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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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