatest Play Ever Written*. His TED Talk entitled *How NOT to Hate Shakespeare* can be found on YouTube. He’s a graduate of Yale University and George Mason University Law School. For details on his books and shows, visit www.robcrisell.com ● *Hamlet’s Guide to Happiness: Seven Lessons from the Greatest Play Ever Written*, page 9.

Tiffany Dykstra-DeVette, Ph.D., was the assistant professor of communication at West Virginia University prior to joining SDSU. She has a Ph.D. in communication from the University of Utah and was a former debate coach. Her research uses organizational communication and critical/cultural theories to explore challenges facing nonprofits responding to forced migration. Her article, *Assemblages of Syrian Suffering: Rhetorical Formations of Refugees in Western Media*, was recognized by the International Sociological Association, receiving the RC25 Academic Excellence Award. She originally developed and taught an extended course on forced migration in the media at the University of Erfurt in Germany. ● *Forced Migration in the Media*, page 17.

Oliva M. Espín, Ph.D., is professor emerita of women’s studies at SDSU. She holds her doctorate in counseling psychology and Latin American studies from the University of Florida. She was a post-doctoral fellow at Harvard University; a professor of psychology at the California School of Professional Psychology of Alliant International University; a Fulbright distinguished chair in gender studies, University of Klagenfurt, Austria; and has authored several academic books and many articles. Espín was a pioneer in the practice and theory of therapy with women from different cultural backgrounds, particularly immigrant/refugee women. ● *The Labyrinth of Personal and Collective Memory*, page 6.

Eyassu Gayim has taught human rights for over two decades including at the School of Global Studies, University of Gothenburg (Sweden) since 2012, at SDSU, department of political science and Helsinki University (Finland).

● *International Human Rights Law*, page 21.

Faye Girsh, Ed.D., was president of the Hemlock Society USA from 1996-2002. She is the founder and past president of the Hemlock Society of San Diego. Faye started the Caring Friends program in 1998. In 2004 she was one of the founders of the Final Exit Network, which continues the work of the Caring Friends program. She is a senior advisor to the Network. In 2003, she was awarded Hemlock's Lifetime Achievement Award. In 2016 she was the recipient of the Marilyn Sequin award from the World Federation of Right to Die Societies for her service in promoting death with dignity. ● *Whose Life is it Anyway? Right to Die: History and Solutions*, page 7.

Alexander Gomez, M.A., a Latin American Literature teacher and border historian, is connected to the Latin root of educate, which means to lead out. And as an educator, he does work with others in leading out, broadening and challenging minds. At Palomar College, he leads expeditions for young people from a variety of backgrounds for a few weeks to a month in the USA-Mexico border region. Gomez has a B.A. in history and M.A. in Latin American Literature from SDSU. He joined the faculty at SDSU in the fall of 1998 as an assistant professor where he taught many courses on cross-cultural education. ● *USA-Mexico Border Issues*, page 20.

Richard Griswold del Castillo, Ph.D., was born and raised in Santa Ana, California. He studied at UC Berkeley and the University of Dijon, France, before earning B.A., M.A., and Ph.D. degrees from the University of California, Los Angeles. After graduating in 1974, Griswold del Castillo taught at San Diego State University, was a Fulbright Scholar in Mexico City and published several books including *The Treaty of Guadalupe Hidalgo: A Legacy of Conflict*, *North to Aztlán*, and *The Los Angeles Barrio, 1850-1890: A Social History*. ● *Latino and Chicano History of the United States*, page 11.

Chuck Gunderson, M.A., is an independent historian and author of *Some Fun Tonight! The Backstage Story of How The Beatles Rocked America: The Historic Tours of 1964-1966*. He has contributed articles about the Beatles including the Journal of San Diego History and has lectured throughout the U.S. ● *Some Fun Tonight! The Backstage Story of How The Beatles Rocked America: The Historic 1965 American Tour*, page 10.

Damon Hitchcock, M.A., has been an educator

for over 46 years. He is currently teaching art history and studio arts at Miramar College, and Southwestern College, and has been a continuing lecturer at Osher for over 13 years. He instructed in the adult education department at the San Diego Museum of Art for 15 years. He has been a juror for exhibitions throughout San Diego County. With his lectures, Damon utilizes his own visual library from his extensive travel and research experiences. He earned his M.A. from SDSU and continues to produce and exhibit large-scale watercolors and drawings. ● *Mid-to-Late 20th Century Art in Europe and America*, page 9, *Art History: Native Arts of the Americas*, page 12.

