

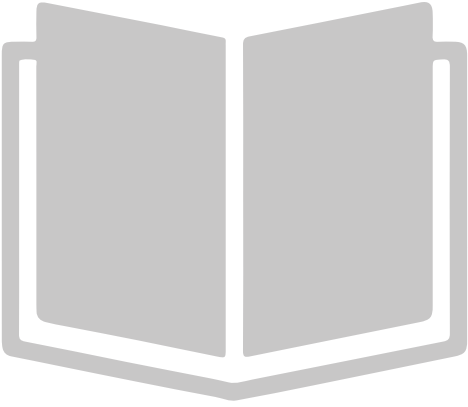


Spring 2024 Program Guide

- ▶ Membership Information
- ▶ Class Descriptions
- ▶ Semester Calendar
- ▶ Registration Form



Learning Is ForEver



Welcome To LIFE

LIFE (Learning Is ForEver) is a membership-based association of adult learners, providing a wide array of classes and activities that share experiences, promote intellectual and cultural enrichment, and encourage lifelong learning. It is sponsored by the University of Wisconsin-Stevens Point and hosted by Continuing Education and Outreach. All instructors are volunteers.

Designed to meet your needs and interests, the LIFE program provides new learning opportunities on a variety of topics via different formats including:

- Peer Teaching and Learning
- Lectures by Visiting Experts
- Theater and Sports Events
- Field Trips

What Does LIFE Offer?

Since members are the heart of the LIFE program, courses are developed based on member interest. Most classes meet once while there might be a few that have two parts. Courses and events are offered during two terms:

- Summer/Fall (July – December)
- Winter/Spring (January – June)

A LIFE membership includes one term. One bi-annual membership fee (\$59) entitles you to participate in as many courses as you wish and receive discounts on select UWSP programming for one semester.

LIFE Contact Information

Email	uwspcelife@uwsp.edu	Website	www.uwsp.edu/conted/LIFE
Phone	715-346-3838	Hours	8 a.m. – 4:30 p.m.
Fax	715-346-3504	Address	2100 Main Street Old Main Bld. 012 Stevens Point, WI, 54481

LIFE Board 2023 – 2024

President	Ed Miller
Secretary	Richard Ruppel
Treasurer	Betty Kieliszewski
Membership/Promo Chair	Paul Shogren
Curriculum Committee Chair	Paul Shogren
Technology Committee Chair	Roger Bullis
Social Committee Chair	
Members At-Large	Kurt Hase
	Pat Kluetz
	Jane Osypowski
	Teresa Stoltenberg
UWSP Program Manager	Rebecca Bauer

Meetings are held via Zoom at 9 am:
February 6, April 2, and June 4

Membership/Promotion Committee

Dale Emrick	Meetings are held monthly via Zoom at 9 a.m. on Mondays: January 8, February 12, March 5 (Tuesday), April 8, May 6.
Kurt Hase	
Betty Kieliszewski	
Deane Mathews	
Jane Osypowski	
Paul Shogren	
Barb Weyenberg	

Social Committee

Kurt Hase	Meetings are held via Zoom as needed. Notification of meetings will be sent out a week prior to the meeting.
Betty Kieliszewski	

Technology Committee

Roger Bullis	Meetings are held via Zoom as needed. Notification of meetings will be sent out a week prior to the meeting.
Kurt Hase	
Betty Kieliszewski	
Ed Miller	

Curriculum Committee 2023 – 2024

- Barb Bartkowiak
- Horace Davis
- Kurt Hase
- Bill Kirby
- Ed Miller
- Tom Ordens
- Jane Osypowski
- Jan Seiler
- Paul Shogren
- Teresa Stoltenberg
- Jim Walker
- Mary Zinda

We hope you will enjoy the wide array of classes and activities offered this semester. LIFE’s Curriculum Committee (a volunteer group of your fellow members) is always looking for fresh class ideas and new presenters.

If you are interested in leading a class or trip, please contact any of the curriculum committee members, attend a curriculum committee meeting, or better yet, join the committee! Email the curriculum committee or the LIFE Board at UWSPCELIFE@uwsp.edu.

Meetings will be held via Zoom at 10:30 a.m. on
 January 22, February 5, February 19, March 4, March 18, April 1

Privacy Disclaimer in Zoom Classes

Most LIFE classes will be recorded and posted on our Canvas page. The Canvas page is only accessible to registered LIFE members and the recording will only be available there. If you have concerns about your name or face being displayed in this video, please feel free to change your display name and/or shut off your video. You can tell if we are recording by checking for a red light in the top left of your screen. Thank you in advance for saving us hours of editing time.

Important Notes

Welcome to the LIFE Program for the Winter/Spring Term

We are excited to again bring you a variety of offerings, most of which will be available via Zoom with a good number that can be attended in-person. Presenters choose whether they are willing to do their program before an audience in addition to being made available on Zoom, or as Zoom only. If there is an in-person component, presenters choose the campus that they will do their session. LIFE members can attend at the campus where the program is offered and not just at the campus closest to where they live. LIFE, like UWSP, is working hard to integrate our three locations. Hybrid programs at the Stevens Point Campus will continue in the Chemistry-Biology Building (Room 161). Attending in person is a great way to get to know other LIFE members and engage with the presenter. In addition, LIFE continues to offer several local field trips to its members. These have been very popular. Also, if you miss a class you wanted to attend, a recorded version will be available from our Canvas library. We are especially proud of our tech volunteer staff that will help you to ensure that you are able to participate in our programs on Zoom and to access past programs from our library. Do not hesitate to ask us for assistance. While LIFE began using Zoom because of Covid, it has allowed us to have our members participate wherever they are located. Some members live all or part of the year outside Wisconsin. Also, parking and weather are not issues. This allows LIFE to draw upon a wider range of presenters, including notable scientists and book authors.

Besides exploring interesting topics, the LIFE program is important in maintaining cognitive well-being and keeping members socially connected.

Looking forward to seeing you this semester!

Ed Miller,

President of LIFE, Professor Emeritus of Political Science

Thank You To Our Donors

Anonymous Donor
Arthur and Barbara Herman
Mark Kryshak and Jodi Engum Kryshak
Nancy Newell Moore
Meryl Lee Nelson
Anne Rogalski
Jan Seiler

Consider making a contribution to the LIFE Foundation, which will be used to support LIFE operations and is tax deductible as allowed by law. Please make your donation check payable to UWSP Foundation - LIFE and mail contributions to:

UWSP Foundation
Old Main, Room 134
2100 Main Street
Stevens Point, WI 54481

A special thank you to our friends at
UWSP Continuing Education that help make all of our
LIFE events, trips and this program guide possible!



Rebecca Bauer, UWSP CE Program Manager
Kelly Bird, CE Administrative Assistant
Steve Sparrow, Customer Service/Hybrid Tech
Tim Zeszutek, Marketing Specialist
and everyone else on the Continuing
Education Team when they help out.

LOOKING FOR SOMETHING QUICK?

Keep an eye out for these icons to help you quickly decide if a talk or trip is for you! All Adventure Tour trips will need pre-registration and more information will be sent after signing up.



Over Zoom



In-Person



Hybrid Class



Daycation



Multi-Day Trip

LIFE Membership Committee Meeting

All are welcome to attend. Zoom Meeting only.



Monday, January 8

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Membership/Promotion Committee Chair)

LIFE BOOK DISCUSSION

Join in a discussion of *Ordinary Grace* by William Kent Kruger. It is winner of the 2014 Edgar Award for Best Novel and Dilys Award (Mystery Title of the Year). Looking back at a tragic event that occurred during his thirteenth year, Frank Drum explores how a complicated web of secrets, adultery, and betrayal shattered his Methodist family and their small 1961 Minnesota community.

Check your local library for the book or ebook.



Monday, January 8

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led by: Teresa Stoltenberg (LIFE Member)

GOOD IDEAS CONFERENCE – 39TH ANNUAL

A University Experience for adults! Join a group of adult lifelong learners for an enriching three-day conference. This is a January thaw for your mind and spirit.



January 9 – 11 | Tuesday – Thursday

8:30 a.m. – 3:45 p.m.

Location: In-Person or Online – UWSP Wausau Campus

Pre-registration Required: Online or Call 715-346-3838

LIFE: \$59 | Non-LIFE \$69

Registration Closes January 2, 2024

FILM DISCUSSION

Every two weeks, Roger Bullis and/or Carol Colby will lead a discussion. Film titles will be announced a week or so ahead of time via email and social media.



Tuesday, January 16

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)

PAGING THROUGH HISTORY BOOK CLUB

A monthly Zoom-based book club focusing on non-fiction history titles. Titles are selected for length, date of publication, availability of library copies and general interest. Starting in January 2024, the books will follow the selections of the similarly named Portage County Public Library. Edward Janus wrote *Creating Dairyland: How Caring for Cows Saved Our Soil, Created Our Landscape, Brought Prosperity to Our State, and Still Shapes Our Way of Life in Wisconsin*. Madison, WI: Wisconsin Historical Society Press, 2011. Check out your local library for the book or ebook to read before the discussion.



Thursday, January 18

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Andy Barnett (Retired Librarian)

LIFE Curriculum Committee Meeting

All are welcome to attend as we prepare programs for the Fall 2024 Semester.



Monday, January 22

10:30 a.m. – Noon

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Membership/Promotion Committee Chair)

NEW MEMBER ORIENTATION

An orientation meeting for all new members to learn more about the LIFE program and the benefits of being a LIFE member. Previous LIFE members are welcome to join us to meet new members.



Monday, January 22

1 – 2 p.m.

Location: Zoom Meeting Only

Led By: Rebecca Bauer (LIFE Program Manager)

THE CURRENT IMBALANCE OF POWER IN MADISON

Discuss the change in philosophy beginning in 2011 over the role of government that resulted in systematic changes in the longstanding balance of power within state government. Legislative actions, court rulings, and political interference combined to undermine the democratic process, impacting the ability of the executive branch to exercise its constitutional duty to enforce the laws enacted earlier by the state legislature.



Wednesday, January 24

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Paul Heinen (Wisconsin's Green Fire Policy Director)

All of our virtual options use Zoom!
If you need quick tips you can follow this link
uwsp.edu/conted/Pages/Zoom-Tutorial.aspx



USING TECHNOLOGY TO COUNT CRITTERS

Learn how to navigate the WI DNR Snapshot website to see what wildlife critters are being captured and counted in your area. Across Wisconsin, wildlife biologists are getting a helping hand with wildlife management via data collected from wildlife cameras. Learn how groups assist the DNR in data collection.



Thursday, January 25

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Becky Wirkus (Youth Program Manager for CE, UWSP)

PAYMENT APPS: VENMO, PAYPAL, AND MORE!

The days of paying someone back with a crisp twenty-dollar bill are over. More and more people are taking advantage of mobile apps to send money to friends and family virtually. Cover a variety of payment applications and how to use them. Discuss the pros and cons of specific payment apps and how to avoid potential scams.



Monday, January 29

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Ashley Landwehr (Financial Educator Coordinator at
Simplicity Credit Union)

FILM DISCUSSION

Every two weeks, Roger Bullis and/or Carol Colby will lead a discussion. Film titles will be announced a week or so ahead of time via email and social media.



Tuesday, January 30

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)

THE HISTORY OF THE LEGAL AND MENTAL HEALTH DELIVERY SYSTEM IN WISCONSIN FROM 1972 TO PRESENT

Kenneth Farmer will address the development of the law in Wisconsin regarding the commitment of the mentally ill. This will entail a discussion of various landmark court decisions that affected the rights of such persons as well procedural and substantive changes that were made in response to such decisions. He will also address the evolution of treatment and legal modalities used to combat mental illness ranging from institutionalization to independent living.



Wednesday, January 31

1 – 2:30 p.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led By: Kenneth Farmer (Retired Attorney and Author)

LIFE Curriculum Committee Meeting

All are welcome to attend as we prepare programs for the Fall 2024 Semester.



Monday, February 5

10:30 a.m. – Noon

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Curriculum Committee Chair)

LIFE Board Meeting

All are welcome to attend.



Tuesday, February 6

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Ed Miller (LIFE President)

A SIMPLE WAY TO HELP!

Consider making a contribution to the LIFE Foundation! Any donation is used to support LIFE operations. See page 5 for more information.

“IT’S A REPUBLIC, NOT A DEMOCRACY!”

This lecture accepts the talking point often raised in political debates that we live in a republic, not a democracy. But it presses much further, interrogating the surprising nature of republicanism and its political demands. Specifically, as understood in the 18th century, republicanism meant promoting the public good over individualism self-interest, as well as a high degree of economic equality.



