

# FALL 2024



EVERGREEN FORUM:

The Evergreen Forum provides stimulating lecture and discussion programs for adults and encourages active participation for those who enjoy learning for its own sake.



[cmaprinceton.org](http://cmaprinceton.org)  
**609.751.9699**

Please note that this fall, course formats include in-person, virtual, and hybrid, and that technology help is available.

**LOOK FOR HYPERLINKS IN THIS DOCUMENT** 

## COURSES BY DAY AND TIME (COURSE GRID)

MONDAY	TIME	START	SESSIONS	COURSE TYPE	COURSE FORMAT
SCIENTIFIC GENIUS	10:00-noon	9/30	6 WEEKS	Lecture	In-Person
SUPREME COURT - GREATEST HITS OF 2024	10:00-noon	9/30	6 WEEKS	Lecture	Hybrid
SUNKEN VOYAGE	1:30-3:30	9/30	6 WEEKS	Lecture/Discussion	In-Person
UNDERSTANDING COGNITIVE BEHAVIORAL THERAPY	1:30-3:30	9/30	3 WEEKS	Lecture/Discussion	In-Person
TUESDAY	TIME	START	SESSIONS	COURSE TYPE	COURSE FORMAT
DOCUMENTARY FILMS	10:00-12:30	10/8	8 WEEKS	Lecture/Discussion	In-Person
MAGIC & WITCHES IN FICTION FOR GROWNUPS	10:00-noon	10/1	6 WEEKS	Lecture/Discussion	In-Person
MEDICINE: THE HISTORY AND THE MYSTERY	10:00-noon	10/1	8 WEEKS	Lecture/Discussion	In-Person
THE EVOLUTION OF WESTERN ART	1:30-3:30	10/1	8 WEEKS	Lecture/Discussion	Virtual
JANE AUSTEN, NOVELS AND FILMS	1:30-3:30	10/1	8 WEEKS	Discussion	In-Person
UNDERSTANDING HUMAN EVOLUTION	1:30-3:30	10/1	8 WEEKS	Lecture/Discussion	Hybrid
WEDNESDAY	TIME	START	SESSIONS	COURSE TYPE	COURSE FORMAT
ALL THE FUN MATH YOUR TEACHERS LEFT OUT	10:00-noon	10/9	6 WEEKS	Lecture/Hands-On	In-Person
INTRODUCTION TO MINDFULNESS PRACTICES	10:00-noon	10/2	6 WEEKS	Lecture/Discussion	In-Person
READING "LOLITA" IN 2024	10:00-noon	10/2	8 WEEKS	Discussion	In-Person
2024 ELECTIONS: DEMOCRACY AT STAKE? EXPLORE, ENGAGE, AND EMPOWER.	1:30-3:30	9/25	8 WEEKS	Lecture/Discussion	Hybrid
TO BE CONTINUED...FOUR CONTEMPORARY NOVELS	1:30-3:00	10/16	6 WEEKS	Lecture/Discussion	Hybrid
	1:30-3:30	10/2	8 WEEKS	Lecture/Discussion	In-Person
THURSDAY	TIME	START	SESSIONS	COURSE TYPE	COURSE FORMAT
ANTEBELLUM AMERICA: IT STILL MATTERS	10:00-noon	10/24	6 WEEKS	Lecture/Discussion	Hybrid
DEMYSTIFYING NEW JERSEY	10:00-noon	10/10	4 WEEKS	Lecture	Hybrid
TWO MEN AT SEA	10:00-noon	10/3	8 WEEKS	Discussion	Virtual
GEOLOGY OF THE BC COAST MOUNTAINS	1:30-3:30	10/10	4 WEEKS	Lecture	In-Person
HISTORIES OF INDIGENOUS PEOPLES IN AMERICA	1:30-3:30	10/3	8 WEEKS	Lecture	Hybrid
FRIDAY	TIME	START	SESSIONS	COURSE TYPE	COURSE FORMAT
AMERICA DURING THE OBAMA YEARS	10:00-noon	10/11	6 WEEKS	Lecture/Hands-On	Hybrid
SCIENCE IN THE NEWS	10:00-noon	9/27	8 WEEKS	Lecture/Hands-On	Hybrid
AMERICAN IMPRESSIONISM: BUCKS COUNTY PAINTERS	1:30-3:30	10/11	4 WEEKS	Lecture/Discussion	Hybrid
AMERICAN SHORT FICTION MASTERPIECES	1:30-3:30	10/11	6 WEEKS	Lecture/Discussion	Hybrid



Please note that this fall, course formats include in-person, virtual, and hybrid.

