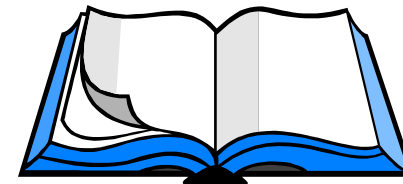


EXPLORE & DISCOVER

SALT

SPRING 2026

SENIORS LEARNING TOGETHER, INC.
NON-DENOMINATIONAL COMMUNITY SESSIONS



\$10/person per Monday
Season Pass: \$35/person (details pg. 9)

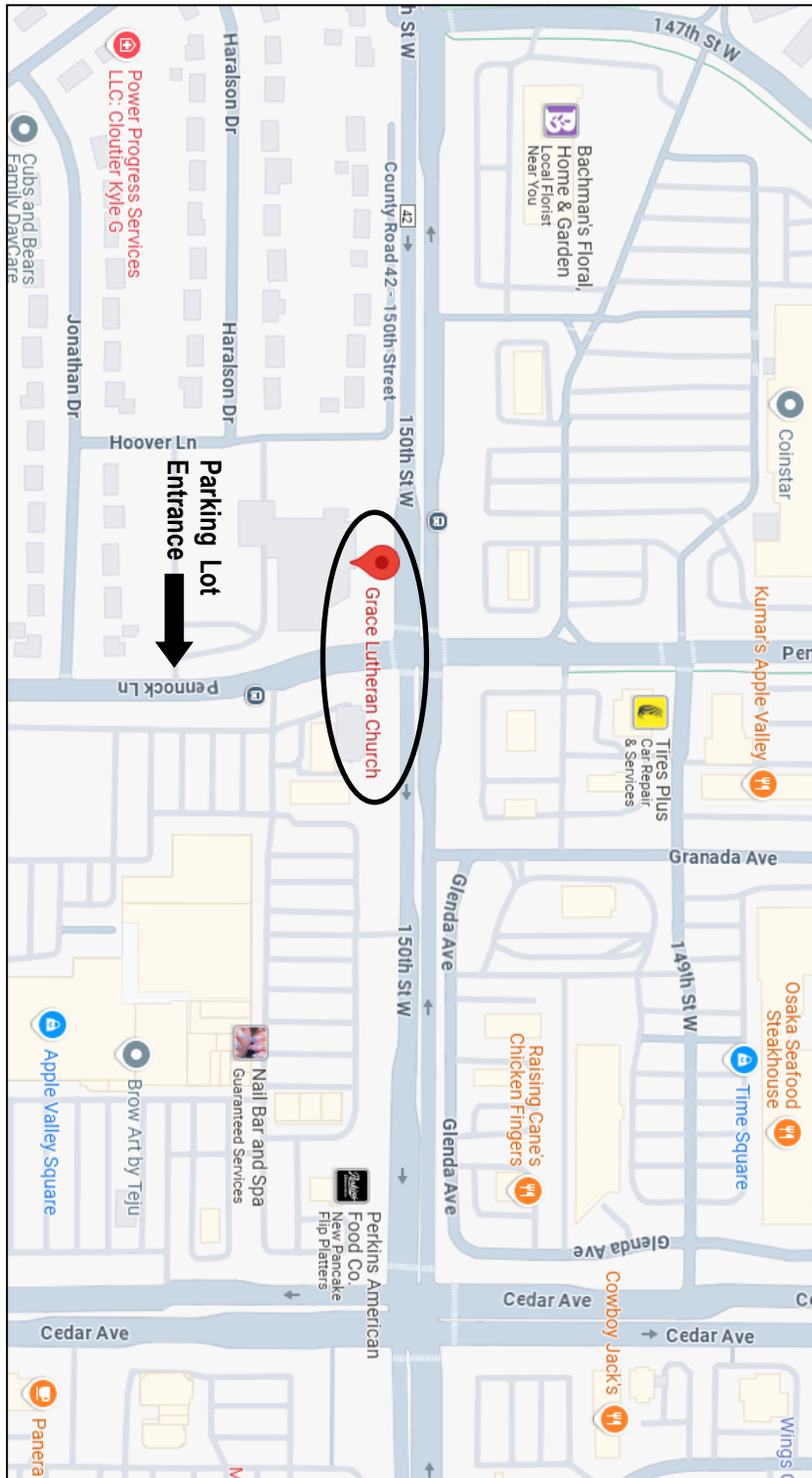
Monday Mornings 9:30 a.m.-12:00 p.m.
April 13, 20, 27, and May 4

