The RAYSOCIETY at Drake

FALL 2020 | CLASSES, EVENTS, AND SOCIALS

your community.

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Expand

Learn something new. Have fun doing it!

About the RaySociety

We are a volunteer-supported program of Drake University open to all persons who seek opportunities for lifelong learning. We offer an environment of sharing and fellowship that provides opportunities for intellectual, social, and cultural stimulation and growth.





How it Works

Non-credit educational opportunities are offered in the Fall and Spring semesters to our membership of lifelong learners. Instruction is provided by volunteers from Drake University faculty and the community at large. Events and socials are offered regularly to help connect and enrich our membership.

Membership Options

Annual RaySociety membership extends from July 1 through June 30. A Fall and Spring catalog will be issued to all members. Membership rates are as follows:

- Annual membership \$50 per person
- 2-year membership \$95 per person
- 3-year membership \$140 per person
- Lifetime membership \$2,500 per person (Benefits of Lifetime Membership: no annual renewal fees, no standard (\$30) class registration fees, 75% tax deductible, option to pay in annual installments over a 3-year period.

Membership Benefits

- Connection to a community of enthusiastic learners in a vibrant university atmosphere
- Access to 50+ diverse courses from Drake faculty, community leaders, and experts
- 10+ members-only lectures, activities, and socials throughout the year at no additional cost
- Campus parking privileges
- Borrowing privileges at Drake's Cowles Library
- Reserved seating at Drake's Bucksbaum lecture series
- Invitations to Drake-sponsored lectures and activities
- Monthly newsletter

Volunteer Opportunities

Support the RaySociety by sharing your time and talents. All current members are welcome to participate!

Options include:

- Host Team
- Setup/Support Team
- Program Committee
- Events and Socials
 Committee
- Membership and Marketing Committee
- RaySociety Council
- Zoom Support Team

Contact the office for details:

E: raysociety@drake.edu P: 515-271-2120 W: drake.edu/raysociety

Mailing Address:

2507 University Avenue Des Moines, IA 50311

Office Location:

2401 University Avenue Des Moines, IA 50311

Important Information

Class Registration

- Classes are open to RaySociety members only.
- Registration is processed on a first-come, firstserved basis.
- A registration form and a business reply envelope are enclosed for your convenience.
- You can also register for courses online at drake.edu/raysociety.
- Each participant should register separately.

A registration confirmation will be emailed to you once your registration has been processed (7–10 business days). Should you register for a class that is full, you will be added to a wait list. If you are not successfully registered in a class, a refund will be processed and mailed to you.

Registration Refunds

Registration refunds will be issued only when cancellation is received no later than 48 hours prior to the start of the activity or by printed registration deadline, when applicable. Refunds will not be issued for partial participation in any class or activity.

Library Privileges

As a member of the RaySociety, you have borrowing privileges at Drake's Cowles Library. To get your library card contact the Library by phoning (515) 271-2113.

New Members

- A free RaySociety name tag will be issued to all new members. Lifetime members receive a specially designated nametag that is distinguishable from those of annual members. Replacement name tags will be issued for a free of \$10.
- New members who join during the Fall semester will be given one free standard course (\$30 value).

Class Locations (Virtual)

RaySociety classes are typically during the day, Monday through Friday, and will be *delivered via ZOOM* for the Fall semester, however some socially distanced outdoors excursions/events will also be held off campus. A class reminder with the relevant ZOOM link will be emailed prior to the start of the class. For outdoor classes/activities an email with detailed instructions will be sent a few days prior to the activity. Please read your email reminder carefully for any change in details and for the link for the class.

Member Communication

- The RaySociety uses email as its primary method of communication. Please watch your email for RaySociety communications. If you do not have an email address, member information will be mailed through USPS. Paper mailings may result in delayed communication.
- RaySociety members will receive an e-newsletter at the end of each month, highlighting upcoming RaySociety and campus activities.

Important ZOOM Information

RaySociety Zoom classes

For the health and safety of all our RaySociety members and instructors, ALL regular classes are being delivered via ZOOM for Fall 2020.

There are numerous benefits to participating in virtual classes – no problems with parking, and it enables class participation from anywhere in the country. Most of the classes being offered this semester will not have a class limit, resulting in greater opportunities for class participation and no waiting lists!

What you will need

- High-speed internet connection.
- A computer or iPad.
- Headphones are good, but not essential.
- A smart phone can be used to participate by video.
- Dial-in information can be provided to participants without a smart phone or computer – contact the office for more information.

Class Cancellations

In the rare case of a class cancellation or date change, RaySociety staff will notify the class participants via email. Please check your emails regularly.

How it works

- Register for your class, just as you always would.
- An email will be sent with the Zoom link to registered class participants prior to the class.
- Mute your microphone when you join the class, unless you are speaking.
- Dial-in information can be provided for participants without a smart phone.

We are here to help

RaySociety staff are happy to help all members achieve the most from their virtual class experience. Please reach out to us with any questions you may have on how to join a Zoom class.

For more information, or to request a practice Zoom tutorial, please contact Tracy or Lisa:

Manager: tracy.beck@drake.edu Program Coordinator: lisa.cooper@drake.edu

Course Table of Contents

| Understanding the World | 7 |
|---|----|
| Economic Roundtable | 7 |
| Great Readings Discussion Group | 7 |
| Tai Chi for Beginners | 8 |
| Simon and Garfunkel : Poets/Musicians of Folk-Rock (Part 2) | 8 |
| Birdwatching in Central Iowa | 8 |
| Traditional Chinese Medicine | 9 |
| Homelessness in America (and in Iowa) | 9 |
| Have to have a Habitat! | 10 |
| CAMPAIGN 2020: Uncharted Territory | 11 |
| Outdoor walking tour of the Des Moines Art Center | 11 |
| From Tsar to the USSR: Russian Revolutions of 1917 | 12 |
| Learning iPhones and iPads | 12 |
| Hotel Pattee luncheon | 12 |
| Water Trails in the Metro and Beyond! | 13 |
| Neurology – Beyond the Diagnosis of Autism | 13 |
| Winterset Cidery tour and tasting | 14 |
| A Mathematical Look at Current Issues | 14 |
| The Roots of Calls for Housing Justice | 14 |
| Exploring Brazil | 14 |
| Genetic Manipulation – the Scientific and Ethical Considerations (Part 2) | 15 |
| Kundalini Yoga | 15 |
| What is Probate and Pre-Planning from a Funeral Perspective | 15 |
| The Story of Your Life: Introduction to Memoir Writing | 16 |
| City of Bridges: Interfaith in Des Moines | 16 |
| Building Healthy Vibrant Communities and Main Streets | 17 |
| Muslims and Christians in the Medieval Crusades, 1095-1291 | 17 |
| An Archaeological Peek into Iowa's Past | 17 |
| Jazz & Ethnicity | 17 |
| Vector Quest | 18 |
| Contemporary Astronomy | 18 |
| Justice League of Food: An Unexpected Journey | 18 |
| "Sherlock Holmes – Seven Secrets to Survival (including pandemics!)" | 18 |
| The Wonders of Buxton | 19 |
| Conversation Gardens | 19 |
| What is Dementia and Cognitive Decline? And what Science says about Preventing Dementia | 19 |
| The History of the Harkin Institute | 20 |
| Drake Then and Now | 20 |

Understanding the World

with Rabbi David Kaufman Session 1: Friday, September 4, 10–11:30 a.m. Session 2: Thursday, October 8, 2–3:30 p.m. Session 3: Thursday, November 5, 2–3:30 p.m. Session 4: Monday, December 7, 10–11:30 a.m. Online class via ZOOM Cost: \$30

Rabbi David Kaufman leads a monthly discussion of current events with an emphasis on the Middle East. With the world changing around us, there will always be interesting new developments to discuss. Rabbi Kaufman will give his analysis of these topics and invite questions and comments from the class.