## REGISTRATION INFORMATION

The Evergreen Forum uses a first-come, first-served registration system.

**Registration will open on Tuesday, August 27 at 9:30 a.m. allowing participants to select up to two courses. Registration will open for additional courses Thursday, August 29 at 9:30 a.m. Reminder – Class formats include in-person, virtual, and hybrid.** To register, go to [cmaprinceton.org](https://cmaprinceton.org). Telephone and mail applications will not be accepted. Course format is subject to change.

**Waitlists:** If a class is full, registrants are encouraged to put their name on the online waitlist.

Evergreen Forum Fees: \$85 for three- to five-week courses, \$110 for six- to eight-week courses, and \$140 for nine- to twelve-week courses. **Cost should never be a barrier to learning! Scholarships are available to those for whom the fee is a hardship.** To make a confidential request, **CLICK HERE**. For more information, contact Johanna Peters, director of social services, at [jpeters@cmaprinceton.org](mailto:jpeters@cmaprinceton.org), or 609.751.9699, ext. 111 to apply.

Complete course information, including reading assignments, class participation, and required texts, will be available on the website in September and you will be sent your course **Dropbox link** and class reminders a week before your first class. **Zoom links** for all virtual registrants will be sent twenty-four hours before your first course.

Some courses may have additional costs for books or materials. This will be listed in the course's syllabus hyperlinked under each course blurb in this brochure.

**Dropbox:** All pertinent course information and class recordings can be found in Dropbox, an easy-to-use online filing system for documents and other information. CMAP will provide information on how to access Dropbox and participants DO NOT need their own account.

**Technology:** For participants who register to attend a course virtually, it is recommended that you download and install Zoom on your device before registration. You will need Zoom to attend your Evergreen course. If you need help with Zoom, please contact our Tech Lab team **at least two weeks** before the first class session. To request assistance, please **CLICK HERE** or email [tech@cmaprinceton.org](mailto:tech@cmaprinceton.org).

**Refunds:** A refund will be issued minus a \$25 processing fee up to the second day of class.

Please note that virtual and hybrid courses may be recorded by CMAP but in-person classes are not recorded.



Please note that this fall, course formats include in-person, virtual, and hybrid.

## WHICH COURSES ARE RIGHT FOR ME?

Evergreen Forum uses a variety of terms to describe our courses. You will find the definitions below to help select the courses that best suit your interests and needs.

### Course Types

Evergreen Forum courses fall under different course types based on the instructor's preferences. Under each course description, you will find a notation that clearly states the course type. The definitions are below:

- **Discussion** – Discussion courses are actively designed to engage participants in meaningful conversation around the course topic. Whether meeting in-person or on zoom, instructors encourage participant engagement throughout the course.
- **Lecture** – Lecture courses are designed by the instructor as an educational talk or presentation that welcomes questions from participants.
- **Lecture/Discussion** – Lecture/Discussion courses are, as labeled, a bit of both. Typically, instructors will give a formal presentation and then allow time for a course discussion.

### Course Formats

Evergreen Forum is excited to offer courses in a variety of formats to best fit your comfort level. Courses may be offered as in-person, virtual, or hybrid. The definitions for these formats are below:

- **In-Person** – These courses are taught and attended in-person at the Center for Modern Aging Princeton, either at the Suzanne Patterson Building or The Nancy S. Klath Center for Lifelong Learning. In-person courses are not recorded.
- **Virtual** – Virtual courses are taught and attended on Zoom. Virtual courses are recorded.
- **Hybrid** – Hybrid courses are often taught in-person at the Center for Modern Aging Princeton, but participants get to choose whether to register as an in-person or virtual participant. Hybrid courses are recorded.

**Special Note:** Due to space limitations and administrative needs, participants **MUST** attend the course as they have registered and are not able to switch back and forth between attending in-person or virtually on zoom. Exceptions may be made in certain circumstances, like extreme weather or illness.

## SO, WHICH COURSES ARE RIGHT FOR ME?

We always recommend picking a course based on your interest first and foremost! If a course intrigues you but is taking place in a format or type that you are not sure about, let us know. We would be happy to assist or talk through what the course will look like to help you make your decision. And, as always, technology help is available.



Please note that this fall, course formats include in-person, virtual, and hybrid.

## **YOUR SUPPORT MAKES A DIFFERENCE**

We invite you to make a donation in addition to your registration to help ensure that CMAP has the tools to provide the courses, services, and resources you've come to love and expect. As a community nonprofit, over 80% of our budget comes through corporate and annual sponsorships, grants, and from **individual donors like you**.