Emily Jullié, M.A., has dedicated her life to language teaching, testing, and acquisition. With an M.A. in Spanish from SDSU and a B.A. in English from University of North Carolina – Chapel Hill, she is also ACTFL, OPI, and TEFL certified. She gained her teaching experience abroad, teaching English in Costa Rica, Mexico, Argentina, and Brazil. Upon returning to the U.S., her passion for teaching transferred to Spanish and helping others develop their bilingual skills. She currently teaches for the Dual Language and English Learner Education (DLE) Department at SDSU.

● *South American Music Series*, page 14.

Danielle Kaheaku is an award-winning ghostwriter and editor. She has worked in the entertainment industry for the past twelve years. She has active memberships in the Science Fiction & Fantasy Writers of America, the International Horror Writers Association (HWA), and the Romance Writers Association Published Author Network. An adjunct English professor at a local university, she is the co-founder and training director for the San Diego HWA Chapter and volunteers as a mentor within the main HWA. ● *Anyone Can Write!*, page 15.

Bruno Leone, M.A., earned his master's degree in European intellectual history, and is a lecturer, freelance writer, Fulbright Fellow, National Endowment for the Humanities Fellowship recipient, and former instructor at the University of Minnesota and St. Francis College. He has authored several books including *Science and Religion, Origin: The Story of Charles Darwin* (published by Morgan Reynolds as part of their Biographies in Science series), and most recently, *Disease in History*. He has taught intellectual history, the history of science and technology, and the philosophy of history since 1980. ● *The World of the Middle Ages*, page 10.

Gen Kelsang Lhadron, American Buddhist nun, has studied Mahayana Buddhism under Venerable Geshe Kelsang Gyatso Rinpoche since 2001. As the resident teacher at Kadampa

Meditation Center San Diego, she teaches four weekly meditation classes to the general public, a weekly foundation program class for advanced students as well as weekend workshops and retreats. Gen Lhadron shows a living example of dedication to the Buddhist way of life and the practice of meditation. Her teachings are both insightful and humorous. She inspires people to experience the benefits of meditation and practical wisdom. ● *Introduction to Buddhism and Practical Meditation*, page 21.

Janet Masey, certified Zentangle® teacher, was trained and certified in Providence, Rhode Island by the founders of the Zentangle Method. With wellness on the top of all lists these days, Zentangle is the perfect fit. With high-quality teaching methods and great passion, Masey hopes to spread this world phenomenon. From children to seniors, she has taught over 11,000 students this simple, meditative art method since 2014 at a variety of locations including the San Diego Botanical Gardens, Ronald McDonald House, senior centers, wellness events, and school districts. Read her blog at tikitangles.blogspot.com. ● *The Zentangle Method*, page 15.

Susan McBeth, M.A., is an SDSU alum with a degree in business administration, and a master's in comparative literature. She is also the founder and owner of Adventures by the Book (adventuresbythebook.com), which connects authors and their books with the reading community through interactive literary events and travel packages. ● *The Culture and Cuisine of Iraq*, page 10; *The Unsung Heroes of World War II*, page 12.

Edwin McDaniel, Ph.D., received his Ph.D. in

communication from Arizona State University and currently divides his time between lecturing at SDSU and Peking University HSBC Business school, Shenzhen, China, along with teaching in a summer program at Harbin Institute of Technology, Harbin, China. The co-author/co-editor of eight intercultural communication textbooks, his work has been published in China, Germany, Korea, and Japan, as well as the U.S. He is frequently invited to speak at international forums. Previously a professor of intercultural communication at Aichi Shukutoku University, in Japan, he also holds an M.A. in Chinese-Russian history. Dr. McDaniel was in government service for 25 years and has worked, traveled, and lived in more than 40 countries. ● *The People's Republic of China: Historical Development, Cultural Legacy, and Contemporaneity*, page 14.

Khaleel Mohammed is professor of religious studies at SDSU. He is a specialist in Islamic Law and has authored several journal articles and books on Islam. He also works with the State Department and Department of Justice as an expert witness. ● *Introduction to Islam*, page 22.

