Keeping up with the times...
IN THIS CATALOG

In this booklet you’ll find a list of all the classes presented, the session’s course descriptions, and our faculty biographies. You’ll also read general information about Fromm Institute membership and enrollment, and, if applicable, how you may apply for one of the few on-campus parking permits. For thirty-nine years the Fromm Institute has encouraged ‘career-free’ persons, age 50 and older, from all walks of life, to engage their minds in academic pursuits. As you discover what our lifelong learning program is all about, you are invited to join them.

ACADEMIC CALENDAR

FALL 2015
Classes Begin
Classes End
Make-Up Week
Holidays
Tuesday, Sept. 15
Monday, Nov. 9
Nov. 10 - Nov. 12

WINTER 2016
Classes Begin
Classes End
Make-Up Week
Holidays
Monday, Jan. 11
Thursday, March 3
March 7 - March 10
Mondays, Jan. 18 & Feb. 15

SPRING 2016
Classes Begin
Classes End
Make-Up Week
Holidays
Monday, April 11
Thursday, June 2
June 6 - June 9
Thurs., May 19 & Mon., May 30

CONTACT US

The Fromm Institute office is located in Fromm Hall on the University of San Francisco’s Lower Campus at its Parker Avenue entrance. You can reach the office at:

Phone: 415-422-6805
Fax: 415-422-6535
Email: fromm@usfca.edu
Mailing Address: 2130 Fulton St. | SF, CA 94117-1080

FROMM ONLINE

Videos from our 2015 Fall Faculty can be found at usfca.edu/fromm under “2015 Fall Faculty Presentations” along with details on the many aspects of the Fromm Institute at USF. When classes are in session, handouts and other ephemera can be found under “Course Materials.” Bulletins and time sensitive publications, such as our Institute’s newsletters, can be found there under “Communications.” The Fromm Institute’s web site is your “go to” portal for information about the Fromm Institute for Lifelong Learning at the University of San Francisco.

WELCOME

The Fromm Institute is a “University within a University” offering daytime courses for retired adults over 50 years of age. Founded by Alfred and Hanna Fromm in 1976, the Institute offers intellectual stimulation and introduces its members to a wide range of college level learning opportunities with full access to the facilities and services at the University of San Francisco.

The Institute has a firm commitment to learning believing that older students should be able to learn within a peer setting and be taught by emeritus professors of their own age.

The Institute presents its non-credit courses during three, eight-week sessions each year. Meeting once a week at either 10 a.m. or 1 p.m. and lasting ninety minutes, our courses span such areas as psychology, literature, philosophy, science, theology, history, art, music, politics and writing.

Self-governance gives the Fromm Institute a unique identity at USF while still remaining an integral part of campus life. It is an independent, non-profit program that solicits funding from its members and a broader philanthropic community.

The Fromm Institute welcomes people regardless of previous academic achievement or their ability to pay a modest membership fee. This San Francisco “original” serves hundreds of older students each day, and includes thousands among its lifelong learning student body and alumni.

Classes take place in Alfred & Hanna Fromm Hall located at the west entrance to USF’s campus (Parker at McAllister). Conveniently located and disabled accessible, they are enhanced by ‘state-of-the-art’ audio/visual tools including a Sennheiser Assistive Hearing System.

ADMINISTRATIVE STAFF

Robert Fordham, Executive Director
Scott Moules, Assistant Director, Technology & Design
Carla Hall, Assistant Director, Program Resources
Herbert Gracia, Program Manager, Instructional Technology
Dawa Dorjee, Program Manager, Student Services
Professor Albert Jonsen, Academic Advisor
The Fromm Institute welcomes ‘career free’ people 50 years of age and older regardless of their educational background or financial status. The desire to learn is the sole criteria for enrollment.

You must be an enrolled member to attend Fromm Institute classes. Once you are, you’ll be able to enjoy not only the Fromm Institute experience, but also a full range of intellectual and social benefits found within USF’s multi-generational college environment.

Membership entitles you to enroll in as many as four (4) courses per session. Should you select one, two, three or four classes — the membership fee remains the same.

Series, always offered on Wednesday mornings, such as this session’s Medical Lecture Series, are open to all Fromm Institute students regardless of the number of classes selected. Extracurricular Activities (Tues., Wed., & Thurs.) at 3 p.m. are also open to enrolled students. As a member you may attend any or all in the these at no additional cost.

Because the Fromm Institute For Lifelong Learning is a non-profit program, it is “the educational bargain of the century.” **Membership fees cover only half of the program’s expenses.**

The membership fee for the Fromm Institute is $275 per session. In the Fall Session only, at the start of an academic year, members may select an Annual Membership for $775. It entitles you to enroll in all three, eight-week sessions (Fall, Winter and Spring), and saves $50. To take more than four classes, you may do so by paying an additional $125. Your selections beyond four would be on a space available basis.

Scholarships are available for those with a financial need, but everyone must pay something toward their membership as they enroll.

Your membership fee is **not tuition** and cannot be prorated or applied to a future session should you withdraw. **Refunds less a $100 administrative fee are granted only through the first two weeks of classes, until Sept. 24, 2015.**

Your payment of a membership fee (Annual, Session, Scholarship) is the final step in securing your classes. Without such by a prescribed due date, your enrollment will be in jeopardy. You can pay your fees with cash, check, or in-person with a credit card (Visa, MasterCard, American Express, Discover). **The Fromm Institute cannot accept your verbal or written transmission of credit card information for the payment of your membership fee.**
After reviewing the catalog and deciding which courses you’d like, follow these instructions.