## **CREATING A LEGACY**

### **Introducing our Planned Giving Program**

Creating your own legacy to CMAP ensures that the passions and values you cherish will continue beyond your lifetime. To learn how CMAP's planned giving program makes it easy and affordable to preserve and strengthen programs and services YOU care about for generations to come, and to potentially enjoy tax benefits, contact Lisa Adler at **[ladler@cmaprinceton.org](mailto:ladler@cmaprinceton.org)** or call 609.751.9699, ext. 103.



Evergreen Forum corporate sponsors for fall 2024:

**Bryn Mawr Trust, Capital Health, Home Instead, Homewatch CareGivers, McCaffrey's,  
Penn Medicine Princeton Health, Peapack Private, and Stark & Stark Attorneys at Law**

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## INTRODUCTION

### THE EVERGREEN FORUM

The Evergreen Forum is a volunteer organization under the auspices of the Center for Modern Aging Princeton (CMAP). Courses are open to adult learners from any location. Course fees cover administrative services and overhead costs. **Please note that this fall, course formats include in-person, virtual, and hybrid, and that technology help is available.**

#### 2024 ELECTIONS: DEMOCRACY AT STAKE?

The 2024 elections are widely regarded, both in the U.S. and abroad, as momentous. One major concern is their potential effect on the future of democracy. This course will follow key Congressional races as well as the presidential election. It will also consider different viewpoints as to what democracy means, as well as threats to its continued existence.

**LEADER:** Elaine Jacoby is a retired lawyer who teaches courses on politics and civil rights.

**Wednesdays from 1:30-3:30 p.m. for eight weeks beginning September 25 through November 20 (no class on 10/2).**

HYBRID

LECTURE/DISCUSSION

MAX 30

#### ALL THE FUN MATH YOUR JUNIOR-HIGH TEACHERS LEFT OUT

Participants will explore puzzles and activities drawn from probability, logic, game theory, geometry, number theory, and operations research. Sources include works by well-known authors as well as original materials developed by the course leader. After brief introductions to the material, participants will work together to discuss and solve problems using pencil and paper, dice, mathematical origami, paper folding and cutting, and democratic math debates. Specific topics may include the Golden Rectangle, Pascal's Triangle, gerrymandering, fractal constructions, Prisoner's Dilemma, and Logicians versus Pirates. All ages, backgrounds, and math skills are welcome. There are no mathematical prerequisites – just a sense of humor, curiosity, and common sense! (Note: all new material for 2024!)

**LEADER:** Mark Schlawin has an MS in applied mathematics and an undergraduate degree in physics.

**Wednesdays from 10:00 a.m.-noon for six weeks beginning October 9 through November 13.**

IN-PERSON

LECTURE/HANDS-ON

MAX 18

[GO TO COURSE SYLLABUS](#)

[GO TO COURSE SYLLABUS](#)



## AMERICA DURING THE OBAMA YEARS

The course will examine the Obama years, and more generally the decade following 2008. We will analyze Obama's election as President, the financial crisis of 2008-2009, the passage of Obamacare, Obama's struggle to define a foreign policy, the rise of Newt Gingrich and the disastrous mid-term election of 2010, Obama's reelection in 2012 and the emergence of Trump Republicanism in 2016. The course will feature videos of contemporary events, and each class will conclude with an open discussion period.

**LEADER:** Stan Katz is a former professor of public policy at Princeton University, and former head of the American Council of Learned Societies. He is a scholar of legal history, constitutional law, and philanthropy.

**Fridays from 10:00 a.m.-noon for six weeks beginning October 11 through November 15.**

HYBRID

LECTURE/DISCUSSION

UNLIMITED

## AMERICAN IMPRESSIONISM: BUCKS COUNTY PAINTERS

This class will examine the social and economic shifts in early nineteenth century America that supported the development of American Impressionist art. In particular, the class will focus on the works of three painters in the Bucks County School whose work exemplifies a reinterpretation of French Impressionism with a decided American emphasis. Works by Edward Redfield, John Folinsbee and Daniel Garber will be examined. An optional field trip to the James A. Mitchener Museum, Doylestown Pennsylvania may be offered.

**LEADER:** Dr. Christina Kales holds a doctor of literature in humanities from Drew University. Her doctoral dissertation examined several frequently held myths regarding the artists known as Impressionists.

**Fridays from 1:30-3:30 p.m. for four weeks beginning October 11 through November 1.**

HYBRID

LECTURE/DISCUSSION

MAX 20

THERE IS NO COURSE SYLLABUS AT THIS TIME.

THERE IS NO COURSE SYLLABUS AT THIS TIME.





