**Good Ideas: A University Experience for Adults**

**January 6, 7 & 8, 2015**

Join a group of lifelong learners age 50 & over for an enriching three-day program at UWMC.

A January thaw for your mind and spirit.

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**Daily Schedule**

- **8:15 - 8:45 am** Registration (Monday only)
  - UWMC West Entrance Hallway

- **8:45 - 9:00 am** Welcome & Announcements (Monday only)

- **9:00 - 10:00 am** General Session, Auditorium in Main Building

- **10:00 - 10:30 am** Refreshment Break, Union & Concourse.
  - You’re welcome to bring your own mug!

- **10:30 - 12:00 noon** Class

- **12:00 - 1:00 pm** Lunch

- **1:00 - 2:30 pm** Class

- **2:45 - 3:45 pm**
  - **Tuesday:** Senior Stretch & Balance or Laughter Yoga
  - **Wednesday:** Senior Stretch & Balance or Chemistry Around the House

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**Full Lunch Menu**

**January 6**
- Chili, Ham & Swiss Cheese on Rye Bread, Fruit, Dessert Bars, Beverages

**January 7**
- Tomato Basil Soup, Honey Roasted Turkey on a Croissant, Fruit, Cookies, Beverages

**January 8**
- Chicken Noodle Soup, Roast Beef on Ciabatta Roll, Fruit, Cheese Cake, Beverage

*See Registration Instructions for Soup, Relish, Dessert & Beverage option.

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**Good Ideas: General Sessions, UWMC Auditorium**

**Tuesday - January 6**

**TUTANKHAMUN’S CHARIOTS AND THE EXODUS**

Bela Sandor

Bela Sandor will describe the technical marvels that made up the Tut class of ancient Egyptian chariots - the advanced engineering behind the Egyptian war machine. Gain a new perspective on the biblical stories of the Pharaoh that chased Moses into the Red (or Reed) Sea, Solomon’s chariot cities, and the Ethiopian eunuch.

Bela Sandor has been a faculty member at UW-Madison since 1968 after earning a Ph.D. in Theoretical and Applied Mechanics at the University of Illinois at Urbana-Champaign. Sandor has worked for Bell Telephone Laboratories, the Lockheed Palo Alto Research Laboratory and has served as a guest professor at Osaka University. He has also served as the technical expert for the NOVA documentary, “Building Pharaoh’s Chariot,” which aired in 2013.

**Wednesday - January 7**

**MUSIC AND MAPS: A PERSPECTIVE THROUGH THE EYES OF A JAZZ MUSICIAN AND ADVENTURE RACER**

Tim Buchholz

Making music and reading a map have something great in common: they both require us to multitask while using many different areas of our brains - more than most any other activity you can do! Buchholz will share his perspective on how map reading in the sport of adventure racing has many commonalities to what jazz musicians do when they improvise.

Tim Buchholz, assistant professor of music at UWMC, is a nationally recognized jazz singer, educator, and arranger.

**Thursday - January 8**

**WILL THERE EVER BE ANOTHER EARTH?**

Margaret Turnbull,

Global Science Institute

The last 20 years has taught us so much about planetary systems orbiting other stars, and these discoveries bring the question: “Are We Alone?” into much clearer focus. Dr. Maggie Turnbull is an astrobiologist whose expertise is identifying star and planetary systems that are capable of supporting life as we know it. She now works with a NASA-chartered team to develop a concept for a “starshade” observatory to find and characterize earth-like planets among the nearest stars. Turnbull will describe what we’ve learned so far about planets and life, and how we will get to the next level.

Turnbull received her undergraduate degree in Astronomy from UW-Madison, and M.S. and Ph.D. in Astronomy, with a minor in Cell Biology, at the University of Arizona. When not thinking about starshades and life on other worlds, She can be found keeping honeybees, tapping sugar maples and cross country skiing in the northwoods.
1. Shamanism and Paganism: Persistence and Reinvention
Two ancient and diverse religious phenomena found around the world have hung over the millennia to some extent and, especially for paganism, been reinvigorated to appeal to spiritual non-conformists in the 21st century. Learn more about the very ancient healing and divining arts of the shaman as well as “neo-shamansim” in different manifestations, including faith healing and exorcism. Then learn about pre-Christian religions in Europe and their resurgence and reinvigoration as modern Wicca and other rapidly growing religions in the U.S., Great Britain and elsewhere.
Ron Lippi is in his 20th and final year as a professor of anthropology at UWMC and is offering his 24th “Good Ideas” course on an anthropological topic. He regularly teaches a credit course “Religion, Magic and Witchcraft” and most recently did so in Scotland with emphasis on Scottish paganism.

2. The Aging Brain
The Aging Brain will discuss how aging can change how the brain works. The courses will offer ideas on how to maintain a healthy brain. Find out whether crossword puzzles and other mental exercises can help prolong the onset of Alzheimer’s disease. Learn what steps you can take to help maintain a healthy brain at every age.
Jeffrey Amundson is a cognitive neuroscientist. His research has focused on issues related to learning and memory. Amundson has researched how the brain works; including tests of concussion for athletes at all levels, including the NFL, and is developing a test for traumatic brain injury in veterans. He is on the faculty at UW-Marshfield/Wood County.