at

Grace Lutheran Church
7800 West County Road 42, Apple Valley, MN 55124

RIENSAVIOR.ORG/SALT

LOCATION: GRACE LUTHERAN CHURCH
7800 West County Road 42
Apple Valley, MN 55124
INFO AT: RIENSAVIOR.ORG — (952) 431-5222



Monday, April 13, 2026
9:30 a.m. — 10:30 a.m.

Sidewalk Artist
presented by **Tara Aiken**



What happens when the world presses pause during a pandemic? For one local artist, the answers were found not by looking up, but rather by looking down (on her driveway). In this session, professional chalk artist, Tara Aiken, shares the extraordinary journey that began with a single piece of chalk in 2020. What started as a creative outlet with her two young kids during the pandemic has since blossomed into a full-time art career with big-name brands and professional athletes as clients. This is more than just one artist's story: it's about the power of paying attention. Tara didn't set out with a master plan. Instead, she followed the path that appeared, step-by-step, and by saying "yes" to the unexpected opportunities. Join this session for a look at stunning visuals and a powerful message about finding your path, believing in yourself, and leveraging your network no matter what your age or starting point. It's a testament to magic that can happen when you simply start where you are.

Tara Aiken is a self-taught professional chalk artist, muralist, and sneaker artist renowned for creating artwork that looks just like a photograph or appears to pop right out of the ground. Her journey began during the pandemic, when she picked up sidewalk chalk to get outside with her two young children and bring joy to her neighbors. She has worked with big-name brands like Amazon/MGM Studios and the Minnesota Twins, and with professional athletes from the MLB to The Savannah Bananas/Texas Tailgaters.

On Eagle's Wings: Composing for a Church at Prayer
presented by **Fr. Michael Joncas**



Fr. Jan Michael Joncas is known as the author of many beloved hymns, most notably *On Eagle's Wings*. Many Christian denominations use them to enrich their worship experience. This hour will explore Fr. Joncas' compositions for sung prayer written over the past half-century.

*Ordained in 1980 as a priest of the Archdiocese of St. Paul-Minneapolis, MN, Fr. (Jan) Michael Joncas holds degrees in English from the College of St. Thomas in St. Paul, MN, and in liturgical studies from the University of Notre Dame, and the Pontificio Istituto Liturgico of the Ateneo S. Anselmo in Rome. He has served as a parochial vicar, a campus minister, and a parochial administrator. He is the author of six books and more than two hundred fifty articles and reviews in journals such as *Worship*, *Ecclesia Orans*, and *Questions Liturgiques*. He has composed and arranged more than 300 pieces of liturgical*

music. He has recently retired as a faculty member in the Theology and Catholic Studies departments and as Artist in Residence and Research Fellow in Catholic Studies at the University of St. Thomas, St. Paul, Minnesota.

SALT

A Look at Seniors Learning Together, Inc.

Discover the enriching opportunities offered by the SALT program, where we have proudly served our communities for 29 years by providing exceptional learning experiences for individuals aged 55 and over.

This spring, we invite you to join us for four engaging Monday mornings filled with insightful presentations from a diverse array of excellent speakers. *Please note that the SALT program will be held at: Grace Lutheran Church, located at 7800 West County Road 42, Apple Valley, MN 55124.* This location better accommodates the needs of our SALT audience, providing an enhanced and more comfortable learning environment.