## AMERICAN SHORT FICTION MASTERPIECES

This ambitious course is designed for those who love fiction and relish its messages but are hard pressed to read one or more novels in a six-week course. Using a single text, *The Penguin Book of the Modern American Short Story* (John Freeman, ed.) we will read out loud and share perspectives on works by the best American short fiction writers 1960-present, including Ursula K. LeGuin, Isaac Bashevis Singer, Raymond Carver, Chimamanda Ngozi Adichie, Lauren Gross, Stephen King, George Saunders, Susan Sontag, Ted Liu and others. Expect to cover two stories a week, each twenty-sixty minutes in length and based on a common theme. Also expect to share memories, opinions, new insights, and the joy of discovery in a class limited to sixteen participants. *Library Journal* calls this collection “an inclusive starting point for readers interested in discovering the power of the short story...golden for those who already recognize that power.”

**LEADERS:** Susan Matson (MS, education, Johns Hopkins University) has taught courses for Evergreen since 2018 on several topics including the short story and modern essays. She has been a teacher and teacher-trainer in the US, Slovakia, and Romania for the United States Information Service. She currently teaches English at Middlesex County College.

**Fridays from 1:30-3:30 p.m. for six weeks beginning October 11 through November 15.**

IN-PERSON

LECTURE/DISCUSSION

MAX 16

## ANTEBELLUM AMERICA: IT STILL MATTERS

At a time when history has become such contested political terrain, this course aims to provide a full account of an enormously complex period (1789-1861). It was a time when the nation came together and then came apart. We will see how both developments are in many ways still with us. Among other things, this period saw important debates about the meaning of the Constitution, the scope of governmental power, the role of religion in public life, the desirability of immigration, the rise of economic inequality, and the challenges imposed by technological change. We will, of course, also focus on the issue of slavery and how it came to dominate politics in the last decade and a half before the Civil War. We will examine all these matters keeping in mind the overarching question, “What are the forces that move history?”

**LEADER:** In retirement after a long legal career, Mr. Frank has written three well received books on, respectively, the Constitution, the Gay Rights movement, and the presidential election of 2016. He has recently completed a fourth work on the subject matter of this course, for which he is now seeking a publisher.

**Thursdays from 10:00 a.m.-noon for six weeks beginning October 24 through December 5 (no class 11/29).**

HYBRID

LECTURE/DISCUSSION

UNLIMITED

THERE IS NO COURSE SYLLABUS AT THIS TIME.

 GO TO COURSE SYLLABUS

## DEMYSTIFYING NEW JERSEY: GEOGRAPHY, DEMOGRAPHICS, AND HERITAGE

As local as Province Line Road, as distant as Seabrook Farm, and as odd as “boroughitis,” there are many fascinating things about New Jersey. This course will examine the geography, demographics, environment, labor issues, and history of New Jersey. It explores how the Indian territory was taken, first by the Dutch and then the British to become colonized as New Jersey. We will discuss how the state initially developed into two provinces, and later, into counties, townships and smaller subsets. We will review our borders with New York, Pennsylvania, and Delaware and consider the oddities that remain part of our geography to this day. We will review the Morris and Delaware and Raritan canals, railroads, turnpikes, and ferries and their impact on farming and on transportation. We will also explore the development of the state’s manufacturing in light of inventions and new technologies. We will consider the labor history of the state.

**LEADER:** Dave Saltzman is a former trustee and board president of the Princeton Senior Resource Center. He taught “Geography of New Jersey” for the Evergreen Forum. Dave has a BA from Rutgers College and an MBA from New York University.

**Thursdays from 10:00 a.m.-noon for four weeks beginning October 10 through October 31.**

HYBRID

LECTURE

UNLIMITED

## DOCUMENTARY FILMS: TRUE OR FALSE?

Errol Morris, documentary filmmaker, said “Photographs can reveal something to us, and they can also conceal things.” Today, we are bombarded by news, some true, some fake. “The truth is out there” promises the X-files. Can we find that truth in documentary films? Watch extraordinary films that will challenge your sense of right and wrong. Learn how to read them, so you can decide what is real and what is false.

During the course we may see five or more of the following films: *Newsreel Collective Films, Harvest of Shame, Black Panthers, Primary, High School, Shirley Chisholm '72: Bought and Unsold, Shirley Clark's Portrait of Jason or Ornette, Made in America, The Thin Blue Line, and Weiner.*

**LEADER:** Judith Zinis taught film studies at Ocean County College more than twenty years. As a Princeton University fellow, she explored developing community college film programs. She continued her work in film as a Fulbright Scholar, teaching at the National and Kapodistrian University of Athens in Greece.