<table>
<thead>
<tr>
<th>HOW TO ENROLL</th>
<th>WHEN TO ENROLL</th>
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<tbody>
<tr>
<td>I. Review Your Membership Options</td>
<td>Pre-Enrollment Period</td>
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<tr>
<td><strong>Annual Member</strong> <em>(Fall Session only)</em> $775</td>
<td><strong>June 3, 4, 5</strong></td>
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<td><strong>Session Member</strong></td>
<td>Pre-Enrollment gives everyone a chance to apply during the same interval. No enrolments are processed but statistical sampling is done to determine which classes may close. The receipt of an application during Pre-Enrollment does not guarantee access to the classes requested. Enrollments received during this time are randomly processed on the first day of the Enrollment Period. Pre-Enrollment ends at 3 p.m. on Friday, June 5, 2015.</td>
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<tr>
<td><strong>Scholarship Member</strong> Maximum You Can Afford</td>
<td><strong>Enrollment Period</strong></td>
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<tr>
<td><strong>Additional Course Fee</strong> extra $125</td>
<td><strong>June 8 - 26 &amp; Aug. 3 - Sept. 11</strong></td>
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<td>(any number beyond four)</td>
<td>During the Enrollment Period, applications are processed on a day-by-day basis after all pre-enrollments. The Enrollment Line (415-422-6806) and our website’s (<a href="http://www.usfca.edu/fromm">www.usfca.edu/fromm</a>) “Closed Classes Page” carry information on classes that are full and no longer available to you. All closed classes are over-subscribed. No waiting lists are maintained. <strong>For this Session, the last chance to enroll is by 4 p.m. on Frid., Sept. 11.</strong> Once classes commence, membership is closed to new/returning applicants.</td>
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II. Contact Us

Phone 415-422-6806, our Enrollment Line. State your name and the membership category you wish. Then, state your enrollment choices and alternates (if any). New Members must provide a mailing address and telephone contact.

— or —

E-mail fromm@usfca.edu a message that includes your first and last name and your enrollment choices and alternates (if any). New Members must include a U.S. postal mailing address and phone contact. **If you do not receive an automatic reply that your email enrollment was accepted, resend the above information as your original message did not go through.**

III. Wait For A Confirmation & Bill

You’ll receive (1) a Confirmation of Enrollment in the mail as well as (2) a Parking Application and (3) a Remittance Form. Check your confirmation letter carefully. Return your payment by the due date and if you would like to apply for parking, include a completed Parking Application and fee.

**WHEN ENROLLING...**

On the following pages, you’ll find course descriptions with faculty biographies. Once you’ve decided on the courses you’d like to take, you can email or phone in your enrollment (fromm@usfca.edu or 415-422-6806).

When you email or phone your enrollment, first tell us your **NAME**. If you are a new student, give us your full **ADDRESS**, and don’t forget to include your **PHONE NUMBER**. Then, please tell us your **MEMBERSHIP CATEGORY**. Membership Categories are: Annual $775 *(available Fall Session only)* | Session $275 | Scholarship *(max you can pay)*.

The Fromm Institute is closed during the month of July. The office closes on Fri., June 26 and reopens on Mon., August 3.
### Monday

**Morning** 10 a.m. - Noon

- Mixon “Seminar: Writing for Insight & Wisdom” *
- Lorch “Seminar: Style in Fiction”
- Lewis “Love Among the Neurons”

*No student may select both Creative Writing Seminars - request either Monday or Thursday.*

**Afternoon** 1 p.m. - 3:00 p.m.

- Rosborough “Talking Together: An Interactive Course on Conflict Prevention & Resolution”
- Buxton “Billie Holiday and the Ladies”
- Rothmann “Profiles in Courage: Seven Americans Who Dared All for Honor & Justice”

**Monday classes meet for 2 hours, 7 times this session.** (9/21, 9/28, 10/5, 10/19, 10/26, 11/2 & 11/9)

### Tuesday

**Morning** 10 a.m. - 11:40 a.m.

- Fracchia “Let My People Go: Struggles to End Slavery in Britain & the U.S.”
- Sinrod “The Internet: Risks, Legal Liabilities and Solutions”
- Bailey “Broadway’s Musicals As Social Documents”

**Afternoon** 1 p.m. - 2:40 p.m.

- Garrett “Epigenetics: Re-thinking DNA & Evolutionary Inheritance”
- Carcieri “Foundations of Western Political Thought: Plato & Machiavelli”
- Eisenhardt “Current Issues in Sports Law”

### Wednesday

**Morning** 10 a.m. - 11:40 a.m.

- Various “Medical Lecture Series”
  Coordinated by Melvin Cheitlin, M.D.

**Afternoon** 1 p.m. - 2:40 p.m.

- Minninger “Seminar: The Art of Remembering”
- Roatcap “Modernism”
- Kaufman “Who Am I? The Myriad Aspects of the Self”
- Eilenberg “Women In Comedy”

### Thursday

**Morning** 10 a.m. - 11:40 a.m.

- Junker “Seminar: Introduction to MetaMemoir” *
- Zimmerman “Heart of Darkness & Passage to India”
- Newbrun “Sugars, Sweeteners & Society — Revisited”
- Cranna “Viva Verdi! Verdi’s Operas & Their Role in the Birth of Modern Italy”

*No student may select both Creative Writing Seminars - request either Monday or Thursday.*

**Afternoon** 1 p.m. - 2:40 p.m.

- Unterberger “Turn, Turn, Turn! Folk Rock Revolution, Part One”
- O’Sullivan “At War in the Pacific: 1931-1945”
- Hohmann “History of Islam, Part One”

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**Medical Lecture Series** is open to all enrolled members and may be selected in addition to the 4 course max. **Seminars** require active participation, and attendance at the first class is mandatory. Specific details for each seminar are listed within the catalog in the enrollment note attached to the corresponding course description.
MONDAY MORNING

SEMINAR: BETWEEN THE LINES — WRITING FOR INSIGHT AND WISDOM  PROF. MIXON
Sometimes we learn by reading; sometimes we learn by listening. Writing can open channels to understanding and help to synthesize our insights at a deeper level. This course will inspire and encourage us all to look at our lives as a memoirist does, and often, for fun, improvise or embellish, as fiction writers do. We will draw from our own previous writings, diaries, letters, or imaginings, to glean wisdom from “between the lines” of our stories to develop deeper insights.

Enrollment note: This seminar will be limited to 25 participants who must apply by Wed., Aug. 19. Should there be more than 25, they will be selected by lottery. Attendance for all meetings is expected and the first on Sept. 21 is mandatory.