Our SALT program is designed to explore and discover a multitude of topics that cater to your interests and enhance your knowledge. Each session offers a unique opportunity to delve into areas ranging from the wonders of nature and the complexities of history to the profound aspects of religion and personal testimonials. Our carefully curated lineup of speakers brings a wealth of experience and expertise, ensuring that each topic is presented with depth and clarity. Whether you are looking to expand your understanding of the world, engage in stimulating discussions, or simply enjoy the company of like-minded individuals, the SALT program is an excellent choice for your spring learning journey. The location at *Grace Lutheran Church* offers ample parking, accessible facilities, and a welcoming atmosphere, making it easier than ever to participate in our engaging sessions.

Join us as we embark on this enlightening experience, designed not only to enrich your mind but also to foster a vibrant community of learners. The SALT program promises to be a rewarding avenue for intellectual growth and social connection. *We are excited to welcome you to Grace Lutheran Church for our spring sessions and believe this venue will greatly enhance your experience.*

Please be advised that the location for the SALT program is now Grace Lutheran Church in Apple Valley. We want to emphasize that SALT is solely utilizing the facilities of Grace Lutheran Church for the purpose of hosting the program. SALT remains an independent, interfaith non-profit organization with no specific religious affiliations.

For complete, up-to-date information on the SALT sessions each Spring and Fall go to the Risen Savior website risensavior.org/salt or scan the QR code. We look forward to seeing you at our Grace Lutheran Apple Valley location!



Acknowledgements:

This program is made possible with the support of the following organizations:

All Saints Catholic Church (Lakeville), Church of the Risen Savior (Catholic, Burnsville), Easter Lutheran Church (Eagan), The Fountains at Hosanna! (Lakeville), Grace Lutheran Church (Apple Valley), Mary Mother of the Church (Catholic, Burnsville), Prince of Peace Lutheran Church (Burnsville), St. James Lutheran Church (Burnsville), St. John Neumann Catholic Church (Eagan), Shepherd of the Valley Lutheran Church (Apple Valley), The Well (Rosemount),

and with additional generous donations from the Burnsville-Savage Lions Club.

To our participants: You are our best ambassadors! Help us continue to provide quality programs. Invite your friends to join us. Thank you!

ATTENDING SALT MADE EASY: WALK RIGHT IN

**Location: Grace Lutheran Church
7800 West County Road 42, Apple Valley, MN 55124**

**Doors open at 8:30 a.m.
Presentations start promptly at 9:30 a.m.**

The schedule will look like this:

- **9:30-10:30 a.m.:** first two programs (one in the worship space, one in the hall)
- **10:30-11:00 a.m.:** coffee/cookie break in the lobby and in the narthex
- **11:00 a.m.-12:00 p.m.:** second two programs (one in the worship space, one in the hall)

**Presentations: \$10.00 per person per Monday
(Pay with cash or checks made out to 'Seniors Learning Together')**

The \$10.00 includes one presentation at 9:30 a.m. and one presentation at 11:00 a.m.
You pay only on the day you come. No pre-registration!

**Option to SAVE \$\$: Buy a Season Pass and SAVE!
\$35 per person for all four Mondays in spring.**

We are again offering a "Season Pass" for this Spring SALT season for \$35 per person, which covers all four Spring 2026 Mondays. You purchase the Spring 2026 "Season Pass" at the first session on Monday, April 13, 2026, for \$35/person, and you are good to go for the following three Mondays, April 20, 27, and May 4. (Payment with cash or checks made out to 'Seniors Learning Together.' No refunds for missed sessions).

SO SIMPLE, SO EFFICIENT!

No worries about long check-in lines: we will have many tables staffed with friendly, competent SALT team members greeting and directing you, checking you in!

After check-in, you may immediately proceed to the location of the presentation you are attending. Both locations, the worship space and the hall, will be open for you to enter and take your seats. Presentations start promptly at 9:30 a.m. We ask that you arrive at least 30 minutes beforehand to allow for check-in. Keep in mind that you can check in starting at 8:30 a.m.