**Tuesdays from 10:00 a.m.-12:30 p.m. for eight weeks beginning October 8 through November 26.**

IN-PERSON

LECTURE/DISCUSSION

MAX 42

THERE IS NO COURSE SYLLABUS AT THIS TIME.

THERE IS NO COURSE SYLLABUS AT THIS TIME.



## THE EVOLUTION OF WESTERN ART

How did art begin? Explore the roots of Western art from the prehistoric cave paintings of the hunter gatherers of 30,000 years ago. Discover the earliest writing in the Mesopotamian Valley and the hieroglyphics of Egypt. Did art and music precede language? How does art reflect the great myths in Crete's Minotaur's labyrinth and in the heroic culture of classical Greece. The search for beauty and reality began here, you decide if time determines art.

**LEADER:** Wendy Worth is an art historian and has an MA in conservation biology.

**Tuesdays from 1:30-3:30 p.m. for eight weeks beginning October 1 through November 19.**

VIRTUAL

LECTURE/DISCUSSION

UNLIMITED

## EXPLORE, ENGAGE, AND EMPOWER

Explore, Engage, and Empower. Looking, discussing, and listening. The Princeton University Art Museum has one more year to go before it opens in its magnificent new building. This course will prepare you to independently engage with the museum's world class art through close looking and empower you to bring meaning to unfamiliar pieces you see during your museum visit. Our docents will guide you as you explore, discuss, and listen to each other's observations. Additionally, docents will provide information about the artist, the materials used, and the historic context.

Six Docents, six weeks exploring the theme: "What was it like to be..." A conceptual artist...an Outsider artist...a Renaissance artist...a Woman artist...an Indigenous artist.

**LEADERS:** Princeton University Art Museum docents are an integral part of the educational initiatives and frontline team in presenting the treasures that make up the Museum's expansive collection. Six of our docents will be presenting this course.

**Wednesdays from 1:30-3:00 p.m. for six weeks beginning October 16 through November 20.**

HYBRID

LECTURE/DISCUSSION

MAX 20

THERE IS NO COURSE SYLLABUS AT THIS TIME.

THERE IS NO COURSE SYLLABUS AT THIS TIME.



## GEOLOGY OF THE BC COAST MOUNTAINS

In the early 1960s, as scientists were uncovering the geology of the most extensive mountain range on Earth – the Coast Mountains of British Columbia – the concept of plate tectonics had just been proposed, though not yet widely accepted. At the same time, improved equipment facilitated the study of the Coast Mountains' geology. Lightweight Kelty packs replaced cumbersome Trapper Nelson packs, nylon fly tents replaced single-wall canvas tents, supercharged helicopters replaced pack animals, and seismic ships could reveal details of the Coast Mountains' crust at depths of up to fifty kilometers. The class will feature accounts of exceptional adventures from over fifty years of studying one of the most remote places in North America.

**LEADER:** Lincoln Hollister is a retired Princeton University geologist and has taught many courses at Evergreen Forum.

**Thursdays from 1:30-3:30 p.m. for four weeks beginning October 10 through October 31.**

IN-PERSON

LECTURE

MAX 12

## HISTORIES OF INDIGENOUS PEOPLES IN AMERICA

When Europeans first arrived in America, people had been living here for approximately 30,000 years. They had aggregated into hundreds of distinct tribes, each with its own culture and history. Their cultures and their histories are fascinating. Yet as students most of us learned almost nothing about these Indigenous Peoples and their descendants. So, this course is about them. We shall cover the most salient dimensions of what is sometimes called Native America. Our study will objectively address what is inspiring and what is distressing. Not everything was sanctified. Endemic warfare, ritualistic torture, and vengeance often were inculcated as cultural norms. Yet so were animistic spiritualism, family harmony, community service, and individual honor. From Indigenous peoples, European settlers learned much about nature, survival, diplomacy, and even government. But mutual hostility often emerged. In viewing these things our course will be an engaging kaleidoscope of peoples and events worth knowing.

**LEADER:** Robert Nolan has a BA in history from the University of Scranton, where he has been on the adjunct faculty, and a JD from Harvard. This is the eleventh history course that he has developed for the Evergreen Forum.

**Thursdays from 1:30-3:30 p.m. for eight weeks beginning October 3 through November 21.**

HYBRID

LECTURE

UNLIMITED

THERE IS NO COURSE SYLLABUS AT THIS TIME.

THERE IS NO COURSE SYLLABUS AT THIS TIME.