Claire Murphy, Ph.D., is a professor of psychology at SDSU where she teaches advanced research methods and cognitive aging. She has studied taste, olfaction, and flavor across the lifespan, with a particular focus on mature adults. The National Institutes of Health have funded her research in the SDSU Lifespan Human Senses Lab. She has shared insights from her studies with audiences in Italy, France, Sweden, and Japan and looks forward to discussions with Osher participants. ● *The Mature Palate: Taste, Smell, and Flavor*, page 5.

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Hau Nguyen, M.S., MBA, a current instructor at Grossmont College and SDSU, started his career in the software industry over 25 years ago. Over the past few decades, he has worked at numerous companies and government agencies in the areas of cybersecurity, unmanned vehicles, big data, and networking; holding various positions in engineering and management. He has been teaching college courses for over 20 years in areas such as cybersecurity, computer science, networking, and management information systems. Some of the recent courses that he has taught include Introduction to Cybersecurity, Java, Python, Network+, Security+, Principles of Information Systems, Advanced Data Structures, and Social, Legal, and Ethical Issues in Computing. ● *Cybersecurity and You*, page 15.

Ryan Parker is best known as a member of the art-rap band Parker Meridien, he is also a community activist who believes that exposing San Diego city youth to art can change lives. Parker served as one of the executive producers for the Reclaiming the Community Music Project (which included two albums and a series of film-shorts). His newest endeavor, Meridien Arts, was created to present, produce, and curate art-driven events for the community. ● *New Movie History*, page 13.

Wendy L. Patrick, J.D., Ph.D., is a career prosecutor, recognized by her peers as one of the top ten criminal attorneys in San Diego by the San Diego Daily Transcript, and named the Public Lawyer of the Year by the California State Bar Public Law Section. Dr. Patrick has completed over 165 trials ranging from hate crimes, to domestic violence, to first-degree murder. She moonlights as an educator, teaching a variety of business courses at SDSU, both on campus and abroad. She lectures nationally and internationally on topics of reading credibility, threat assessment, sexual assault, domestic violence, and human trafficking, in locales ranging from Hong Kong, to South Korea, to South Africa. She teaches sexual assault prevention for the Army, having presented programs domestically as well as in Bavaria and Wiesbaden, Germany. She is the author of *Red Flags: How to Spot Frenemies, Underminers and Other Toxic People in Every Area of Your Life* (St. Martin's Press), and co-author of the New York Times best-seller *Reading People* (Random House). ● *Leveling the Playing Field: How to Eliminate Implicit Bias and Discrimination*, page 17.

Jacqueline Penhos, M.A., is a psychology professor at Southwestern Community College and a mindfulness and empowerment coach. She has served as a career counselor and work family life consultant for the U.S. Marine Corps and Navy. Jacqueline believes in the art of giving,

the power of diversity, and paying it forward with our actions, words and thoughts. Her interest in training others to reach their maximum potential led her to start the nonprofit Hugs & Bags, which supports homeless teens, veterans, immigrants and others in transition meet their basic needs. ● *Generational Diversity*, page 17.

Cristina Pintado, M.A., is an international treasury specialist with significant transaction banking advisory experience in cash management, payments, liquidity, FX, and trade finance, covering corporations, financial institutions, and development organizations. She holds several adjunct faculty positions in international business and banking, and collaborates with New York University and SDSU. Her main interests are international banking, global payments, and treasury management. Pintado was born in Madrid, Spain, and holds a B.A. and M.A. in law from Madrid's Universidad Complutense. ● *The Future of the European Union*, page 13.

Barry Price Ph.D., is a former professor of political science who has held teaching or research positions at a number of different universities during his 40-year academic career. Most of his career was spent teaching at Tarleton State University, a branch campus in the Texas A&M university system. During his academic career, Dr. Price received Fulbright Fellowships to study and teach in Argentina, Uruguay, and Nicaragua. Before entering academia, Dr. Price served in Venezuela as a Peace Corps volunteer, and worked for San Diego County's Equal Employment Opportunity Commission. He is currently the president of the Hemlock Society of San Diego. ● *Whose Life is it Anyway? Right to Die: History and Solutions*, page 7.

Philip R. Pryde, Ph.D., is a professor emeritus at SDSU, where he taught for 32 years. His research specializations included the environmental effects of economic development in the USSR. His Ph.D. dissertation, published as *Conservation in the Soviet Union* by Cambridge University Press, was the initial work in this area. More recently he published *Environmental Resources and Constraints in the Former Soviet Republics*. He served on the editorial board of the journal *Eurasian Geography and Economics* for over twenty years. During his research on Soviet environmental problems, he traveled widely within the USSR, visiting 13 of the 15 former Soviet republics. ● *Russia, Ukraine, Crimea — Why the Conflict?*, page 18.