David Kaufman has been the Rabbi of Temple B'nai Jeshurun, a Reformed Jewish congregation in Des Moines, since May 2003. He received his ordination from Hebrew Union College – Jewish Institute of Religion (HUC-JIR) in Cincinnati in 2001 and holds master's degrees in Hebrew literature from HUC-JIR and in the history of Judaism from Duke University. Rabbi Kaufman completed his undergraduate degree at the University of North Carolina–Chapel Hill, where he was a double major in religious studies and political science.

Economic Roundtable

with Tom Root

Session 1: Friday, September 4, 2–3:30 p.m. Session 2: Friday, October 9, 2–3:30 p.m. Session 3: Friday, November 6, 2–3:30 p.m. Session 4: Friday, December 4, 2–3:30 p.m. Online class via ZOOM Cost: \$30

The RaySociety Economic Roundtable was born during the 2008 financial crisis and the Great Recession. This fall the Economic Roundtable will focus on possibly the greatest economic disruption since the Great Depression. The US economy is struggling to regain traction while marred in the uncertainty surrounding the economic impact of the Covid-19 pandemic. As the markets try to understand an economy influenced by Covid-19, the political rhetoric associated with a divisive Presidential election will heat up, leaving the 2020 edition of the Roundtable with no shortage of interesting topics for discussion and debate. Join the Roundtable in a quest to find the facts as we analyze the state of the economy, the congressional policy responses to the economic crisis, the expanded influence of the Federal Reserve, the changing role of globalization, and the local impact of it all on the lowa economy.

Thomas Root holds four degrees including a PhD in economics from the University of Kansas. Root has been teaching in the primary area of finance in the College of Business and Public Administration at Drake since 1999. In addition to being an active member of the academic community, he maintains a close connection to the private sector through both consulting and the delivery of certificate programs taught to area business leaders through Drake's Center for Professional Studies. Root also holds a visiting professorship at Makerere University Business School (MUBS) in Uganda.

Great Readings Discussion Group

with Bruce Martin 2nd and 4th Tuesdays of the month starting September 8 through to December 8 6:30–8 p.m. Online class via ZOOM Cost: FREE

Bruce Martin will lead a discussion on various great readings. These readings will come from an anthology of literary selections by authors from various time periods and cultures. The Fall term will include writings by Anton Chekhov and D.H. Lawrence. The anthology is available upon request for \$35 (payable to the instructor). You can order a copy by contacting Bruce at 515-612-3508 or brucekmartin85@gmail.com. You are encouraged to obtain the anthology prior to the first class.

Bruce Martin is professor emeritus, English, and the Ellis and Nelle Levitt Professor of English at Drake. He taught at Drake from 1967 to 2006, offering courses in 19th and 20th century British literature and literary theory. In 1986–1987, he held a Fulbright lectureship at the National University of Singapore, where he later served as visiting professor of English. Subsequently he was awarded Fulbright lectureships to South Korea and Madagascar. He is now contentedly retired and actively involved in reading for pleasure, travel and various musical activities.

Tai Chi for Beginners

with Dan Alexander

Tuesdays, September 8, 15, 22 and 29 10–11:30 a.m. Online class via ZOOM Cost: FREE Class size limit: 50

In this course we will introduce you to the practice of Tai Chi with a routine that includes elements of Qigong, Tai Chi, and movement training. This is a beginner's course, and so is open to all, with no previous experience with Tai Chi needed.

The routines are chosen to be gentle and non-taxing, and will be done with the spirit that any movement is good movement. If you find that any parts of our routines are not comfortable, you will not need to do them. There are many claims about the positive benefits of Tai Chi, and it is our hope that with regular practice. you will notice a difference in your overall flexibility and relaxation.

An open source YouTube video and other materials will be provided at no cost so you can practice at home. For two of the routines, you will also need a small, straight object about 9 to 12 inches long (a ruler, long kitchen wooden spoon or half-inch dowel will work) and a three-foot or so stick (you can use a broomstick, cane, umbrella or ³/₄" diameter wooden length from a hardware store).

Daniel Alexander, currently a Drake mathematics professor, has been practicing Tai Chi and other martial arts since 2004. He studied at the Chinese Martial Arts Academy in Windsor Heights under Sifu Jose Mendoza.

Simon and Garfunkel: Poets/ Musicians of Folk-Rock (Part 2)

with Carl Johnson

Tuesdays, September 8, 15, 22, and 29 1:30–3:30 p.m. Online class via ZOOM Cost: \$30

This course will continue to examine all of the songs on Simon and Garfunkel's five studio albums as poetry, and how the words are enriched by the music. Each session will study songs from one of their albums as a step on their journey to becoming the quintessential proponents of what came to be known as folk-rock. **Carl Johnson** conducts the Des Moines Community Orchestra and teaches at all levels. He earned his bachelor's degree in music at UCLA and his master's degree in instrumental conducting from Drake. Carl has over 45 years of experience teaching music at all educational levels. He has taught a variety of music and film classes for the RaySociety.

Birdwatching in Central Iowa

with Dennis Thompson

Wednesdays, September 9, 16 and 23 8–9:30 a.m. Water Works Park – September 9; Jester Park – September 16; and Big Creek State Park – September 23 Cost: \$30 Class size limit: 15 *LIVE outdoor activity (masks required, social distancing)*

Join one of Iowa's foremost birders, Dennis Thompson, for a morning bird walk exploring one or more of these central Iowa parks. We'll look for a wide variety of species in various habitats. Novices are very welcome.

Bring binoculars, a small notebook to record your sightings, and plan to wear a mask. Participants will receive meeting directions via email prior to the class. Expect some uneven terrain and wear sturdy shoes.

Dennis Thompson has been active in Central Iowa birding circles for over 35 years. He has served as president of the Des Moines Audubon Society several times and has led monthly field trips for that organization for the past 25 years. Dennis has also been the compiler for the Des Moines Audubon Christmas Bird Count since the mid-80's. He is currently president of the Iowa Ornithologists' Union. Dennis is retired from Wells Fargo.

*PLEASE NOTE: This is an in-person, socially distanced activity. Participant numbers will be limited, and all participants will be required to wear a mask.

Traditional Chinese Medicine: As One Population Goes Modern, Another Seeks Ancient Theory with Linda Krypel

Wednesdays, September 9, 16 and 23 2–3:30 p.m. Online class via ZOOM Cost: \$30

What constitutes a complete system of medicine? Is modern scientific evidence necessary for proving effectiveness? How do the goals differ between Traditional Chinese Medicine and Western Medicine? Is acupuncture safe? What role does the "Placebo Effect" play in either system? This course will explore those answers and more as Professor Krypel takes you down the ancient path of Traditional Chinese Medicine.

Linda Krypel is a retired COPHS Professor. Her expertise in nonprescription drugs led her to explore the fascinating realm of systems of medicine beyond our Western system, such as Traditional Chinese Medicine (TCM). Krypel spent time in China experiencing TCM while trying to determine the risk/ benefits associated with such systems.

Homelessness in America (and in Iowa)

with Joe Laslo, Kathy Coady, Joe Stevens Thursdays, September 10, 17 and 24 10-11:30 a.m. Online class via ZOOM Cost: \$30

In America, in 2018, an estimated 552,830 people are homeless on any given night. A statewide survey conducted by the USC Price School of Public Policy asked 1,000 California likely voters what the single biggest problem in California was. Respondents listed HOMELESSNESS as the number one problemem as "homelessness in California is at a crisis level." In Washington, Seattle and King County have been in an official "state of emergency" since 2015. In Iowa, a January 2018 study estimated 12,180 people as homeless on any given night, with 44% of those in Polk County. And in Des Moines, officials estimate 250-300 people sleep outside year round. In this class, students will learn about one of society's most perplexing (and growing) problems from 3 experts. Students will be sent a link to RaySociety research papers on homelessness.

