CHESHIRE ACADEMY FOR LIFELONG LEARNING – FALL 2025
September 15, 2025 – November 7, 2025 (Snow date 11/14/25)

For more information and to register, visit www.keene.edu/call
EACH COURSE IS $50 UNLESS OTHERWISE NOTED.

A TEAMS Tutorial will take place each Thursday
September 11th - October 9th 9:30 a.m.-10: 30 a.m.

The tutorial is not a multi-week course; it is just the opportunity to join a TEAMS meeting (on any of these dates) and allowing me to help you get acclimated.

Click HERE to join

MONDAY (all classes are delivered remotely, via TEAMS or ZOOM)

10:15 – 11:30- South Africa: Peopled, Colony, Pariah, Hope, Today
Peter Henriques
8-weeks (9/15-11/3), online **TEAMS**, **RECORDED** (also taught fully in-person on Fridays)
Faculty will send the TEAMS link to registered participants

The course will explore the diverse and complicated history of South Africa, the convergence of unique cultures not always compatible.

A land initially bordering the Atlantic and Indian Oceans peopled by nomadic hunters and gatherers. Strategically advantaged for the spice trade as well as kingdom expansion (Mfecane) from the northeastern interior. Rich in people, resources and space.

European imperialism and African Mfecane's violent convergence laid the foundation for South Africa's complicated and painful attempts at nationhood throughout the 19th and 20th centuries, culminating in Freedom Day 1994.

South Africa today, navigating internal rivalries and finding its place on the continent and in the world

TUESDAY

10:00 a.m. – 10:40 a.m. (Tuesdays & Thursdays) Senior Sneakers
Gretchen Nadeau
8-weeks (9/16-11/6), online **Zoom, NOT RECORDED**, this class meets both Tuesdays and Thursdays
Faculty will send the Zoom link to registered participants

This is the perfect class for beginners and the older population. Improve strength, balance, cardio endurance, and flexibility during a combination of both standing and seated work. Light weights (1-4lbs) are required- but water bottles, soup cans, etc. can be substituted. A sturdy chair, preferably without arms, is needed too. Each class is 40 minutes long. It is effective and easy to follow!

1:30 p.m. to 2:30 p.m. - Intermediate Italian CANCELED-Low Enrollment
Angela Amato
8-weeks (9/16-11/4), online **ZOOM**, **NOT RECORDED**
Faculty will send the Zoom link to registered participants
Registration is limited to 10 participants.

This is NOT a beginner Course

Participants must already have knowledge and memory of at least three verbs in the present tense and know how to form sentences. We will review and learn conjugation of the past tense (Il Passato Prossimo). This course will also focus on diction with some conversation.

Join us on campus on Tuesday.
Enjoy two classes and stop into the DC for lunch!

10am-11:15am Artists as Agents of Change: Individual Artists and Social Engagement
Kimberley Olmstead
8-weeks (9/16 - 11/16- **SKIP 10/28**) Hybrid- **ZOOM, RECORDED)**
Faculty will send the ZOOM link to registered participants
Rhodes N120

This course will examine one artist in depth each week. We will focus on artists who were using their art in some way to bring cultural awareness to different issues, and there will be a mix of historic and contemporary artists. Some names include American Revolutionary artists John Trumbull, perpetual troublemaker Rockwell Kent, Pre-Raphaelite Evelyn de Morgan, and contemporary artists Alfredo Jaar and Michele Pred.

1:30-3:00 p.m. - The Founders and the Origins of American Democracy
Jack Donegan
4-weeks (**10/7-10/28**) In-person **$30**
Alumni Center, Norma Walker Hall, 232 Main Street

For something completely different, American Studies' time machine is set to go back 250 years to meet the founding fathers (and yes, they were all men). What philosophy inspired them? Who were their families? Were Washington's teeth made of wood? Was Sally Hemmings Jefferson's mistress or sister-in-law? And what about that bad boy, Aaron Burr?

The second half of our journey will trace the evolution of American Democracy from the exclusive rich white men's club of 1776 to the diverse, equal and inclusive society of today. We'll meet Tocqueville, Elizabeth Cady Stanton, Martin Luther King, Jr. and Harvey Milk. We'll trace the expansion of suffrage through secret ballots, primaries, and early voting, and navigate the challenges we still face. Because what happened then matters now.