PROFESSOR MYRTIS MIXON
After growing up in the Louisiana bayous, Myrtis Mixon studied in Washington, D.C., lived in Heidelberg, Boston, Wichita, Denver, Oklahoma City, Aspen, Erraid and Findhorn (Scotland), Boulder, Durango, and New York City, even the North Fork of Long Island, before arriving to stay in San Francisco. She has been an affiliate professor at USF since 1991. Also, during the last 20 years, she managed to live and teach in Albania, Croatia, Slovakia (Fulbright Scholar Award) and Peru. If that isn't enough, she is a bona fide Cajun and cooks a mean gumbo for 60+ people every Mardi Gras. An expert in the field of English language education, the State Department sends her to work with teachers of English in countries from Qatar to Zanzabar and Brazil to Kazakhstan. In many of these places, she helps others, both teens and adults, write stories. Of her thirteen books, ten of them were published abroad and are used in English learning. She holds a bachelor's degree in history, a master's in English, a doctorate in international education, and studies Italian for fun.

SEMINAR: STYLE IN FICTION  PROF. LORCH
In this seminar, we will look at the little pieces: the individual words, sentences, and paragraphs. Style here is how fiction writers choose and arrange words to create the effects that are their works. Included here are word histories, grammar, and literary devices such as metaphor. It is my belief that we can look at a typical paragraph of any work of fiction, and find the essence of what the author is saying in how the author is saying it. Come test it out. We will start with the Gettysburg Address, the Twenty Third Psalm, Hemingway short short stories, and Faulkner’s “The Bear” (short version). We will look at titles (for instance, “The Secret Sharer”) and first paragraphs. The probable longer works will be Steinbeck’s Cannery Row and Jane Austen’s Pride and Prejudice. Class members will participate in choosing what we read and discuss. This seminar will offer a different, enlightening, enjoyable way to look at fiction.

Enrollment note: This seminar will be limited to 25 participants who must apply by Wed., Aug. 19. Should there be more than 25, they will be selected by lottery. Attendance for all meetings is expected and the first on Sept. 21 is mandatory.

PROFESSOR THOMAS LORCH
Thomas Lorch’s great love is teaching literature. He has taught 7th grade through graduate school for more than twenty years, most recently at Notre Dame de Namur. Quick bio facts. Education: New Trier High School, Yale (B.A., Ph.D.), University of Chicago (M.A.). Teaching: The Groton School, THE University of Notre Dame, and others. “I am a long time public high school principal and a practitioner of seminar teaching: my mantra for teachers is ‘ask don’t tell.’ I am a believer in the Great Books Program and its methods: which asks for responses and opinions and asks that they be supported in the texts. I find teaching and sharing literature always exciting and always fresh and new, because every reader and every reading is different.”
**LOVE AMONG THE NEURONS**

At the turn of the new millennium, three San Francisco physicians published a book (*A General Theory of Love*) claiming that love is the central regulator of the human nervous system – attuning minds, changing physiology, and altering the very structure of the brain itself. Now, fifteen years later, one of them – Thomas Lewis, M.D. – returns to the Fromm Institute to explain what the last decade and a half of neuroscience research can tell us about the human heart’s deepest mysteries. In this class, we will use the latest advances in brain science to illuminate every conceivable (and inconceivable) aspect of love – from the nature of empathy and the physiology of grief, to the workings of oxytocin and the powerful bond between humans and dogs. Music, language, romance, and pheromones – this class will cover it all, and then some.

**PROFESSOR THOMAS LEWIS, M.D.**

Thomas B. Lewis, M.D. is an assistant clinical professor of psychiatry at the University of California, San Francisco (UCSF) School of Medicine, and holds the Robert E. Fordham Chair in Exploratory Neuroscience at Fromm Institute at the University of San Francisco (USF). Voted by his high school class as the “Person Most Likely Never to be Heard of Again,” Dr. Lewis spends his time outside the classroom grappling with his own tiny insignificance in the overall scheme of the cosmos.

**TALKING TOGETHER: AN INTERACTIVE COURSE**

**IN THE HOW AND WHY OF CONFLICT PREVENTION AND RESOLUTION**

Why is it so difficult to talk about so many important things in life? Whether with family, friends or colleagues, many of us struggle with resolving conflict, from everyday matters to major life events. There are good ways and bad ways to talk about life’s difficult issues and most of us are stuck with the bad ones because no one ever told us what the good ones are. It doesn’t have to be that way! Learn keys to good communication from professional mediators and improve your life and your relationships. This class teaches concrete tools and techniques for improving how you talk about difficult issues, using numerous examples from everyday disagreements to critical life conversations. Professor Rosborough developed this course in collaboration with his colleague Pazit Zohar, who will teach it with him. Both Rosborough and Zohar are experienced attorneys as well as mediators who will help you learn which approaches backfire and which ones help you reach your goals. You will have the chance to observe, participate in and discuss role-plays — including scenarios of particular interest to older adults. The active role-playing will help you learn how to apply your new knowledge to real world situations and practice your new skills.

**PROFESSOR ROB ROSBOROUGH**

Since becoming a mediator, Robert Rosborough has experienced over and over mediation’s power to create understanding. He is passionate about sharing the lessons mediation has to offer in order to help people improve their daily lives, enabling students to create understanding in the face of life’s inevitable differences. His mediation practice focuses on disputes where the parties have an ongoing relationship, from families and neighbors to business partners and co-workers. His specialty is elder mediation: he helps adult families who are struggling with issues ranging from health care to estate succession, from immediate crisis to advance planning. He brings first-hand knowledge and understanding to his practice, having experienced many of these issues with his own family. Before becoming a mediator, he practiced law for many years, primarily at what was then Pillsbury Madison & Sutro. He is a graduate of Stanford Law School and Yale College.
BILLIE HOLIDAY & THE LADIES — SING THE BLUES

PROF. BUXTON

The year, 2015, marks the 100th birthday of Billie Holiday born (April 7, 1915). Considered by many to be the greatest jazz vocalist of all time, she lived a difficult life; one that would lead to an early death - at age 44. She was, perhaps, the most influential of all the jazz singers. Her early influences were Louis Armstrong and Bessie Smith. She, in turn, had many imitators, including Peggy Lee, Dinah Washington, and Doris Day. Frank Sinatra said he borrowed more from Billie Holiday and, listed her as his major influence. In this class we will screen film footage of Billie, Dinah Washington, Peggy Lee and Bessie Smith as well as hear all of these ladies as they sing the blues.