Tuesday, February 6

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: David Williams (Professor of Political Science at DePaul University, and Published Author)

PAGING THROUGH HISTORY BOOK CLUB

Ghost Soldiers: The Forgotten Epic Story of World War II’s Most Dramatic Mission by Hampton Sides. 1st ed. New York: Doubleday, 2001. See page 7 for program description. Check your local library for the book or ebook to read before the discussion.



Thursday, February 8

3 – 4 p.m.

Location: Zoom Meeting Only

Led By: Andy Barnett (Retired Librarian)

LIFE Membership Committee Meeting

All are welcome to attend.



Monday, February 12

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Membership/Promotion Committee Chair)

LIFE BOOK DISCUSSION

Join in the discussion of *As Good As It Gets* by Larry Watson. In the changing culture of the 1960s, Calvin isn’t just a relic; he’s a wild card. At the same time, his old-school ways exert a powerful effect on those around him, from the widowed neighbor, Beverly Lodge, who feels herself falling for him and wants to be part of his life, to his grandchildren. Ann and Will see in their grandfather a man who brings a sudden, if shocking, order to their lives, as Calvin terrorizes those who have often terrorized them. Larry Watson was a former Professor of English at UWSP. Check your local library for the book or ebook.



Monday, February 12

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Teresa Stoltenberg (LIFE Member)

IS WISDOM AN ENDANGERED SPECIES?

What is wisdom? What can we do to promote wisdom in ourselves and in others? What are the threats to wisdom's existence? We will use the book *Practical Wisdom*, by Barry Schwartz and Kenneth Sharpe, as our guide in addressing these questions. Part book discussion, part discussion on what promotes and disrupts use of your own wisdom. All in support to acting in wise ways.



Tuesday, February 13

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Michael Schulein (Ph.D. in Clinical Psychology,
39 years in practice as Clinician, Educator and Program Director)

FILM DISCUSSION

Every two weeks, Roger Bullis and/or Carol Colby will lead a discussion. Film titles will be announced a week or so ahead of time via email and social media.



Tuesday, February 13

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Carol Colby (Retired English and Communication Arts Instructor)

MORNING ROUNDTABLE

Discussion topic to be determined. The topic will be released a couple weeks before the program in the LIFE weekly email.



Wednesday, February 14

10 – 11 a.m.

Location: Zoom Meeting Only

Led By: Jane Osypowski (LIFE Member)

ADDICTION

This presentation will include general information on addiction, recovery support, self-care, and sharing of community resources. *(Presentation will not be recorded)*



Wednesday, February 14

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Tara Anderson (Assistant Professor of Social Work, UWSP)

DEMYSTIFYING ARTIFICIAL INTELLIGENCE

AI is a set of technologies developed to mimic the intellectual capabilities of the human mind. AI systems are used today for a variety of tasks involving reasoning based on data, such as natural language processing, machine vision, and speech recognition. This talk will cover the technological foundations of AI, its key applications, current limitations, and what it could mean for the future.



Thursday, February 15

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Tomi Heimonen (Associate Professor Computing and New Media Technologies, UWSP)

TOUR OF MADA CUSTOM APPAREL

Join us for a tour of Mada Custom Apparel. This family-owned business has been in Stevens Point since 1999. They design and create custom apparel orders for local businesses, sports teams, and organizations using machines that do screen printing, embroidery, and sublimation.



Friday, February 16

10 a.m.

Location: In-Person Only – Mada Custom Apparel,
5533 Clem's Way, Stevens Point, WI 54481

Led By: Bernie Plummer (Owner of Mada)

Pre-registration Required: Online or Call 715-346-3838;
Limited to 25 participants; transportation on your own
\$5 per LIFE Member (non-refundable)



KEEP IN MIND!

Unfortunately sometimes we have cancellations due to a variety of reasons. Remember to check your email or our social media for updates!

LIFE Curriculum Committee Meeting

All are welcome to attend as we prepare programs for the Fall 2024 Semester.



Monday, February 19

10:30 a.m. – Noon

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Curriculum Committee Chair)

TED TALK

TED stands for technology, entertainment, and design. TED talks are videos that present great ideas in under 18 minutes. One week prior to the discussion, the topic and video link will be announced. Classes will start by viewing the TED talk together, followed by a discussion among attendees. Members can watch the video before the discussion if they want.



Tuesday, February 20

1 – 2 p.m.

Location: Zoom Meeting Only

Led By: Rebecca Bauer (LIFE Program Manager)

LOOKING FOR SOMETHING QUICK?

Keep an eye out for these icons to help you quickly decide if a talk or trip is for you! All Adventure Tour trips will need pre-registration and more information will be sent after signing up.



Over Zoom



In-Person



Hybrid Class



Daycation



Multi-Day Trip

MY FAVORITE EARLY TV COMEDY – VIDEO CLIPS FROM THE 50'S AND WHY HUMOR MATTERS

The beginnings of television changed the nature of humor and mass media in the U.S. in various ways. Old radio shows turned into different kinds of TV shows and the nature of characters changed. Jack Benny's worker played by Eddie Rochester Anderson became an innovative stronger black man who criticizes the boss and the first black person in a regular series. Innovative stylistic humor from the shows of Ernie Kovacs, Steve Allen, Sid Caesar and even the western Maverick rewrote the rules and the jokes.



Wednesday, February 21

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)

DISASTEROLOGY

Do you know how to get out of your house in a fire in under two minutes? Or where the nearest fire extinguisher is at work? How about what impact disasters really have on college campuses across the country? Join Dr. Neumann as she talks about her research on American universities and animal shelters. Come and learn about the connections between “disasterology” and psychology.



Thursday, February 22

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Sandra Neumann (Professor of Psychology, UWSP)

SONADORA: YUYI MORALES EXHIBIT

A personal group tour guided by museum staff on the current exhibit. Soñadora: Yuyi Morales features 60 mixed-media artworks from award-winning children’s book illustrator and author Yuyi Morales. Her stories are inspired by her Mexican heritage and give powerful insights from an immigrant’s perspective.



Friday, February 23

1 p.m.

Location: In–Person Only – Leigh Yawkey Woodson Art Museum, 700 N 12th St, Wausau

Led By: Volunteers at the Museum

Pre–registration Required: Online or Call 715-346-3838; Limited to 25 participants; transportation on your own \$5 per LIFE Member (non–refundable)

LOOKING FOR SOMETHING QUICK?

Keep an eye out for these icons to help you quickly decide if a talk or trip is for you! All Adventure Tour trips will need pre–registration and more information will be sent after signing up.



Over Zoom



In–Person



Hybrid Class



Daycation



Multi–Day Trip

LES MISÉRABLES

Join us as we take a coach bus to Fox Cities Performing Arts Center to see the iconic production of Les Miserables. The musical tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption – a timeless testament to the survival of the human spirit. After the show, we will have dinner at Pullmans At Trolley Square. The price includes the coach bus, show ticket, and meal/tax/gratuity at Pullmans.

Saturday, February 24



All Day

Location: Appleton

Led By: Kelly Bird (CE Administrative Assistant)

and Carissa Delikowski (CE Registration Specialist)

Pre-registration Required: Online or Call 715-346-3838

LIFE: \$229 | Non-LIFE \$249

Registration Closes January 4, 2024



KEEP IN MIND!

Unfortunately sometimes we have cancellations due to a variety of reasons. Remember to check your email or our social media for updates!

“Trips through the UWSP LIFE Program are always so well planned, offer a unique opportunity, and you return with a smile on your face and happy memories. I am never disappointed in what I have seen or learned even when I return to a place that I have visited in the past. I am a happy wanderer with LIFE day trips. Thank you to EVERYONE who helps make these experiences possible!!”



CHANGES AND CHALLENGES OF MARKETING IN THE TECHNOLOGY ERA

Marketing practices has suffered multiples changes in the last decades, being highly impacted by technological advancements, new economic and political structures, and sociocultural aspects. Based on that, this presentation has the aim of bringing those topics to discussion, to raise awareness to the best practices in marketing for the most various types of organizations and professionals.



Monday, February 26

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Fran Reinert Ce`, PhD. (Assistant Professor of Marketing, UWSP)

FILM DISCUSSION

Every two weeks, Roger Bullis and/or Carol Colby will lead a discussion. Film titles will be announced a week or so ahead of time via email and social media.



Tuesday, February 27

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Carol Colby (Retired English and Communication Arts Instructor)

CIVICS AND POLITICAL SCIENCE EDUCATION FROM K–12 THROUGH COLLEGE

We will examine the importance and deficiencies of education about politics, institutions, and policies in the U.S. with particular focus on Wisconsin. Potential consequences of the lack of education for democracy will be explored. How does “civics” and “political science” overlap and differ.



Wednesday, February 28

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Ed Miller (Emeritus Professor of Political Science, UWSP)



A SIBLING'S ACCOUNT OF HIS FAMILY'S STRUGGLE WITH SCHIZOPHRENIA: AN EMOTIONAL AS WELL AS LEGAL PERSPECTIVE

During attorney Kenneth Farmer's career as a public defender and prosecutor, he handled over a hundred jury trials and prosecuted and defended the mentally ill on numerous occasions. Yet his first trial and encounter with the mental health system actually did not come as a lawyer, but as a witness in his brother Lee's civil commitment case when he was 19 and a sophomore at UWSP. Farmer will focus on what that was like, the legal challenges his family faced in court proceedings, how Lee was his mentor before he became schizophrenic, and what it felt like to lose such an important influence in his life. Farmer will discuss the environmental and genetic factors that existed in his family that caused and/or contributed to the disease, how denial, ignorance, fear, guilt, and stigma inhibited his family's ability to get help for Lee, and finally, the long-term negative effects that this had on his personal life moving forward. Time permitting, Farmer will also address the early signs or precursors of schizophrenia that his brother experienced and the factors effecting successful and unsuccessful outcomes of this horrible disease.



Thursday, February 29

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led by: Kenneth Farmer (Retired Attorney and Author of the book *Lee*)

A CONNECTICUT WARBLER IN KING AURTHUR'S, UM, IN THE GRAN CHACO

One of Wisconsin's rarest birds flies thousands of miles to the Gran Chaco, a part of South America not familiar to many Wisconsinites. Christopher Yahnke will share how scientists learned this, his own research in the Paraguayan Chaco, and what is currently threatening native forest habitat in the Chaco.



Thursday, February 29

1 – 2 p.m.

Location: Zoom Meeting Only

Led By: Christopher Yahnke Ph. D. (Professor of Wildlife Ecology, UWSP)

DID SMOKEY THE BEAR GET IT WRONG?

Smokey the Bear says, “Only YOU can prevent forest fires!” But... is all forest fire bad?!? Many of us are aware that prescribed burning is crucial for restoring and maintaining native prairie ecosystems. Forest Managers know that fire is just as important for sustaining forest ecosystems. Foresters implement prescribed fire to restore and maintain the ecological health of soil, water, air, plants, and wildlife populations. Join Michael Tiller, Ph. D., Assistant Professor of Forest Ecology and Fire Management, as we learn about fire’s role in Wisconsin’s forests.

**Friday, March 1****1 – 2:30 p.m.****Location:** Zoom Meeting Only

Led By: Michael Tiller, Ph. D. (Asst. Professor of Forest and Fire Management UWSP) and Susan Barrett (Wisconsin Forestry Center, UWSP)

All of our virtual options use Zoom!
If you need quick tips you can follow this link
uwsp.edu/conted/Pages/Zoom-Tutorial.aspx

**PRE-SHOW TALKBACK – KODACHROME**

A play about love, nostalgia, the seasons and how we learn to say goodbye. LIFE members are welcome to bring Non-LIFE members as their guest to the pre-show chat with the director.

Tickets for the performance must be purchased separately through the UWSP box office or online.

**Sunday, March 3****1 – 1:45 p.m.****Location:** In-Person – Stevens Point Campus - NFAC 221**Led By:** Tyler Marchant (Director)**LIFE Curriculum Committee Meeting**

All are welcome to attend as we prepare programs for the Fall 2024 Semester.

**Monday, March 4****10:30 a.m. – Noon****Location:** Zoom Meeting Only**Led By:** Paul Shogren (LIFE Curriculum Committee Chair)

LIFE Membership Committee Meeting

All are welcome to attend.



Tuesday, March 5

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Membership/Promotion Committee Chair)

A PEEK AT STEVENS POINT'S PAST (1948)

Using images from the Portage County Historical Society's ongoing digitization of negatives from the Stevens Point Journal, the program focuses on the year 1948, when the main collection starts. This is a very interesting period for local history with many transitions underway. WWII is over, but families are still burying their dead. The Depression is seemingly over and the economy is shifting from scarcity to abundance, with refrigeration replacing ice boxes. Indoor plumbing is far from universal and rural schools are the norm. It is Central States Teachers College, not UWSP. The images are familiar, but also very distant.



