**Brown Bag Lectures**

*Bring your lunch and enjoy our free Fall 2018 Brown Bag Lecture Series*

**Downtown Center**  
2600 E. Wilcox Drive, Room G106  
**Wednesdays**  
12:10 – 1 p.m.

### September 5
**A Saharan Adventure: Journey from Taoudenni to Timbuktu**
with John Barthelme
In the spring of 2001, John traveled to Timbuktu, Mali then journeyed 1000 miles north to the deep Sahara Desert and the salt mines of Taoudenni. There he joined a three-week camel caravan carrying salt slabs back to Timbuktu. In this presentation, John will share with you the challenges he faced and the archeological finds collected while on the caravan.

### September 12
**Changing Bodies, Changing Nutrition**
with Cynthia Aspergren, Nutrition Education, U of A Cooperative Ext.
As we age, our caloric needs change and our eating habits should change too. Foods can help us avoid or reduce the effects of chronic conditions and the calories we need should be quality calories. In this lecture, Cynthia will discuss how our changing bodies and minds can benefit when we change the way we feed our bodies.

### September 19
**Living with Wildlife**
with Sandy Anderson, Director, Gray Hawk Nature Center
Arizona is still a very wild state when it comes to wildlife. Some critters are not as easy to get along with as others. Learn how to live with your wild neighbors without the use of traps, poisons, removal or feeling the need to call 911. Sandy will bring several live education animals - some to hold or touch.

### September 26
**Just Tired or Chronic Fatigue Syndrome? Living with Invisible Disability**
with Carla Boyd
Myalgic Encephalomyelitis (ME), commonly known as Chronic Fatigue Syndrome (CFS) or ME/CFS, is a devastating multi-system disease that causes dysfunction of the neurological, immune, endocrine and energy metabolism systems. ME/CFS has attracted more than its fair share of controversy. Initially, there was a debate as to whether it was actually an illness at all. Although the situation is still not perfect, many medical authorities, psychiatrists, and general practitioners are now in agreement that it is a real physiological illness.

### October 3
**Baku: History, Discovery and Speed**
with Sharon Gilman
Azerbaijan is known as the "Land of Fire" and the capital, Baku, is the "City of Winds". Sharon visited Baku in April 2018 and found a country in transition filled with history, kindness and diversity. View pictures of ancient sites blended with modern architecture. Increase your knowledge about this up and coming tourist destination.

### October 10
**The Art of Adventure**
with Clinton Lee
Clinton Lee took a journey with one of his long-time comrades to Vietnam. Their plan: ride the rural paths on motorbikes to better understand the culture and country since the Vietnam War. A trip filled with adventure and mishaps, this lecture has adult themes meant for an adult audience. Enjoy the gritty storytelling of award winning author, Clinton Lee.

### October 17
**Adventures on the Silk Road**
with Becky Orozco and Virginia Pfau Thompson
Virginia Pfau Thompson and Rebecca Orozco, Cochise College faculty, received Fulbright Hays Group Project Abroad awards for the summer of 2018 to travel to Kazakhstan and Uzbekistan. They joined other educators from Arizona and New Mexico in a project to create curriculum in these former Soviet Republics. Hear about their travel experiences through these exotic countries.

### October 24
**Border Patrol 101**
with Sean Ludden, Supervisory Border Patrol Agent
Obtain information about what the brave men, women and Border Patrol Detection canines do locally to protect our border. Agent Ludden will present a general overview of Border Patrol operations in Cochise County. Additionally, you can strengthen your base of information about the important role canine handlers and their four legged partners have in drug and human smuggling detection.

### October 31
**Choppers and Horses and Canines, Oh My!**
with Sgt. David Noland – Search and Rescue Coordinator
The Cochise County Sheriff’s Office maintains an on-call Search and Rescue (SAR) Posse. The men and women of Cochise County Search and Rescue provide for the search, evacuation, recovery and rescue of victims in distress. Pick up some facts about the history, mission and people who comprise this lifesaving crew.

### November 7
**Oaxacan Master Weaver**
with Alex Martinez
Alex, a Master Zapotec weaver, returns from his home in Teotitlán del Valle, Oaxaca. Martinez and his family have been producing high quality rugs and tapestries for a century using ancient methods of natural vegetable dyes to infuse a wide array of colors and tones. Martinez will use a small loom to give a live demonstration showing how to start and finish a rug. Weavings will be available for viewing and purchase. This lecture only may be 30 minutes longer than other lectures.

### November 14
**Your Health: Local Resources for Healthy Holistic Living**
with Pam Chandler BSN, General Manager, Sierra Vista Food Coop
Healthy eating is an essential part of your well-being. Pam will demonstrate the most economical way to purchase and prepare foods and highlight the services and products available at the Sierra Vista Food Coop. SVFC offers healthy, organic alternatives that are affordable and conducive to the holistic approach to wellness and life. Samples will be available. You will have the opportunity to participate in an open discussion about organic, GMO foods and holistic living.

Participants who need special accommodations will need to contact the Disability Service Office at 520-515-5337 or 520-414-4023 at least 72 hours in advance of the lecture.

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**Center for Lifelong Learning**
www.cochise.edu/cll