PROFESSOR SONNY BUXTON

Prof. Buxton’s lifelong passion has been music and documentary filmmaking. He has worked as a professional musician, with the likes of Peggy Lee, Billy Eckstine, Bill Strayhorn. He has produced shows ranging in scope from the Motown Allstars to B. B. King, Ray Charles, Ella Fitzgerald, Miles Davis. He traveled with Ellington producing an award winning audio documentary. A longtime jazz club/restauranteur in Seattle and SF, he has also had a long career in broadcasting working for KGO as a newsmen, a talk show host and an executive producer. He is a Northern California Emmy Awardee. He hosts “Saturday Mid-Day Jazz” on KCSC. Working as a social psychologist/football player have been parts of his life now being put into Memoirs of a Jazz Junkie: My First Two Hundred Years.

PROFILES IN COURAGE

PROF. ROTHMANN

“Profiles in Courage” based on JFK’s Pulitzer Prize Winning Book of the same name was an American historical anthology series that was a Sunday night telecast on NBC from November 8, 1964 to May 9, 1965. It documented twenty-six Americans who had taken an unpopular stand during a critical moment in our nation’s history. In this course, you will view seven of these episodes. They will be followed by the professor’s weekly comments on the person and the challenge that each subject faced as they rose to an action that now demands historical recognition for their valorous words or deeds.

PROFESSOR JOHN ROTHMANN

John F. Rothmann is a politics/foreign policy consultant specializing in the US, the Middle East and the former Soviet Union. He is a frequent lecturer on American Politics and has been called “a scholar of modern Republicanism” while being acknowledged “for his unique insights, and in particular for rare and crucial materials.” Rothmann served as Director of the Nixon Collection at Whittier College from 1968 to 1970, as Chief of Staff to Senator Milton Marks, Field Representative to Senator Quentin Kopp, and in 1982 was one of the founders of the Raoul Wallenberg Jewish Democratic Club. Widely published and honored, Rothmann has spoken on more than 150 college/universities in the US, Canada and Israel and has been on the faculty of USF. Both his B.A. and his Masters in Arts in Teaching are from Whittier College. Prof. Rothmann is the co-author of Icon of Evil — Hitler’s Mufti and the Rise of Radical Islam and Harold E. Stassen: The Life and Perennial Candidacy of the Progressive Republican.
LEARNING OPPORTUNITIES

TUESDAY MORNING

LET MY PEOPLE GO: THE STRUGGLE TO END SLAVERY IN GREAT BRITAIN & THE U.S. AND THE BEGINNINGS OF THE AMERICAN CIVIL RIGHTS MOVEMENT

In the late eighteenth and early nineteenth centuries a group known as the Clapham Sect fought against entrenched economic and political interests to end slavery and the slave in British dominions. Across the sea in the United States a group known as the Abolitionists were able to end slavery in the 1860s, but that did not mean civil rights. The years of struggle in these nations on two sides of the Atlantic Ocean will be explored and this course will end with the early years of the American Civil Rights Movement.

PROFESSOR CHARLES FRACCHIA
Receiving his B.A. in history, USF, Professor Fracchia did graduate work at UC Berkeley in Library Science, at SF State in History, and at the GTU, Berkeley in Theology. He has taught at USF, SF State, and City College and lectured extensively throughout the Bay Area. He has written numerous articles and books, the most recent being Fire and Gold, The Golden Dream, City by the Bay and When the Water Came Up to Montgomery Street: San Francisco During the Gold Rush. He is Founder and President Emeritus of the San Francisco Museum and Historical Society and a Fellow of the California Historical Society and of the Gleeson Library Association.

THE INTERNET: RISKS, LEGAL LIABILITIES & SOLUTIONS

More and more, we are living our lives in Cyberspace, whether we like or not. The real world we have come to know in many respects is being replaced by the online world. This course not only will explore benefits we experience in this digital age, but also will provide an in-depth understanding of many risks and liabilities we face on the Internet. Where possible, solutions to minimize these risks and liabilities will be offered. Topics to be covered will include: online privacy and security, identity theft, freedom of Internet speech, online harassment and bullying, intellectual property infringement, Cybercrime and Cyberwarfare, among a number of other subjects. Please come along for this high-tech ride, because whether enthusiastic or dragged kicking and screaming, you already are living at least to some extent in Cyberspace.

PROFESSOR ERIC SINROD
Eric J. Sinrod, of Duane Morris LLP, a premier international law firm, is a strong and experienced advocate for his clients and has represented them before the Supreme Court, other appellate courts, and in a number of jury and court trials arbitrations and mediations. His practice has covered many important Internet, software, technology, intellectual property (trademark, copyright, patent, trade secrets), information, communications, and commercial issues. He has represented domestic and international clients in major class actions and where billions and hundreds of millions of dollars have been at stake. Mr. Sinrod has been hailed by an outside publication as “the leading IP attorney in the land,” and he has been selected by his peers as one of the “Best Lawyers in America” in the area of Cyber Law and annually as a “Super Lawyer” for Business Litigation. He was an early pioneer and developer of Internet law, having started the first Cyberlaw blog as to which he has posted approximately 1,000 such blogs. He also has broadcast close to 200 Internet law podcasts. Mr. Sinrod is an adjunct professor of law and OLLI instructor at various universities, he is a frequent national speaker on Internet, intellectual property, information and communications issues, and he has published many law review and other journal articles.
TUESDAY MORNING

BROADWAY’S MUSICALS AS SOCIAL DOCUMENTS

PROF. BAILEY

The Broadway Musical, a unique American phenomenon, can be enjoyed and appreciated on many levels — as pure entertainment and as social commentary. Together we will explore the antecedents of the Musical in Europe and America as they influenced “Show Boat” in 1928 and then turn to Cole Porter as he engages Shakespeare in “Kiss Me Kate.” Rodgers and Hammerstein form a kind of ‘conscience of America’ especially in “Oklahoma!” and “South Pacific.” Reflections of a small turn-of-the-century mid-western town become the theme of Meredith Willson’s “The Music Man” — a Norman Rockwell musical if ever there was one. We continue our musical journey through “West Side Story” and “Fiddler on the Roof” to a Thriller Musical with Sondheim’s “Sweeney Todd.” We conclude with a session asking the question: “Is Broadway Alive and Well Today?”