Tuesday, March 5

1 – 2:30 p.m.

Location: Hybrid – Stevens Point – CBB 161

Led By: Andy Barnett (Volunteer head of the Portage County Historical Society's digitization project)

LEADERSHIP SERIES

We have invited the mayor of Marshfield to share with us what is happening around Marshfield, what has been accomplished over the last few years, and what change we can look forward to in the up-coming years.



Wednesday, March 6

10 – 11 a.m.

Location: Hybrid – Marshfield Campus, Everett Roehl STEM Center, Jean's Vanguard Room

Led By: Mayor Lois TeStrake of Marshfield

Our Hybrid Classes in Stevens Point are still in CBB 161!

We are using CBB, Chemistry Biology Building,
2101 4th Avenue Stevens Point. See the map on page 53.

There is metered parking available in Lot T.



AUDIO BASICS & BEYOND

Broad rundown of audio basics (how sound works, mics and speakers, recording and signal flow) building into more specific/advanced audio topics (mixing and mastering, sound design, synthesis). Discuss higher-level audio concepts to video/image processing.



Wednesday, March 6

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Zach Lanke (Media Studies Student)

DRY NEEDLING: WHAT IS IT, WHAT IS IT FOR, AND WOULD IT HELP ME?

Dry needling is commonly used in physical therapy settings in all of the clinics in the area. Some people are very familiar with its use and have seen excellent benefits and others are more leery about its application. We will discuss the purpose of dry needling, why physical therapists use dry needling, and some differences between dry needling and acupuncture. Join us in person as a demonstration will be done.



Thursday, March 7

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led By: Jackie Ritchary, PT, DPT, OCS Certified in Dry Needling
(Physical Therapist and Board Certified Clinical Specialist in Orthopedics)

PORTUGUESE WINE AND PORT

This is a travel/history/culture discussion on the wines and ports produced in Portugal. These 4,000-year-old traditions often get overlooked in local wine promotion, but they deserve to be understood and appreciated. A list of recommended wines will be emailed prior to the presentation.



Thursday, March 7

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Julie Tharp (World Traveler, Teacher Abroad)

LIFE BOOK DISCUSSION

Join in a discussion of *Straight Man* by Richard Russo. Hank Devereaux, a fifty-year-old, one-time novelist now serving as temporary chair of the English department, has more than a mid-life crisis to contend with when he learns that he must cull 20 per cent of his department to meet budget. Half in love with three women, unable to understand his younger daughter or come to terms with his father, he has a dangerous philosophy that life, and academic life, could be simpler, but he fails to see the larger consequences of his own actions or of the small-world politics that ebb and flow around him, as his colleagues jostle for position and marriages fall apart and regroup. The despair of his wife, and the scourge of the campus geese, he is a man at odds with himself and caught somewhere between cause and effect. Check out a copy of the book or ebook at your local library.



Monday, March 11

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Betty Kieliszewski (LIFE Treasurer)



KEEP IN MIND!

Unfortunately sometimes we have cancellations due to a variety of reasons. Remember to check your email or our social media for updates!

DISCUSSION OF HISTORICAL FICTION NOVEL: A RIGHT WORTHY WOMAN

A discussion with the author of *A Right Worthy Woman*. The book is based on the inspiring true story of Virginia's Black Wall Street and the indomitable Maggie Lena Walker, the daughter of a formerly enslaved woman who became the first Black woman to establish and preside over a bank in the United States. Check your local library to request a copy of the book if you would like to read the book before the discussion.



Tuesday, March 12

10 – 11:30 p.m.

Location: Zoom Meeting Only

Led By: Ruth Watson (Bestselling Author, MBA, MSA, Caversham Writers Fellowship, Playwright)

FILM DISCUSSION

Every two weeks, Roger Bullis and/or Carol Colby will lead a discussion. Film titles will be announced a week or so ahead of time via email and social media.



Tuesday, March 12

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)
and Carol Colby (Retired English and Communication Arts Instructor)

MORNING ROUNDTABLE

Time to get away from the screen for a real round table discussion. Join us at the Library Cafe' inside the Inn at Sentry World (601 Michigan St) in Stevens Point. Discussion topic to be determined. The topic will be released a couple weeks before the program in the LIFE weekly email. Even if you do not want to contribute to the discussion, join us to socialize with other LIFE members in a relaxing environment.

Wednesday, March 13

10 – 11 a.m.



Location: In-Person Only – Inn at Sentry World
Library Cafe'

Led By: Jane Osypowski (LIFE Member)

LOOKING FOR SOMETHING QUICK?

Keep an eye out for these icons to help you quickly decide if a talk or trip is for you! All Adventure Tour trips will need pre-registration and more information will be sent after signing up.



Over Zoom



In-Person



Hybrid Class



Daycation



Multi-Day Trip

COLLECTIVE ILLUSIONS – FALSE ASSUMPTIONS ABOUT SOCIETY THAT MANY PEOPLE SHARE

Psychologist Todd Rose debunks eight myths the mainstream believes. We will view and discuss each topic in order of this eye opening BIG THINK video presentation. Americans have plenty of disagreements, but fundamentally, we have more in common than we might think. As former Harvard professor and bestselling author, Todd Rose explains, the antidote to collective illusions is becoming a more authentic individual, as well as gaining a deeper understanding of how our innate drive to conform to social norms often works against that.

Preview video option: http://www.youtube.com/watch?v=BD_Euf_CBbs



Wednesday, March 13

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Kurt Hase (LIFE Board Member At-Large)

SCIENTIFIC EXPLORATION OF SOLAR ECLIPSES AND TRANSITS

On April 8, 2024, many millions of people in the USA will witness a total solar eclipse. For those along the band of totality, the lunar disk will completely obstruct the Sun, and they will experience a few minutes of nighttime in the middle of the day. Such a natural phenomenon has fascinated people for millennia. Far scarcer than eclipses, are the planetary transits, when either Mercury or Venus appears to slide across the solar disk, as seen from our planet. In modern times, natural philosophers/scientists have taken advantage of such occurrences to ponder and explore important scientific questions pertaining to the true size of the solar system, the nature of the solar extended atmosphere (the corona), and even to the possibility of testing the theory of gravity of Einstein. Discuss some remarkable scientific achievements permitted by solar eclipses and transits.



Thursday, March 14

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Sebastian Zamfir, Ph.D. (Associate Professor Director of the Blocher Planetarium & Pejsa Observatory, UWSP)

PAGING THROUGH HISTORY BOOK CLUB

At Home: A Short History of Private Life by Bill Bryson. Special illustrated edition. First United States Edition. New York: Doubleday, 2013. See page 7 for program description. Check your local library for the book or ebook to read before the discussion.



Thursday, March 14

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Andy Barnett (Retired Librarian)

MILWAUKEE BUCKS TRIP

Spend St. Patrick's Day with the Milwaukee Bucks and Phoenix Suns! Game time is Noon. The seats are in the Upper Bowl (section 228), which is accessible via an elevator. These seats are also located near many food/drink vendors and restroom. Price includes coach bus transportation and tickets to the game.



Sunday, March 17

All Day

Location: Fiserv Forum

Led By: Carissa Delikowski (CE Registration Specialist, UWSP)

and Steve Sparrow (CE Customer Service, UWSP)

Pre-registration Required: Online or Call 715-346-3838

LIFE: \$145 | Non-LIFE \$165

Registration Closes January 17 at noon

LIFE Curriculum Committee Meeting

All are welcome to attend as we prepare programs for the Fall 2024 Semester.



Monday, March 18

10:30 a.m. – Noon

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Curriculum Committee Chair)

HOW DO WE DEAL WITH UNPLEASANT HISTORY?

Discuss background to “history wars” in public education. Spoiler alert, it is not a new thing, but it is more volatile and divisive than other time in our past. How can we act with integrity while trying to explain the complexity of our actions in the face of our ideals.



Tuesday, March 19

10 – 11:30 a.m.

Location: Hybrid – Marshfield Campus, Everett Roehl
STEM Center, Jean's Vanguard Room

Led By: Jeff Kleiman Ph.D. (Professor, UWSP)

TED TALK

Is AI Dangerous? Discuss new Artificial Intelligence developments – the good and the bad. TED stands for technology, entertainment, and design. TED talks are videos that present great ideas in under 18 minutes, which we will watch and discuss.



Tuesday, March 19

1 – 2 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)

H2N - HMONG AND HISPANIC COMMUNICATION NETWORK PROJECT

This presentation will provide you with information on how the H2N program collaborates with public health organizations, health systems, resource agencies, and community organizations to provide the Hmong and Hispanic communities with resources and tools to improve their health/life outcome. You will also learn the seven activities H2N uses to focus on these marginalized populations. The presenters have a combined 23 years of experience advocating for the Hmong and Hispanic Community in Central Wisconsin.



Wednesday, March 20

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Savela Mariana (Program Manager and Bilingual Certified Health Navigator)
and Guerrero Francisco (Program Coordinator and Bilingual Certified Health Navigator)

All of our virtual options use Zoom!
If you need quick tips you can follow this link
uwsu.edu/conted/Pages/Zoom-Tutorial.aspx



CONGRESSIONAL DYSFUNCTION IN THE 21ST CENTURY

The founders wanted Congress to be the key branch of government, which is at variance with the myth that the Constitution specifies three equal branches of government. What has led to the current dysfunctional Congress? How does this affect U.S. policy and democracy?



Thursday, March 21

10 – 11:30 a.m.

Location: Zoom Only

Led By: Ed Miller (Emeritus Professor of Political Science, UWSP)

SHEEPSHEAD SOCIAL

Gather your friends and laugh while you pass the time with a popular Wisconsin card game. Bring your competitive spirit and your willingness to have fun. If you are a novice, now is the time to learn. You are welcome to bring a non-LIFE member with you.

Thursday, March 21

1 – 3 p.m.



Location: In-Person Only – Emy J's Coffee Vault Meeting Room - 31 Park Ridge Dr, Stevens Point, WI

Led By: Becky Wirkus (Youth Program Manager for CE, UWSP)

CLUE

Based on the iconic 1985 Paramount movie which was inspired by the classic Hasbro board game, Clue is a hilarious farce-meets-murder mystery. Join us for a comedy where we will try to figure out WHO did it, WHERE, and with WHAT! After the show, we will dine together at an Appleton favorite, Pullmans At Trolley Square. This show has a run time of ninety minutes with one intermission.

Saturday, March 23

All Day



Location: Appleton

Led By: Anne Rogalski (CE Associate Director, UWSP)

and Carissa Delikowski (CE Registration Specialist, UWSP)

Pre-registration Required: Online or Call 715-346-3838

LIFE: \$169 | Non-LIFE \$189

Registration closes January 31

CENTRAL WISCONSIN WEATHER SAFETY & YOU

From blizzards to tornadoes to derechos, the weather in Wisconsin can be quite active (and sometimes dangerous!) all year around. In this talk, we will take a detailed look at the spring/summer hazardous weather that impacts Wisconsin- which includes severe thunderstorms, tornadoes, and more. We will also discuss ways to receive hazardous weather information, and what you can do to keep yourself and your family safe when hazardous weather threatens.

Monday, March 25

1 – 2 p.m.



Location: Zoom Meeting Only

Led By: Kurt Kotenberg (Warning Coordination Meteorologist of the National Weather Service (NWS) located in Green Bay, WI)

PER- AND POLYFLUOROALKYL SUBSTANCES (PFAS)

This is a presentation on PFAS, their sources, their health effects, and different methods to remove these substances from water.



Tuesday, March 26

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led By: Seyed Javad Amirfakhri, Ph. D. (Assistant Professor of Chemical Engineering, UWSP)

FILM DISCUSSION

Every two weeks, Roger Bullis and/or Carol Colby will lead a discussion. Film titles will be announced a week or so ahead of time via email and social media.



Tuesday, March 26

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP) and Carol Colby (Retired English and Communication Arts Instructor)

JAMAICA: A CARIBBEAN ISLAND IN WORLD HISTORY

Columbus' ship on its second voyage, landed on the place which was later referenced as the "Land of Wood and Water." Which we know as Jamaica. Learn about its peoples, its history, its strategic importance as a former British Colony and how it was a former contributor to the USA's economic development. In addition to the above, you will learn when sugar was king and rum was in high demand, and when Port Royal was the "wickedist' city in the world".



Wednesday, March 27

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Horace Davis (LIFE Member, MS in Education)

THE LATEST TREND AND ISSUES OF U.S. IMMIGRATION

This presentation will discuss the latest trend and issues associated with immigration to the U.S., including the growing diversity, undocumented immigration, immigration and economy, and more.