SALT is a wonderful program of enrichment learning made fun! Our presentations are offered to you in an enjoyable format. There are no questions to answer or tests to take. With continued involvement from active adults, we are able to offer you the very best programs available.

Should you have any questions regarding the SALT program and/or the check-in process, call Marianne at (952) 698-1714 or email marianne.brass@risensavior.org.

Give SALT a try. You will be glad you came!

**Monday, April 13, 2026
11:00 a.m. — 12:00 p.m.**

Inventing a Nation - How the American Republic Came to Be, Part 1
presented by **Frank Sachs**



The Road to the Declaration of Independence: From Plymouth to Philadelphia, this is the story of how thirteen separate English Colonies came together to declare their Independence from England based on the idea that man should be ruled by laws and not by a King

Frank Sachs is a retired twin cities educator with a BS in American History and a MS in Guidance and Counseling. He has taught in college, and both public and private schools for 45 years. The last 37 were at the Blake School in Minneapolis where he was Director of College Counseling while teaching in the Social Studies department. Frank retired

from Blake in 2019 and is now serves as Faculty Emeritus.

Windflower: Stories, Poetry, and Music
presented by **Kjersten Dysthe and Sister**



Windflower creates space for loss and grief through music, poetry, story, and community. Performed by Sister, featuring the vocals of Kjersten Dysthe and Kara Millerhagen, and written by Kara Millerhagen and Rich Farris, this original production will speak to the many aspects of grief that we all experience at different times throughout our lives. Moments for contemplation, for healing through music, for laughter and community, and for moving through hard times, find space in *Windflower*.

Meet the members of SISTER: real sisters, Kara Millerhagen of Northfield, MN, and Kjersten Dysthe of Savage, MN, present their original production of 'Windflower' and talk about their beautiful sister, Alisa, who died from cancer at the age of 48.

Monday, April 20, 2026
9:30 a.m. — 10:30 a.m.

Data Center Download: The Promise & Pitfalls of Data Center Proposals in MN
presented by **Kathryn Hoffman**



All over Minnesota, proposals for hyperscale data centers are quickly and quietly emerging. Local governments are intrigued by promises of taxes and jobs, but the residents are being kept in the dark. These facilities consume large amounts of electricity, water, and metals, and cause noise and constant lighting that impact nearby residents' quality of life. Minnesotans have a right to decide how their shared resources are used through a transparent and democratic process. Kathryn Hoffman leads the Minnesota Center for Environmental Advocacy. The organization currently has five lawsuits against cities alleging they've failed to meet the requirements of Minnesota's bedrock environmental laws.

Kathryn graduated from the University of Minnesota Law School in 2006 magna cum laude, and earned a Masters in Public Policy from the Humphrey Institute at the same time. After working in complex litigation in Zelle LLP in Minneapolis for four years, she joined MCEA as a staff attorney in 2010. She stepped into the CEO role in 2017, and she is proud of the way the organization has grown and changed since then. She was adjunct faculty at the University of Minnesota

Law School and previously chaired the Environment, Natural Resources, and Energy Law Section of the Minnesota State Bar Association. Kathryn celebrated 10 years at MCEA in 2020.

USS Johnston: Decoding the Second-deepest Shipwreck in the World
presented by **Ken Stano**



Missing for 75 years, the USS Johnston is the most iconic and unknown WWII shipwreck. She was a tiny tin can destroyer that fought like a battleship to stop the mighty Japanese Navy in 1944. In 2019, wreckage from a Fletcher-class destroyer was discovered four miles under the Pacific Ocean. Was it the USS Johnston? We will analyze the debris, compare it to preserved counterparts on the museum ship USS Kidd, and reveal how the heroic USS Johnston met its end.

Ken Stano, creator of the YouTube channel History X, is a WWII historian, mechanical engineer, and pilot. He is producer and host of the video podcast Museum Ship Mafia. He loves digging into obscure details and secrets of WWII. These little-known WWII

heroics fascinate him, and they will fascinate you as well.

