

**UNIVERSITY OF THE THIRD AGE 2015  
WINTER SESSION CALENDAR**

**Week 1**

<b>Day of Presentation</b>	<b>Time</b>	<b>Title of Presentation</b>	<b>Presenter</b>
<b>Monday, January 12, 2015</b>	9:30 a.m.	<b>National Security and Climate Change</b>	<b>Len Hering Sr., RADM, USN(ret), Director, Center for Sustainable Energy</b>
	10:45 a.m.	<b>A Commander's Overview of Navy Growth In The Southwest</b>	<b>RADM Patrick Lorge, Commander, Navy Region Southwest</b>
<b>Tuesday, January 13, 2015</b>	9:30 a.m.	<b>Domestic Violence: It's Not Just a Bedroom Problem</b>	<b>Misty Cedrun, Lieutenant, San Diego Police Department</b>
	10:45 a.m.	<b>The Rescue of Captain Richard Phillips</b>	<b>Mark Cedrun, Captain (ret), USS Boxer</b>
<b>Wednesday, January 14, 2015</b>	9:30 a.m.	<b>Witness to Gettysburg</b>	<b>Annette Hubbell, Writer and Actress</b>
	10:45 a.m.		
<b>Thursday, January 15, 2015</b>	9:30 a.m.	<b>Martin Luther King's Dangerous Friendship: The Untold Story</b>	<b>Ben Kamin, Author</b>
	10:45 a.m.	<b>California's Drought's Big Picture Perspective with NIDIS Insights</b>	<b>Carl Nettleton, President, Nettleton Strategies, and Founder, OpenOceans Global</b>

**Week 2**

<b>Day of Presentation</b>	<b>Time</b>	<b>Title of Presentation</b>	<b>Presenter</b>
<b>Tuesday, January 20, 2015</b>	9:30 a.m.	<b>Arthritis: From Hi-Tech Knowledge to Low-Tech Solutions</b>	<b>Dr. Gregory Middleton, Rheumatologist, UC San Diego Health System</b>
	10:45 a.m.	<b>San Diego: One of the Smartest Cities?</b>	<b>Joe Terzi, President &amp; CEO, San Diego Tourism Authority</b>
<b>Wednesday, January 21, 2015</b>	9:30 a.m.	<b>Behind the Scenes of the San Diego Symphony (Field Trip)</b>	
	10:45 a.m.		
<b>Thursday, January 22, 2015</b>	9:30 a.m.	<b>Combating Infectious Diseases on a Global Level</b>	<b>Sujan Shresta, La Jolla Institute</b>
	10:45 a.m.	<b>Cultivating Compassion: An Innate Trait and A State</b>	<b>Susan Knier, Certified Compassion Cultivation Teacher, Stanford University Center for Compassion, Altruism, Research and Education</b>
<b>Friday, January 23, 2015</b>	9:30 a.m.	<b>Islam and Muslim World Today</b>	<b>Professor Mohammad Rajah, Mira Costa College</b>

<b>Friday, January 23, 2015</b>	10:45 a.m.	<b>It Was the State,' But, What is the State?'....The Disappeared and Displaced in Mexico and Central America</b>	<b>Everard Meade, Director, USD Transborder Institute</b>
<b>Week 3</b>			
<b>Day of Presentation</b>	<b>Time</b>	<b>Title of Presentation</b>	<b>Presenter</b>
<b>Monday, January 26, 2015</b>	9:30 a.m.	<b>A Behind the Scenes Historical Tour of Hotel Del Coronado (Field Trip)</b>	
	10:45 a.m.		
<b>Tuesday, January 27, 2015</b>	9:30 a.m.	<b>Anesthesia and Its Uses: What Every Patient Should Know Before Going into Surgery</b>	<b>Dr. Erik Nagel, Anesthesiologist, Naval Hospital, Camp Pendleton</b>
	10:45 a.m.	<b>Three Common Beliefs that Cause Retirees to Struggle with Time Management - and How to Change These!</b>	<b>Virgina Berger, CPC, CRC, ACC, Retirement Coach</b>
<b>Wednesday, January 28, 2015</b>	9:30 a.m.	<b>Introducing Contemplative Practice to Higher Education</b>	<b>Louis Komjathy, Associate Professor, USD Theology and Religious Studies</b>
	10:45 a.m.	<b>Winter Reading 2015</b>	<b>Sandy Steele</b>
<b>Thursday, January 29, 2015</b>	9:30 a.m.	<b>South County: Today and Tomorrow</b>	<b>Cindy Gompper Graves, President &amp; CEO, South County Economic Council</b>
	10:45 a.m.	<b>Examining the Diversity of Native America through Music and Dance</b>	<b>Persephone Hooper, USD Provost Office, Tribal Liaison</b>
<b>Schedule</b>	<b>Time</b>	<b>Workshops</b>	<b>Instructor</b>
<b>January 13-29, 2015</b>	8:00 a.m. - 9:15 a.m.	<b>Tai Chi Chuan</b>	<b>Ms. Kathy Fleming</b>
		<b>Mac Computers (January 13-23)</b>	<b>Ms. Nicole Matthews</b>
		<b>Digital Photography/Social Media/IPAD</b>	<b>Mr. Ric Matthews</b>