WEDNESDAY (all classes are delivered remotely, via TEAMS or Zoom)

10am-11:15- Art of the Harlem Renaissance
Kimberley Olmstead
8-weeks (9/17-11/12- **SKIP 10/29**) Online-**ZOOM**, **RECORDED**
Faculty will send the ZOOM link to registered participants

This course will examine the visual, musical, and performing arts of the Harlem Renaissance, a cultural movement that emerged in the early 20th century. Focusing on a period between 1918 through the 1940's, we will examine how African American artists, musicians, and intellectuals used art to express identity, resist racial oppression, and shape a new Black consciousness.

*This is an expansion on a previously offered 4-week course on the same topic.

2:00 – 3:15 p.m. St. Petersburg: Portrait of a City through History and Culture
Sue Olson
8-weeks (9/17-11/5), online **Zoom, RECORDED**
Faculty will send the Zoom link to registered participants

St. Petersburg, in the twentieth century renamed Petrograd. Leningrad and then again named St. Petersburg, the first Russian planned city and Russian capital for almost 200 years, is magnificently beautiful and the fulfillment of Peter the Great's vision to open a window to Western Europe and modernize a country that at the time was steeped in Slavic tradition, Orthodox religion and superstition but lagged far behind the rest of the world in progress, rational thought, modern military force, science and technology. To construct his city and modernize Russia, Peter chose an inhospitable site on the delta of the Neva River subject to devastating floods, foul weather and bad water near the sea lanes of Europe. In record time St. Petersburg was built on the bones of tens of thousands of serfs and forced Westernization. As the capital of imperial Russia, it became a city of autocratic rule, contrasts and tremendous wealth inequality between the ruling aristocracy and the common people, trapped in poverty and low-paying jobs and living in substandard housing.

As the center of imperial rule, St. Petersburg was where political unrest developed in the 19th century and eventually led to the 1917 revolution and the Soviet Union. Later its closeness to Europe and its image as a center of Russian culture and power made its conquest one of Hitler's main objectives in World War II where it suffered a 900-day siege that resulted in millions of deaths.

In this course we'll begin by examining highlights of the history of St. Petersburg supplemented by an overview of the arts and culture (architecture, music, etc.), including a discussion of some nineteenth and twentieth century literary works by authors, like Pushkin, Gogol, Dostoevsky, Bely, Zoshchenko, and Akmahtova who used different literary styles to reveal aspects of life and society at different times in St. Petersburg. When possible, the class will be enhanced by videos and other media. All course materials will be provided electronically, and the class sessions will be recorded.

4:00 p.m.- 5:15 p.m. AI for Seniors: A Gentle Introduction
Michael Wakefield -WAITLIST
4-weeks **(9/24, 10/8, 10/15 & 11/5)** Online **TEAMS, RECORDED $30**

Course Description:
"AI for Seniors: A Gentle Introduction" is an interactive four-part course designed to demystify the world of artificial intelligence in an approachable way for senior learners - facilitated by a fellow senior learner! Over four 75-minute online Zoom sessions, we'll discuss how AI and machine learning technologies influence our daily lives, from healthcare to home assistance. We will also get a feel for how these technologies actually work, using live demonstrations of sophisticated language models like ChatGPT and other tools to discover for ourselves what they are good at - and not so good at (yet). Through interactive demonstrations and clear explanations in plain language, learners will also consider some of the ethical and practical implications of AI in today's digital age. Join us from the comfort of your home for a series of enriching conversations exploring both the astonishing potential and the thorny challenges surrounding AI and its significant impact on modern society. No prior tech experience necessary, just a curious mind!
Course Outline:
Session 1. Introduction to Artificial Intelligence (AI)
Session 2. Text-based Generative AI Large Language Models (LLMs)
Session 3. Beyond Words: Deeper Dive into Generative Multimodal Models
Session 4. Ethics, Privacy, and Embracing AI Wisely, and Course Wrap-up

5:00 – 6:15 p.m. - Game Design Theory
Brandon Lyman NEW FACULTY
8-weeks (9/17-11/5) online **TEAMS**
Faculty will send the TEAMS invitation to registered participants

In this 8-week course Brandon Lyman, Ph.D. Student at the College of Arts, Media and Design, Northeastern University will guide participants through the science of game development and research. You will learn the answers to many questions researchers are asking about how to develop games for adults. What are games? Why do we play them? What happens in our brains when we are playing games? What makes playing games meaningful? How do you design a game? What kinds of games should we be playing? What can you learn from playing games?

