

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

Week 1

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

Week 2

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

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