PROFESSOR JON BAILEY

Professor Bailey holds degrees in music from Northwestern, UC Berkeley, and a doctorate from Stanford University. He was dean and professor at the San Francisco Conservatory of Music prior to teaching in the Yale School of Music where he conducted the Yale Concert Choir, the New Haven Chorale and taught courses in the history of music. Currently Jon is professor emeritus at Pomona College in Claremont, California where he was chair of the Music Department and conductor of the College’s choral ensembles. Twice he won the coveted ‘outstanding teacher of the year’ award. He has been a program consultant for National Public Radio, an Arts Commissioner with the city of West Hollywood, and for 13 years, Artistic Director of the Gay Men’s Chorus of Los Angeles. A recipient of two Fulbright research grants, he has traveled and studied in Europe and Australia.

TUESDAY AFTERNOON

EPIGENETICS: RE-THINKING DNA & EVOLUTIONARY INHERITANCE

PROF. GARRETT

Recent genetic research suggests that DNA doesn’t tell the whole story of our inheritance. Our DNA is bound and intimately controlled by a protein called histone and together, DNA and histone, constitute our “inheritance package.” This unified package is the subject of recent evolutionary research into what has come to be called Epigenetics. Epigenetics explains how we humans can have DNA that is a whopping 99% similar to chimpanzees, yet be so vastly different. Epigenetics offers a coherent explanation of the dramatic decrease in overt violence across the world during the past four centuries. In addition, epigenetics offers a powerful alternative to the prevailing view, rejecting the traditional idea of DNA as a “code” or “program” that is fixed and unchangeable from conception to death. This new science suggests possibilities and potentials unimagined in previous evolutionary theory. This course is designed to introduce you to epigenetics, and review recent developments in epigenetic theory. As important, we will consider the social, philosophical, and religious implications of this research — and these implications are momentous.

PROFESSOR WILLIAM GARRETT

Bill Garrett is a Professor of Philosophy and Religion. He received his B.A. and M.A. degrees in philosophy from SF State, and his Ph.D. in religion and philosophy from the California Institute of Integral Studies. He has for the past 40 years taught courses in the history of ideas, including courses in religion, culture, and literature. He is author of Bad Karma: Thinking Twice about the Social Consequences of Reincarnation Theory. His most recent book is titled Marie Stopes: Feminist, Eroticist, Eugenicist. Professor Garrett says of himself: “I love working with ideas, and I love attempting to communicate the sheer joy of working with ideas.”
TUESDAY AFTERNOON

FOUNDATIONS OF WESTERN POLITICAL THOUGHT: PLATO AND MACHIAVELLI  PROF. CARCIERI
Two-thousand five hundred years of western political thought have largely been a reaction to Plato. With towering insight, imagination, and writing skill, Plato initiated the great western inquiry into the best form of government, sketching a profound vision of human life in the process. Like Plato, Machiavelli critiqued democracy, although for very different reasons. Among Plato’s many critics, further, none has been more influential than Machiavelli. In this course, then, we shall examine three of Plato’s greatest political dialogues – the Apology, the Crito and the Republic – as well as The Prince, Machiavelli’s great realist counterweight to Plato’s lofty vision. Those who take this course will gain a respectable command of the two major pillars of western political thought.

Reading Resources:  
Plato (Tredennick and Tarrant, eds.): The Last Days of Socrates  
Plato (Lee, ed.): The Republic  
Machiavelli: The Prince

PROFESSOR MARTIN CARCIERI
Martin D. Carcieri, has taught courses in Constitutional Law and Political Theory as a Full Professor of Political Science, San Francisco State University. He holds a J.D. from UC Hastings and a Ph.D. in Political Science from UC Santa Barbara. He has earned four teaching awards and has published twenty-five journal articles and book chapters. His work has appeared in top journals in four disciplines, and has been cited to the U.S. Supreme Court in five landmark cases in the 21st century. His most recent book, “Applying Rawls in the 21st Century: Race, Gender, the Drug War, and the Right to Die,” will be published by Palgrave MacMillan in 2015.

CURRENT ISSUES IN SPORTS LAW  PROF. EISENHARDT
There is no doubt that sports constitute a national obsession. This cultural fact has both positive and negative aspects. In this context, we have two goals in this course: First to provide a basic understanding of the important fields of law that influence the governance and operation of American professional and intercollegiate sports. These include antitrust, labor, and intellectual property law. We will also study how statutes such as the ADA and Title IX have a significant impact on the industry. Much of the controversy in sport is only understood with this background in the legal framework. The second goal is to examine how sports intersects with ethical and social issues. Recent controversies over steroid use, concussions, domestic violence, discipline of owners for racially charged remarks, the gradual creep towards legalized gambling all are examples of the relationship between sports and societal values. During the semester, we will incorporate other issues that may arise in the news. This course, although dealing with legal issues, will be taught in a manner that makes these issues fully accessible to students without a legal background.

PROFESSOR ROY EISENHARDT
The instructor was the President of the Oakland Athletics between 1980-87, a Board Member of the Women’s Professional Tennis Association, and coached heavyweight freshmen rowing at U.C. Berkeley. He currently teaches a legal course in Sports Law at Berkeley Law, U.C. Berkeley.
CO U R S E  D E S C R I P T I O N S  &  B I O S

WEDNESDAY MORNING

THE MEDICAL LECTURE SERIES
Coordinated by Melvin Cheitlin, M.D.