Monday, May 4, 2026
11:00 a.m. — 12:00 p.m.

The Art of Flamenco
presented by **Zorongo Flamenco Dance Theatre & School - Molly Stoltz & Ross Fellrath**

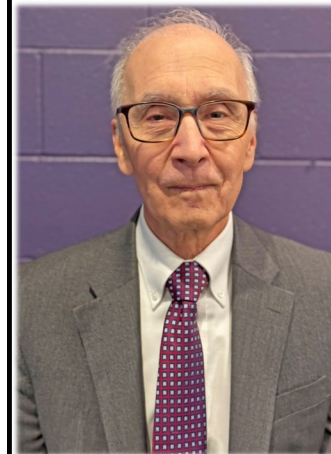


Join us for an engaging presentation and performance that delves into the vibrant world of flamenco. When most people think of Spain, images of flamenco guitarists and dancers may come to mind. However, flamenco is much more than a national symbol—it is a dynamic art form shaped by a rich blend of cultural influences and celebrated around the globe.



Molly Kay Stoltz is a versatile dance performer, choreographer, teacher, and arts administrator based in South-Central Minnesota. Specializing in rhythmic and percussive dance, she performs with Flying Foot Forum and Zorongo Flamenco. Ross Fellrath, a Minneapolis-based Flamenco guitarist, trained in Spain, collaborates with various groups, including Zorongo Flamenco. Founded in 1982 by Susana di Palma, Zorongo Flamenco Dance Theatre is an American/Spanish dance company known for its dynamic performances of classic and original flamenco works.

The Science about Hunger and Nutrition, as We Know It Now
presented by **Dr. David Walcher, MD**



In this session, Dr. David Walcher will guide an in-depth exploration of the science of nutrition and hunger, with a focus on established scientific knowledge as of May 2026. Participants are encouraged to rely on verified research and evidence-based information, avoiding reliance on unverified sources. This session will prioritize open discussion through questions and answers, foregoing traditional presentations. Participants are encouraged to come prepared with questions, fostering a collaborative environment of inquiry and discovery.

Dr. David Walcher graduated from the University of MN Medical School and completed residencies in Family Medicine at HCMC and Internal Medicine at the Medical College of Toledo. He practiced in Minnesota from 1981-2020, including as a partner of Southdale Internal Medicine from 2001-2016. He is currently semi-retired and volunteers at St. Mary's Clinic and teaches at the Phillips Neighborhood Clinic.

Monday, May 4, 2026
9:30 a.m. — 10:30 a.m.

The Kids Aren't Alright: The Mental Health Challenges Facing Today's Youth
presented by **Andy Steiner**



It might seem like kids have it made these days, but the truth is, more young people than ever report struggling with serious mental health challenges. Learn more about rising rates of mental illness among young people, why that might be happening, and ways that mental health professionals in Minnesota are working to help them cope. Presenter, Andy Steiner, long-time mental health and addiction columnist for *MinnPost*, will detail what her years of reporting tell her about the state of youth mental health. There will be plenty of time for questions and discussion.

Andy Steiner is an award-winning journalist and author. For over a decade, she has been covering mental health and addiction as a weekly columnist for MinnPost. In her book, 'How to Survive: The Extraordinary Resilience of Ordinary People,' she looked at how people survive and thrive in the face of challenging life events. As a 'Solutions Journalism Network 2025 HEAL Fellow,' she wrote three in-depth stories for MinnPost about Minnesota's groundbreaking approach to providing in-school mental health services to children in the state's public schools.