John Putman, Ph.D., is an associate professor of history at SDSU and historian of the modern American West (late 19th and 20th centuries). His book, *Class and Gender Politics in Progressive-Era Seattle*, explores class and

gender politics in the urban Northwest. He is also interested in the cultural history of the 20th century U.S. — in particular, science fiction film in the Cold War era, Star Trek, and politically oriented music from the 1960s and '70s.

● *Conquest of the American West*, page 11.

Gloria Rhodes is an associate librarian at SDSU, with over 25 years of experience working in school, public, and academic libraries. As the library liaison to the departments of Africana Studies, American Indian Studies, United States History, and Military Science, she provides library instruction, collection development, and research assistance to students and faculty. Rhodes is a graduate of Elizabeth City State University and North Carolina Central University, with a bachelor's degree in elementary education, and a master's in library science. ● *SDSU Love Library Discovery Session and Tour*, page 23.

Esther Rothblum is a professor of women's studies at SDSU and LGBT studies advisor. She is editor of the *Journal of Lesbian Studies* and her research and writing have focused on LGBT relationships and mental health. She has compared LGB and heterosexual siblings, as well as transgender and cisgender siblings. Since 2001, Esther has compared same-sex couples in legal relationships with their heterosexual married siblings. Esther has edited 27 books, including *Lesbian Friendships*, *Preventing Heterosexism and Homophobia*, *Boston Marriages: Romantic But Asexual Relationships Among Contemporary Lesbians*, *Lesbians in Academia*, and *Loving Boldly: Issues Facing Lesbians*. ● *The Long Road to Same-Sex Marriage*, page 18.

Isabelle SacramentoGrilo, M.S., is a lecturer in lower and upper division courses for majors and non-majors at SDSU. A celebrated educator who brings modern instructional technology to the classroom, she teaches classes such as earth science, natural disasters, and oceanography, with extensive curriculum development. Focus and expertise is in geosciences education for future teacher majors, as well as natural disasters. Pedagogy methods include inquiry-based learning and peer instruction. Students consistently give her courses high rankings, and she's received numerous accolades including outstanding and favorite faculty awards. SacramentoGrilo has lectured extensively on natural disasters at symposiums and conferences in Portugal and venues such as the San Diego National History Museum. She participates in SDSU's Center for Teaching and Learning. ● *Natural Disasters*, page 22.

Rusty Sailors co-founded Secure Smart Office (SSO), Inc. As chairman and CEO, Sailors maintains a constant view on the evolution and

growth of the company to keep pace with the industry, changes in technology and customer needs. Sailors drives the vision to execute well on all of SSO's current products and services and the development and evolution of game-changing products and services for the future. He also serves as chairman of the board for the nonprofit Protecting Tomorrow, has served on the executive board for the Corporate Affiliates Program (CAP) for over ten years at UCSD's Jacobs School of Engineering, and was selected as the 2010 Fellow for the Gordon Center at UCSD. Sailors also serves on the Cyber Technical Advisory Panel for National University and judges graduating masters students. ● *Stay Organized*, *Stay Secure 101*, page 16.

Jamesa Selleck, a native San Diegan, has taught Osher classes at UNCA, Asheville, NC, and Furman University, Greenville, SC. Most recently, her valuable insight and methods were offered through a workshop at San Diego Oasis. After discovering the daunting challenge of dating and after several years of research and evaluation, Selleck found a curious audience. An entire sheltered demographic was, indeed, thirsting for useful information. This was the genesis of her successful Confident Online Dating program. Selleck's past work also includes being special assistant to a U.S. senator, campaign advisor, image and communication consultant, and former flight attendant. ● *Confident Online Dating* page 16.

Robert D. Shultz is a financial advisor with Edward Jones in La Mesa, providing individuals with retirement planning, and investment and insurance solutions. He is an accredited asset management specialist (AAMS) and chartered retirement planning consultant (CRPC). Shultz serves on the Edward Jones leadership team as level leader and mentor coordinator, and is a member of the El Cajon Elk's Lodge, serving as chair of the Teenager of the Month committee and the 1812 scholarship committee. He has a B.A. degree from Southern Illinois University and has lived in San Diego since 1983.

