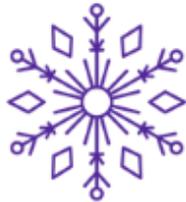




Wausau UW-Stevens Point



Good Ideas

an enriching three-day program for lifelong learners

January 11-13, 2022



37th Annual Good Ideas: A University Experience for Adults

Join a group of adult lifelong learners for an enriching three-day program!

Attend in person or live online!

A January Thaw for Your Mind and Spirit.

Daily Schedule

8:30 - 8:45 a.m.	Coffee & Chat
8:45 - 9 a.m.	Welcome & Announcements
9 - 10 a.m.	General Morning Sessions
10 - 10:30 a.m.	Morning Break
10:30 a.m. - Noon	Morning Class
Noon- 1 p.m.	Lunch
1 - 2:30 p.m.	Afternoon Class
2:45 - 3:45 p.m.	General Afternoon Sessions



Good Ideas: General Sessions

Morning - Open to All Attendees

Tuesday, January 11 - Chair and Face Yoga - Rebecca Bauer What better way to start off Good Ideas than with chair and face yoga?

Wednesday, January 12 - The Growing Power of Asian American Vote - Saeymi Park Asian Americans have been the fastest-growing racial group in the United States since 2010 and are projected to grow 101% between 2016 and 2060, followed by Hispanics. As a result, this group's political impact is growing. Nonetheless, insufficient attention has been made to examine Asian Americans as an important voting bloc. This talk will provide the contours of Asian American political behavior, policy attitudes, and voting choices in contemporary American politics.

Thursday, January 13 - Keeping Things Green - Marissa Ashbeck Winters can get quite gloomy, so why not incorporate green practices in your homes? We will be exploring different indoor growing options to keep those green thumbs busy during the dead of winter. This session will cover anything from hydroponics, micro greens, mushroom kits, indoor plant care, and more. Your homes will be bursting with life after Keeping Things Green.

Afternoon - Open to All Attendees

Tuesday, January 11 - When North America and Asia Were One - Keith Montgomery After Europeans first came upon the Americas, and even as the terms "America" and "New World" came to be applied to North America (and not just South America), through much of the Sixteenth Century there was a persistent reaction against thinking of North America as an entirely "new world," standing apart from the old. This talk will review the reasons behind this thinking and its manifestation in maps of the period.

Wednesday, January 12 - Is Congress, The First Branch of Government, Crumbling?- Ed Miller Abraham Lincoln said, "America will never be destroyed from the outside. If we lose our freedoms it will because we have destroyed ourselves from within." This presentation will examine the dysfunction of the contemporary Congress as the primary branch of government as created by the Founders.

Thursday, January 13 - Insect Apocalypse - Phil Whitaker Learn about the "insect apocalypse," the abrupt global decline in insect diversity and abundance.



REGISTRATION FORM

Registrations will be accepted through Wednesday, January 7, 2021 or until full. For help with registration, email uwspceweb@uwsp.edu or call 715-346-3838.

Registrant 1

Registrant 2

Address

Address

City State Zip

City State Zip

Phone #

Phone #

Email (required)

Email (required)

REGISTRANT 1

Morning Class Session _____

Afternoon Class Session _____

Attending online or in-person _____

REGISTRANT 2

Morning Class Session _____

Afternoon Class Session _____

Attending online or in-person _____

Registration fee (all fees are per participant)..... Total _____

(\$69 General Public, \$29 LIFE Members,) Membership will be verified.

Add LIFE Membership (\$50)..... Total _____

Optional Lunch - Covers all three days (\$43.50)..... Total _____

Tues. - Roast Beef Sandwich, Vegetable Soup, Chips, & Beverage

Wed. - Ham Sandwich, Chicken Noodle Soup, Chips, & Beverage

Thurs. - Turkey Sandwich, Beef Soup, Chips, and Beverage

GRAND TOTAL

Registration Details:

1. You must register for one morning and one afternoon class (options are listed at the bottom of this page). Each class meets for three days.
2. Your Welcome Email with Zoom/Hybrid details and session links will be sent to you on the Friday prior to Good Ideas.
3. If you are not familiar with Zoom and would like help before the conference, please email uwspcelife@uwsp.edu to attend training.
4. Emails are required due to virtual format presentations.
5. Registration discounts are only available to LIFE Members. All memberships will be verified at registration. Registration for LIFE can be added at the time of registration for additional program opportunities and the discount.
6. Three ways to register:
 - ⇒ Online at bit.ly/GoodIdeas2022
 - ⇒ Call 715.346.3838 to register over the phone
 - ⇒ Please send completed form and check payable to **UW - Stevens Point** to:

UW-Stevens Point, Continuing Education
2100 Main St. Rm 032 Main Bldg.
Stevens Point, WI 54481

Morning Classes, 10:30 a.m. - Noon (Choose one)

- 1. In the Zen: Mixed Media Meditations on Paper - Nancy Laliberte** Enjoy relaxing and tapping into your inner creative self while playfully exploring mixed media art techniques in unique ways. No art experience necessary, just a willingness to be curious and have fun along the way.
- 2. Reading Poetry, Making Poetry - Ross K. Tangedal** Read poems from a wide variety of American poets, including Robert Frost, Mary Oliver, Langston Hughes, Emily Dickinson, and others. Together, we will come to understand the craft and conscience of poetry through reading, and then making, poetry together. Whether you enjoy reading, writing, or something in between, this class will spark the poet (and maker) in everyone.
- 3. Dietary Supplements, Using Reliable Sources to Bypass Marketing and Find Real Information - Annie Wetter** Learn how dietary supplements are regulated to understand the liberty that dietary supplements have in creating their products, claims, and what that means for the consumer. Discover where to go for accurate information on the safety and effectiveness of dietary supplements, then use these reliable resources to investigate dietary supplements of your choice.
- 4. Musical Storytelling Through Art Song: The Magical Ingredients - Mara Prausa** Art song is the perfect marriage of poetry and music. Explore what art song is and the musical elements in the voice and piano parts that bring the poetry and storytelling to life. Compare musical settings of the same poem set by different composers. Achieve a new level of listening and appreciation for the musical masters of art song!

Afternoon Classes, 1:00 - 2:30 p.m. (Choose one)

- 5. Basics of Unconscious Bias: What It Is and How to Manage It - Lyndsay Bernhagen** What is unconscious bias? Explore research on where it has been shown to shape everyday interactions, from going to the doctor, to getting a mortgage, to going to school. Learn how to best manage any unconscious biases that you may hold so that you can treat others with respect, compassion, and openness.
- 6. Is God Dead? - Ryan O'Leary** In 1882, Friedrich Nietzsche famously declared, "God is dead. God remains dead. And we have killed him." In the 1940s and 1950s, Albert Camus explored the possibility of a world without God through the lens of absurdity and rebellion. And in the 1950s and 1960s, Paul Tillich developed an existentialist theology that took Nietzsche's philosophy seriously. We will think about what Nietzsche meant, and how both Camus and Tillich worked the death of God into their existentialist philosophies.
- 7. What is "Mid-Western History"? - Brett Barker** For several generations, historians have specialized in the history of New England, the South, or the West. But what of the portion in-between? In recent years, a small group of historians has begun to rethink and reinvigorate the field of Midwestern history. Does the Midwest have a unique regional identity? What has characterized the history of the region that has been thought of as the Middle West, the heartland, and the flyover.
- 8. The Art of Film - Roger Bullis** Discover why film narratives matter, some of the greatest directors and examples of their film artistry, and the importance of genre stories and filmic illustrations of some of the significant societal themes they present.