THURSDAY (all classes are delivered remotely, via Zoom)

10:00 a.m. – 10:45 a.m. Senior Sneakers
Gretchen Nadeau
8-weeks (9/18-11/6), online **Zoom**, **NOT RECORDED**, this class meets both Tuesdays and Thursdays.
Faculty will send the Zoom link to registered participants

This is the perfect class for beginners and the older population. Improve strength, balance, cardio endurance, and flexibility during a combination of both standing and seated work. Light weights (1-4lbs) are required- but water bottles, soup cans, etc. can be substituted. A sturdy chair, preferably without arms, is needed too. Each class is 40 minutes long. It is effective and easy to follow!

FRIDAY MORNING

all classes are in-person or in-person/online hybrid via TEAMS/ Zoom

Please read the descriptions

8:30 – 9:45 a.m. - South Africa: Peopled, Colony, Pariah, Hope, Today
Peter Henriques
8-weeks (9/19-11/7), in-person (also taught fully online on Mondays)
Morrison 107

The course will explore the diverse and complicated history of South Africa, the convergence of unique cultures not always compatible.

A land initially bordering the Atlantic and Indian Oceans peopled by nomadic hunters and gatherers. Strategically advantaged for the spice trade as well as kingdom expansion (Mfecane) from the northeastern interior. Rich in people, resources and space.

European imperialism and African Mfecane's violent convergence laid the foundation for South Africa's complicated and painful attempts at nationhood throughout the 19th and 20th centuries, culminating in Freedom Day 1994.

South Africa today, navigating internal rivalries and finding its place on the continent and in the world

8:30 – 9:45 a.m.- Women Artists: Medieval Era to the Present
Kimberley Olmstead
8 weeks (9/19-11/7), hybrid, **Zoom, RECORDED**
Faculty will send the Zoom link to registered participants
Morrison 204

This course will offer a survey of women artists from as early as the 10th century through modern day. We will explore how social structures, institutions, and cultural expectations shaped and were challenged by their artistic practices in each era.

8:30 – 9:45 a.m. French Class- CANCELLED DUE TO FACULTY ILLNESS
Bill Reed
8 weeks (9/19-11/7), in-person

This course is based on scenes from several feature-length French films, with associated clips about the actors, the director and locations, and includes:

- Transcriptions and card games of lines from the film for comprehension and speaking practice; Grammar points and vocabulary are taken from the transcriptions.

- Clips from French and Québécoise television and the Internet, with accompanying hand-outs: News, ads, travelogues, magic shows, songs and history.

- Videos made by the instructor, including visits to French families, schools, interviews on the street, and student-made videos.

Previous study of French would be useful **but not necessary**.

8:30 – 9:45 a.m. Eight Great Battles of World War ll
John Samperisi
8 weeks (9/19-11/7), in-person
Morrison 110

This course will examine the historic significance of eight key battles that shaped the course and outcome of World War II. We will cover four battles from the European theatre, and four from the Pacific. We will describe human experiences and discover the strategy, tactics, and technology involved to gain a deeper understanding of the turning points of the deadliest conflict in human history.