Session 1 – Thursday, September 10 Joe Laslo: CEO, Urban Bicycle Food Ministry (UBFM)

When volunteers ride bicycles to feed the homeless, they go places and see things that others frequently miss. Students will learn about the 250-300 homeless men and women (and a few children) in Des Moines who live and sleep outside, under bridges; in tents along the river; in cars; in abandoned buildings; and other places not intended for human habitation. We will review causation, health issues of the homeless, and why, in this Covid-19 era, the number of homeless people in Iowa is expected to increase in years to come. Videos will take students directly into the campsites of many of those the UBFM feeds every week.

Joe Laslo is CEO of the non-profit UBFM, one of the nation's most durable and successful bicycle food ministries. Students will learn why Joe founded UBFM in 2014, what he has learned about society and the homeless, and how, for over 5 years, he has led scores of volunteers throughout the city, every Thursday evening, rain or shine, serving over 1,200 articles of food to the homeless and food insecure. Joe's passion for feeding the homeless is boundless, and when there is a solution for the problem, he will be part of it.

Session 2 – Thursday, September 17 Kathy Coady: Director of Development and Community Relations (Hope Ministries)

Since 1915, Hope Ministries has been helping homeless people in Central Iowa rebuild their lives. Students will learn about homelessness from the perspective of history: the causes of homelessness 105 years ago; what has changed; what new challenges does society face. We will better understand how challenging the problem is; mirrored by the fact that Hope Ministries received more than 1,000 calls from homeless women in 2019, many with children. Students will learn about Hope's Bethel and Door of Faith Mission, the Hope Cafe, and their Prison Outreach Program.

Kathy Coady holds a bachelor's degree in interpersonal communications from Truman State University, and a master's in communication leadership from Drake University. She has more than 20 years experience in corporate communications, public relations and marketing communications. She has been with Hope Ministries since 2014. Kathy motivates members of the community of people who care about the homeless, and are dedicated to making lowa a better place to live.

Session 3 - Thursday, September 24 Joe Stevens: Founder and CEO, Joppa

Joppa is a non-profit agency that meets unmet needs in homeless services, housing and education. Nearly 1,000 people are homeless on any given night in the Des Moines area. With fewer than 800 emergency beds, between 150 and 200 individuals remain unsheltered, that is where Joppa steps in.

Students will benefit from learning about what Joe Stevens has discovered about homelessness during his 14 years of dedicated service and research. Of particular value will be Joppa's superb videography. Volunteers have filmed many of the campsites, some of which are within sight of the Statehouse, or the Governor's Mansion. We will also be introduced to some of the homeless who gave permission to be filmed; men, women and surprisingly young people who, without help, live outside day and night. Joe has described Joppa's mission as "working together to prevent and ultimately end homelessness". After attending this class, students will be far better equipped to help reach this goal.

Joe Stevens, his wife Jacki, and son Caleb, founded Joppa 14 years ago, when they began serving hot meals and related supplies to men and women living in campsites, under bridges, in vehicles, and other places not intended for human habitation. Since the early years when they operated out of the back of their SUV, Joppa has grown to 2,300 volunteers serving more than 34,000 hours each year. Its mission is to help people survive, find housing, and rebuild their lives. Students will learn of Joppa's 'fundamental solutions', such as Tiny House Villages, Cottage Homes, and JOPPA KIDS – an educational program working to prevent homelessness in future generations.

Have to have a Habitat!

with Lewis Major, Joe Boyles, Patrice Petersen-Keys, Nikki Dunbar, Heidi Anderson and Lori Foresman-Kirpes Thursdays, September 10, 17, and 24 2–3:30 p.m. Jester Park Nature Center 12130 NW 128th St, Granger, IA 50156 Cost: \$30/Limit: 40 LIVE outdoor activity (masks required, social distancing)

Each of these programs will start with a discussion and include an hour-long program outdoors exploring each habitat. Participants will need to dress for the weather and be prepared to walk on nature trails (some may have uneven surfaces).

Tour 1 – Thursday, September 10 'Wetlands' Lewis Major and Joe Boyles

Wetlands help reduce flooding, provide valuable homes for fragile wildlife, improve water quality, and they are often one of the most misunderstood and under appreciated ecosystems in the Midwest. Some call them swamps, bogs or a marsh, but you will understand why they are called wetlands as we explore this habitat. Lewis Major is a naturalist with Polk County Conservation. For over 20 years he has been teaching conservation education and outdoor recreation to people of all ages, and is passionate about connecting people with their natural world. Joe Boyles has been a naturalist with Polk County Conservation since 1998 and enjoys sharing his passion for the outdoors whether teaching outdoor recreation or conservation education. His love of birds and conservation earned him the nickname 'bird nerd' around the office, which he enthusiastically accepts.

Tour 2 – Thursday, September 17 'Prairie' Patrice Petersen-Keys and Nikki Dunbar

Join a naturalist on a hike in the prairie to learn about the amazing diversity of plants and animals that call this habitat home, the adversities they face, and how Polk County Conservation helps to save prairie habitats. **Patrice Petersen-Keys** has worked for Polk County Conservation for over 26 years and has been environmental education coordinator since 1998. Patrice supervises the education staff and the Youth Corps program. She still loves speaking to the public about lowa's diverse natural resources. **Nikki Dunbar** is an assistant naturalist with Polk County Conservation. Each year she educates hundred of people of all ages about the natural world using a variety of educational programming techniques. Nikki has degrees in Animal Ecology and Biology from Iowa State University.

Tour 3 – Thursday, September 24 'Woodlands' Lori Foresman-Kirpes and Heidi Anderson

Take a hike with a naturalist and learn to identify trees that dominate the woodlands in Jester Park. We'll also discuss the battles our woodlands face and how Polk County Conservation is managing these challenges. Heidi Anderson is a naturalist with Polk County Conservation. For 22 years she has educated thousands of people about our natural resources through educational programming, traditional and social media. Heidi graduated from Iowa State University with a Fisheries and Wildlife Biology degree. Lori Foresman-**Kirpes** has been a naturalist/environmental educator with Polk County Conservation since 1990. She has developed a variety of nature programming from Nature Friends & Story Hours, Nature Park Packs, Nature and Wellness classes and the Guide by Cell Audio tour program, as well as creating and leading Eco-Bus tours for retired seniors through lowa.

CAMPAIGN 2020: Uncharted Territory with Dave Price, Brianne Pfannenstiel, Doug Gross, Tom Henderson, and Dennis Goldford Fridays, September 11, 18 and October 2, 10–11:30 a.m. Online class via ZOOM Cost: \$30

It started in 2017 with John Delaney announcing his Presidential aspirations and grew to more than 20 candidates vying for the Democratic nomination. The race started to take shape in early 2020 with the Iowa Caucus and New Hampshire Primary. And now we have former Vice President Joe Biden challenging incumbent President Donald Trump.

But along the way so much has happened: The Mueller Report, Impeachment, 'Keep America Great', 'Promises Made, Promises Kept', Covid-19, 'Shelter In Place', Shortages of PPE and Respirators, Recession, Open Our Economy Back Up, 'Black Lives Matter', Convention/No Convention, Mask/No Mask, Dine In/ Carry Out.

This is an election year like no other in recent memory. Suddenly, it seems like the Presidency and control of Congress hang in the balance. Join us as we delve into this unorthodox campaign and try to make sense of it. We'll visit with experts associated with the television and print media, check back in with two "old pols" who have politics in their blood, and learn from one of lowa's pre-eminent political scientists regarding his take on the election of 2020.