## INTRODUCTION TO MINDFULNESS PRACTICES

The benefits of mindfulness practice have become increasingly well-known in the West over the past thirty years. The practices themselves began to be developed and used almost 2,500 years ago and are still relevant and effective today. Learning to be more mindful has many proven benefits, for example: better health, better stress tolerance, lower blood pressure, and often, improved relationships. The class will include instruction and practice in developing the ability to notice and focus on information taken in through the senses, techniques to develop mindfulness of breathing, mindfulness of the body, and to increase awareness of thoughts and experiences of the present moment. Students will also learn to cultivate experiences of kindness, compassion, and joy. Each class will include an interactive lecture, directed dyadic discussion, and guided meditations. Students will have access to recordings of the guided meditations between classes to aid them in starting their own practices.

**LEADER:** Ruth Goldston, PhD, has been a licensed psychologist in private practice in Princeton for the past thirty years. A graduate of Harvard, Hunter College, and Rutgers, she uses mindfulness practices with clients to deal with a variety of problems and issues.

**Wednesdays from 10:00 a.m.-noon for six weeks beginning October 2 through November 6.**

IN-PERSON

LECTURE/DISCUSSION

MAX 20

[GO TO COURSE SYLLABUS](#)

## JANE AUSTEN, NOVELS AND FILMS

Learners will read Austen's *Northanger Abbey*, *Pride and Prejudice*, and *Mansfield Park* and trace Austen's take on "the disinherited daughter," a story she inherited from eighteenth century predecessors and updated for the Regency.

**LEADERS:** Dianne Sadoff is professor emerita of English from Rutgers University; she has also taught at Antioch College, Colby College, Miami University of Ohio, and the University of Southern Maine.

**Tuesdays from 1:30-3:30 p.m. for eight weeks beginning October 1 through November 19.**

IN-PERSON

DISCUSSION

MAX 20

[GO TO COURSE SYLLABUS](#)



## MAGIC & WITCHES IN FICTION FOR GROWNUPS

This will be a discussion course on novels by Hilary Mantel, Angela Carter, Sylvia Townsend Warner, Penelope Fitzgerald, and Mikhail Bulgakov that feature magic, witches, Faustian bargains, and demons. Novels will include *Lolly Willowes* (Townsend Warner), *Beyond Black* (Mantel), *Wise Children* (Carter), *Gate of Angels* (Fitzgerald), *The Master and Margarita* (Bulgakov); also, short stories by Helen Simpson, John Wyndham, and others.

**LEADER:** Judith Wooldridge is a lifelong reader who has led many Evergreen Forum courses on witty, gritty, and other modern fiction.

**Tuesdays from 10:00 a.m.-noon for six weeks beginning October 1 through November 5.**

IN-PERSON

LECTURE/DISCUSSION

MAX 12

[GO TO COURSE SYLLABUS](#)

## MEDICINE: THE HISTORY AND THE MYSTERY

Perhaps illness in humans is the only malady not brought on by defects in our nature. Going back beyond the Greeks, we have questioned why it is that we become ill and, moreover, what can we do about it. The history of medicine is absolutely fascinating. Together, devote eight weeks to the stories of doctors, scientists, leaders, geniuses, philosophers and quacks (men and women alike) who have led civilization along a path to modern medicine in the twenty-first century.

However, more than just history, there are writings by insightful authors that explore the subject as well. The second hour of each class will be devoted to open group discussion of medically related assigned readings, both fiction and nonfiction. Authors will include Willa Cather, Nathaniel Hawthorne, William Carlos Williams, Atul Gawande, Richard Selzer, Andrea Barrett and Suleika Jaouad.

**LEADERS:** Seth Malin earned his MD degree from Jefferson Medical College. He is a general surgeon who takes refuge in fine writing and good music. Roy Carman received his MD degree from Georgetown University, is a gastroenterologist, and was an associate clinical professor at Rutgers Medical School.

**Tuesdays from 10:00 a.m.-noon for eight weeks beginning October 1 through November 19.**

IN-PERSON

LECTURE/DISCUSSION

MAX 18

[GO TO COURSE SYLLABUS](#)



## READING *LOLITA* IN 2024

When *Lolita* was published in 1958, one review dismissed it as “highbrow pornography,” given its narrative of a middle-aged man lusting after a twelve-year-old girl. A second review praised Nabokov for creating a “major work of fiction.” Complicating any judgment of the book was its tone – the “funniest book I remember having read,” is how one critic had it. Opinion about *Lolita* has become only more complicated as our social culture has evolved. We will consider the views of several contemporary critics as we try to sort out the various positions.