● *Retirement Primer: Here Already?* page 5.

Joe Silverman, M.A., M.S., is a lecturer in economics, statistics and business at SDSU, MiraCosta College and the University of San Diego. Prior to teaching, Joe had accumulated over 20 years of private sector experience having started and managed two small businesses, worked for two fortune 500 companies, and two government agencies. In addition, he has worked on and off as a business consultant for the Small Business Development Center and has published a workbook for statistical methods. Silverman holds an M.A. in economics and M.S. in business. ● *Economists' Take on the Minimum*

Wage, page 20.

Glenn C. Smith, J.D., LL.M., is a constitutional law professor at California Western School of Law, and teaches a Supreme Court simulation class in which the students learn about the Court by playing roles as current justices and advocates. He is the author of *Constitutional Law for Dummies* and writes about a variety of legal issues for scholarly journals and publications aimed at non-legal audiences. He is a regular commentator in print and electronic media regarding the Court and its cases. ● *What's Up With DACA?, page 18; What's Up (Doc)Ket?, page 19.*

Gustavo Solis covers the South Bay for The San Diego Union-Tribune. That includes the marijuana industry, local elections, city finance, development projects and whatever else readers call him about. He was born in Mexico City and grew up in San Diego. Before working for the Union-Tribune, Gustavo covered Harlem for a now-defunct website called DNAinfo. Before that, he covered immigration for The Desert Sun in Palm Springs where he shared a Pulitzer Prize for explanatory journalism with the staff of the Arizona Republic for a series about a border wall. ● *Media Literacy in the Fake News Era, page 20.*

Lola K. Sparrowhawk is a historian in the interdisciplinary world history genre and an international award-winning author. Her specialty is integrating science, politics, and history into the story of human development. She is also a political analyst and public speaker. Her comprehensive history of the world, *Arch of History*, won first place at the 2018 National Indie Excellence Awards for Best History-General; and her novel, *Into the Arms of Danger: A Thriller in Future Israel*, the first in a trilogy set in a future Middle East, won second place for best political thriller of 2015 in the Beverly Hills International Book Awards. ● *Events Leading to WWI and WWII, page 13.*

John R. Spencer, Ph.D., is professor emeritus of biblical studies in the department of theology and religious studies at John Carroll University. He earned his Ph.D. at the University of Chicago; his M.A. at the Pacific School of Religion, and his B.S. at the University of California, Berkeley. Dr. Spencer teaches in the areas of biblical studies, ancient Near Eastern history, archaeology, and interdisciplinary topics. He publishes on the topics of archaeology and the Old Testament/Hebrew Bible; and has worked on several archaeological excavations, and lived and traveled extensively in the Middle East. ● *Can the Bible and Evolution Coexist?: Genesis and Creation, Religion and Science, page 21.*

Kimberly Swierenga, Esq., MBA, helps elders (65+) who have been exploited financially by

predatory practices of businesses, financial advisors, insurance agents, banks, and others. She is recognized statewide for litigation of: financial elder abuse claims; improper annuity and life insurance sales; trust-mill schemes; veterans' benefits scams; Medi-Cal planning scams; unfair/deceptive/fraudulent business practices; CLRA and Business & Professions Code §17200 (UCL) claims. She was awarded Consumer Advocate of the Year (2016), Street-Fighter of the Year finalist (2015), Consumer Champion (2015), Super Lawyer (2015-2019), Top Attorney (2016-2018), and Fulbright Scholar (2001). Swierenga serves on the Plaintiff's and County bars (2014-current), chairs the elder law committee, is a court-appointed mediator, and licensed in California, Minnesota and Washington D.C. ● *There's No Excuse for Financial Elder Abuse!, page 6.*

James F. (Buddy) Thomas, Jr., CFP, CLU, AEP, is the president and senior advisor of Superior Planning, Inc. in La Jolla, California and the author of *The Coming Widow Boom: What You and Your Loved Ones Can Do to Prepare for the Unthinkable*. He was formerly an air traffic controller and is now a financial planner. Since 1982, he has assisted families in planning for and transitioning through major financial life events such as the death of a spouse. He is married with two children. ● *The Coming Widow Boom: How Prepared Are You?, page 7.*