Session 1 – Friday, September 11 The News Professional Perspective

Dave Price is WHO-TV's Political Director, host of the Sunday morning show "The Insiders" and anchors Channel 13 News on weekend evenings. He graduated from Southern Illinois University at Edwardsville and later worked at the powerhouse radio station in St. Louis, KMOX. Dave left St. Louis radio to earn his Master's Degree at the prestigious University of Missouri-Columbia. Dave has earned a national Emmy, Edward R. Murrow and dozens of state and regional awards for his reporting. He also authored his first book, *Caucus Chaos*, an insider's account of the unpredictable way lowans choose the next president.

Brianne Pfannenstiel is the chief political reporter for the *Des Moines Register*. She was a moderator for the 7th Democratic Debate in January 2020 with Wolf Blitzer and Abby Phillip. She has degrees in Journalism and Italian Language and Culture from the University of Kansas.

Session 2 – Friday, September 18 Our Political Experts Share Their Insight

Douglas E. Gross received his BA from Iowa Wesleyan College and his JD from Drake. He is a member of BrownWinick law firm. Doug has extensive campaign experience in Iowa, including involvement in numerous successful gubernatorial, congressional, and state legislative campaigns. Among other positions, he served as Chief of Staff to Governor Terry Branstad and Administrative Assistant to Governor Robert D. Ray.

Tom Henderson has his undergraduate and law degrees from Drake and is an attorney and member at Whitfield and Eddy Law. He is an active participant in Democratic Party politics, and his leadership positions in the party have included nineteen years as Polk County Democratic Chair, a member of the Iowa delegation to the Democratic National Convention in 1996 and 2000, and Chair of the Iowa Democratic Party Rules Committee.

Session 3 – Friday, October 2 The Political Scientist's Perspective

Dennis Goldford has been at Drake since 1985. He received his BA in political science and philosophy from the University of Michigan, an MLitt (Master of Letters) in philosophy from Oxford University, and an MA and PhD in political science from the University of Chicago. Professor Goldford teaches in the areas of political theory and constitutional law.

Outdoor walking tour of the Des Moines Art Center with Mia Buch Friday, September 11 2-3:30 p.m. LIVE outdoor activity (masks required, social distancing) Cost: FREE Class size limit: 20

This walking tour navigates the sculptures on the grounds of the Art Center nestled in Des Moines' Greenwood Park. The tour includes information about sculptures by Richard Serra, Henry Moore, and Bruce Nauman as well as open ended activities that provide pathways for exploring art without the use of materials or expertise. As a reminder, when experiencing the sculptures, please don't touch, climb, or sit on them, with a couple of exceptions. Guests may enter the structures built by Andy Goldsworthy and visit the installation by Mary Miss at Greenwood Pond.

*Social distancing guidelines will be observed for this activity, and the Art Center requires participants to wear masks.

From Tsar to the USSR: Russian Revolutions of 1917

with Natalie Bayer

Mondays, September 14, 21, 28 and October 5 10–11:30 a.m. Online Class via Zoom Cost: \$30

1917 propelled a series of radical transformations of the social, political, economic, and cultural structures of the Russian Empire. The ambitious nature of the unprecedented socialist experiment that followed has left a tremendous global legacy. As with many radical disruptions in history, when we consider this revolutionary year, we face the problem of memory and interpretation. Can the events of 1917 still be seen as a critical expression of the people's will; or as a dangerous moment of chaos and extreme violence incited by a small group of radicals? This course will examine Russia's turbulent revolutionary era through the eyes of the people who lived and witnessed these cataclysmic events. We will use multiple sources to address interpretations and reinterpretations of the revolutionary narrative, causes and outcomes for the nationalities question, gender roles, visual arts, music, literature, and poetry.

Natalie Bayer specializes in European intellectual history and Russian/Soviet history. A native of Rostov-on-Don in southern Russia, she graduated from Moscow State University with a degree in modern European history. She received her PhD in European intellectual history from Rice University in 2007. Bayer joined the History Department at Drake in 2010, where she teaches a variety of courses. She publishes on the topics of European Enlightenment as seen from the lens of freemasonry and other secret societies. Her book, *Initiating the Millennium: The Avignon Society and Illuminism in Europe*, co-authored with Robert Collis, will be published by Oxford University Press in January 2020.

Learning iPhones and iPads

with Sam Wormley

8 week class Mondays September 14, 21, 28 October 5, 12, 19, 26 November 5 2–3:30 p.m. Online Class via Zoom Cost: \$60

This class will help you better learn your iPad and iPhone, and enjoy safe, secure, hassle-free usage. We cover all the hardware, iOS, iPadOS operating systems, and major Apps. We'll discuss safe practices and syncing to other Apple devices.

Although you can take this Zoom class on your iPad or iPhone, it would be better if you could do Zoom on a computer to keep your iPad and/or iPhone free to use during the classes.

Sam Wormley is a retired Associate Scientist and Principle Investigator, CNDE/IPRT/AL at Iowa State University. For 17 years, he worked as an Adjunct Professor for Marshalltown Community College. Sam regularly teaches for OLLI at Iowa State and for the RaySociety.

Hotel Pattee luncheon

Friday, September 25 11:30 a.m.-1 p.m. LIVE outdoor activity (masks required, social distancing) Cost: \$25 Class size limit: 30 Registration deadline: September 18

Join us for the Cafe Pattee Luncheon in the courtyard of the Historic Hotel Pattee in Perry, IA. This event includes a presentation about the hotel and its history by Jenny Eklund. The renowned Hotel Pattee is considered one of the finest Boutique Hotels in the world. Forty individually themed guest rooms honor preservation of history, celebration of ethnicity, appreciation of craftsmanship, and noteworthiness of USA, Midwestern, and Iowa sons and daughters.

*Social distancing guidelines will be observed for this activity, dining tables will be appropriately spaced and participants are required to wear masks when near other guests.

Water Trails in the Metro and Beyond!

with Nate Hoogeveen Wednesday, September 30 2–3:30 p.m. Online Class via Zoom Cost: FREE

Human beings love water. The opportunity to be in, around, and on water drives decisions about where people live, work, and play. People want to exist near places where they can kayak, waterski, go fishing, or just stroll or dine from a vantage that overlooks a downtown waterfront. In the greater Des Moines metro and statewide, Nate Hoogeveen and his team at the lowa DNR strive to connect people to their waterways through improved access, vistas, mapping, information, and removing barriers to getting people on water, whether physical or social. Learn more about projects coming near you.

Nate Hoogeveen is the River Programs Coordinator for the Iowa Department of Natural Resources. As team leader, Nate oversees diverse efforts, including the water trails, Iow-head dam mitigation and Protected Water Areas programs. His team conducts river science, survey, construction, grant administration, data and mapping services, and project management statewide. Nate has been certified as an American Canoe Association instructor and has extensive training in the applied science of river restoration. Formerly a writer, Nate is author of the guidebook *Paddling Iowa*.

Neurology – Beyond the Diagnosis of Autism

with Dr. Maria Valdovinos, Kris Steinmetz, Erin Enyart, Leslie Rogers and Shawn Kolb Thursdays, October 1, 8, 15 and 22 10–11:30 a.m. Online Class via Zoom Cost: \$30

The Centers for Disease Control and Prevention (CDC) in 2020 cited the prevalence of Autism Spectrum disorder (ASD) at 1 in 54 children. In 2010 the CDC had reported a prevalence rate of 1 in 68 children; and in 2000, the CDC had reported a prevalence rate of 1 in 150 children. What accounts for the continued increases in autism and what impact has this change had on the screening and care of children? When do the signs of autism emerge and what causes autism? We'll examine the answer to these questions and identify trends in research and treatment that aim to address the variables that contribute to this population's growth. Speakers from the Autism Society will follow the introductory session by Dr. Valdovinos, with a discussion about what autism is and how it affects autistic children and their families. And finally, speakers from ChildServe will discuss services they provide to autistic children and their families, finishing with a virtual tour of ChildServe.