Topics:

Pacific Theatre

1) Pearl Harbor
2) Battle of Philippines: Bataan / Corregidor
3) Battle of Midway
4) Battle of Leyte Gulf

European Theatre

1) Battle of Britain
2) Battle of Stalingrad
3) D-Day
4) Battle of the Bulge

8:30 a.m. – 9:45 a.m.
From Weimar to Hitler: The Death of Democracy & the Birth of Totalitarianism
Paul Vincent
8-weeks (9/19-11/7), in-person
Rhodes N210

Hitler neither seized power nor was elected to lead Germany's government. So, how does one explain the collapse of Germany's Weimar Republic—the country's first experience with democracy—and the rapid establishment of a Nazi dictatorship in 1933? History rarely if ever provides easy answers to profound developments; indeed, the stages of transition between 1930 and Hitler's consolidation of near total power by August 1934 are complex and disturbing. No less troubling is how "decent men and women," law abiding citizens, embrace a totalitarian state founded on systematic racism and increasingly evident cruelty. While eight sessions are inadequate to the task at hand, students will surely leave this course with a greater understanding of the fragility of democracy and the existential threat posed to it by demagogues and those human beings naïve and misguided enough to play into their hands. Our course is focused on a crucial piece of twentieth-century history; yet, it aims to provide timely lessons for our own time.

PLANNED WEEKLY LECTURE TOPICS
1. Introduction
2. A Depression Like no Other
3. Democratic Turmoil
4. The Tragedy of Big Men and Small Minds
5. Solidifying a Dictatorship – Gleichschaltung
6. Himmler and the SS – the Camp System
7. Terror: What it was and what it wasn't
8. Hitler's Foreign Policy: From revision to expansion

10:00 – 11:15 a.m. American Foreign Policy in the 21st Century
Bob Beck
8-weeks (**9/26-11/14**), hybrid **TEAMS, RECORDED**
Faculty will send the TEAMS invitation to registered participants
Rhodes N210

On the cusp of the start of the 2nd quarter of the 21st Century, this eight-week course will examine the key events, drivers, trends, and consequences of American Foreign Policy over the past quarter century. From the indispensable nation days of the 1990s to the global war on terror to the attempt by Obama and Biden to maintain the post-WWII, American-led liberal order to the less-coherent realities of Trump's world view, the class will strive to connect the dots of Washington's seemingly disparate activities on the international chessboard over the past three decades. Reading assignments will be given prior to each session and class participation will be actively encouraged.

10:00 – 11:15 a.m. The Microbiome in Health and Disease -WAITLIST
Lou-Anne Beauregard, MD, ACC, FACP
8-weeks (**9/19-11/7**)
Morrison 110

WEEK 1: You are an ecosystem, plus review of bacteria, viruses and basics of immunity
WEEK 2: The functions of the microbiome as well as the effects of antibiotics
WEEK 3: Everything but the gut—the microbiome outside of the gastrointestinal tract and what we know about it so far
WEEK 4: Obesity and metabolic syndrome—fat bacteria vs. skinny bacteria and you are what you eat
WEEK 5: Inflammatory bowel disease and cancer
WEEK 6: Atherosclerotic cardiovascular disease and inflammatory arthritis
WEEK 7: Neurological diseases
WEEK 8: Treating a dysfunctional microbiome

10:00 – 11:15 a.m. Keene State College Tree Tour
Bud Winsor
2-weeks (9/26 & 10/3), in-person
Morrison 204

10:00 – 12:00 p.m. The Drawing Studio WAITLIST
Katharina Rooney
8 weeks (9/19-11/7), in person, note extended session $70
Thorne-Sagendorph Art Studio
Registration is limited to 20 participants.

This course will be held in a classic studio setting of easels, still lives and spotlights you will learn close observation and develop your drawing ability. We will also explore abstract drawing concepts. All skill levels are welcome!

Materials: Drawing pad of 14" by 17" or similar size. Bring your favorite drawing tools such as pencils, erasers and sharpeners. Faber-Castel Pitt Graphite Kit Sample if you need to purchase materials.

10:00 – 11:15 a.m. Astronomy - An Approaching Revolution
Astronomers keep not finding extraterrestrial life. Is that about to change?
Claudio Veliz
8-weeks (9/19-11/7), in-person
Science 129

This descriptive astronomy course will explore the science of extraterrestrial life detection. An initial, basic review of the astrophysical research process, and how it applies to this search, a quick review of the basic workings of telescopes, and a graphic tour through the – albeit unimaginable - scale of the universe will start things. We'll then review the subjects, controversies, debates and conundrums of this subject which persist in being so intriguing to us terrestrial creatures. We'll wrap up with instructions on how an individual, with little minimal background, can participate directly in the search for life…."out there".