Timothy Tully, MLIS, earned his degree from Florida State University and is the business librarian for SDSU's library and information access. Prior to joining the faculty at SDSU, Tully was a business and career librarian at Brooklyn Public Library as well as an owner/founder of Flomotion, L.L.C. (a Florida lifestyle apparel company and the official clothing partner of the PGA's Players Championship). ● *What's in Your Retirement Account? Researching your Investments at the SDSU Library, page 6.*

Matthew Wion, Ph.D., was born, raised, and originally educated in San Diego. He earned an M.A. from SDSU, and his Ph.D. in philosophy from Marquette University in Wisconsin. During his graduate studies, he taught philosophy courses at Marquette, Mount Mary College, and Bryant and Stratton College (all in Milwaukee). After graduation, he was an adjunct at the College of Lake County, Harper College, McHenry County College, and Oakton in Northern Illinois. In 2015, he and his family returned to San Diego where he teaches at Southwestern College, the University of San Diego, and Cal State San Marcos. ● *Philosophy Of Death and Dying, page 9.*

AUTHORS/PRESENTERS

Robin Hutton has spent her adult life working in major event productions and the motion picture business. She is the author of *Sgt Reckless: America's War Horse*, a national bestseller that received a starred review in Publishers Weekly. She is president of Angels Without Wings, Inc., a 501(c)3 non-profit corporation that spearheaded the development and dedication of a national memorial to hero horse Sgt. Reckless. Hutton was named Patriotic Citizen of the Year by the local chapter of the Military Order of the World Wars and the Military Order of the Purple Heart for her charitable work. She was awarded that honor at the Ronald Reagan Library in June 2014. ● *The Unsung Heroes of World War II*, page 12.

Huda Al-Marashi is the author of *First Comes Marriage: My Not-So-Typical American Love Story*, a book the *Washington Post* called

“a charming, funny, heartbreaking memoir of faith, family, and the journey to love. If Jane Austen had grown up as a first-gen daughter of Iraqi parents in the 1990s, she might have written this.” Her writing has also appeared in the *Washington Post*, the *LA Times*, *al Jazeera*, *VIDA Review*, the *Rumpus*, and the *Offing*. She is the recipient of a Cuyahoga County Creative Workforce Fellowship and an Aspen Summer Words Emerging Writer Fellowship. ● *The Culture and Cuisine of Iraq*, page 14.

Note: Our speakers are selected for educational purposes only. Attendees who choose to subsequently engage any speaker for personal or professional services do so at their own risk, and are cautioned to use prudence and check qualifications. We make no recommendations or claims regarding the fitness or skill of any of our speakers in providing professional or personal services.

Inspire Lifelong Learners as an Osher Institute Instructor

You're an expert in your field. You love broadening horizons through teaching. Osher Institute wants you! Our students are worldly, intellectually curious, and have a thirst for knowledge.

No grades, no tests, and no homework.
Just the joy of sharing your passion with enthusiastic learners.

Minimum Qualifications

- Must be a subject matter expert in the proposed topic

Preferred Qualifications

- Master's degree or higher in related field
- Three years of teaching experience
- Experience teaching older adults



“Teaching at SDSU Osher is a deeply rewarding experience. There's something about the alchemy of ideas, passion, freedom, experience, and open-mindedness that's absolutely intoxicating. On the best days, you don't know where the teacher ends and the student begins – it all just melds together into a communal awakening that's thrilling to behold.”

Peter Bolland, Osher Instructor

To learn more, contact the Osher office at (619) 594-2863 or email osher@sdsu.edu.



Osher Institute at SDSU Membership is \$30 for New and Renewing Members, Per Person, Per Term

Membership is required each term to register for Osher Institute offerings, unless otherwise noted. Registration opens Tuesday, August 13.

Sponsorships

Sponsorships are available; an application is required.

To apply, please call **(619) 594-2863**, or email osher@sdsu.edu.

How to Register

Please register by the deadline for all courses and activities.

- **Phone:** (619) 594-5152
- **Online:** neverstoplearning.net/osher
- **Mail:** SDSU College of Extended Studies Registration and Enrollment Services, 5250 Campanile Drive, San Diego, CA 92182
- **In Person:** CES Registration window located on the Hardy Avenue side of the Gateway Center building. Hours: Monday–Friday, 8 am–4:30 pm.

Registration is processed by the College of Extended Studies Registration and Enrollment Services office.

SDSU RedID Number

San Diego State University uses a nine-digit student identification number called an SDSU RedID as your primary source of identification for all transactions at SDSU. New students can create a RedID number online during registration or the registration staff will create one for you if registering by phone or mail. Students may also choose to purchase an optional SDSUcard.