Dr. Maria Valdovinos earned a BA from Auburn University, a MS from the University of South Alabama and a MA and PhD from the University of Kansas. She teaches courses in child and adolescent development, psychology of developmental disabilities, behavior analysis of child development, applied behavior analysis, and applied and professional ethics. Her current research interests include the effects of psychotropic medication on aggressive and selfinjurious behavior in children and adults with developmental disabilities; and the interaction between therapeutic effects and side effects of psychotropic medication, in those with developmental disabilities.

Erin Enyart is a busy wife to husband, Jerrod, and mother to two children, Harper (15-years-old) and Gibson (14-years-old). After Harper received an autism diagnosis in 2006 and Gibson in 2008, Erin became involved in the autism community first as the Field Coordinator for Autism Speaks lowa and now in her current position as Associate Director of Autism Society of Iowa. Erin also serves as the Treasurer of the Autism Society of Iowa Board of Directors.

Kris Steinmetz joined the Autism Society of Iowa in 1993 as a board member and became Executive Director in 2001. Kris received a bachelor's degree in Finance from Iowa State University and serves on the University of Iowa Staed Family Children's Hospital Autism Board, the Regional Autism Assistance Program Panel, and the National Policy Committee for the Autism Society of America. Kris and her husband Curt have three adult children, including a daughter with autism and epilepsy.

Leslie Rogers, MS, CCC-SLP graduated from the University of Nebraska-Lincoln with her Bachelor of Science in Education in 2000 and her Master of Science in Speech-Language Pathology in 2002. Currently, Leslie is the Autism Clinical Manager for the ChildServe Autism Program which focuses on serving children with Autism up to 21 years of age. She is an integral part of the Autism Diagnostic Clinic, Project ImPACT parent education program for young children with Autism, social/peer groups for children with ASD and supervises team leads for Speech Language Pathology and Occupational Therapy for the Autism therapy program as well as at the Woodland Center.

Shawn Kolb, MA, BCBA, graduated from Northwestern College with her Bachelor of Arts in Psychology in 1991 and her Masters of Arts in Applied Behavior Analysis from Ball State University in 2019. In 2014 she started working at ChildServe as the Autism Program Manager. In that role she manages the Autism Day Health Program, assists in the Applied Behavior Analysis program development, and Project ImPACT parent education program for young children with Autism.

Winterset Cidery tour and tasting Friday, October 2

2–3:30 p.m. *LIVE outdoor activity (mask required, social distancing)* Cost: \$10 (payable at Winterset Cidery on the day) Class size limit: 20

This socially distanced event to Winterset Cidery is sure to be a crowd pleaser. They make *craft hard apple cider* here in lowa and their ciders rely only on the apples; no added sugar or water like many mass produced hard ciders, and their hard ciders taste crisp and fresh. This tour will be a 'behind the scenes' visit at the Cidery and include a tasting (\$10 payable to the Cidery on the day).

*Social distancing guidelines will be observed for this activity, including participants wearing masks.

A Mathematical Look at Current Issues

with Dr. Alexander Kleiner Tuesdays, October 6, 13, 20 and 27 10–11:30 a.m. Online Class via Zoom Cost: \$30

A look at some current issues through the lens of Mathematics. Topics will start with a comparison of linear versus exponential growth with applications to money and population. Additional topics will be chosen from probability –"Is the lottery a good investment?", modeling the spread of epidemics, gerrymandering, etc. There will not be a specific mathematics background assumed for participants in the course, rather lectures will be directed towards those who have an interest in Mathematics and a memory of being in high school Algebra and Geometry.

Alexander Kleiner has a PhD in Mathematics from Texas A&M and taught mathematics at Drake from 1969 to 2012, and has taught much of the material in this course multiple times.

The Roots of Calls for Housing Justice

with Eric Burmeister and Kendyl Larson Tuesdays, October 6, 13, 20, and 27 2–3:30 p.m. Online Class via Zoom Cost: \$30

This course will address how historical federal and local housing policies have shaped the racial demographics of the Central Iowa region. It will expand on topics introduced in a previous RaySociety class and especially highlights how those policies have contributed to our nation's current discussions of racial justice and calls for meaningful changes to our long standing institutions.

Eric Burmeister is the Executive Director of the Polk County Housing Trust Fund. Before heading up PCHTF, Eric had a 30-year career in real estate development and finance, and, as a graduate of Drake Law School, represented developers of notable commercial and residential redevelopment projects in the metro area.

Kendyl Larson is the Director of Research and Planning for the Polk County Housing Trust Fund. Kendyl earned a master's degree in City/Urban, Community and Regional Planning from Iowa State University with a focus on social justice and equity planning, and her bachelor's degree from Gustavus Adolphus College with a degree in History a minor in Sociology/Anthropology.

Exploring Brazil

with Jeffrey Kappen Wednesdays, October 7, 14, 21, and 28 10–11:30 a.m. Online Class via Zoom Cost: \$30

This course is designed for those interested in learning more about Brazil in an interdisciplinary and comparative perspective. After an introductory overview to the country and its people, we will discuss topics such as economic development, democracy, ethnicity and race, environmental stewardship, and popular culture. As the other continental power in the Americas, whose society developed under a different colonial legacy, we will consider the commonalities and differences in the way Brazil and the USA have dealt with similar challenges and opportunities.

Jeffrey Kappen is an associate professor in the College of Business and Public Administration at Drake University. In addition to teaching in the areas of management, leadership, global business, and sustainable development, he maintains an active research agenda on transnational institutions and partnerships, the influence of culture, language, and religion on business, and diversity management in organizations. He has spent nearly two years researching, studying and working in Brazil over his career, primarily in Minas Gerais and São Paulo.

Genetic Manipulation – the Scientific and Ethical Considerations (Part II)

with Dr. Pramod Mahajan and Dr. Denise Hill Wednesdays, October 7, 14, 21, and 28 2–3:30 p.m. Online Class via Zoom Cost: \$30

This class follows on from the popular class of the same name presented in Spring 2019. New scientific advancements in gene therapies are transforming treatment for certain medical conditions, yet society has not fully examined the ethical considerations for gene manipulation. This course will provide basic information about genes, gene therapy, CRISPR technology, application of this knowledge to treatment of medical conditions, and the ethical dilemmas posed by gene manipulation. The first two sessions will focus on basic principles and concepts of human gene therapy, medical applications and CRISPR technology. The final session will include the ethical considerations of the technology.

Pramod Mahajan is an associate professor of pharmaceutical sciences at Drake. He came to Drake with an extensive background in research and teaching related to biochemical and molecular pharmacology, genetics, and biotechnology. Pramod's current and future research interests focus on understanding the molecular mechanisms of DNA damage and repair.

Denise Hill is associate professor of practice in public administration at Drake. She earned her JD at Drake Law School. Denise brings over 20 years of health law, ethics, public administration, and compliance-related experience to the classroom and community. She maintains a part-time legal and mediation practice at Whitfield and Eddy law firm and is a sought-after speaker and author on a variety of bioethics, legal, and policy issues.

Kundalini Yoga

with Karla Kay Fridays, October 9, 16, 23, and 30 9:30–11 a.m. Online Class via Zoom Cost: \$30

Kundalini Yoga is a beautiful practice, which has been in existence for thousands of years. While this yoga fosters physical wellness and spiritual connection, it also has a scientific angle. In Kundalini Yoga, participants are instructed to move into poses which access specific parts of the body's quantum field. Once you get into a position, you are taught how to enlighten those areas of yourself. The more you enlighten an area, the lighter and brighter you feel! Participants may do this yoga in a chair or on a yoga mat. Karla will guide participants to adapt the poses in ways which are best for their activity and comfort levels.

Karla Kay is an Internationally certified Kundalini Yoga teacher. She has been in the healing arts for more than ten years, teaching massage and European Osteopathic techniques, yoga, breathwork, and other self-healing concepts. She holds a BA from the University of Iowa, with Master's coursework from Drake University and the University of Southern Florida. Her massage degree is from Body Wisdom School of Massage and osteopathic training from Barral Institute.