Nabokov was from a wealthy family in pre-Revolutionary Russia. Forced to emigrate, he never returned to his homeland. Excerpts from Nabokov’s autobiography (*Speak, Memory*) will illuminate how his personal history plays out in his fiction, in *Lolita* as well as in several short stories that we will read. Nabokov is a rarity among novelists: not only in switching from his native language to English, but then having his prose very highly praised. Not all critics are convinced, finding his style pretentious and needlessly abstruse. (n.b., Nabokov liked to pass the time reading Webster’s dictionary.) Close attention to selected passages should allow us to form our own judgment.

**LEADER:** Victor Ripp was a professor of Russian literature at Cornell and is the author, most recently, of *Hell’s Traces*.

**Wednesdays from 10:00 a.m.-noon for eight weeks beginning October 2 through November 20.**

IN-PERSON

DISCUSSION

MAX 20

[GO TO COURSE SYLLABUS](#)

## SCIENCE IN THE NEWS

Step into the world of cutting-edge knowledge with “Science in the News,” a course tailored for curious minds hungry for insights into the most current research and issues in science and medicine. Each week, our diverse panel of scientists delivers two riveting lectures on two different topics, covering the latest discoveries and their impact on our understanding of the universe, the natural world, and the human body. Recent presentations have covered climate change, personalized medicine, space missions, artificial intelligence, self-driving vehicles, and more.

Our goal is to ensure these subjects are accessible to everyone in attendance, regardless of their background, current knowledge, and comfort with the scientific arena. We aim to have everyone understand and engage in the topics presented. Questions and comments are always encouraged. We welcome all who have a thirst for knowledge.

**LEADER:** Harold M. Heft is a retired automotive and defense industry executive whose academic research focused on biopsychology and philosophy of science. He is joined by a panel of physicians and scientists with wide experience and interests.

**Fridays from 10:00 a.m.-noon for eight weeks beginning September 27 through November 22 (no Class 10/4).**

HYBRID

LECTURE/DISCUSSION

UNLIMITED

**THERE IS NO COURSE SYLLABUS AT THIS TIME.**



## SCIENTIFIC GENIUS

Ask any scientist, particularly physicists, to name the most significant people in the history of science, and a handful of names will be mentioned repeatedly. Isaac Newton and Albert Einstein will be on everyone's list. They clearly changed the course of science, founded entirely new areas of study, made profound discoveries in many separate areas, and gave us new ways to think about nature and ourselves. But they are not alone. In this course we will look at the lives and discoveries of seven scientific geniuses from Ancient Greece, via Islamic scholarship, to the emergence of modern science, and into the twentieth century. The concentration is on physics. There have been outstanding figures in other sciences but "this is where the light is."

The only pre-requisite for the course is curiosity. We will delve into each life at sufficient depth to explain what they contributed and why it is important.

**LEADER:** Bernard Abramson, is a retired corporate chief information officer, with international management and consulting experience, and former adjunct professor in the master of technology management program at Polytechnic University. Educated in the United Kingdom, he has degrees in mathematics and astrophysics.

**Mondays from 10:00 a.m.-noon for six weeks beginning September 30 through November 4.**

IN-PERSON

LECTURE

MAX 22

[GO TO COURSE SYLLABUS](#)

## SUNKEN VOYAGE

Together, we will explore five individual true-life events captured in the annals of maritime history. From the wreck of the whale-ship Essex in 1820 to the loss of the swordfish boat, Andrea Gale in 1991, we will read first-hand accounts, study historical records, look at news coverage, and watch Hollywood depictions of these actual events. Over the course of six weeks, we'll dig into these gripping and heart-wrenching events.

**LEADER:** Dr. Rich Hendrickson is a retired United Methodist Elder living in Moorestown, New Jersey. He is an avid reader with a special interest in seafaring stories, especially historical maritime disasters.

**Mondays from 1:30-3:30 p.m. for six weeks beginning September 30 through November 4.**

IN-PERSON

LECTURE/DISCUSSION

MAX 40

[GO TO COURSE SYLLABUS](#)





## THE SUPREME COURT - GREATEST HITS OF 2024

During the 2023-2024 term of the United States Supreme Court, the Court has addressed significant “hot button” issues including presidential immunity, abortion rights, gun control, January 6 prosecutions, racial gerrymandering, social media rights, and restrictions, federal agency powers and many others, all of which impact the lives of many in this country. The course will focus on the decisions rendered by the Court and what the future may hold as to the issues decided, including a lecture addressing the issue of judicial ethics.

This is primarily a lecture course, but time will be available for full participation of all attending the course. The course is scheduled for five weeks but may be extended to six weeks.

**LEADER:** Philip Carchman is a retired judge of the Superior Court of New Jersey, Appellate Division, and also served as the Mercer County prosecutor.