The largest telescopes and most sophisticated instruments ever designed and built are now being commissioned on Chile's Atacama Desert. We're going to cover why they deserve such notable attention and how these staggeringly sophisticated new behemoths may well jolt our

image of life in the universe. We'll have a look at what they may reveal about the more detailed structure of relatively "nearby" exoplanets.

This will be a live, living, lively, in-person, course, and we do not discriminate; terrestrials and extraterrestrials, of all types, are welcome. Some hands-on (or mandible-on…?) activities may be involved.

FRIDAY AFTERNOON

all classes are in-person or in-person/online hybrid via TEAMS or Zoom

Please read the descriptions

12:30 - 1:45 p.m. Poetic Justice: Poets for the People
Marcia Breckenridge
8-weeks (**9/29-11/14) in-person**
Morrison 206

From Dr. Seus' Hop on Pop to the O J trial rhyme, "If it does not fit, you must acquit", poetry has been an integral part of Americans' lives. Yet many limit poetry's concern to love or children. Instead, this class will look at poets of powerful protest. Motivated by anger, frustration and a yearning for social justice, these passionate writers informed, enraged and acted as catalysts for legal reform. They validate 18th century poet Percy Bysshe Shelley who called poets the "legislators of the world." Each week, class will focus on a topic of a poet(s) and examine the life, era and impact of the writer's words. When possible, class will include video/audio reading of the work by the original author. In all cases, texts of the verses will be read and discussed.

Week 1 Maya Angelou (1928-2014)… gender and race
Week 2 Elizabeth Barret Browning (1806-1861)… child labor in England
Week 3 T.S. Eliot (1888-1965)… the wasteland of modern "progress"
Week 4 Emma Lazarus (149-1887)… the plight of immigrants
Week 5 Tupac Shakur (1971-1996) …societal isolation and poverty
Week 6 MANY WARS -Many Voices
Week 7 Gwendolyn Brooks (1917-2000)…Urban life for blacks
Week 8 Shel Silverstein (1930-1999)…US prison reform

12:30 - 1:45 p.m. Mathematical Gems: From the observable to the abstract
Vince Ferlini
8-weeks (9/19-11/7) hybrid **TEAMS, NOT RECORDED**
Faculty will send the TEAMS invitation to registered participants
SCIENCE 126

For many people, mathematics is associated with computational drudgery and a requirement to "solve for x" - but rarely finding it. This course will give you a different perspective on the subject. Topics will include, but will not be limited to, mathematics in everyday life, numbers, infinity, paradoxes, calculating devices, probability, and mathematics and the arts. Each topic will be presented in a historical and philosophical context.

12:30 – 3:15 p.m. The Great Movies: Continuing Roger Ebert's Guided Tour of Seminal Films
Mark Holding
8-weeks (9/19-11/7), in-person, note extended session **$70**
Morrison 110

Of all the arts, movies are the most powerful aid to empathy, and good ones make us into better people ~ Roger Ebert (1942-2013)

As in earlier iterations of this course, this is an invitation to newcomers and returnees, novices and devotees alike. Continuing in the spirit of the Spring CALL's course offering, we will select and watch seven more films included in the first and second volumes of Roger Ebert's *The Great Movies* (pub. 2002 & 2006). Ebert's goal was to provide "a tour of the landmarks of the first century of cinema."

In preparation for each of our weekly screenings, we'll read the relevant short essay he wrote to illuminate his beloved choices. Thus, each class will typically start with a brief introduction, followed by a viewing of the complete movie, which in turn will lead into a large-group discussion of the film and of the talking points in Ebert's essay for that title.

There are many, many *Great Movies* included in the two volumes, so we'll devote some of our first class to deciding which of them we'll schedule for the following sessions.