Wednesday, March 27

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: David Chunyu (Associate Professor of Sociology, UWSP)

LIBRARIES IN THE DIGITAL WORLD

Libraries have changed quite a lot from the simple storehouses of knowledge we remember as children. Now the library serves as a community hub of knowledge and connections. The Digital Age has not minimized the impact of libraries, but enhanced them.



Thursday, March 28

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Larry Oathout (Director, Portage County Public Library)

LIFE Curriculum Committee Meeting

All are welcome to attend as we prepare programs for the Fall 2024 Semester.



Monday, April 1

10:30 a.m. – Noon

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Curriculum Committee Chair)

LIFE Board Meeting

All are welcome to attend.



Tuesday, April 2

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Ed Miller (LIFE President)

THE PANDEMIC SHOCK AND THE MACROECONOMY: A DIFFERENT PATTERN AND A NEW STORY

While each recession and subsequent recovery is unique in terms of length and magnitude, the impact of the pandemic on the business cycle has been both quantitatively and qualitatively different than any other economic shock in over a century. In this presentation, I will be adopting empirical methods established by Leamer (2010) in drawing on key economic indicators to depict the effects of the pandemic on the macroeconomy. In doing so, I will contrast its impact on the business cycle with other shocks during the post-1960s era. Research Co-Author: Kyle Pulvermacher (Research Assistant at CBEI)



Tuesday, April 2

1 – 2:15 p.m.

Location: Zoom Meeting Only

Led By: Scott Wallace, Ph.D. (Professor of Economics and Director of the Center for Business and Economic Insight (CBEI), UWSP)

LEADERSHIP SERIES

Hear from Wisconsin State Representative, Donna Rozar, including challenges, successes, and what she hopes to accomplish while in office. Rozar represents District 69, which includes parts of Marathon, Wood, Clark, and Jackson counties. She is also the chairperson of the UW Commission for the UW-Stevens Point at Marshfield Campus and serves on the Wood County Board of Supervisors. Previously, she spent several years as a nurse educator with the UW–Eau Claire nursing program located at the Marshfield site.



Wednesday, April 3

10 – 11 a.m.

Location: Zoom Meeting Only

Led By: Donna Rozar (Representative - Assembly District 69)

MILWAUKEE BREWERS TRIP

Ride a coach bus to Milwaukee and see the Brewers take on the Minnesota Twins at American Family Field.



Wednesday, April 3

All Day

Location: American Family Field, Milwaukee

Led By: Anne Rogalski (CE Associate Director, UWSP)
and Carissa Delikowski (CE Registration Specialist, UWSP)

Pre-registration Required: Online or Call 715-346-3838
LIFE: \$95 | Non-LIFE: \$115

MEMORY AND COMMUNICATION, A CLOSER LOOK

Discover what memory is, the different subtypes of memory, how it works, and how memory relates to communication. Discuss how memory difficulties manifest and the role of speech pathology in serving people with memory difficulties. Learn how our own memory, as well as the memory functioning of others, can be supported.



Thursday, April 4

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led By: Carly Dinnes, Ph. D. (CCC-SLP Assistant Professor),
James Barge M.S. (CCC-SLP Associate Clinical Professor)
Communication Sciences and Disorders
School of Health Sciences and Wellness, UWSP

UNCOVERING LOST LOVE – WISCONSIN LGBTQ+ HISTORY FROM THE EARLY 1900'S

In Gayla Turner's debut book, *Don't You Dare: Uncovering Lost Love*, she reveals her Grandmother Ruby's (1896-1977) century-old secret queer identity that she hid from the wider world. This revelation became clear to Turner when she found Ruby and Ella's (who was dressed as the groom) June 8, 1915 wedding photos. The book weaves between Turner's discovery of those photos and the story told alongside her research process that brought her to rural Amherst, Wisconsin, where her grandmother grew up.



Thursday, April 4

1 – 2 p.m.

Location: Zoom Meeting Only

Led By: Gayle Turner (Member of Wisconsin Historical Society, Romance Writers of America, and Historical Novel Society)

THE TAXIDERMMY STORE TOUR

Get a tour of the World's largest taxidermy retail store, with thousands of mounts on display. See a variety of mounts from Africa (elephants, rhinos and hippos) as well as North America (bears, cougars, elk and deer). Mounts with antlers, feathers or fins will impress you.



Friday, April 5

10 – 11:30 p.m.

Location: In-Person Only – 471 Lorry St, Amherst

Led By: Staff

Pre-registration Required: Online or Call 715-346-3838; Limited to 25 participants; transportation on your own \$5 per LIFE Member (non-refundable)

A SIMPLE WAY TO HELP!

Consider making a contribution to the LIFE Foundation! Any donation is used to support LIFE operations. See page 5 for more information.

LIFE Membership Committee Meeting

All are welcome to attend.



Monday, April 8

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Membership/Promotion Committee Chair)

MENTAL HEALTH IN OLDER ADULTS

Learn about Mental health and suicide prevention for older adults and those who work with older adults, the risk factors and its warning signs from those that may need additional help, view the data that Portage County has gathered, and see the resources that are available to help those that need it.



Tuesday, April 9

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Andrea Starr (Justice Programs Director),

Michelle Nelson (Aspirus),

Kate Giblin (Lincoln Senior Center Manager)

All with Prevent Suicide Portage County

FILM DISCUSSION

Every two weeks, Roger Bullis and/or Carol Colby will lead a discussion. Film titles will be announced a week or so ahead of time via email and social media.



Tuesday, April 9

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)

and Carol Colby (Retired English and Communication Arts Instructor)

MORNING ROUNDTABLE

Time to get away from the screen for a real round table discussion. Join us at Emy J's Coffeeshouse (1009 1st St, Suite A) in Stevens Point. Discussion topic to be determined. The topic will be released a couple weeks before the program in the LIFE weekly email. Even if you do not want to contribute to the discussion, join us to socialize with other LIFE members in a relaxing environment.



Wednesday, April 10

10 – 11 a.m.

Location: In-Person Only – Emy J's Coffeeshouse
1009 1st St, Suite A, Stevens Point

Led By: Jane Osypowski (LIFE Member)

CONFRONTING THE AMERICAN EMPIRE IN THE 21ST CENTURY

Why are minority groups now asserting that they “matter?” Why have we been tearing down or moving statues? Why has “identity politics” become so prevalent? What is the deep meaning of “the culture wars?” What has happened to the idea of “patriotism?” Many of these and other contemporary issues are examined in relation to “Building the American Empire” during the 19th and 20th Centuries. Several aspects of our “Empire” past have recently assumed center stage and need to be addressed. Comments and perspectives will be appreciated.

Wednesday, April 10

2 – 3:30 p.m.



Location: Hybrid – Stevens Point Campus – CBB 161

Led By: Robert Wolensky (Emeritus Professor of Sociology, UWSP)

HISTORY MUSEUM AT THE CASTLE BEHIND THE SCENES TOUR

View the exhibits at the castle including Perspectives: A Fox Valley Visual Anthology and the AKA Houdini exhibit. The Perspectives exhibit consists of 10 unique chapters to represent local history in diverse ways. The Houdini exhibit allows you to discover fun facts about Houdini’s career, family, and childhood in Appleton. Stained glass windows and castle secrets are part of the exhibits. You also get a private tour to see the museum’s collection facility and archives, usually off-limits to visitors, and learn what the museum collects and how they preserve the artifacts that are used in the exhibits.

Thursday, April 11

10 – 11:30 a.m.



Location: In–Person Only – 330 E. College Ave, Appleton

Led By: Erin Comer (Education & Collections Manager)

Pre–registration Required: Online or Call 715-346-3838

Limited to 25 participants; transportation on your own

\$20 per LIFE Member (\$5 non–refundable / \$15 refundable if canceled at least 5 days before the event)

PAGING THROUGH HISTORY BOOK CLUB

The Poison Squad: One Chemist’s Single-Minded Crusade for Food Safety at the Turn of the Twentieth Century by Deborah Blum. 2019. See page 7 for program description. Check your local library for the book or ebook to read before the discussion.

Thursday, April 11

3 – 4:30 p.m.



Location: Zoom Meeting Only

Led By: Andy Barnett (Retired Librarian)

PRE-SHOW TALKBACK – BRIGHT STAR

BRIGHT STAR tells a sweeping tale of love and redemption set against the rich backdrop of the American South in the 1920s and '40s. LIFE members are welcome to bring Non-LIFE members as their guest to the pre-show chat with the director.

Tickets for the performance must be purchased separately through the UWSP box office or online.



Sunday, April 14

1 – 1:45 p.m.

Location: In-Person – Stevens Point Campus – NFAC 221

Led By: Director to be announced



KEEP IN MIND!

Unfortunately sometimes we have cancellations due to a variety of reasons. Remember to check your email or our social media for updates!

LIFE BOOK DISCUSSION

Join in the discussion of the book *A Path Lit by Lightning: The Life of Jim Thorpe* by David Maraniss. Jim Thorpe rose to world fame as a mythic talent who excelled at every sport. He won gold medals in the decathlon and pentathlon at the 1912 Stockholm Olympics, was an All-American football player at the Carlisle Indian School, in the first class of the Pro Football Hall of Fame, and played major league baseball for the New York Giants. But despite his colossal skills, Thorpe's life was a struggle against the odds. As a member of the Sac and Fox Nation, he encountered duplicitous authorities who turned away from him when their reputations were at risk. At Carlisle, he dealt with the racist assimilationist philosophy Kill the Indian, Save the Man. His gold medals were unfairly rescinded because he had played minor league baseball. His later life was troubled by alcohol, broken marriages, and financial distress. But for all his travails, Thorpe did not succumb. The man survived, complications and all, and so did the myth. Check your local library for a copy of this book or ebook.



Monday, April 15

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Teresa Stoltenberg (LIFE Member)

MUSIC IN THE MOVIES – PAST AND... FUTURE

When we go to the movies we do not often pay attention to one of the elements that helps us engage with the narrative and connect with it on an emotional level. That element... the music!

Lawrence Leviton will show a series of film clips and take participants on a musical tour of some of the great soundtracks, demonstrating how they enhance our experience at the movies.



Tuesday, April 16

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Lawrence Leviton (DMA in Music from UW-Madison)

All of our virtual options use Zoom!
If you need quick tips you can follow this link
uwsp.edu/conted/Pages/Zoom-Tutorial.aspx

**TED TALK**

TED stands for technology, entertainment, and design. TED talks are videos that present great ideas in under 18 minutes. One week prior to the discussion the topic and video link will be announced. Classes will start by viewing the TED talk together, followed by a discussion among attendees. Members can watch the video before the discussion if they want.



Tuesday, April 16

1 – 2 p.m.

Location: Zoom Meeting Only

Led By: Noah LaMaide (CE Outreach Specialist-Professional Development, UWSP)

LOOKING FOR SOMETHING QUICK?

Keep an eye out for these icons to help you quickly decide if a talk or trip is for you! All Adventure Tour trips will need pre-registration and more information will be sent after signing up.



Over Zoom



In-Person



Hybrid Class



Daycation



Multi-Day Trip

YOUR PHILOSOPHICAL AUTOBIOGRAPHY IN JUST TEN QUESTIONS

Over many years, Professor Herman asked his students in an introductory course in philosophy to answer in writing 10 questions he called their “Philosophical Autobiography.” The answers were handed in and retained until the last week of the semester. The title of the class was: “What is the best and most worthwhile life that a human being can live?” During the semester, students were examining answers to that question by studying some 15 philosophers, East and West, Ancient and Modern. The final week, the Philosophical Autobiographies were returned and students were asked if they had changed their minds about the answers given at the beginning of the semester. A most lively discussion followed. 10 questions will be provided via the weekly email before the class for you to complete before the presentation.



Wednesday, April 17

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led By: Arthur Herman (Professor Emeritus of Philosophy, UWSP)

SELF CARE MATTERS (FOR CAREGIVERS)

A brief look at the important role of caregivers in the community, with an emphasis on the importance of self care of the caregiver, avoiding burn out, and the need for day to day life balance. Advice for maintaining continued physical and mental health for this critically important person in our society. Bring your thoughtful questions and comments, and share your informed stories of experiences gathered, and the lessons learned.



Wednesday, April 17

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: To Be Determined (Caregiver Coordinator from ARDC of Central WI)

YAWKEY HOUSE MUSEUM TOUR AND VISIT TO THE WOODSON HISTORY CENTER

Tour a historic home, built in 1899, and restored several times. Reopened in 2007, present is how it looked in 1910. Note: There are three flights of stairs, non-standard, no elevator. Yawkey House has no seating or restrooms, but Woodson History Center across street is completely accessible with ramp and elevator.