What is Probate and Pre-Planning from a Funeral Perspective

with Tammi Blackstone, Breanna L. Young, Tom Houser, Sara Bering and Blair Overton Mondays, October 12, 19 and 26 Thursday, October 29 10–11:30 a.m. Online Class via Zoom Cost: \$30

Session 1: Tammi Blackstone - an overview

- Living Wills (and making sure you the know the difference between a Living Will and a DNR)
- Powers of Attorney and why it's important to have a backup listed in case your spouse is unavailable
- Declaration for Final Disposition selecting someone to be in charge of your remains and services after your death
- A few helpful hints, i.e. making sure someone can access your safety deposit account, keeping a list of accounts and major assets, amending a Will with a codicil

Sessions 2 and 3: Breanna L. Young and Tom Houser – Estate Planning

The internet has millions of pages devoted to probate law, but sorting through what's applicable in your situation and in your location is difficult. In this course, attendees will learn the basics of estate planning, wills, trusts, and beneficiary designations for retirement plans, bank accounts, and life insurance. Breanna will also define probate, how it works, if avoiding probate is right for you, and how to accomplish that goal. **Breanna L. Young,** JD, past adjunct professor of Wills, Trusts, and Probate at Drake University Law School, practicing attorney. Breanna is an estate-planning attorney at the Davis Brown Law Firm experienced in assisting farmers, individuals, families, and small businesses with planning for the future.

Tom Houser, is a senior shareholder of the Davis Brown Law Firm and chair of the Trusts and Estates Department. Tom's areas of practice include estate planning, business and succession planning, and estate administration and trust estates.

Session 4: Sara Bering and Blair Overton – Pre-Planning from a Funeral Perspective

- Pre-planning, what a consumer should know.
- Pre-planning, what does the State of Iowa do to protect consumers?
- Pre-planning, when is the time right?
- Cremation, what to know.
- Cremation and Iowa Law. The Designee for Final Disposition overview
- Saying Goodbye, how society is changing its traditions. Good or Bad?
- The wishes of the deceased versus the needs of survivors. Things to ponder.
- Donor programs in Iowa and Lions Club eye bank.

Sara Bering owner – Merle Hay Funeral Home, Brooks Funeral Care; The Cremation Society of Iowa.

Blair Overton has been a licensed funeral director since 1992. He graduated from the University of Iowa and graduated with a degree in economics in 1990. He received his education in mortuary sciences at the New England Institute in Boston, Massachusetts. He oversees greater Des Moines area firms, which include the Merle Hay Funeral Home and Chapel Hill Gardens, Sunset Memorial Gardens and Chapel, Brooks Funeral Care, the Tonini Funeral Home, and the Cremation Society of Iowa.

The Story of Your Life: Introduction to Memoir Writing

with Dr. Patricia Prijatel Thursdays, October 15, 22, and 29 2–3:30 p.m. Online class via ZOOM Cost: \$30

You've lived a full life; now it's time to put some of it down in writing. You don't have to aspire to being published just write for yourself and your family, and you're on your way to creating an irreplaceable heirloom. We'll discuss how to write compellingly, with examples of successful memoirs. But, more important, we'll tell stories — your stories. We'll use William Zinsser's *Writing About Your Life: A Journey Into Your Past*, as a guide.

Patricia Prijatel is the architect of Drake University's magazine journalism program, former director of the School of Journalism and Mass Communications, and E.T. Meredith Distinguished Professor of Journalism. She's the author of three books, *Burn Scars: A Memoir of the Land and Its Loss, The Magazine from Cover to Cover* and *Surviving Triple-Negative Breast Cancer.*

City of Bridges: Interfaith in Des Moines

with the Rev. Sarah Trone Garriott Fridays, October 16, 23, and 30 2–3:30 p.m. Online class via ZOOM Cost: \$30

This course offers some helpful ways to think about and engage interfaith relationships, even in this time of pandemic.

Session 1: What is Interfaith?

Positive responses to diversity don't just happen, they require intentional effort. Drawing on the work of Eboo Patel in his book *Interfaith Leadership: a primer* we'll reflect on the nature of interfaith relationships and learn strategies for how to build positive relationships between communities of faith. This session will lift up opportunities in the Des Moines area.

Session 2: Theology of Interfaith

Interfaith relationships can be a way to live out one's own faith. This session features a panel of local leaders from diverse communities of faith sharing about the scriptures, traditions, history, and personal experiences that call them to the work of interfaith.

Session 3: Interfaith Generation

This panel will feature young leaders from diverse religious backgrounds sharing their own stories and work in the community.

The Rev. Sarah Trone Garriott is the Coordinator of Interfaith Engagement for the Des Moines Area Religious Council and an ordained Lutheran Minister.

Building Healthy Vibrant Communities and Main Streets

with Michael Wagler Mondays, November 2, 9, and 16 10–11:30 a.m. Online Class via Zoom Cost: \$30

Creating spaces where people want to live, shop, and recreate is critical to developing a sustainable, interconnected community economic development strategy. From small-scale activation activities to full-scale downtown revitalization movements, places throughout the country have leveraged the Main Street Approach[™] as a powerful, time-tested tool for local social, physical, and economic transformation. These sessions will explore successful principles and strategies communities are utilizing to activate local revitalization efforts.

Michael Wagler is the Main Street Iowa Coordinator at the Iowa Economic Development Authority. Michael began his Main Street journey in 1996 with his hometown Main Street program in Bloomfield, Iowa. He earned a Bachelor of Fine Arts in historic preservation and architectural history from the Savannah College of Art and Design in Savannah, Georgia, and his master's degree in community and regional planning from Iowa State University.

Muslims and Christians in the Medieval Crusades, 1095–1291

with Paul Morris Tuesdays, November 3, 10, 17 and December 1 2–3:30 p.m. Online Class via Zoom Cost: \$30

Western histories of the Crusades are typically seen entirely from a European, Christian perspective: Christian armies go to the Near East to free the Holy Land from infidels, but finally fail. Usually the only Arab name mentioned is Saladin and there is little said about the Seljuk Turks and Arabs (and later Byzantines) being attacked. Yet these peoples were deeply involved. This course examines the Crusades from the differing perspectives of Turks, Arabs, Christians, Byzantines and Jews.

Paul Morris holds degrees in economics, business, administration, management science and history. He taught statistics and quantitative methods at Northeastern University and subsequently served as the chief information technology officer at Tufts, Emory and Drake Universities. He has taught several courses for the RaySociety.

An Archaeological Peek into Iowa's Past with Fred Gee Wednesdays, November 4, 11, 18 and December 2 10 – 11:30 a.m. Online Class via Zoom Cost: \$30

When did humans first inhabit lowa? Who were they? Where did they come from? Where and how did they live? In this class Dr. Gee will provide a basic introduction to lowa's archaeological past; answer some of archaeology's guiding questions; and provide a first-hand glimpse into how archaeologists work, what they are looking for and have discovered, and some of the places they and he have investigated – including downtown Des Moines.

Fred Gee is certified as an archaeological field technician and site surveyor by the Iowa Archaeological Society. Fred is a member of the Board of the Iowa Archaeological Society and President of the Central Iowa Chapter. In 2017 he received the Iowa Archaeological Society's Keyes-Orr Award for his contributions to Iowa archaeology. He has participated in or Ied over fifteen archaeological excavations in Israel, Illinois, and Iowa.