Our Medical Lecture Series is an amazing educational resource for the students of the Fromm Institute giving us invaluable access to expert opinion on major issues and developments in health care today. With thanks to Chancellor Dan Hawgood, M.B.B.S., for UCSF's continued sponsorship, this cornerstone of our fall curriculum features speakers from UCSF and is superbly organized by Melvin Cheitlin, M.D. All enrolled Fromm Institute students and their guests are encouraged and welcome to attend.

Schedule of Lectures

Sept. 30  Alfred Kuo, M.D.   “Osteoarthritis: What You Can Do For Your Aching Joints”
Oct.  7  Bob Owen, M.D.   “Bowel Gases From Top to Bottom”
Oct. 21  Lynn Flint, M.D.  “Dying in the 21st Century: The Role of Palliative Medicine in the Care of People With Serious Illness”
Oct. 28  Erika Price, M.D.  “Anticoagulant Medications: Tried and True Versus Shiny and New”
Nov.  4  Mel Cheitlin, M.D.  “Aortic Aneurysm and Dissection”
Nov. 11  Laurence Cheng, M.D.  “Preventing Food Allergies: Addition Through Addition”

WEDNESDAY AFTERNOON

SEMINAR: THE ART OF REMEMBERING
PROF. MINNINGER

Remember names, numbers, things and what you read. The recipe? Mix your desire to boost your memory power with curiosity and effort, add easy as well as challenging strategies, and season with psychological insights. Replace embarrassment and shame with elegant ways to recover when you do forget.

Enrollment note: This seminar will be limited to 30 participants who must apply by Wed., Aug. 19. Should there be more than 30, they will be selected by lottery. Attendance for all meetings is expected and the first on Sept. 16 is mandatory.

PROFESSOR JOAN MINNINGER

Joan Minninger received her Ph.D. from New York University with a specialty in communications. She is the author of Total Recall: How to Boost your Memory Power, Rapid Memory and Free Yourself to Remember. She has taught memory skills at Fortune 500 companies including GE and IBM as well as at UC Berkeley Extension, NYU and at the Fromm Institute. Joan Minninger has appeared as a memory therapist on talk shows throughout the U.S. including Today in New York.
MODERNISM
Paris in the early 20th century was a hot bed of Modernism — “Make it new!” was the slogan “du jour.” The French — Henri Matisse, Fernand Léger, and Georges Barbier; the Spanish — Pablo Picasso, Salvador Dali and Joan Miro; the Russians — Wassily Kandinsky, Sonia Delaunay, Marc Chagall, Natalia Goncharova and Tamara de Lempicka; the Romanian, Constantin Brâncusi; the Italian, Amadeo Modigliani, as well as many, many Americans, such as Marcel Duchamp, Alexander Calder — even Georgia O’Keefe traveled to Paris to find “the new,” and to see Isadora Duncan and Martha Graham demonstrate a Modernist approach to Dance. All this and more over eight wonderfully “modern” weeks!

PROFESSOR ADELA ROATCAP
Dr. Adela Spindler Roatcap lived and studied in Buenos Aires, Argentina, before graduating from UC Berkeley in 1966 with a double major in the History of Art and Cultural Anthropology. She received her M.A. from the University of Oregon in 1969, with a thesis on the History of Spanish/Italian Renaissance Art, and her Ph.D. as a Kress Fellow from Stanford, with a dissertation on Russian Medieval Art. She has written many articles regarding fine presses and rare books, and published The Book of the Dance in the 20th Century, as well as Raymond Duncan, Printer, Expatriate, Eccentric Artist. Currently Dr. Roatcap is finishing a book concerning Leonardo de Vinci’s portrait of Ginevra de’Benci at the National Gallery of Art.

WHO AM I? THE MYRIAD ASPECTS OF THE SELF
People are complex. How did we get to be who we are? This course looks at the development of the self through the ideas of Western psychologists Freud, Jung and Erickson as well as Eastern concepts embodied in Buddhism and the Hindu Chakras. We start with our inherited traits and how they are modified even before we are born. By the end of eight meetings we will have a greater understanding of our evolution into the selves we are today.

PROFESSOR STEPHEN KAUFMAN, M.D.
Stephen Kaufman is a retired pediatrician with advanced training in endocrinology, psychology, philosophy and human sexuality. He was in the private practice of pediatrics and endocrinology and a clinical professor of pediatrics at UCSF. He has published papers in leading medical journals as well as non-medical articles on travel, sports and fiction. Dr. Kaufman has taught and lectured at many Bay Area hospitals and has been interviewed on local media outlets.

KEEPING UP WITH THE TIMES . . . NO MATTER WHEN
While the benefits of an engaged mind manifest at any age, they are particularly apparent in people who are over fifty years of age. To be both intellectually alive and socially aware is what the Fromm Institute offers its “career free” participants, session after session, year after year. We believe in learning something new, while also learning anew the lessons of the past. We explore cyberspace while studying the Clapham Sect, revisit Plato as we discover preventative medicines and master Mecca and Mao at the same time we are teaching epigenetics, Erikson and “the exact location of love.” At the Fromm Institute for Lifelong Learning we are always keeping up with the times . . . no matter when.
THURSDAY MORNING

A WRITING SEMINAR: INTRODUCTION TO METAMEMOIR

You know the plot of your life and the major characters, and you probably recall huge swathes of dialogue. The trick is to find the right form (and format) into which your memories will flow. In the old days, all you needed was a pen (or typewriter) and a ream of paper. The digital possibilities are more extensive. It’s easy to produce a full-fledged book with print-on-demand. Or a scrapbook using Instagram. Or iBook. Or post a work-in-progress on Facebook. Or on your own website or blog. As a class we’ll probably do our own wiki. A laptop/tablet is not a prerequisite, but if you’re not at least tech-curious, this may not be the course for you. In any case, plenty of attention will be paid to getting words down on the page.