Thursday, April 18

1 – 3 p.m.

Location: In-Person Only – 403 McIndoe St. Wausau

Led By: Erick Konop (Museum Curator)

Pre-registration Required: Online or Call 715-346-3838; Limited to 20 participants; transportation on your own \$10 per LIFE Member (non-refundable)

GOODBYE OSTEOPOROSIS!

Up to date (and hope inducing!) information about osteoporosis, how to reverse it, and how to improve quality of life for the aging population. There is an interactive and movement based portion at the end which will put the principles into practice.



Monday, April 22

1 – 2:30 p.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led By: Ben Solheim (Doctorate in Physical Therapy, Board Certified in Orthopedic Manual Physical Therapy, Fellow of American Academy of Orthopedic Manual Physical Therapists, Private Practice Physical Therapy Clinic Owner)

POPULATION CHANGE IN RURAL WISCONSIN COUNTIES 2010-2020

Based on the recently released data from the Census Bureau, this presentation will show varied population size changes in Wisconsin counties during 2010-2020, especially among the rural counties.

To explain such variation, we consider the metropolitan dominance thesis as well as the effects of geography and age.

(Co-authored with Robert Enright)



Tuesday, April 23

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: David Chunyu (Associate Professor of Sociology, UWSP)

FILM DISCUSSION

Every two weeks, Roger Bullis and/or Carol Colby will lead a discussion. Film titles will be announced a week or so ahead of time via email and social media.



Tuesday, April 23

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)
and Carol Colby (Retired English and Communication Arts Instructor)

DEMOGRAPHICS OF VOTING

Presentation will examine data showing continuity and changes in voting behavior in the U.S.



Wednesday, April 24

10 – 11:30 a.m.

Location: Zoom Meeting Only

Led By: Saemyi Park (Associate Professor of Political Science, UWSP)

MEET LEXA AND DEPUTY MATHWICH

Meet and greet with Deputy Mathwich and his canine, Lexa. We will discuss what they do on day-to-day basis, the training she has had, and what she is capable of doing. After the discussion we will move outside for a small demonstration of Lexa's skills.

*The outside demonstration will not be able to be over Zoom, please come In-Person if you wish to watch.



Wednesday, April 24

1 – 2:30 p.m.

Location: Hybrid* – Stevens Point Campus – CBB 161

Led By: Deputy Mathwich (Portage County Sheriff's Office)

LOOKING FOR SOMETHING QUICK?

Keep an eye out for these icons to help you quickly decide if a talk or trip is for you! All Adventure Tour trips will need pre-registration and more information will be sent after signing up.



Over Zoom



In-Person



Hybrid Class



Daycation



Multi-Day Trip

TOUR OF LINEAGE LOGISTICS

Hear from various department leaders to get a full scope of what Lineage Logistics is and what the company does.

Thursday, April 25



10 a.m.

Location: In-Person Only – Lineage Logistics
5700 E M Cops Dr, Stevens Point, WI 54482

Led By: Taylor Lady (Lineage Logistics Staff)

Pre-registration Required: Online or Call 715-346-3838
Limited to 20 participants; transportation on your own
\$5 per LIFE Member (non-refundable)

YOUR EARS ARE YOUR MOST IMPORTANT INSTRUMENT

Hannah is passionate about hearing care and hearing conservation. In this class, she will cover information about hearing, hearing loss, and hearing conservation, as well as preventative and treatment options.

Thursday, April 25



1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Dr. Hannah Formella-Adroik (Doctor of Audiology)

TINA: TINA TURNER THE MUSICAL

Celebrate the unstoppable woman that dared to dream fiercely, shatter barriers, and conquer the world against all odds. Set to the pulse-pounding soundtrack of her beloved hits, this electrifying sensation will send you soaring to the rafters. Before the show, enjoy lunch in a private dining room at *Saz's State House Restaurant* where we will enjoy a buffet with Saz's Award Winning BBQ Baby Back Ribs and other sides. Price includes coach bus transportation, lunch, and ticket to the show.

Saturday, April 27



All Day

Location: Milwaukee

Led By: Anne Rogalski (CE Associate Director, UWSP)
and Kelly Bird (CE Administrative Assistant, UWSP)

Pre-registration Required: Online or Call 715-346-3838
LIFE: \$249 | Non-LIFE: \$269

THE 2024 PRESIDENTIAL ELECTION

An examination of current events in the nomination process and its implications for the 2024 Presidential Election. Results of state presidential primary results will be the focus of the presentation.



Monday, April 29

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Jim Canfield (Professor Emeritus, Political Science, UWSP)

LIFE Annual Meeting

All are welcome to attend. Yearly review of the LIFE Program. Any open positions will be voted on during this meeting.



Tuesday, April 30

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led By: Ed Miller (LIFE President)

FARMING THE WATER: AQUACULTURE BASICS

Basic introduction to aquaponic systems and how to maintain them. Introduction to terms and types of aquaponic systems. Learn about different systems and when they are used. Learn about the basic relationship between using fish water to grow leafy green crops.



Wednesday, May 1

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led By: Becky Wirkus (Youth Program Manager for CE, UWSP)

SEED SAVING: WHAT IT IS, AND HOW TO DO IT

Seed saving is a practice that humans have been doing throughout their history. It is how farmers and gardeners maintain their favored crops from year to year. It is an important part of preserving genetic biodiversity and choosing plants that are well adapted to people's unique region of the world. Join our class to learn about the process of selecting, harvesting, storing and more in the fulfilling activity of saving seeds and other plant genetics for future growing seasons.



Wednesday, May 1

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Janell Wehr (Horticulture Educator at UW–Madison Division of Extension)

HIGHGROUND VETERANS MEMORIAL PARK

The Highground is a 155 acre park whose mission is to honor, educate, and heal our veterans, families, and all who visit the park. The park includes a dozen tributes, a museum with a changing exhibit, a gift shop, pavilions, picnic areas, and 4 miles of hiking trails. This will be a walking tour.



Thursday, May 2

10 a.m.

Location: In-Person Only – W7031 Ridge Rd, Neillsville

Led By: Theresa Herbert (Museum Coordinator/Park Guide)

Pre-registration Required: Online or Call 715-346-3838;

Limited to 30 participants; transportation on your own

\$9 per LIFE Member (non-refundable)

WILDWOOD ZOO TOUR

Join us for a tour of the Wildwood Zoo in Marshfield. Officially established in 1930, Wildwood Park and Zoo covers over 60 acres and is home to many different rescued animals that would not survive on their own in the wild. Key exhibits include Kodiak bears, cougars, wildcats, prairie dogs, raptors, and more! Zookeeper Sara Storandt will share in-depth on six exhibits with time to explore the rest of zoo.



Friday, May 3

10 a.m.

Location: In-Person Only – Marshfield

Led By: Sarah Storandt

Pre-registration Required: Online or Call 715-346-3838

Limited to 30 participants; transportation on your own

\$8 per LIFE Member (non-refundable)

PRE-SHOW TALKBACK – DANSTAGE 2024

Danstage is a special evening of new works created by UWSP dance faculty Michael Estanich, Jeannie Hill, and Sarah Olson. Each year, a special guest artist from around the country also contributes an exciting dance experience. This annual dance event features the extraordinary talents of UWSP student dancers and highlights the artistry of the dance faculty. Join the directors for a pre-show chat. LIFE members are welcome to bring Non-LIFE members to the talkback.

Tickets for the performance must be purchased separately through the UWSP box office or online.



Sunday, May 5

1 – 1:45 p.m.

Location: In-Person – Stevens Point Campus – NFAC 221

Led By: Director to be announced

LIFE Membership Committee Meeting

All are welcome to attend.



Monday, May 6

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Paul Shogren (LIFE Membership/Promotion Committee Chair)

**KEEP IN MIND!**

Unfortunately sometimes we have cancellations due to a variety of reasons. Remember to check your email or our social media for updates!

A VISIT TO NAMIBIA

Learn about the little known country of Namibia. A country of beautiful deserts, a wide variety of wildlife, and a interesting history.



Tuesday, May 7

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led By: Patricia Hill (Avid Traveler - traveled to Bhutan, Iran, Rwanda, Madagascar, Cambodia, Myanmar and Tibet)

HONOR IN THE AIR

Honor in the Air is a documentary film about Captain Scott Alwin and the men with whom he service in the Army's 68th Assault Helicopter Company during the Vietnam War. Captain Alwin, a preacher's kid from Wisconsin, served five tours in Vietnam and was awarded more Air Medals than any other pilot in the history of the U.S. military. He earned many other medals and commendations, but the respect and love of those he served with and the dedication to and from his family, are a testimony to the man was. www.honorintheair.com



Tuesday, May 7

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Susan Reetz (National and International Award winning producer, director, and writer)

PREVALENCE AND SOURCE TRACING OF PFAS IN SHALLOW GROUNDWATER USED FOR DRINKING WATER IN WISCONSIN

This presentation will provide an overview of a recent study in which UWSP researchers partnered with the WI Department of Natural Resources on the investigation of per- and polyfluoroalkyl substances (PFAS). Samples from 450 homes with shallow private wells throughout the state of Wisconsin (USA) were collected and analyzed for 44 individual PFAS compounds, general water quality parameters, and indicators of human waste as well as agricultural influence. After the presentation there will be an optional tour of the Water and Environmental Analysis Lab on campus for those that attend in person and are interested in learning more the technology and process of water sample analysis.



Wednesday, May 8

1 – 2:30 p.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led By: Kevin Masarik (Groundwater Education Specialist with UW Extension and UWSP)

and Amy Nitka (Associate Research Specialist - Natural Resources and Watershed Science)

SAFE ONLINE SHOPPING

The Wisconsin Bureau of Consumer Protection will present information on safe online shopping. Learn how to avoid scams and keep your personal information safe when buying online. We will cover the following topics: Wi-Fi, internet access, payment methods, shipping considerations, and much more. Attendees will also receive helpful brochures to take home.



Thursday, May 9

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led By: Jeff Kersten (Agency Liaison for the Bureau of Consumer Protection within the Wisconsin Department of Agriculture, Trade and Consumer Protection)

PAGING THROUGH HISTORY BOOK CLUB

New Revelations of the Americas before Columbus by Charles C, Mann. 2005. See page 7 for program description. Check your local library for the book or ebook to read before the discussion.



Thursday, May 9

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Andy Barnett (Retired Librarian)

LAKE GENEVA

Join us on this day trip to Lake Geneva. Our first stop will be at Yerke's Observatory where we will learn the history of this beautiful building. After we will have lunch at Pier 290, then head to downtown Lake Geneva where we will be able to explore the shops on our own before we take a 3:00 p.m. boat tour (1 hour) on Geneva Lake.



Friday, May 10

All Day

Location: Lake Geneva

Led By: Anne Rogalski (CE Associate Director, UWSP)

and Kelly Bird (CE Administrative Assistant, UWSP)

Pre-registration Required: Online or Call 715-346-3838

Limited to 30 participants

LIFE: \$199 | Non-LIFE: \$219

Our Hybrid Classes in Stevens Point are still in CBB 161!

We are using CBB, Chemistry Biology Building,
2101 4th Avenue Stevens Point. See the map on page 53.

There is metered parking available in Lot T.



LIFE BOOK DISCUSSION

Join in the discussion of *Braiding Sweetgrass* by Robin Wall Kimmerer. Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we have forgotten how to hear their voices. In reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return. Check your local library for a copy of the book or ebook.



Monday, May 13

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Mary Zinda (LIFE Member)

CHILDREN'S LITERATURE: WHAT'S NEW AND SOME ALL TIME FAVORITES

These books teach, touch the heart, and tickle the funny bone. Participants will be introduced to a vast array of books that spark interest and deepen children's engagement. Perfect for sharing with the children in your life (as well as enjoying them yourself).



Tuesday, May 14

1 – 2:15 p.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led By: Mary Lou Harris-Manske (Retired Reading Specialist and Reading Coordinator for Stevens Point Schools, Retired Adjunct in Language Arts and Reading at UWSP, and Co-Owner Book Look Children's Book Store)

FILM DISCUSSION

Every two weeks, Roger Bullis and/or Carol Colby will lead a discussion. Film titles will be announced a week or so ahead of time via email and social media.



Tuesday, May 14

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP) and Carol Colby (Retired English and Communication Arts Instructor)

THE VIETNAM WAR

Join veterans Michael Moore and Al Voss to discuss the Vietnam War, how the United States got involved in the war and what the consequences were for the United States. Moore and Voss served in the Vietnam on the USS Nitro AE-23.



Wednesday, May 15

10 – 11:30 a.m.

Location: Hybrid – Stevens Point Campus – CBB 161

Led By: Michael Moore (Retired Lieutenant Commander, Supply Corps Officer)

A SIMPLE WAY TO HELP!