Jazz & Ethnicity

with Abe Goldstein Wednesdays, November 4, 11, 18 and December 2 1:30–3:00 p.m. Online Class via Zoom Cost: \$30

American jazz was influenced by several ethnic communities in the US. Come learn about the African American elements that shape the sound of jazz, the Italians who added their unique flavor to the music, and the Jewish musicians who embraced and grew jazz into their own genre, Klezmer. This unique form of Yiddish music is enjoying a resurgence throughout the world. Learn about the history, musicians and music that will have you laughing and crying all at the same time. That's the "OY" of music.

Abe Goldstien has been listening to and researching jazz since his teenage years in Rochester, NY. Since moving to Des Moines in 1969, Abe has had a major impact on the local jazz scene as a record store owner, curator and sponsor of Jazz at Caspe Terrace, director of the Community Jazz Center of Greater Des Moines, local radio host, and co-chair of the Des Moines Jazz Hall of Fame. Now retired, Abe spends his free time reading, listening to jazz, and sharing his passion for music.

RAYSOCIETY

Vector Quest

with Tim Lane Thursdays, November 5, 12, 19 and December 3 10–11:30 a.m. Online Class via Zoom Cost: \$30

This introductory epidemiology course covers a history of the profession, cases, and obstacles. This class will cover historical background of public health and basic principles of epidemiology and then participants will be tasked with "solving" several cases. Related aspects will include hurdles such as quackery and lowa's connection to Swine Flu, Spanish Flu and Smallpox. Covid-19 will be addressed, and attention paid to how the items above relate to the status of this pandemic; especially as it pertains to masks, testing and the possibility of future pandemics and preparedness.

Tim Lane received both an undergraduate degree in History and master's degree in Sociology from the University of Iowa. He has spent over 30 years in public health striving to improve the health of Iowans. Over those decades he found multiple opportunities to apply historical perspective to the process. His work was honored by the CDC, state health organizations, various national associations, and three Iowa Governors.

Teaching Style/Course format: This class will consist of 40% lecture, 30% participant case work (solving an outbreak) and 30% discussion.

Contemporary Astronomy

with Sam Wormley Mondays, November 9, 16, 23 and 30 2–3:30 p.m. Online Class via Zoom Cost: \$30

This 4-week course on contemporary astronomy is based on a four part story, titled "Conversations With Papa Joe" from Alan Lightman's book, *A Modern Day Yankee in a Connecticut Court.* The story is read dramatically by your instructor followed by some historical depth and the latest astronomical studies guided by the astronomy topics from the Papa Joe story.

Sam Wormley is a retired Associate Scientist and Principle Investigator, CNDE/IPRT/AL at Iowa State University. For 17 years, he worked as an Adjunct Professor for Marshalltown Community College. Sam regularly teaches for OLLI at Iowa State and for the RaySociety.

Justice League of Food: An Unexpected Journey with Nick Kuhn Tuesday, November 10 10–11:30 a.m. Online Class via Zoom Cost: FREE

The Justice League of Food (JLF) is a 501c3 serving the homeless and the hungry in Central Iowa. The focus of the JLF is to reduce the homeless and hungry population through job training and placement in the food and beverage industry. Their efforts began a few years ago by utilizing food trucks to "feed a man a fish" and has now evolved to utilizing chefs to "teach a man to fish".

Join Nick as he shares his story of a winding path that led to the creation of the Justice League of Food, a special organization based on a unique and sustainable model. Nick will lead you on a virtual tour through The Kitchen and The Hall which are located at The Foundry in Valley Junction. See how this large commercial kitchen is critical to the mission of the JLF to serve the most vulnerable members of our community.

Nick Kuhn is married to his high school sweetheart, Lynn, and together they have three sons. Nick left a successful career in Civil Engineering in 2015 to try his hand in the food and beverage industry. His new journey began with an Urbandale restaurant, The Beerhouse, a food truck, 515 Pi, and the local food truck association called the Legion of Food. His journey has now taken him to The Hall in Valley Junction, where he is the Managing Partner, as well as the Chairman, and Chief Executive Helper of the Justice League of Food.

Sherlock Holmes – Seven Secrets to Survival (including pandemics!)

with Rod Henshaw Thursdays, November 12, 19, and December 3 2–3:30 p.m. Online Class via Zoom Cost: \$30

Created in 1887, by Arthur Conan Doyle, Sherlock Holmes, and his companion Dr. John Watson, continue to be the most enduring fictional characters of all time. Enormously popular from the outset, the sixty original story adventures of Sherlock Holmes, written by Conan Doyle, along with adaptations and extensions across virtually all forms of media, are the basis of an encompassing global cultural phenomenon. Why do Holmes and the stories endure and continue to thrive? Find out what the seven keys to Sherlock's survival have been – across a historical span that has included world wars, vast cultural changes – and even pandemics. This virtual course will be a highly interactive and visual journey through the life and times of Holmes – through books, film, and television, including a virtual tour of the Sherlock Holmes Collection in Cowles Library, and an opportunity to interact with several of the best Sherlock Holmes experts in the Midwest. "Come, Watson, come – the game is afoot!"

Rod Henshaw, Professor of Librarianship, served as Dean of Drake's Cowles Library from 1996 to 2018. He retired from Drake in August, 2020. He also served in leadership positions at Penn State, and Emory University. Drawing on a lifetime of Librarianship, book collecting, and immersion in book culture. Rod will take us on a journey through this portion of Book Land. He has been an active Sherlockian, and a member of science fiction fan culture. Dean Emeritus Henshaw has donated to Drake his Sherlock Holmes, Ray Bradbury, and science fiction collection.

The Wonders of Buxton

with Sean Donaldson & the African American Museum of Iowa Friday, November 13 2–3:30 p.m. Online Class via Zoom Cost: FREE

Visit Buxton, a bustling mining town at the turn of the last century. This important place in lowa's history was referred to as a "utopia" by the majority of the town's residents, African Americans who were welcomed with little racism and discrimination. Step into the YMCAs, visit the elementary schools, and meet some of Buxton's important residents, including the first African American to graduate from The University of Iowa Medical School.

Sean Donaldson is the Museum Educator for the African American Museum of Iowa. He manages the museum's educational resources, and is responsible for developing public programs and events at the museum and around the state.

Conversation Gardens with Lynn Kuhn Tuesday, November 17 10–11:30 a.m. Online Class via Zoom Cost: FREE

If there was ever a time we needed a stronger community, it's now. Strong communities start with strong relationships. Strong relationships start with conversations, because the conversation IS the relationship. Lynn is on a mission to get the word out about the importance of face to face conversations. Join Lynn for an overview of what she calls CONVERSATION GARDENS. Learn why conversations are so critical personally and professionally, the healing power of the outdoors, 5 Key Elements to creating your own Conversation Garden, how to create space in your life for conversations, and tips on how to get the conversation started any time with anybody.

Lynn Kuhn grew up in small town lowa spending much time in the yard with nine siblings; playing, doing garden chores with Mom and relaxing in the sun. Looking back, these outdoor childhood experiences shaped her design sensibilities and landscape ethic. After graduating from Iowa State University with a landscape architecture degree, Lynn spent over 25 years in the nursery industry as a landscape architect, creating beautifully landscaped spaces. She was the first Executive Director of the Brenton Arboretum near Dallas Center, Iowa. In 2015, Lynn created Outdoor Transformations, a small design firm focused on outdoor spaces that where not only beautiful, but also conversational, where people can connect with their friends, families and themselves. She calls these spaces CONVERSATION GARDENS.

What is Dementia and Cognitive Decline? And what Science says about Preventing Dementia with Dr. Patricia Quinlisk Tuesday, December 8 10-11:30 a.m. Online Class via Zoom Cost: FREE

After discussing what is cognitive decline, dementia and Alzheimers, information will provided on individual risk factors and how to reduce these risk factors. Science suggests that up to 75% of an individual's risk of dementia can be prevented or at least significantly delayed, and approximately one third of all dementia in our communities can be prevented. At the end of the session, information on the Des Moines Area courses provide an environment to learn more in depth more about risk factors, and provide support to help individuals to make these changes, as well are provide health testing, individual physical activity, eating well, and medication advice. These courses are provided in partnership with Broadlawns Hospital, the Des Moines Area YMCA, and Community Health Partnership.