3. Climate Change: Is it real?
Is human activity bringing about alarming climate change scenarios and related catastrophes? Or is such thinking a myth brought about by flawed or incomplete science? Finding the answers to these questions has turned climate change into a highly politicized and contentious issue.
Lisa Siewert, lecturer in geology at UWMC and UW Colleges Online, is originally from central Michigan. She studied climate change and its potential impact on sea rise level at UW-Madison.

4. Gardening in Winter
Explore winter garden activities! Indoor (houseplants) and outdoor plant care methods will be covered. Garden questions are always welcome! Each student will be playing with fire and ice and will be able to take her/his completed project home.
Durla Zastrow, associate lecturer in biological sciences at UWMC, has taught “Good Ideas” classes for many years and is convinced that this is her three favorite days of the school year.

5. Holiday Foods, You, and Chemistry
Come explore some of your favorite Holiday foods (with your advance input) and discover the chemistry behind why you like them so very much. Examine and discuss the interaction between traditional foods, the relationship between our physical senses and responses to these foods, and their nutritional impact.
Roger Traxinger is a senior lecturer in chemistry at UWMC.

6. The Critique of Pure Reason: The Philosophy of Immanuel Kant
Kant was an 18th century German professor who became the central figure in modern philosophy. How, Kant asked, is it possible to know independently of experience and with certainty facts about the world – facts like: causes come before effects; it is wrong to exploit other people; or persons have free will? Consider Kant’s ingenious and powerful arguments for his revolutionary ideas, and join the instructor in an attempt to critique the “Critique of Pure Reason.”
Mark Brown earned his Ph.D. from the University of Kansas and, after a 25-year career teaching philosophy at UWMC, is now a University of Wisconsin Professor Emeritus. His current research and teaching interests include the philosophy of mind, bioethics and philosophy of religion.

7. A U.S. Musical Tour
Come join us for a survey of this country’s leading musical institutions and music festivals. We will cover cultural gems from coast to coast, all the way from Carnegie Hall to the Hollywood Bowl, as well as summer music festivals from Ravinia to Tanglewood. No need to fight the crowds, just take a seat, sit back and relax!
Sarah Rudolph has taught and run the theatre programs at UWMC since 1991. She has a great fondness for “Good Ideas.”

8. Something Wilde
The wit and brilliance and rather tragic life of Oscar Wilde will give us a great deal to explore – his plays, his prose and his personality! Let’s sit back and relax!
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Registration Instructions
1. Register for one morning and one afternoon class. Each class meets all three days.
2. Register early – space is limited. To register, complete the Registration Form at left and mail it to: Continuing Education, UWMC, 518 S. 7th Ave., Wausau, WI 54401. If you have questions, call 715-261-6294.
3. You may choose the Cafeteria Full Lunch Program for $28 for all three days, choose a Soup, Relish, Dessert & Beverage Only option for $20, or bring your own lunch. Additional reservations are required. (Coffee, tea, and water will be provided for the soup option and brown baggers.)
4. General sessions will be in the Auditorium in the main academic building. You will be able to park in Lot C behind the UW Center for Civic Engagement, on the street or in Marathon Park.
5. Pick up your registration packet inside the west entrance after 8:15 am on Monday. We begin at 8:45 am on Monday and at 9:00 am on Tuesday and Wednesday.
6. In case of inclement weather, we will cancel or delay the program for that day. If the Wausau Schools are closed, Good Ideas should be too. However, we may also cancel if the surrounding areas are hazardous. To be sure, tune into the radio after 6:30 am for any cancellation notice (WIFC, WSUI, WIZX, WEDZ, WRIG or WOFS). If you provide an email address, you will be updated on any schedule changes. Also check the UWMC Continuing Education Facebook page and website.
7. Optional after programs begin at 2:45 pm. Rooms will be announced on January 6.
8. You are welcome to bring your own mug for the morning break.

Registration Form
Registrations will be accepted through Monday, December 29, 2014. College of the Emeriti will be given priority until Monday, December 8, 2014. Then all other registrations will be taken in the order they are received.

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Afternoon Classes, 1:00 - 2:30 PM (Choose One.)

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Registrant #1 Check if vegetarian. Registrant #2 Check if vegetarian.
Address
City State Zip Address
City State Zip
Phone # Phone #
Email Email

MORning Class Session
Registrant #1 Class No. Registrant #1 Class No.
Registrant #2 Class No. Registrant #2 Class No.

OPtional: 2:45 PM
Laughter Yoga Chemistry Around the House Senior Stretch & Balance
Registration Fee ($49 for each registrant) ........................................... Total
Fee waived for College of the Emeriti Members.
Full Lunch Program ($28 per person) Vegetarian? Check ✓ the box above. ........................................... Total
Off-Site, Relish, Dessert & Beverage Only Option ($20 per person) ........................................... Total
Mail your check and registration form to:
Continuing Education, UWMC
518 S. 7th Avenue, Wausau, WI 54401

DISCOVR
MC VISA #
Expiration Date:

Signature:

Finalist:

Afternoon Class Session
Registrant #1 Class No. Registrant #2 Class No.

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Laughter Yoga
Chemistry Around the House
Senior Stretch & Balance
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DISCOVR
MC VISA #
Expiration Date:

Signature:

Confirmation is not sent in advance.
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