Consider making a contribution to the LIFE Foundation! Any donation is used to support LIFE operations. See page 5 for more information.

RESEARCH FARM TOUR

Tour the Marshfield Agricultural Research Station (MARS) – a fully functioning farm home to over 500 dairy heifers and one-hundred acres cropland to support research by the UW Department of Animal and Dairy Sciences. Take part in some hands-on experiences as we get a walking tour of the farm and discuss the research being done to benefit our farmers.



Thursday, May 16

1 – 3 p.m.

Location: In-Person Only – 208356 Drake Ave, Stratford

Led By: Nancy Esser (MARS Superintendent/Herd Manager)

Pre-registration Required: Online or Call 715-346-3838; Limited to 30 participants; transportation on your own \$5 per LIFE Member (non-refundable)

MEAD WILDLIFE AREA SPRING HAYRIDE

Enjoy the beauty of spring in Central Wisconsin! A hay wagon ride allows people to explore the George W. Mead Wildlife Area in ways unavailable on foot. The wagon will take folks to special areas at the Mead to experience flora and fauna in their natural habitats. Learn how the Mead is using forest management practices to maximize wildlife populations in central Wisconsin. May is a wonderful time to experience the spring bird migration at the Mead. Dress for the weather and bring your binoculars. Binoculars can be provided if needed. The wagon will stop for photography and interpretation. There will be some opportunity to hike from time to time. Trail conditions can be unpredictable and trail surfaces may be uneven. Please request binoculars during registration.



Tuesday, May 21

8 – 11 a.m.

Location: In-Person Only – Mead Wildlife Area
201517 County Rd S, Milladore, WI 54454

Led By: Sam De Roche and Craig Ziolkowski (Mead Wildlife Area),
Susan Barrett (Wisconsin Forestry Center, UWSP),
and Jennifer Summers (Wisconsin Center for Wildlife, UWSP)

Pre-registration Required: Online or Call 715-346-3838
Limited to 20 participants; Transportation on your own;
LIFE: \$35 | Non-LIFE \$50

MILWAUKEE BREWERS TRIP

Ride a coach bus to Milwaukee and see the Brewers take on the Chicago Cubs at American Family Field.



Thursday, May 30

All Day

Location: American Family Field, Milwaukee

Led By: Kelly Bird (CE Administrative Assistant, UWSP)

and Carissa Delikowski (CE Registration Specialist, UWSP)

Pre-registration Required: Online or Call 715-346-3838

LIFE: \$125 | Non-LIFE: \$145

LIFE Board Meeting

All are welcome to attend.



Tuesday, June 4

9 – 10:30 a.m.

Location: Zoom Meeting Only

Led By: Ed Miller (LIFE President)

LIFE BOOK DISCUSSION

Join in the discussion of *Everything Sad is Untrue* by Danielo Nayeri. “A patchwork story is the shame of the refugee,” Nayeri writes early in the novel. In an Oklahoman middle school, Khosrou (whom everyone calls Daniel) stands in front of a skeptical audience of classmates, telling the tales of his family’s history, stretching back years, decades, and centuries. At the core is Daniel’s story of how they became refugees—starting with his mother’s vocal embrace of Christianity in a country that made such a thing a capital offense, and continuing through their midnight flight from the secret police, bribing their way onto a plane-to-anywhere. Anywhere becomes the sad, cement refugee camps of Italy, and then finally asylum in the U.S. Check your local library for the book or ebook.



Monday, June 10

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Teresa Stoltenberg (LIFE Member)

PAGING THROUGH HISTORY BOOK CLUB

The Field of Blood: Violence in Congress and the Road to Civil War by Joanne B. Freeman. 2018. See page 7 for program description. Check your local library for the book or ebook to read before the discussion.



Thursday, June 13

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Andy Barnett (Retired Librarian)

LIFE BOOK DISCUSSION

“*News of the World* by Paulette Jiles is an adventure story, filled with danger and incident; a western, meticulously researched and rendered; and a two hundred-page prose poem with poetry’s usual virtues of compression, resonance, beauty, and power. Set in post-Civil War Texas, the chaos of that place and time are vividly depicted, even as the story remains primarily one of character. Paulette Jiles has shown how rich and deeply imagined the historical novel can be.”

~National Book Foundation Judges Citation. Anne greatly enjoyed the audiobook version, narrated by Grover Cleveland.

Check your local library for copies of this title.



Monday, July 8

1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Anne Rogalski (Associate Director CE, UWSP)

PAGING THROUGH HISTORY BOOK CLUB

Maus: A Survivor’s Tale by Art Spiegelman. 1986. See page 7 for program description. Check your local library for the book or ebook to read before the discussion.



Thursday, July 11

3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Andy Barnett (Retired Librarian)

LOOKING FOR SOMETHING QUICK?

Keep an eye out for these icons to help you quickly decide if a talk or trip is for you! All Adventure Tour trips will need pre-registration and more information will be sent after signing up.



Over Zoom



In-Person



Hybrid Class



Daycation



Multi-Day Trip

LIFE BOOK DISCUSSION

Join in the discussion of *The Penelopiad* by Margret Atwood. In Homer's account in the *The Odyssey*, Penelope, wife of Odysseus and cousin of the beautiful Helen of Troy, is portrayed as the quintessential faithful wife, her story a salutary lesson through the ages. In this splendid contemporary twist to the ancient story, Margaret Atwood has chosen to give the telling of it to Penelope and to her twelve hanged maids, asking: "What led to the hanging of the maids, and what was Penelope really up to?" In Atwood's dazzling, playful retelling, the story becomes as wise and compassionate as it is haunting, and as wildly entertaining as it is disturbing. With wit and verve, drawing on the story-telling and poetic talent for which she herself is renowned, she gives Penelope new life and reality—and sets out to provide an answer to an ancient mystery.

Check your local library for the book or ebook.

Monday, August 5



1 – 2:30 p.m.

Location: Zoom Meeting Only

Led By: Betty Kieliszewski (LIFE Treasurer)

PAGING THROUGH HISTORY BOOK CLUB

The Bright Ages: A New History of Medieval Europe by Matthew Gabriele and David M. Perry. 2021. See page 7 for program description. Check your local library for the book or ebook to read before the discussion.

Thursday, August 8



3 – 4:30 p.m.

Location: Zoom Meeting Only

Led By: Andy Barnett (Retired Librarian)

MILWAUKEE BREWERS TRIP

Ride a coach bus to Milwaukee and see the Brewers take on the Los Angeles Dodgers at American Family Field.

Thursday, August 15



All Day

Location: American Family Field, Milwaukee

Led By: Kelly Bird (CE Administrative Assistant, UWSP)

and Carissa Delikowski (CE Registration Specialist, UWSP)

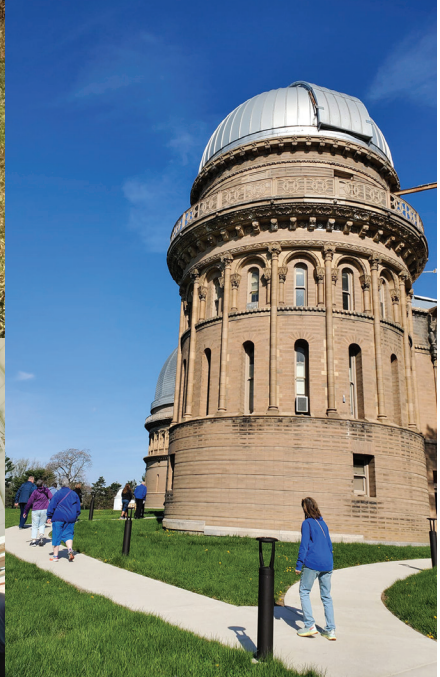
Pre-registration Required: Online or Call 715-346-3838

LIFE: \$95 | Non-LIFE: \$115

Thank You To Our Presenters

Seyed Javad Amirfakhri, Ph.D.	Arthur Herman	Jackie Ritchay
Tara Anderson	Patricia Hill	Anne Rogalski
James Barge M.S.	Jeff Kersten	Donna Rozar
Andy Barnett	Betty Kieliszewski	Michael Schulein
Susan Barrett	Jeff Kleiman, Ph.D.	Paul Shogren
Rebecca Bauer	Erick Konop	Ben Solheim
Kelly Bird	Kurt Kotenberg	Steve Sparrow
Roger Bullis	Noah LaMaide	Andrea Starr
Jim Canfield	Taylor Lady	Teresa Stoltenberg
David Chunyu	Ashley Landwehr	Sarah Storandt
Carol Colby	Zach Lanke	Mayor Lois TeStrake of Marshfield
Erin Comer	Lawrence Leviton	Julie Tharp
Horace Davis	Savela Mariana	Dr. Michael Tiller
Sam De Roche	Kevin Masarik	Gayle Turner
Carissa Delikowski	Deputy Mathwich	Scott Wallace, Ph.D.
Carly Dinnes, Ph.D.	Ed Miller	Ruth Watson
Nancy Esser	Michael Moore	Janell Wehr
Kenneth Farmer	Michelle Nelson	David Williams
Dr. Hannah Formella-Adroik	Sandra Neumann	Becky Wirkus
Guerrero Francisco	Amy Nitka	Robert Wolensky
Kate Giblin	Larry Oathout	Christopher Yahnke, Ph. D.
Mary Lou Harris-Manske	Jane Osypowski	Sebastian Zamfir, Ph.D.
Kurt Hase	Saemyi Park	Mary Zinda
Tomi Heimonen	Bernie Plummer	Craig Ziolkowski
Paul Heinen	Susan Reetz	
Theresa Herbert	Fran Reinert Ce`, Ph.D.	

LIFE Memories



LIFE Memories



Perks For All LIFE Members

LIFE Members: Your UWSP LIFE Lanyard/LIFE Nametag grants you perks at ALL THREE campus locations.

Stevens Point

- Free coffee at LIFE Headquarters (Old Main, Room 032)
- Free guest WIFI and public restrooms
- Access to the Arboretum and Public Common Areas across campus for reading, studying, chatting, etc.
- Art Gallery viewing (when open)
- Discounted tickets to select UWSP Music, Theatre and Dance Performances.
Promo Code – LIFE2024
- Option to purchase fitness center passes
- Other businesses open to the public (food service/restaurant and catering, book store, and outdoor grounds area, such as tennis courts, etc.) Does not include paid reservations

Marshfield

- Free coffee at the Solution Center
- Free guest WIFI and public restrooms
- Free Parking
- Access to the Center for Inclusive Excellence, Arboretum, Library, Public Common Areas for reading, studying, chatting, etc.
- Art Gallery viewing (when open)
- Discounted tickets to UWSP - Marshfield Campus Music and Theatre Performances.
Promo Code – LIFE2024
- Indoor walking route available Monday through Friday, 7 a.m. – 6 p.m.
- Option to purchase fitness center passes
- John Harrington Memorial Athletic Fields

Wausau

- Free guest WIFI and public restrooms
- Access to the Union (music, food, ping pong, gaming) and Library
- Art Gallery viewing (when open)
- Discounted tickets to UWSP - Wausau Campus Music and Theatre Performances.
Promo Code – LIFE2024
- Free admission to women's volleyball and men's basketball games
- Indoor walking route available Monday through Friday, 7 a.m. – 5 p.m.
(please see map)
- Option to purchase fitness center (including racquetball court)

UW-Stevens Point Map



University of Wisconsin
Stevens Point

STEVENS POINT • MARSHFIELD • WAUSAU

UW-Stevens Point Campus Map

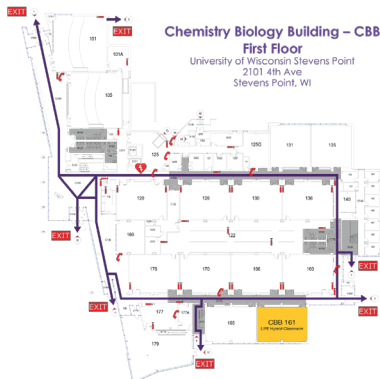
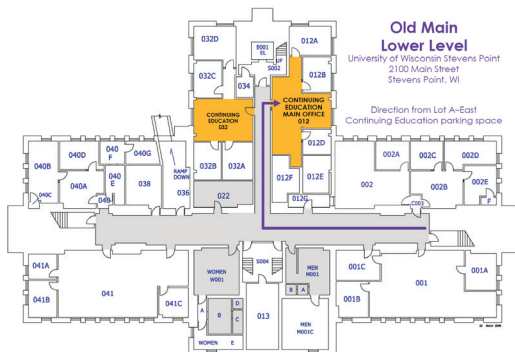
Academic Buildings

- 1 – Old Main
- 2 – Nelson Hall
- 3 – Dreyfus University Center (DUC)
- 4 – **Chemistry Biology Building (CBB)**
- 5 – Noel Fine Arts Center (NFAC)
- 6 – Science Building
- 7 – Welcome Center

Parking Lots

The sections in yellow are metered parking areas in the UWSP lots.