12:30 – 2:00 p.m. Darwin, Fitzroy, & the Beagle: A Very Unlikely Trio
Marc Koolen NEW FACULTY
1-week (Tentatively 10/10), in-person **$10**
Science 101

Charles Darwin had no degree in science, was not a member of her majesty's navy, and had never been to sea. How on earth then, did he ever secure a position as 'Naturalist' aboard the HMS Beagle? The story is a fascinating one, and involves kidnapped Fuegian 'savages', social position, a persuasive uncle, and more, including suicide. This one-day course will review the biographies of the main players (Darwin, Captain Robert FitzRoy, and the HMS Beagle), then attempt to explain how these three crossed paths, their interactions during the five-year voyage, and will conclude with an overview describing the fates of the three. The presentation will be supported by an extensive PowerPoint, a scale model of the 'Chart Room' (Darwin's quarters aboard the Beagle), a display of the books used to research the topic, and a gorgeous scale model of the HMS Beagle herself.

12:30 – 1:45 p.m. Writing for the Reader
Paul Miller NEW FACULTY
8-weeks (**9/26-11/14**), in-person
Limited to 12 participants
Morrison 101

Make me see. Make me feel. Make me care.

In this eight-week class, you will acquire skills, techniques, and confidence to take your writing, whatever the format, to a new level. The focus and purpose of our time together will be on learning to write for an audience.

Ever imagined the first page of your memoir? Imagine no more; let's write it.
If you are a blogger, how might your content be more audience-centric?
If you regularly nurture a personal journal, how would your entries change if your goal were to make someone else want to read what you write?
Come to understand the power of visualization. Turn on and lean into all your senses to write descriptively and vividly. Learn how to engage with the reader and write with a sense of place and journey.
Can your words be transportive? Let's find out.

We will also use this time to reflect on writing as an art form and what you want from the class to ensure your time is worthwhile and your interests are best served.
I plan to teach each class casually with a learning/lecturing/reflection component. There will be in-class activities, time for you to write, and a chance to ask questions.
The lone requirement is to bring your authentic self.

Course material
There is no mandatory book for this course, but having a copy of E.B. White's *Charlotte's Web* – yes, *Charlotte's Web* – is encouraged. It's available online in paperback and is inexpensive. Throughout the class, I will provide excerpts from other books and recommend resources to help guide your writing pursuits.

12:30 – 1:45 p.m. Short Story Seminar
Jeff Minahan
8-weeks (9/19-11/7), in-person
Registration is limited to 12 participants
Morrison 107

This class is an eight-week, seminar-style investigation of the short story. This will be a discussion-centered class that thrives on student participation, debate, and vibrant give-and-take. We will dissect fundamental literary ideas, including structure, setting, character, and more. Printed copies of each story will be provided. **Short story titles will be provided soon**.

12:30 – 1:45 p.m. The First Amendment: Is it Shrinking or Expanding?
Joseph Steinfield
4-weeks (10/17-11/7), in-person **$30**
Morrison N210

This four-week in-person course will focus on freedom of speech and of the press, free exercise of religion, and separation of church and state. We will discuss the major historic Supreme Court decisions dealing with prior restraints, suits brought against the press by public officials, school prayers, and Jefferson's "wall" separating government and religion. We will then turn to changes over the last twenty years—the "Roberts Court." We will also consider how certain interest groups have successfully "weaponized" the First Amendment.

12:30 – 1:45 p.m. Harlem Renaissance
Diane Riley
8-weeks (9/19-11/7), in-person
Morrison 105

In this course we will look at the history of the Harlem Renaissance (Great Migration, Red Summer of 1919) and the literature from that period. Authors we will read and discuss include Langston Hughes, Countee Cullen, Claude McKay, W. E. B. DuBois, Zora Neal Hurston, Laurence Dunbar, Nella Larsen, Wallace Thurman, James Weldon Johnson, and others. Discussion subjects: Why Harlem?; who should Black authors write for?; should Black writings be in dialect or "traditional English"?; questions of color; women of the Harlem Renaissance; protesting oppression; and sexuality and voyeurism. We will also touch lightly on other forms of art during this time period.

2:00 – 3:15 p.m. No Bad Parts: A Book Study Group to guide us to better understand the wonderfully diverse "parts" of our inner world.
Bob Meissner
8-weeks (9/19-11/14-**Skiping 10/10**), in-person
Morrison 109

Tired of inner conflict and feeling disconnected from yourself or others? This book study group offers a practical and empowering approach to cultivating inner harmony and deeper connections through the principles of "parts work." The **required** reading is Parts Work: An Illustrated Guide to Your Inner Life by Tom Holmes, ISBN 978-0-9798897-1-4. (129 large print paperback) The more in-depth, optional game-changing course book is No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model by Richard Schwartz, ISBN 978-1683646686 (199 pages paperback).

