

# The Good LIFE at MiraCosta College

Vol. 25, No. 3 The Newsletter of LIFE at MiraCosta College, Oceanside Campus

July–September, 2019

A Lifelong Learning Group

Phone: 760.757.2121, ext. 6972

[www.miracosta.edu/life](http://www.miracosta.edu/life), then select *Oceanside LIFE Calendar (PDF)*

## Calendar for Summer Quarter 2019

Fridays, Room 1068, Administration Building

Visitors may purchase a parking permit in Lot 1A and park in Lots 1A or 1B (not in staff) or 1C (handicap sticker only).

July 5 NO SESSION–Independence Day Holiday

July 12 1:00 Surviving San Diego Irv Erdos  
2:30 Life as an Expat in Saudi Arabia Lauren Pollack

### First Friday Foodies

July 19 1:00 Safety at San Onofre and More Michael Levin  
2:30 Would-Be Astronauts at Space Camp K.Morse/P.McArdle

July 26 1:00 Stop the Hate Christopher Tenorio  
2:30 Let Your Dreams Guide Your Life Patricia Ariadne

Aug 2 1:00 Revisiting Morocco's Kasbah Trail Kitty Morse  
2:30 San Diego's Forgotten Wine History Eric Brooking

### First Friday Foodies

Aug 9 1:00 10,000 Years–Archaeological History of SD C. Stankowski  
2:30 From Cows to Concerts Jerry Van Leeuwen

Aug 16 1:00 Genetics and Neurology Jay Huff  
2:30 International Patent System James Mullen III

Aug 23 1:00 Through the Door of No Return Cynthia Rice  
2:30 From DARPA Net to the World Wide Web John Keyon

Aug 30 NO SESSION–Labor Day Holiday

Sept 6 1:00 MCC Theatre Production *Love/Sick* Eric Bishop  
2:30 Eat, Live, Love, Die Betty Fussell

### First Friday Foodies

Sept 13 1:00 Exotic Underwater Sea Life of the Philippines Dan Gross  
2:30 What the Health is Going on in San Diego? N.Yphantides

Sept 20 1:00 California's Most Popular Gardens \*Nan Sterman  
2:30 What's New at MiraCosta College? Sunny Cooke

Sept 27 1:00 Rare Plants: The Promise of a Seed Christa Horn  
2:30 International Trade and World Hunger Ranjeeta Basu

### President's Message

As we begin our summer quarter of LIFE programs, I'd like to call your attention to the special insert in this newsletter. Bob Wong, "Mr. Cookie Man," is the editor of much longer letters of thanks received from the MiraCosta College students for their LIFE scholarships.

These longer letters tell of working several jobs, sleeping in cars, raising children, being hungry, deferring education for lack of money, and many other problems. They tell us how grateful the writer is for their \$1000 scholarship.

Your donations, large or small, are making a difference. Whether you give a few dollars from time to time in the scholarship jar, or give a larger sum as you see possible, it all adds up. Thirty students times \$1000—you do the math!

Thanks to you all -

*Lee Reich*

### Welcome New Members

Jack Bruzas, Lynn Curry, Rene' Herald, Peter Keilbach, Earl La Morne, Arthur Nelson, Nancy Norton, Karen Phillips, Phyllis Van Cleave.

### Learning Is For Everyone

Visitors are welcome to attend two LIFE meetings before deciding to join the group. Membership dues are \$30 per year when joining in January. The fees cover parking permits, newsletters and refreshments. For new members joining later, dues are prorated. Unforeseen circumstances may result in a program change.

\* Speaker has books or CDs for sale.

**July 5 1:00 NO SESSION—Independence Day Holiday**

**July 12 1:00 Surviving San Diego** **Irv Erdos, San Diego Union-Tribune Columnist**  
San Diego Union-Tribune humor columnist Irv Erdos takes his audience on a hilarious bi-coastal adventure, lampooning two contrasting lifestyles.

**2:30 Life as an Expat in Saudi Arabia** **Lauren Pollack, International Teacher**  
Lauren Pollock has been teaching the past six years in Saudi Arabia and will share her cultural experiences of living in this historic, yet highly restricted, country for women.

**July 19 1:00 Safety at San Onofre and More** **Michael Levin**  
**U.S. House of Representatives, 49th District**  
Learn what your new Congressman works on to improve safety at San Onofre and about his additional involvement in the community addressing climate change, aid for our veterans, and ending gun violence.

**2:30 Would-Be Astronauts at Space Camp** **Kitty Morse/Pat McArdle**  
**LIFE Members & Authors**  
Why did two 70+ ladies attend Space Camp? "We met Neil Armstrong, who inspired us to spend three days at the U.S. Space and Rocket Center in Huntsville, Alabama."

**July 26 1:00 Stop the Hate** **Christopher Tenorio, Assistant U.S. Attorney**  
This presentation will discuss a multi-disciplinary approach to address hate crimes and hate incidents through outreach, community education, and law enforcement.