Enrollment note: This seminar will be limited to 25 participants who must apply by Wed., Aug. 19. Should there be more than 25, they will be selected by lottery. Attendance for all meetings is expected and the first on Sept. 17 is mandatory.

PROFESSOR HOWARD JUNKER
THURSDAY MORNING

CONRAD’S HEART OF DARKNESS, FORSTER’S PASSAGE TO INDIA: COLONIALISM AND THE ENGLISH NOVEL

In this course, we will study, through close textual analysis, two famous works by Joseph Conrad and E. M. Forster. In our discussion we will begin to appreciate the complex and powerful ways these very different literary imaginations responded to the moral and political dilemmas of European colonialism in the 19th and 20th century.

Reading Resources: Conrad: Heart of Darkness  Forster: Passage to India

PROFESSOR MICHAEL ZIMMERMAN

Professor Zimmerman recently retired as a professor of English at SF State where he taught for forty years. Before that, he taught at Cal and Columbia (where he received his Ph.D.). He specialized in James Joyce, American Literature, and Literature and Psychology. He is also a graduate of the San Francisco Center for Psychoanalysis (where he is on the faculty) and he has a psychoanalytic practice in Berkeley.

SUGARS, SWEETENERS AND SOCIETY, REVISITED

Obesity has become a serious health problem in the U.S. affecting over thirty-five percent of American adults age 20 and over. Sixty-nine percent are overweight and dietary sugar consumption in foods and beverages has been held responsible for much of this problem. Legislators have attempted to tax sugary drinks, ban sale in schools or restrict size of beverage containers but have achieved little success. In this course first presented at Fromm in 2000 we will examine the history of sugar cane cultivation, its spread, its role in slavery and indentured labor, the chemistry and metabolism of various sugars. Then we will study taste, and comparing the relative sweetness of sugars and alternative FDA-approved sweeteners and how sugar cultivation effects the environment. Specifically we’ll consider the evidence that sugar consumption has caused or is associated with many diseases such as metabolic syndrome (obesity, diabetes, lipid problems, hypertension, cardiovascular disease) and of course tooth decay.

PROFESSOR ERNEST NEWBRUN

Ernest Newbrun is Professor Emeritus at UCSF where he taught oral biology for over 30 years. He received dental degrees from the University of Sydney and Alabama; his graduate degrees are from universities in Rochester, N.Y. (M.S.), and UCSF (Ph.D. biochemistry). In addition he has honorary doctorates from University of Lund (Sweden) and Sydney (Australia). Since his retirement from the UC in 1994, he has been teaching in lifelong learning programs at USF’s Fromm Institute and Sonoma State University Osher Lifelong Learning Institute on a variety of topics from an interdisciplinary perspective.

“Live as if you were to die tomorrow. Learn as if you were to live forever.”
— Mahatma Gandhi
THURSDAY AFTERNOON

TURN, TURN, TURN: THE FOLK ROCK REVOLUTION, PART ONE  PROF. UNTERBERGER

In the 1960s, folk and rock music merged to create folk-rock, taking popular music and culture to a new and more poetic, socially conscious place that neither folk nor rock could have reached on their own. The first eight weeks of this two-part course will detail the birth and flowering of this revolution, starting from its roots in the folk revival of the 1950s and early 1960s. We'll then investigate the explosive fusion of acoustic folk and electric rock pioneered by Bob Dylan and the Byrds in the mid-1960s, as well as the innovations of pioneers who quickly followed, like Simon & Garfunkel, Donovan, and the Mamas & the Papas. Through both common and rare audio recordings and video clips, the genesis and peak of folk-rock will be brought to life and explored in depth. The course will also detail how folk-rock was sparked by cultural shifts in American society, and how folk-rock in turn changed popular music forever.

Reading Resources:
Unterberger: Turn! Turn! Turn!: The '60s Folk-Rock Revolution
Unterberger: Jingle Jangle Morning: Folk-Rock in the 1960s *

* e-book edition only

PROFESSOR RICHEE UNTERBERGER

Richie Unterberger is the author of nearly a dozen music history books, including volumes on the Who and the Velvet Underground, as well as a two-part history of 1960s folk-rock. His book The Unreleased Beatles: Music and Film won a 2007 Association for Recorded Sound Collections Award for Excellence in Historical Recorded Sound Research. He received his B.A. in English from the University of Pennsylvania, and has taught courses on the Beatles, the Rolling Stones, 1960s folk-rock, the history of rock from 1955-1980, and San Francisco rock at the College of Marin. He gives regular presentations on rock, soul, and folk history throughout the Bay Area incorporating rare vintage film clips and audio recordings, at public libraries and other venues. In 2014, he was one of seven recipients of grants to conduct research at the Rock and Roll Hall of Fame as part of its Gladys Krieble Delmas Visiting Scholar Program.
AT WAR IN THE PACIFIC AND ASIA, 1931-1945

The War in Asia and the Pacific was a cataclysmic event with consequences that continue to be felt today. This course will go beyond the familiar story of the Pacific War by beginning with developments in China in the 19th and early 20th centuries and exploring events in India and Southeast Asia, as well as the political dimensions in both Tokyo and Washington. It will also examine the war’s post-1945 consequences, particularly for decolonization and the future of China. Special attention will be given to topics such as Japan’s paradoxical path to war with the United States, the continuing public fascination with the attack on Pearl Harbor, China’s underappreciated contributions to allied victory, the decisive role of American production and technical innovation, the USSR’s role in bringing the war to an abrupt conclusion in 1945, and the ongoing controversies surrounding the use of atomic bombs in August 1945. The course will give special attention to the many enigmatic personalities of the period such as FDR, Generalissimo Chiang Kai-shek, Emperor Hirohito and his wartime premier Hideki Tojo, Generals Douglas MacArthur and Joseph Stilwell, and Mohandas Gandhi and Mao Zedong.

