

**FOR IMMEDIATE RELEASE**

July 14, 2006

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### **“The Visiting Professor” Begins Fall Season of Programming**

**GLENDALE, Ariz.** -- “The Visiting Professor,” a free lecture series presented by Glendale Community College (GCC) faculty, will provide four informative programs at the Glendale Public Library, 5959 W. Brown St., all beginning at 7 p.m. in the auditorium.

Join Mathematics Professor Jeff Kruse on Wednesday, August 23, as he demonstrates the relationship between “Mathematics and Beauty.” Bertrand Russell once said, “Mathematics possesses not only truth, but supreme beauty.” Just as in music, literature, and painting, the aesthetic sense plays a fundamental role in the creation and appreciation of mathematics. By drawing upon elementary examples from arithmetic and geometry, Professor Kruse will provide a glimpse of that beauty to non-mathematicians.

On Wednesday, September 27, Dr. Douglas Brenner of the Communication Department shows the benefits of “(Re-) Turning to the Heart: Steps Toward Managing Stress and Emotions Effectively.” Cutting-edge research reveals how thought and emotion affect the heart and body – influencing how we think, communicate, maintain our health, and manage our relationships. Using the HeartMath Institute’s FreezeFramer® program on audience volunteers, this multimedia presentation examines how a focus on positive feelings leads to dramatic changes in heart rhythms, a release of stress and anger, a decrease in blood pressure and stress hormones, and an increase in anti-aging hormones and immune system activity. Come and learn how to apply the Freeze Framer techniques and appreciate the heart’s role in helping us find balance in the midst of modern life.

Picking up the pieces after a life-changing tragedy is never easy. On Wednesday, October 25, Professor Susan P. High of the Counseling Department shares the secret to “Managing Stress During Times of Loss and Life Transition.” After debunking some of the myths surrounding grief and loss, Professor High will provide concrete strategies for regaining or strengthening emotional well-being.

The fall series concludes on Tuesday, November 21, as Dr. Jeanne Saint-Amour of the Philosophy/Religious Studies Department provides an introduction to “Living Buddhism in Maricopa County.” Dr. Saint-Amour will relate the history of the Japanese groups who brought Buddhism to the region, as well as some later arrivals. Learn how these non-proselytizing groups emphasize living in a way that exhibits all the fundamental teachings of their faith, exemplifying the nature of Buddhism as a “lived” religion.

For more information, call 623-930-3550.

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