Echoes of Africa: A Visual Journey
presented by **Dennis Randall**

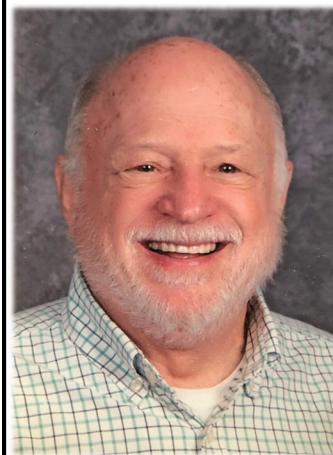


In September 2024, Dennis Randall and his wife embarked on a *Natural Habitat Adventures* tour through Zambia, Zimbabwe, and South Africa. They stayed near a Zambian national park and explored three South African safari lodges, observing diverse wildlife, including lions, elephants, and various bird species. Randall found learning about the animals' natural history fascinating. The trip also included a visit to Victoria Falls, significantly larger than Niagara Falls. He looks forward to sharing more insights from this experience.

Dennis Randall holds degrees in Biology, Psychology, and Wildlife Management. He served twenty-nine years with the Hennepin County Sheriff's Office, including twenty-four years in the Crime Laboratory. As a Certified Latent Print Examiner for seventeen years, he conducted fingerprint, palm print, and footprint comparisons, and provided expert court testimony. After retiring from Hennepin County in 2006, he joined the Minnesota Bureau of Criminal Apprehension as a Forensic Scientist for almost eleven years, processing evidence for latent print identification until he retired in 2017. Dennis Randall enjoys bird watching, photography, and various artistic hobbies.

Monday, April 20, 2026
11:00 a.m. — 12:00 p.m.

Inventing a Nation - How the American Republic Came to Be, Part 2
presented by **Frank Sachs**



The years in-between and the struggles with self-governance after the Revolution: From the failure of the *Articles of Confederation* to the rise in domestic unrest in the states, emblematic in Shay's rebellion, comes a call for unity and reform that begets the *Constitutional Convention* and leads the Founders to seek "a more perfect union" and write the Constitution.

Frank Sachs is a retired twin cities educator with a BS in American History and a MS in Guidance and Counseling. He has taught in college, and both public and private schools for 45 years. The last 37 were at the Blake School in Minneapolis where he was Director of College Counseling while teaching in the Social Studies department. Frank retired from Blake in 2019 and is now serves as Faculty Emeritus.

Smarter Health Care for Seniors: The Role of Artificial Intelligence (AI)
presented by **Paul Omodt**



Artificial Intelligence (AI) is transforming the world around us at an astounding speed. What previously took hours may now take mere seconds. And yet, alongside AI's promise resides AI's peril, a "use at your own risk" admonition, especially in healthcare. Led by a veteran communicator, healthcare researcher, and AI professor, this session explores what seniors need to know to navigate the intersection of AI and healthcare. Learn the latest promises and pitfalls in this interactive discussion.

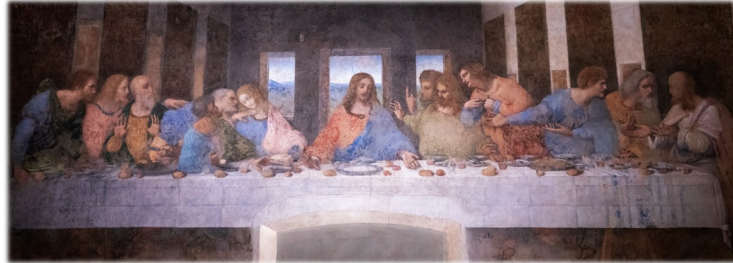
Paul Omodt is the founder of Omodt & Associates Critical Communications, a full-service communication firm specializing in crisis and critical issues communication. He is a 35-year veteran of the Minnesota communication scene and a nationally recognized communications practitioner. He has navigated some of Minnesota's biggest communication issues, from drunk pilots to plane crashes, from the election of a wrestler-governor to the building of Twins stadiums and world-class theaters. Paul has earned the communication industry's highest recognitions, including a Public

Relations Society of America Fellowship and the International Association of Business Communicators SCMP, an ISO-certified designation for international practitioners. He has been an adjunct professor at the University of St. Thomas for more than a decade and teaches in both the undergraduate and graduate programs.