- 8 – Lot A – Continuing Education has 1 parking space in the East side of Lot A. You can use this to visit us for a moment in the basement of Old Main.
- 9 – Lot R
- 10 – Lot Z
- 11 – Lot T – Best Lot to park in for Hybrid Classes in CBB
- 12 – Lot F

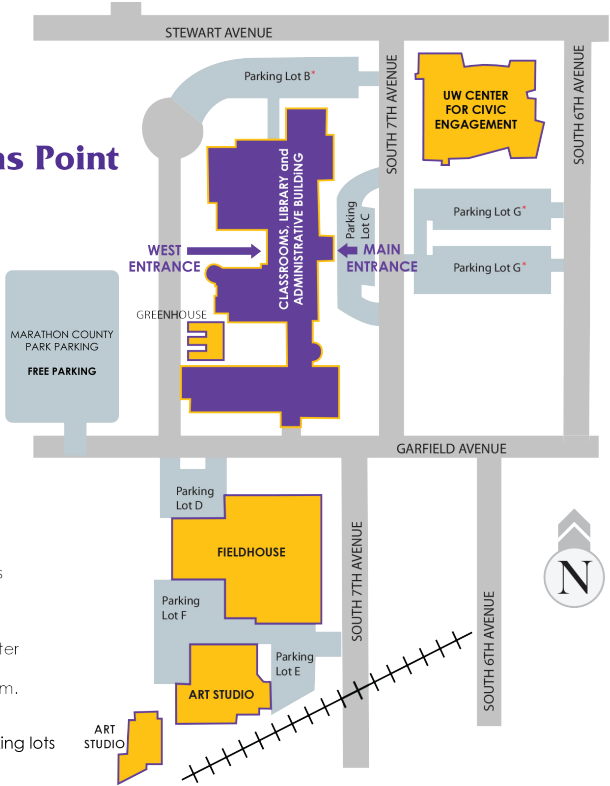


UWSP at Wausau Map



Wausau
UW-Stevens Point

Wausau Campus Map



Lot B, F, D
Faculty and Staff only

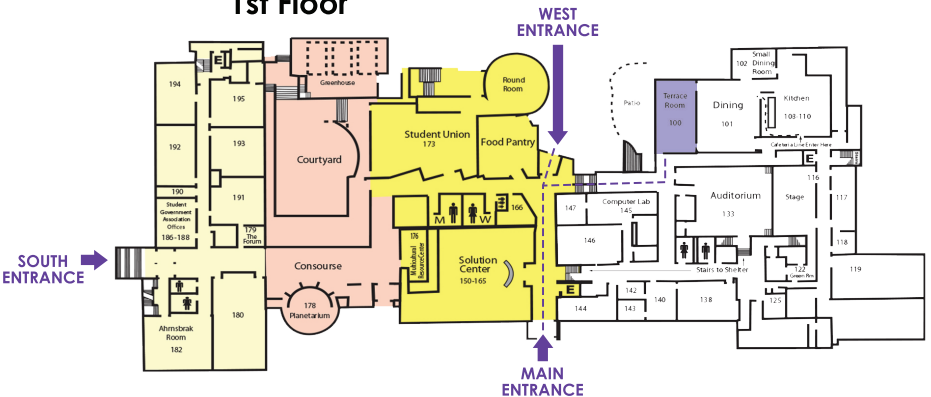
Lot C
Visitor only parking. Free permits obtained from Student Affairs

Lot E, G
Paid permit parking for commuter student and faculty/staff only. Monday to Friday 8 a.m. to 5 p.m.

***Lot B, G**
Tickets are issued in these parking lots

Main Building

1st Floor

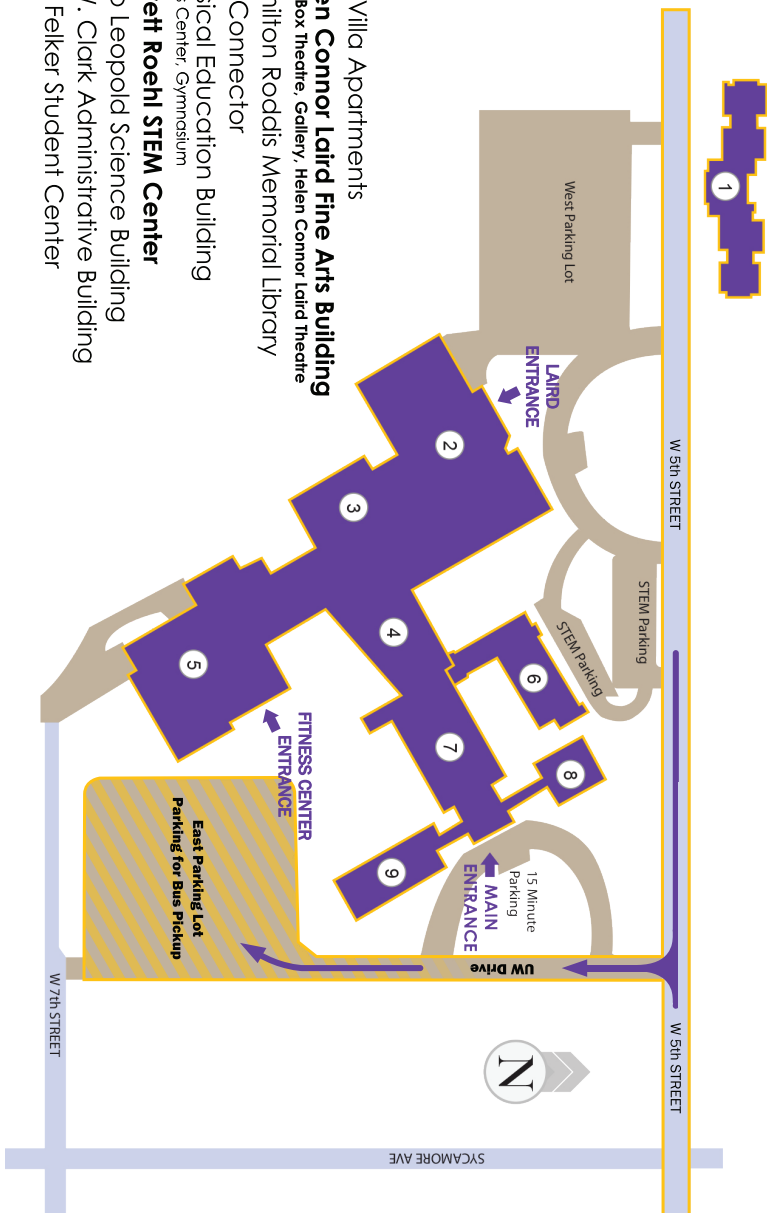


UWSP at Marshfield Map



Marshfield
UW-Stevens Point

Marshfield Campus Map



1. The Villa Apartments
2. **Helen Connor Laird Fine Arts Building**
Black Box Theatre, Gallery, Helen Connor Laird Theatre
3. Hamilton Roddis Memorial Library
4. The Connector
5. Physical Education Building
Fitness Center, Gymnasium
6. **Everett Roehl STEM Center**
7. Aldo Leopold Science Building
8. W.W. Clark Administrative Building
9. A.G. Felker Student Center

January

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 LIFE Registration Opens!	4	5
8 LIFE Membership Committee Meeting LIFE Book Discussion	9 39th Good Ideas	10 39th Good Ideas	11 39th Good Ideas	12
15	16 Film Discussion	17	18 Paging Through History	19
22 LIFE Curriculum Committee Meeting New Member Orientation	23	24 Current Imbalance of Power in Madison	25 Using Technology to Count Critters	26
29 Payment Apps: Venmo PayPal and More	30 Film Discussion	31 History of Legal and Mental Health Delivery System		

February

			1	2
5 LIFE Curriculum Committee Meeting	6 LIFE Board Meeting "It's A Republic, Not a Democracy!"	7	8 Paging Through History	9
12 LIFE Membership Committee Meeting LIFE Book Discussion	13 Is Wisdom an Endangered Species? Film Discussion	14 Morning Roundtable Addiction	15 Demystifying Artificial Intelligence	16 Tour of MADA Custom Apparel
19 LIFE Curriculum Committee Meeting	20 TED Talk	21 My Favorite Early TV Comedy	22 Disasterology	23 Sonadora 24 Les Misérables
26 Marketing in Tech Era	27 Film Discussion	28 Civics and Political Science Education	29 Connecticut Warbler Sibling's Account of Family's Struggle	

March

				1 Did Smokey the Bear Get it Wrong? 3 Pre-Show Talkback Kodachrome
4 LIFE Curriculum Committee Meeting	5 LIFE Membership Committee Meeting Peek at Stevens Point	6 Leadership Series Audio Basics & Beyond	7 Dry Needling: What is it? Portuguese Wine and Port	8
11 LIFE Book Discussion	12 Discussion of Novel: A Right Worthy Woman Film Discussion	13 Morning Roundtable Collective Illusions	14 Scientific Exploration of Solar Eclipse Paging Through History	15 17 Milwaukee Bucks Trip
18 LIFE Curriculum Meeting	19 How Do We Deal with Unpleasant History TED Talk	20 H2N – Hmong and Hispanic Communication Project	21 Congressional Dysfunction Sheepshead Social	22 23 Clue
25 Central Wisconsin Weather Safety & You	26 Per- and Polyfluoroalkyl Substances Film Discussion	27 Jamaica: In World History Latest Trends and Issues of US Immigration	28 Libraries in the Digital World	29

April

Monday	Tuesday	Wednesday	Thursday	Friday
1 LIFE Curriculum Committee Meeting	2 LIFE Board Meeting The Pandemic Shock and the Macroeconomy	3 Leadership Series Milwaukee Brewers Trip	4 Memory and Communication Uncovering Lost Love	5 The Taxidermy Store Tour
8 LIFE Membership Committee Meeting	9 Mental Health in Older Adults Film Discussion	10 Morning Roundtable Confronting the American Empire	11 History Museum at the Castle BTS Paging Through History	12 14 Pre-Show Talkback Bright Star
15 LIFE Book Discussion	16 Music in the Movies TED Talk	17 Philosophical Autobiography Self Care Matters	18 Yawkey House Museum Tour	19
22 Goodbye Osteoporosis!	23 Population Change in Rural Wisconsin Film Discussion	24 Demographics of Voting Meet Lexa and Deputy Mathwich	25 Tour of Lineage Logistics Ears are Your Most Important Instrument	26 27 Tina: Tina Turner the Musical
29 The 2024 Presidential Election	30 LIFE Annual Meeting			

May

		1 Farming the Water: Aquaculture Basics Seed Saving: What is it?	2 High Grounds Veterans Memorial Park	3 Wildwood Zoo Tour 5 Pre-Show Talkback Danstage 2024
6 LIFE Membership Committee Meeting	7 A Visit to Namibia Honor in the Air	8 Prevalence and Source Tracing of PFAS	9 Safe Online Shopping Paging Through History	10 Lake Geneva
13 LIFE Book Discussion	14 Childrens Literature: Favorites and New Film Discussion	15 The Vietnam War	16 Research Farm Tour	17
20	21 MeadWildlife Area Spring Hayride	22	23	24
27	28	29	30 Milwaukee Brewers Trip	31

June

Tuesday, June 4
LIFE Board Meeting

Monday, June 10
LIFE Book Discussion

Thursday, June 13
Paging Through History

July

Monday, July 8
LIFE Book Discussion

Thursday, July 11
Paging Through History

August

Monday, August 5
LIFE Book Discussion

Thursday, August 8
Paging Through History

Thursday, August 15
Milwaukee Brewers Trip

Index

Title	Page
A Connecticut Warbler in King Arthur's, um, in the Gran Chaco	17
A Peek at Stevens Point's Past (1948)	19
A Sibling's Account of His Family's Struggle with Schizophrenia: An Emotional as Well as Legal Perspective	17
A Visit to Namibia	41
Audio Basics & Beyond	20
Addiction	11
Central Wisconsin Weather Safety & You	26
Changes and Challenges of Marketing in the Technology Era	16
Children's Literature: What's New and Some All Time Favorites	44
Civics and Political Science Education from K–12 Through College	16
Clue	26
Collective Illusions – False Assumptions about Society that Many People Share	23
Confronting the American Empire in the 21st Century	32
Congressional Dysfunction in the 21st Century	25
Demographics of Voting	37
Demystifying Artificial Intelligence	12
Did Smokey the Bear Get it Wrong?	18
Disasterology	14
Discussion of Historical Fiction Novel: A Right Worthy Woman	21
Dry Needling: What is it, What is it for, and Would it Help Me?	20
Farming the Water: Aquaculture Basics	39
Film Discussion	7, 9, 11, 16, 22, 27, 31, 37, 44
Good Ideas Conference – 39th Annual	6
Goodbye Osteoporosis!	36
Highground Veterans Memorial Park	40
History Museum at the Castle Behind the Scenes Tour	32
Honor in the Air	41