PROFESSOR CHRIS O’SULLIVAN

Chris O’Sullivan (B.A., UC Berkeley, Ph.D. University of London, London School of Economics) has conducted archival research on World War II for several decades and is the author of a number of books about the era including the forthcoming Frank Knox: Rough Rider in FDR’s War Cabinet (2016); Harry Hopkins: FDR’s Envoy to Churchill and Stalin (2014); FDR and the End of Empire (2012); and Sumner Welles: Postwar Planning and the Quest for a New World Order (2008). He teaches in the history department at the University of San Francisco and is a recipient of USF’s Innovations in Teaching Award as well as its Distinguished Lecturer Award.

HISTORY OF ISLAM: PART ONE — ORIGINS & ZENITH

In this first part of two, we will look at the ancient city of Mecca and the timeless world of Arabia. Other topics will include: Mohammed, the new prophet of old teachings; the Successors — conquest, schism, and conversion; the marvels of the Caliphate as a Muslim world empire at its zenith; the wars of brothers and the collapse of the Caliphate; the Old Man of the Mountain and the Assassins and, Moghul India and new traumas for the Hindu world. Throughout this study our primary focus will be on understanding the Islam of today.

PROFESSOR NIKOLAUS HOHMANN

Nikolaus Hohmann was raised in both Europe and California, and so discovered the joys of exploring and mediating different cultures at an early age. He received a B.A. in Humanities from Stanford in 1978, and worked a few years in business (as auditor for Price Waterhouse in Los Angeles) before entering a doctoral program in history at UC Berkeley. A Fulbright scholar and Phi Beta Kappa, he received his PhD in History from the University of California at Berkeley in 1993 and has since served the Humanities department of the San Francisco Conservatory of Music, where he teaches a broad array of history and philosophy classes, including lectures on the origins and the development of modern Islam. In 2005 Dr. Hohmann received the Excellence in Teaching Award from the Sarlo Foundation.
EXTRACURRICULAR ACTIVITIES

Meeting six times during the session, for sixty instead of the ninety minutes, these less formal lifelong learning opportunities are intended to build community and compliment the courses you’ve already selected. Best of all, you can participate in these after-class activities at no extra cost. Sign up during the first week of the Fall Session and make the most of your school days at Fromm Hall.

TUESDAYS 3 TO 4 P.M.  SEPT. 22, 29, OCT. 6, 13, 20, 27

A HISTORY OF SAN FRANCISCO’S EVER-EVOLVING NEIGHBORHOODS.  JOHN FREEMAN
For over 165 years, San Francisco neighborhoods have been geographic areas, sheltering people who shared common core backgrounds and socialized in these villages within our larger city. Over time, things changed. As people moved on, they were replaced by new residents — and the character of the neighborhoods evolved. Some of those changes have been subtle, others have been quite dramatic (we’re in one of those dramatic periods now). This will be a look at the enclaves within San Francisco, the dynamic forces that caused this city to change, and the remnants of this history that might still be discovered around where we live.

John Freeman is a historian of his native San Franciscan. He taught A History of Golden Gate Park as a Discovering San Francisco’s Historic Treasures extra curriculum series in the 2014 – 2015 Academic Year.

WEDNESDAYS 3 TO 4 P.M.  SEPT. 30, OCT. 7, 14, 21, 28 NOV. 4

SPOKEN SPANISH FOR BEGINNERS  AARÓN ALMENDARES-BERMAN
Would you enjoy communicating in Spanish with Spanish speakers who are very limited in English? Or with Spanish speakers who know English and would enjoy hearing you speak in their language; if so, Spoken Spanish for Beginners is for you. During class you’ll speak with each other; as partners, in small groups and with the entire class. You’ll describe yourself, your family, your daily activities and ask others about theirs. You’ll learn to read/write everything you’ve learned to understand and speak. Interested? Review the following: limited to 22 students participants who must have no knowledge of Spanish, and must commit to meeting on all above dates.

Aarón Almendares-Berman is Prof. Emeritus at Sonoma State University where he taught Spanish, English as a Second Language and Language Teaching Methodology for 24 years. He was the founder of Sonoma State American Language Institute an intensive English language-learning program for foreign students. He was Fulbright Professor in Colombia and Mexico and is interested in developing intercultural understanding through language learning.

THURSDAYS 3 TO 4 P.M.  SEPT. 24, OCTOBER 1, 8, 15, 22, 29

THE JOY OF SINGING  FAITH WINTHROP
Gather with others who love to vocalize and let their voices rise in familiar melodies. When you do you’ll find yourself feeling good, breathing better and being generally... just happy. Time Magazine has reported, “What researchers are beginning to discover is that singing is like an infusion of the perfect tranquilizer, the kind that both soothes your nerves and elevates your spirits. You don’t even have to be a good singer to reap the rewards.” Why not give it a try, no matter how you think you sound?

Faith Winthrop’s approach is based on her lifetime of song and her own vocal education. While she has taught acclaimed contemporary singers, she loves to work with her “Frommtones” and finds this experience to be one of her most joyous. Faith demonstrates great compassion, which affords everyone a safe place to experience their singing voice while they achieve their fullest, most authentic sound.
Parking on campus requires a valid USF Fromm Institute Parking Permit. Permits are extremely limited and costly. Accordingly, the Fromm Institute encourages carpools and public transportation.

To apply for parking, return the Parking Application (mailed with your enrollment confirmation) along with your Membership Fee Remittance Form. Applications must be received by August 19, and must include a separate check payable to ‘USF/Fromm Institute’ in order to be considered.

After students who hold a CA DMV Disabled Driver Placard, remaining permits are distributed based on the number of riders transported in a vehicle and the distance traveled to reach USF.
Keeping up with the times... no matter when.

The Fromm Institute For Lifelong Learning
at the University of San Francisco
2130 Futon Street
San Francisco, CA 94117-1080

2015 FALL SESSION

Classes start: Tuesday, September 15, 2015
Classes end: Monday, November 9, 2015
Make-Up Classes: Tuesday, November 10 - Thursday, November 12
Holidays:
- Thursday, November 5 - Monday, November 9, 2015
- Wednesday, September 23, 2015 (Yom Kippur)
- Monday, October 12, 2015 (Columbus Day)

2016 WINTER SESSION BEGINS, MON., JANUARY 11, 2016.