Optional SDSUcard

An SDSUcard is available for a one-time fee of \$18 as an additional option for Osher Institute at SDSU members interested in the following:

- Special student pricing at area theaters, museums, cultural facilities, and for public transportation. Contact participating organizations for rates and availability.
- Discounted monthly fee (affiliate rate) at the Aztec Recreational Center. Call **(619) 594-7529** for more information.
- SDSU student tickets to campus athletic events. Visit goaztecs.com/tickets.

To obtain your SDSUcard for the first time, check in at the College of Extended Studies (CES) cashier's windows (Hardy Avenue side of the Gateway Center building) to pay for your card. Then go to the SDSUcard Office in the Student Services West building, room 2620 (map on page 37) to get your picture taken. Bring your driver's license or other official identification. You will also receive a semester sticker to indicate that your SDSUcard is valid for the current Osher semester. To renew your SDSUcard in future semesters, obtain an updated semester sticker at no additional charge by visiting the CES cashier's office after registering for your Osher courses. The \$18 SDSUcard fee is a one-time fee, unless the card is lost. The replacement fee is \$20.

Confirmation

Once registered, you will receive a confirmation letter for each class by email that will also serve as your parking permit; it must be printed in color and placed face-up on your dashboard. Room numbers are posted on the digital screens in our building lobbies on the day of the course. Additional information about special events will be emailed separately, closer to the date of the event. If you don't have a color printer or forget to bring your registration/parking permit: pick up a duplicate copy at the Osher office located on the 3rd floor of the Extended Studies Center building. We're open Monday–Friday, 8 am–5 pm.

Late Registration

Registration deadlines are posted with each course in this catalog and on our website. After the registration deadline, students may request to register late with Osher staff approval and a \$5 late fee, provided there is still room to enroll. Students should fill out a CES registration form, obtain the approval signature on the form (or obtain an email; print and attach to the form) and submit the registration in person or by mail. Late registrations may not be done online or by phone. For questions or assistance with late registrations, contact the CES Registration and Enrollment Services office at **(619) 594-5152** or the Osher Institute at SDSU office at **(619) 594-2863**.

Wait Lists

If a course/activity is full, there may be an option to put your name on a waitlist. If a registered participant drops, those on the waitlist will be contacted by email in waitlist order and given a 24-hour period to register before the next person on the list is contacted by automated email. If you put your name on the waitlist before the registration deadline and a spot opens, you will not be charged the late fee when you enroll.

Refund Policy

We strive to make your Osher Institute at SDSU experience the best that it can be. However, we know that unexpected things come up or that you may change your mind. You may drop/withdraw from a course by contacting the CES Registration and Enrollment Services office. Non-attendance or notifying the instructor does not constitute officially dropping or withdrawing from a course. Refunds are not automatic. Refunds may be applied against other amounts due to the university. All Osher Institute at SDSU special event and Edventure fees are nonrefundable after the registration deadline and are non-transferable. The membership fee is not a tuition fee, and accordingly, cannot be prorated, refunded, transferred, or adjusted. No refund is made for less than \$10. For courses with four or fewer meetings, there is no refund. In lieu of a refund, students may opt to transfer their tuition to another course within the same semester. The student is responsible for any differences in tuition due to the transfer. For questions or assistance, call the CES Registration and Enrollment Services office at **(619) 594-5152**.

Osher Institute at SDSU Refund Schedule

- a. Withdrawal in person, by phone, or postmarked at least one working day before the first day of class:
 - If class fee is less than \$50, refund is class fee minus \$5.
 - If class fee is more than \$50, refund is class fee minus \$21.
- b. Refund requests received on or after the first day of class:
 - If 25 percent or less of the course has taken place, 65 percent of the fee will be refunded.
 - If more than 25 percent of the course has taken place, there is no refund.
- c. Refunds are based on the date when notice is received by the College of Extended Studies.
 - Drops/withdrawals done by mail are effective as of the postmark date.

Accommodations for Students with Disabilities

The Osher Lifelong Learning Institute at SDSU is dedicated to providing an enjoyable learning experience for all students. When registering for a course or off-campus event for which you will require accommodations, please notify the Osher Institute as SDSU staff as soon as possible at **(619) 594-2863** or **osher@sdsu.edu**.