Index

Title	Page
How Do We Deal with Unpleasant History?	24
H2N – Hmong and Hispanic Communication Network Project	25
Is Wisdom an Endangered Species?	11
“It’s a Republic, Not a Democracy!”	10
Jamaica: A Caribbean Island in World History	27
Lake Geneva	43
Leadership Series	19, 29
Les Misérables	15
Libraries in the Digital World	28
LIFE Annual Meeting	39
LIFE Board Meeting	9, 28, 46
LIFE Book Discussion	6, 10, 21, 33, 43, 46, 47, 48
LIFE Curriculum Committee Meeting	7, 9, 12, 18, 24, 28
LIFE Membership Committee Meeting	6, 10, 19, 30, 41
Mead Wildlife Area Spring Hayride	45
Meet Lexa and Deputy Mathwich	37
Memory and Communication, a Closer Look	29
Mental Health in Older Adults	31
Milwaukee Brewers Trip	29, 46, 48
Milwaukee Bucks Trip	24
Morning Roundtable	11, 22, 31
Music in the Movies – Past and... Future	34
My Favorite Early TV Comedy – Video Clips from the 50’s and Why Humor Matters	13
New Member Orientation	7
Paging Through History Book Club	7, 10, 24, 32, 42, 46, 47, 48
Payment Apps: Venmo, PayPal, and More!	8
Per- and Polyfluoroalkyl Substances (PFAS)	27
Pre-Show Talkback – Bright Star	33
Pre-Show Talkback – Danstage 2024	40
Pre-Show Talkback – Kodachrome	18

Index

Title	Page
Prevalence and Source Tracing of PFAS in Shallow Groundwater Used for Drinking Water in Wisconsin	42
Population Change in Rural Wisconsin Counties 2010-2020	36
Portuguese Wine and Port	20
Research Farm Tour	45
Safe Online Shopping	42
Scientific Exploration of Solar Eclipses and Transits	23
Seed Saving: What it is, and How to Do it	39
Self Care Matters (for Caregivers)	35
Sheepshead Social	26
Sonadora: Yuyi Morales Exhibit	14
TED Talk	13, 25, 34
The Current Imbalance of Power in Madison	8
The History of the Legal and Mental Health Delivery System in Wisconsin from 1972 to Present	9
The Latest Trends and Issues of U.S. Immigration	27
The Pandemic Shock and the Macroeconomy: A Different Pattern and a New Story	28
The Taxidermy Store Tour	30
The Vietnam War	44
The 2024 Presidential Election	39
Tina: Tina Turner the Musical	38
Tour of Lineage Logistics	38
Tour of Mada Custom Apparel	12
Uncovering Lost Love – Wisconsin’s LGBTQ+ History from the Early 1900’s	30
Using Technology to Count Critters	8
Wildwood Zoo Tour	40
Yawkey House Museum Tour and Visit to the Woodson History Center	36
Your Ears are Your Most Important Instrument	38
Your Philosophical Autobiography in just Ten Questions	35

Feeling Adventurous?



Adventure Tours



Multi-Day Trips



Multi-Day Trips: Our Multi-Day trips are typically week long adventures that consist of a schedule built to give you the best experience possible! Whether you are looking to take a trip to New York City, Yosemite National Park, or even explore Europe, we've got you covered!

Daycations: These are one day trips that are designed to help enrich your mind with fun local adventures that are never more than a bus ride away. We go to Brewers Games, tour wineries, and explore what Wisconsin has to offer!

Daycations



Customized Trips



Customized Trips: Our customized trips are designed to provide a tailored experience for your group! Whether that be a company retreat, family reunion, or any other group event, we've got something for you!



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Alaska

August 15–23, 2024

**REGISTRATION CLOSSES
FEBRUARY 13**

- Journey through America's last great frontier!
- On this trip you can experience gold panning in Fairbanks, meet mushers and the dogs of the Trail Breaker Kennel, and embark on a glacier cruise!
- As we travel through Denali National Park in a domed rail car we have the chance to see wildlife, incredible sights, and see how Alaska is a land without parallel.

Registration Fee

Single occupancy: **\$8,719**

Double occupancy: **\$7,119 per person**

uwsp.edu/conted/Pages/Alaska.aspx

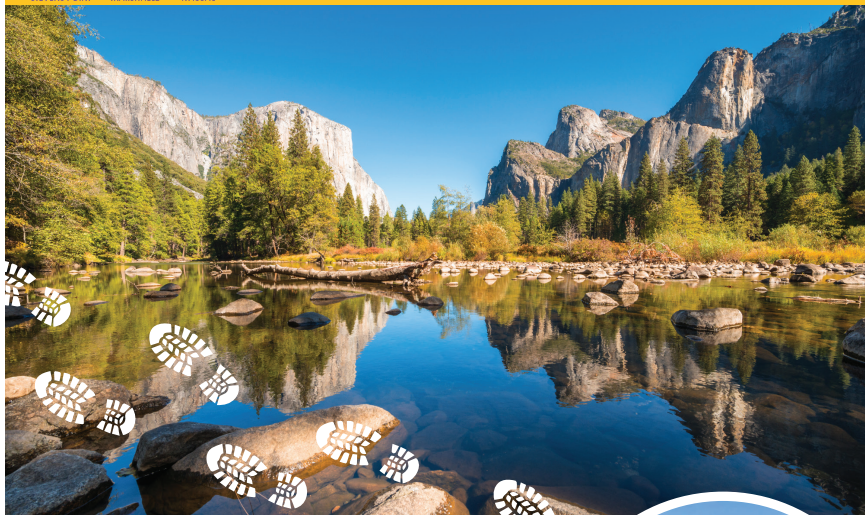


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YOSEMITE NATIONAL PARK

May 14–18, 2024

**REGISTRATION CLOSES
MARCH 8**

- Join us to explore and experience the beauty of Yosemite National Park!
- See amazing sights such as a treasure trove of giant sequoia trees, beautiful waterfalls, towering rock faces, and some of the most incredible examples of natural beauty in the world.
- By van and by foot, learn about the park's geology, flora, and fauna.

Registration Fee

Single occupancy: **\$3,998**

Double occupancy: **\$3,198 per person**



uwsp.edu/conted/Pages/Yosemite-National-Park.aspx



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Save the Dates for Iceland!

Women's Wellness and Culture Trip

August 1–12, 2024

- This all-inclusive tour showcases the beauty of Northern Iceland far away from the throngs of tourists and will help you relax, refresh and recharge.
- Drink wine in the midnight sun, soak in Geosias Nature Baths and Beer Spas.

Knitting Under the Northern Lights

September 19–23, 2024

- Our group will meet experts in working with Icelandic wool, visit a local mini mill, and hand-dye our own yarn with Icelandic herbs and flowers.
- We stay in a beautiful guest house that we will have all to ourselves.



uwsp.edu/conted/Pages/Multi-Day-trips.aspx



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New York

HOLIDAY CELEBRATIONS AND CULTURE TRIP

December 3-7, 2024

- During the Holiday season, there is nowhere in the world like New York City!
- Enjoy the Rockettes Christmas Spectacular, shop one of the many Manhattan Christmas Markets, visit the New York Botanical Garden's Holiday Train Show, and listen to Christmas Jazz at the Lincoln Center.
- Experience the decked-out department stores and stunning window displays, the iconic Rockefeller Christmas Tree, and festive twinkling lights everywhere you look.



Website coming soon!

Referral Program

We continue to offer current LIFE members an opportunity to get the next semester of LIFE for free! Earning the free membership is easy. All you need to do is recruit two NEW people to join the LIFE program in the same semester. When they register have them include your name in the referral section (or you can email us to let us know you referred them). After the two NEW LIFE members have joined, we will contact you about your free membership for the next semester.

LIFE members may bring guests for a one time “free” class to see if they like it.

What is LIFE? Selling points:

- A membership-based association of nearly 250 adult learners providing the opportunity to share learning experiences and to discover new joys in life.
- LIFE offers 60-70 individual learning opportunities per semester, lead by visiting experts, community leaders, UWSP faculty, and LIFE members.
- Participate in discussions with adults of similar age, with similar interest.
- Attend field trips to experience learning opportunities about area events, institutions, and activities.
- Hybrid options are available for you to meet and socialize with other LIFE members.
- You can attend classes in the comfort of your own home (wherever that may be) or while on vacation with our zoom options.
- Tech help for zooms available if needed.

Contact us if you would like to any marketing materials to pass around.

Learning Is ForEver Registration Form

Spring 2024

If you plan on mailing in your registration, please complete this registration form and mail it to UWSP Continuing Education, 2100 Main Street, Old Main 032, Stevens Point, WI 54481.

Name (A) _____

Name (B) _____

Address _____

City _____ County _____ Zip _____

Home Phone _____

Cell Phone (A) _____ (B) _____

Email (A) _____ (B) _____

Emergency Contact Name _____

Emergency Contact Phone _____

Emergency Contact Relationship _____

UWSP Release of Liability (REQUIRED)

I and my heirs, in consideration for my being allowed to participate voluntarily in the LIFE program through the University of Wisconsin–Stevens Point, do hereby release the University of Wisconsin System and its employees, officers, and agents from any liability for damage to or loss of personal property, sickness and injury from whatever source, legal entanglement and death, which might occur while participating in this event. I also understand and acknowledge that I am responsible for my own well being while participating, and I understand the possible dangers and risks involved in this program.

Signature of Participant /Date

Signature of Participant /Date

Photography Release

Yes, UWSP Continuing Education may use my photograph and video presence for promotional or advocacy purposes. Initial A _____ B _____

REGISTRATION OPENS January 3, 2024 at 9 a.m. Online registration available at www.uwsp.edu/conted/life. If you do not know your password, click "I forgot my password" at the bottom of the logon page to receive a new password via email.

PAYMENT METHOD

Check Payment

- Please make check payable to UWSP

Credit Card payment can only be made when registering online.

- Paying by check saves the LIFE Program paying credit card fees.

SPRING 2024 MEMBERSHIP

A or B LIFE Membership (January – June) \$59/person \$ _____

First-time member

How did you learn about the LIFE Program? _____

Name of LIFE member who referred you: _____

CLASSES/TRIPS WITH FEES

A or B Tour of Mada Custom Apparel \$5/person \$ _____
(February 16 in Stevens Point)

A or B Sonadora: Yuyi Morales Exhibit \$5/person \$ _____
(February 23 in Wausau)

A or B The Taxidermy Story Tour \$5/person \$ _____
(April 5 in Amherst)

A or B History Museum at the Castle Behind the Scenes Tour \$20/person \$ _____
(April 11 in Appleton)

A or B Yawkey House Museum Tour and Visit to the \$10/person \$ _____
Woodson History Center
(April 18 in Wausau)

A or B Tour of Lineage Logistics \$5/person \$ _____
(April 25 in Stevens Point)

A or B Highground Veterans Memorial Park \$9/person \$ _____
(May 2 in Neillsville)

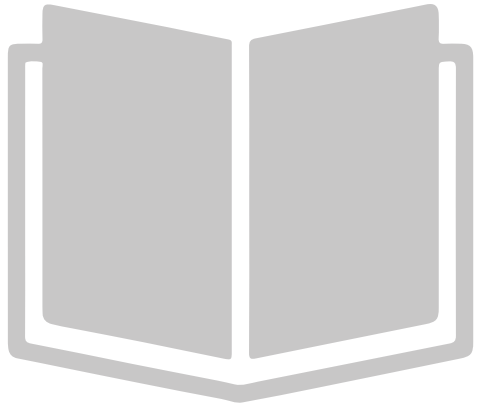
A or B Wildwood Zoo Tour \$8/person \$ _____
(May 3 in Marshfield)

A or B Research Farm Tour \$5/person \$ _____
(May 16 in Marshfield)

A or B Mead Wildlife Area Spring Hayride LIFE – \$35/person \$ _____
(May 21 in Mead State Wildlife Area) **Non LIFE – \$50/person**

TOTAL ENCLOSED: \$ _____

Refunds for tours will only be issued if we are able to fill the spot from the waitlist or if a waitlisted LIFE Member (who has paid for the tour) is not moved to the tour attendance list.





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