**Mondays from 10:00 a.m.-noon for six weeks beginning September 30 through November 4.**

HYBRID

LECTURE

UNLIMITED

## TO BE CONTINUED...FOUR CONTEMPORARY NOVELS

In a world where race, class, caste, culture, exploitation, poverty, gender, and ageism make many of us almost invisible, how do we continue? And why? Four contemporary artists examine (some satirically) how the “invisible” can become “visible.” This lively discussion course examines:

Percival Everett’s *Erasure*, a satiric two-for-one-novel, and the basis for the movie *American Fiction*; Kazuo Ishigura’s *Nocturnes*, short stories about fading musicians; Anne Patchett’s *Bel Canto*, a novel plotted like an opera with a couple of terrorists thrown in; and Elizabeth Strout’s most recent novel *Tell Me Everything*, which will be published in August. A book club on steroids for those who love to read and discuss what they have read.

**LEADER:** Lois Marie Harrod, life-long educator, has written eighteen volumes of poetry.

**Wednesdays from 1:30-3:30 p.m. for eight weeks beginning October 2 through November 20.**

IN-PERSON

LECTURE/DISCUSSION

MAX 18

[GO TO COURSE SYLLABUS](#)

[GO TO COURSE SYLLABUS](#)

## TWO MEN AT SEA

The two men inhabit two books. In *The Summer Isles* Philip Marsden sets sail in a wooden sloop to travel alone up the northwest coast of Ireland to the remote Summer Isles in northern Scotland. He writes of the beauty and challenges of solo sailing, the people who live along this wild coast, and his own discoveries and insights. Robert L. Harris takes a summer job as a warden and guide on the island of Skellig Michael, a rocky outcrop in the North Sea ninety minutes from the Irish mainland. Much of the time he is the only person on Skellig Michael. In *Returning Light* he writes about his life on this ancient island, the eighth century monks who once inhabited it whose beehive huts still stand, and the rugged wild beauty of this remote world.

**LEADER:** Lynne Cullinane has taught many courses for Evergreen Forum. All of them have been works of fiction. This time both books are nonfiction accounts written by the two men of the course title.

**Thursdays from 10:00 a.m.-noon for eight weeks beginning October 3 through November 21.**

VIRTUAL

DISCUSSION

MAX 15

## UNDERSTANDING COGNITIVE BEHAVIORAL THERAPY

An effective method for managing and eliminating severe anxiety and depression was formally developed into a therapeutic intervention by psychiatrist Aaron Beck, professor emeritus at the University of Pennsylvania, noted researcher, author of twenty-five books and 600 articles, and founder of the Beck Institute. His daughter Judith Beck has built upon CBT to add mindfulness-based practices.

The formulating principles of CBT will be discussed in class and consist of: awareness of the difference between thoughts and feelings, defining negative vs. neutral and positive thoughts, becoming aware of one's own negative thoughts and feelings and their prevalence on a daily basis, how these patterns influence behavior (action and inaction), and practicing how to change unhealthy negative patterns of thoughts and feelings through specific strategies resulting in healthier productive outcomes.

**LEADER:** Naomi Browar is a psychotherapist in private practice in Princeton, a former senior therapist at Princeton House, Jewish Family Services, and a teacher. Naomi's cultural sensitivity is influenced by her years of living abroad, both in England and the Middle East.

**Mondays from 1:30-3:30 p.m. for three weeks beginning September 30 through October 14.**

IN-PERSON

LECTURE/DISCUSSION

MAX 20

THERE IS NO COURSE SYLLABUS AT THIS TIME.

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## UNDERSTANDING HUMAN EVOLUTION

Human evolution is a fascinating and dynamic subject with current information leading to constant revisions and re-evaluations of our understanding. The basic mechanisms of evolution will be presented with many disciplines involved, the latest being genetics. Then direct physical evidence for the human family tree will be reviewed (bones, teeth, and even footprints), as well as reconstructions of several types of "hominins" (species on the road to present-day humans) that have existed over the course of nearly seven million years of evolution. At the end of the course participants will be able to answer these questions: why are humans the only hominins left standing today, and what is the secret of their dominance?

**LEADER:** Dr. Peter M. Smith has had a career in science and IT and has long studied humanity's origins.

**Tuesdays from 1:30-3:30 p.m. for eight weeks beginning October 1 through November 19.**

HYBRID

LECTURE/DISCUSSION

UNLIMITED

**THERE IS NO COURSE SYLLABUS AT THIS TIME.**

## LIFELONG LEARNING ENDOWMENT FUND

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For more information, please contact Lisa Adler at [ladler@cmaprinceton.org](mailto:ladler@cmaprinceton.org) or 609.751.9699, ext 103.



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