Dr. Quinlisk was the Medical Director and State Epidemiologist at the Iowa Department of Public Health for 24 years. She is now semi-retired; continuing to teach at various universities and working on projects such as how to change behaviors to prevent dementia. Her background includes a hospital clinical microbiologist, a Peace Corps Volunteer in Nepal, and training as a field epidemiologist in the CDC's Epidemic Intelligence Service.

The History of the Harkin Institute

with Joseph Jones Wednesday, December 9 2–3:30 p.m. Online Class via Zoom Cost: FREE

Joseph will discuss the history of The Harkin Institute and describe its mission and work with partners around the world. You will learn about the four policy areas on which the Institute focuses, but also about the lectures, programming, and scholarships available for Drake students to intern in Washington, DC. Participants will also learn about research projects and publications of The Harkin Institute. 2020 is the 30th anniversary of the Americans with Disabilities Act. Learn about how The Harkin Institute commemorates that milestone while looking to the future.

Joseph Jones currently serves as Executive Director for The Harkin Institute for Public Policy & Citizen Engagement, working to create and facilitate nonpartisan programming, experiences, research, and connectivity focused on the areas that defined the career of Senator Tom Harkin (Retired): people with disabilities, retirement security, wellness and nutrition, and labor and employment. In other roles he served as Senior Vice President of Government Relations and Public Policy for the Greater Des Moines Partnership; Military Legislative Assistant to Senator Tom Harkin in Washington, DC. Additionally, he focused on the Senator's other Appropriations work, housing issues, and advised the Senator on small business and trade. He was Director of Governmental Affairs for the Iowa Finance Authority; and was the Senior Communications Specialist for Governor Vilsack's administration. Joseph has also been an active member of the Windsor Heights community for several years and serves on the Windsor Heights City Council.

Drake Then and Now with Don Adams and Jerry Parker, moderated by Hope Bibens Thursday, December 10 2–3:30 p.m. Online Class via Zoom Cost: FREE

Listen in as Don Adams and Jerry Parker discuss Drake's student life then and now. Learn about the triumphs and challenges each has experienced, and how Drake's mission to prepare students for successful personal and professional lives has been enacted during both of their terms at the helm.

Don Adams served as Vice President of Student Life at Drake University from 1969-2007. In 1985 the title vice president for enrollment management was added, and in 1995, Don became the executive assistant to the President. Don retired in 2007 after 27 years at Drake and continues to stay very involved with the University in retirement. The Donald V. Adams Leadership Institute that bears his name was formed in 2000. It is supported by alumni and friends who are passionate about continuing Don's legacy of leadership.

Jerry Parker began his tenure at Drake University as the Associate Dean of Students. In the fall of 2016, Jerry began serving as the Interim Dean of Students before being permanently appointed in April of 2017. He currently serves as President-Elect of the Iowa Student Personnel Association and will serve as President in 2020. Jerry earned his bachelor's and master's degree from Texas State and his PhD in higher education administration with a specialization in organizational change and development through the Mays Business School at Texas A&M University.

Hope Bibens is University and Political Papers Archivist and Assistant Professor of Librarianship at Drake University. She maintains the Political Papers Collection, including the papers of Senator Tom Harkin and Congressman Neal Smith as well as the Paul F. Morrison Athletics Collection. Bibens currently serves as the President of the Association of Centers for the Study of Congress. She was the 2016 recipient of the Donald V. Adams Spirit of Drake Award. She holds a bachelor's in history from Monmouth College, a master's in American history from Indiana University, and a Master of Library Science from Indiana University.

The RaySOCIETY at Drake

| Last Name | First Name | Preferred Nickname (if different) |
|---|---|---|
| Spouse's Last Name (if join | ing) | Spouse's First Name |
| Street Address, City, State, | Zip | |
| Home Phone | | Cell Phone |
| Email | | Birth date (optional) |
| ENROLLMENT OPTIONS : U OR complete and return this | | om our web page drake.edu/raysociety |
| 2 year membership (Ju 3 year membership (Ju Lifetime membership | y 1, 2020 - June 30, 2021). ly 1, 2020 - June 30, 2022 ly 1, 2020 - June 30, 2023 | \$50 per person \$95 per person \$140 per person \$2500 per person option to pay in equal annual installments over a 3-year period) |
| | TOTAL Class | fees (from back of form) \$ |
| | | JE (membership + class fees)\$ |
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Please review and complete the reverse side of this form

FALL 2020 REGISTRATION FORM Name

CIRCLE fee for desired items. **ADD** payment due. **TRANSFER** total payment due to front of form.

| CIRCLE \$ | CIRCLE \$ TO SELECT | | | CIRCLE \$ TO SELECT | | | |
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| | lifetime | regular | | lifetime | regular | | |
| SEPTEMBER | | | NOVEMBER | | | | |
| Understanding the World | \$0 | \$30 | Building Healthy Vibrant Communities | \$0 | \$30 | | |
| Economic Roundtable | \$0 | \$30 | Muslims and Christians in the Crusades | \$0 | \$30 | | |
| Great Readings Discussion Group | \$0 | \$0 | Archaeological Peek into Iowa's Past | \$0 | \$30 | | |
| Tai Chi for Beginners | \$0 | \$0 | Jazz & Ethnicity | \$0 | \$30 | | |
| Simon and Garfunkel (Part 2) | \$0 | \$30 | Vector Quest | \$0 | \$30 | | |
| Birdwatching in Central Iowa | \$0 | \$30 | Contemporary Astronomy | \$0 | \$30 | | |
| Traditional Chinese Medicine | \$0 | \$30 | Justice League of Food | \$0 | \$0 | | |
| Homelessness in America | \$0 | \$30 | Sherlock Holmes (Secrets of Survival) | \$0 | \$30 | | |
| Have to have a Habitat! | \$0 | \$30 | The Wonders of Buxton | \$0 | \$0 | | |
| CAMPAIGN 2020 | \$0 | \$30 | Conversation Gardens | \$0 | \$0 | | |
| Outdoor walking tour Des Moines Art Ctr | \$0 | \$0 | DECEMBER | | | | |
| From Tsar to the USSR | \$0 | \$30 | What is Dementia? | \$0 | \$0 | | |
| Learning iPhones and iPads | \$0 | \$60 | History of the Harkin Institute | \$0 | \$0 | | |
| Hotel Pattee Luncheon | \$25 | \$25 | Drake Then and Now | \$0 | \$0 | | |
| Water Trails in the Metro and Beyond! | \$0 | \$0 | PAYMENT DUE | \$ | \$ | | |
| OCTOBER | | | | | | | |
| Neurology – Autism | \$0 | \$30 | TRANSFER TO FRONT OF FORM | | | | |
| Winterset Cidery tour and tasting | \$10 | \$10 | | | | | |
| A Mathematical Look at Current Issues | \$0 | \$30 | | | | | |
| The Roots of Calls for Housing Justice | \$0 | \$30 | All \$30 standard class fees are waived as part of the lifetime membership benefit, but lifetime members mus t | | | | |
| Exploring Brazil | \$0 | \$30 | still register for any offerings they wish to | | , | | |
| Genetic Manipulation | \$0 | \$30 | Confirmation of your request and notification of courses that are wait listed will be sent within 10 business days o receipt of request. | | | | |
| Kundalini Yoga | \$0 | \$30 | | | | | |
| Probate and Funeral Pre-Planning | \$0 | \$30 | | | | | |
| Memoir Writing | \$0 | \$30 |] | | | | |
| Interfaith in Des Moines | \$0 | \$30 | | | | | |

RAYSOCIETY





Contact us

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2020-2021 RaySociety Council

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