SDSU Nondiscrimination Policy

In accordance with Title IX, San Diego State University prohibits discrimination, harassment and retaliation on the basis of sex, gender, or sexual orientation, including sexual harassment and violence. For more information regarding Title IX, sexual violence prevention and education, and the university's complaint procedures, please visit the SDSU nondiscrimination policy page at: **titleix.sdsu.edu**.

Parking Permits

After completing registration for a course or event, you will receive a parking permit by email which is also your registration confirmation; it must be printed in color and displayed face up on your dashboard. Parking permits are required 24 hours a day, 7 days a week, and are valid beginning one hour prior to your class, and ending one hour after your class.

- Your confirmation/parking permit is valid in: **Parking Structure 6**, adjacent to the Extended Studies/Gateway Center classrooms (levels 5 and 6 are closest to the classrooms held in ESC and Gateway Center). Overflow parking is available in **Parking Structures 3, 4, and 7** in spaces marked “Student.”
- ADA parking is available. A parking permit is still required, in addition to a disabled placard, disabled plate, or a temporary DP (disabled person) placard issued by the DMV.
- Visitor parking is available in Lot 7. Permits are \$2/hour (requires an app).
- Motorcycles must park in motorcycle stalls only.
- **Please clearly display your parking permit each time you come to class, and check that dates are valid. Be sure the permit is printed in color, with the time(s) and date(s) of your course(s) facing up when you place the permit on your dashboard. Please fold on the dotted line to conceal your name and address.**

For additional information about all parking rules, visit our website at ces.sdsu.edu/parking. Legal parking is the responsibility of the individual. For questions on parking permits or citations, contact Parking Services at (619) 594-6671.

Trolley/Bus Transportation Options

The SDSU Transit Center has become a popular transportation method for many Osher members, with bus and trolley access conveniently located on campus.

Public Transit Benefits:

- Located near Osher classrooms (see map).
- Discount rates available from MTS for students with SDSUcard (see page 34).
- Discount rates available from MTS for senior/disabled/Medicare recipient riders at sdmts.com/fares-passes.



Every Ride Has a Story ... Be the Hero of the Story

The award-winning *On the Go Rides & Smiles*® program is the largest volunteer-based transportation service in San Diego County. *On the Go* services are available to San Diego area adults age 60+ (see website for service area). Additional options include door-to-door Shuttles (\$4 each way), Excursions (\$8 and up), Silver premium transportation services, and OTG Navigator (on-demand transportation).

On the Go.
Transportation solutions for older adults



To learn more about volunteering or for details about discounted *On the Go* transportation services available to Osher Institute at SDSU members, visit jfssd.org/onthego or call (858) 637-7320.



Map Legend

- A Gateway Center:** Classrooms; CES Registration and Enrollment Services office located on the first floor at the windows facing Hardy Avenue.
- B Extended Studies Center:** Osher office and classrooms.
- C Lot 6:** Parking permit valid on all levels. (Levels 5 and 6 are closest to Gateway and Extended Studies Center classrooms.) ADA and motorcycle spaces available. Note that Hardy Avenue and Lindo Paseo are one-way streets.
- D Lot 7:** Overflow parking is available in "Student" spaces with a CES parking permit. Visitor parking available for \$2/hour.
- E Transit Center:** Bus/trolley.
- F Student Services West (room 2620):** SDSUcard office.
- G Lot 3:** Overflow parking is available in "Student" spaces with a CES parking permit.
- H Lot 4:** Overflow parking is available in "Student" spaces with a CES parking permit.

Parking Alternative

Park & Ride lots are available throughout San Diego County. Visit icommutesd.com/ParkNRide.



Parking for Osher courses is conveniently located, and is included with your course enrollment.

Take the trolley or bus to your Osher class. They stop close to our classrooms.

Call the Metropolitan Transit Center at (619) 233-3004 or go to sdcommute.com for more information.



Osher Lifelong Learning Institute

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Osher Lifelong Learning Institute

SDSU Parking is Included with Your Osher Institute Course Fee

The Osher Institute at SDSU's Referral Program is Your Ticket to a Free Lecture

As a current member, you can get a free lecture when you refer a friend who purchases a new membership this fall. There's no limit, but you must redeem your free lectures in the fall semester. Just call registration at **(619) 594-5152** or visit the registration window on Hardy Avenue. Refer away! Word-of-mouth is our best source of sharing the fun and community of Osher at SDSU.

• Learn More | neverstoplearning.net/osher
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