Monday, April 27, 2026

9:30 a.m. — 10:30 a.m.

Leonardo's Last Supper
presented by **Dr. Kristin Anderson**



Widely known but only partly understood, Leonardo's *Last Supper* rivals his *Mona Lisa* as one of the most famous paintings in Western art. Leonardo altered the then-familiar formula for images of the *Last Supper* to create a new standard for depictions of this story. In this presentation, we will look closely at the painting's setting, its history, and its many intriguing details.

Dr. Kristin Anderson, Professor Emerita of Art & Design at Augsburg University, taught art and architectural history, including American Art, Scandinavian Art, Women and Art, and the Twin Cities' architectural history through her popular course, The Designed Environment. She received Augsburg's Distinguished Contributions to Teaching and Learning Award in 2005. Kristin researches sports architecture and is co-authoring a book on Twin Cities sports facilities for the University of Minnesota Press. Her other interests include Scandinavian-American folk art and Norwegian-American altar paintings. She frequently speaks at community events, offers tours at Target Field, and explores topics like architecture, sustainability, and art in baseball.

Restricting Assault Rifles: Lessons from Other Countries
presented by **John Satorius**



Numerous countries have prohibited or greatly curtailed public ownership of assault weapons, some doing so following mass shootings. The United States previously restricted these weapons from 1994 to 2004. This session will explore the definition of "assault rifles" and examine domestic and international experiences with restricting them. Please note: the presenter's perspectives on assault rifles are strictly his own, shaped by his Vietnam combat experience.

John Satorius is an experienced professional. He served 40+ years as an attorney at Fredrikson & Byron, holding positions such as Corporate Department Chair, President, and Board Chair. John has served on the boards of MinnPost, Twin Cities Diversity in Practice, and the Minnesota Justice Research Center. Following retirement, he taught an OLLI course on U.S. Political Parties. For the last five years, he has been involved in public safety in Minneapolis, including co-chairing the 'Reimagining Community Safety Group' at Plymouth Congregational Church and advising Mayor Frey on public safety. He holds law and Ph.D. degrees from Harvard University.

Monday, April 27, 2026

11:00 a.m. — 12:00 p.m.

Inventing a Nation - How the American Republic Came to Be, Part 3
presented by **Frank Sachs**



"We the People," The Creation of a New Nation: The *Constitutional Convention* and the ratification fight. What really happened in Philadelphia? What were some of the more notable arguments and necessary compromises in the writing of constitution that defined the creation of our national government. Then, throughout a series of state ratification conventions, emerges a vigorous defense of the new *Constitution* and call for a *Bill of Rights*.

Frank Sachs is a retired twin cities educator with a BS in American History and a MS in Guidance and Counseling. He has taught in college, and both public and private schools for 45 years. The last 37 were at the Blake School in Minneapolis where he was Director of College Counseling while teaching in the Social Studies department. Frank retired from Blake in 2019 and is now serves as Faculty Emeritus.

In Focus: Cathedral of Notre-Dame in Paris
presented by **Kristin Anderson**



The Cathedral of Notre-Dame in Paris has been famous throughout the centuries as a religious center, a masterpiece of Gothic architecture, a place of coronations, and as a tourist attraction, among other things. Sadly, it was heavily damaged in a devastating fire in 2019. This presentation will focus on the building's site, its importance as an example of the French Gothic style, the 19th-century restoration plans, and current efforts to bring the building back to life after the 2019 fire.

Kristin Anderson, Professor Emerita of Art & Design at Augsburg University, taught art and architectural history, including courses like The Designed Environment. She received Augsburg's Distinguished Contributions to Teaching and Learning Award in 2005. Kristin researches sports architecture and is co-authoring a book on Twin Cities sports facilities for the University of Minnesota Press. Her other interests include Scandinavian-American folk art and Norwegian-American altar paintings. She frequently speaks at community events and offers tours at Target Field.