This class will be a lively, interactive book group discussion with no bad questions or bad answers. This is not psychotherapy - it's group learning and personal discovery. Together we'll learn how to identify parts, their roles, understand their origins, and ultimately foster a more loving and accepting relationship with each part. Imagine feeling more whole, more integrated, and more at peace within yourself. By learning to work with your inner "protectors," understand your "exiles," and connect with your core "Self," where you can unlock a deeper capacity for self-love and extend that compassion to others."

2:00 – 3:15 p.m. Images and Ideas: Ekphrastic Writing Through a Gender Lens
Elayne Clift
6 weeks (10/10 - 11/14), **$40**
Morrison 107

This six-session course offers a connection between my classes focused on "Women's Studies" and a favorite class on Ekphrastic writing which uses visual vs. verbal prompts for writing in various genre. Starting in week two, participants receive visual prompts before class that vary across artistic categories, including paintings, sculpture, posters, photography, ads, and selected historical events.

Participants write a response each week (at home) to the prompt they choose from several possibilities. They share what they wrote in the next class. Each week offers a different set of visual prompts to choose from. The art selections for this class derive primarily from works by or about women. Artworks may have been made by men as well as women, but the umbrella theme is focused on how art connects to and interprets women's lives. For example, paintings may include something by Mary Cassatt, Artemesia Gentileschi, John Singer Sargent, Picasso, or noted women artists, past and present. Come prepared to have fun and be thoughtful and amazed at what a work of art can inspire, especially when several people choose the same prompt!

2:00 – 3:15 p.m. Bird Behavior of Our NH Birds CANCELLED DUE TO FACULTY ILLNESS
Steve Hooper
6-weeks (10/3-11/7), in-person, **$40**

This 6-week course will delve into why our locally seen birds act like they do. How does their brain work? Birds are very intelligent. The more you know, the more birds you will see and the more fun you will have!

The instructor will show his own bird photography of many of the species he has captured and explain each bird's behavior. For example, certain bird species show up near wetlands when there has been an insect hatch in the water. Or if there is a large rodent population, Barred Owls will be present.

Folks need not be bird experts to attend this course. Simply, the joy of birding outdoors or from your home window is all that is necessary.

If the weather permits, a stroll on campus looking for birds will take place.

2:00 – 3:15 p.m. Political Philosophy
Sander Lee
8-weeks (9/19-11/7), in-person
Parker 211

In this course, you will be introduced to some of the most influential thinkers in political theory from the history of Western Philosophy including Plato, Aristotle, Hobbes, Locke, Kant, the Utilitarians, Hegel, Marx, Simone de Beauvoir, and John Rawls. We will also discuss influential dystopia novels such as Brave New World and 1984.

Topics will include issues of governance, equality, and social justice. You do not have to have any prior knowledge of philosophy to take this course. Using lively discussion and debate, we will examine philosophical issues raised by each approach.

2:00 – 3:15 p.m. Foundation of Herbal Medicine
Lior Sadeh NEW FACULTY
8-weeks (9/19-11/7), in-person
Morrison 207

Plants have developed chemical compounds that humans have used for thousands of years for medicinal purposes. Functional clinical herbalism combines modern science-based knowledge with the wisdom of centuries-old herbal traditions.

The program is designed for budding herbal and wellness enthusiasts who are curious about how an herbalist approaches the health challenges of their clients.

We will explore basic concepts used by herbalists, including five common conditions (fatigue, stress, acid reflux, winter colds, and autoimmune disease) and their holistic approaches, as well as plant-based preparations (teas and tinctures) and considerations for their use.

Week 1: A Holistic Approach to Healing
Week 2: Food is medicine
Week 3: Metabolic Health
Week 4: Sleep, stress, and mental health
Week 5: Digestive Health
Week 6: The immune system
Week 7: Autoimmune conditions
Week 8: Presentations and final words