**2:30 Let Your Dreams Guide Your Life** **Dr. Patricia Ariadne, MiraCosta College Faculty**  
Spend an hour for an informative, inter-active talk on dreams and dreaming. Learn how your dreams can add richness to your life and help you grow.

**Aug 2 1:00 Revisiting Morocco's Kasbah Trail** **Kitty Morse, LIFE Member, Author**  
Follow Kitty along Morocco's exotic Kasbah Trail, also known as the Valley of 1,000 Kasbahs, home to dozens of Berber tribes and vast oases of date palms.

**2:30 San Diego's Forgotten Wine History** **Eric Brooking**  
**Owner, Brooking Vineyards**  
We will explore San Diego County's rich history of winemaking before Prohibition, when our county was the largest wine producing region in the entire United States.

**Aug 9 1:00 10,000 Years: Archaeological History of San Diego** **Cindy Stankowski**  
**Executive Director, San Diego Archaeological Center**  
In commemoration of the UN's International Day of the World's Indigenous Peoples, join us for a discussion of the history and prehistory that archaeology has revealed about ancient peoples, who called San Diego home.

**2:30 From Cows to Concerts** **Jerry Van Leeuwen**  
**Executive Director, California Center for the Arts, Escondido**  
The presentation will be a sharing of my life, from growing up on a dairy farm to serving as the Executive Director of the California Center for the Arts, Escondido Foundation.

**Aug 16 1:00 Genetics and Neurology** **Jay Huff, M.D.**  
After reviewing basic concepts, genetic aspects of some neurologic diseases will be discussed, including current genetics-based treatment approaches.

**2:30 International Patent System** **James Mullen III, Partner, Morrison & Forester, LLP**  
My talk will touch on the basics of patent protection: what is a patent, how does one seek patent protection, and how one obtains patent protection around the globe.

- Aug 23 1:00 Through the Door of No Return** **Cynthia Rice**  
**MiraCosta Assoc. VP, Institutional Advancement**  
Join us for a dynamic presentation, moored by Rice's travel to the African Slave Coast, providing a unique perspective on why 2019 is significant in the triumphant history of African Americans.
- 2:30 From DARPANet to the World Wide Web** **John Keyon**  
**LIFE Member and Gerontologist**  
A brief history of the World Wide Web (www), current and future iterations. Also, a closer look at why the inventor, Sir Tim Berners-Lee, is creating a new one.
- Aug 30 NO SESSION—Labor Day Holiday**
- Sept 6 1:00 MiraCosta College Theatre—*Love/Sick*** **Eric Bishop, MiraCosta Faculty and Students**  
John Cariani's play is a collection of nine slightly twisted and completely hilarious short plays. *Love/Sick* is an unromantic comedy for the romantic in everyone.
- 2:30 Eat, Live, Love, Die** **Betty Fussell, Author**  
Food ways influence culture, and while America's food revolution after WWII changed America's Puritan culture, the underlying dynamics of purity versus pleasure continue to define how we think and feel.
- Sept 13 1:00 Exotic Underwater Sea Life of the Philippines** **Dan Gross, Professional Diver**  
Footage of remarkable sea creatures taken at Anilao, Philippines with both day and night dives. Follow us on an underwater adventure to look at creatures long forgotten.
- 2:30 What the Health is Going on in San Diego?** **Nick Yphantides, M.D.**  
**Chief Medical Officer for San Diego County**  
This presentation will give an overview of living well in San Diego, and will give an update on the broad array of health issues facing our region.
- Sept 20 1:00 California's Most Popular Gardens** **Nan Sterman**  
**President, AGP Productions LLC**  
Discover some of California's best-known gardens and best-kept secrets, from Filoli in the north to Rancho Santa Ana Botanical Garden in the south. Plan your own tour of beautiful CA gardens.
- 2:30 What's New at MiraCosta College?** **Sunny Cooke**  
**MiraCosta College Superintendent/President**  
Dr. Cooke will cover exciting new happenings at MiraCosta College, including innovative programs. She will also provide an overview of the regional effort aimed at inclusive economic development as it relates to career education.
- Sept 27 1:00 Rare Plants: The Promise of a Seed** **Christa Horn, Conservation Program Specialist**  
**Institute for Conservation Research, San Diego Zoo Global**  
The Plant Conservation team at San Diego Zoo Global strives to protect the 137 native plants in San Diego threatened or endangered in California through ex-situ collections and research.
- 2:30 International Trade and World Hunger** **Ranjeeta Basu, Chair, Dept. of Economics**  
**California State University, San Marcos**  
Trade policies, environmental degradation and rising inequalities have all contributed to the global food crisis. This talk will explore the complicated relationship between international trade and world hunger.



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**FOR MORE INFORMATION PLEASE CALL**

**760.757.2121, ext. 6972**

or visit the website

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***Oceanside LIFE Calendar (PDF)***



**LIFE AT MIRACOSTA COLLEGE**  
Oceanside Campus

1 Barnard Drive  
Oceanside, CA 92056

First Class



***"LIFE: A Lifelong Learning Group"***