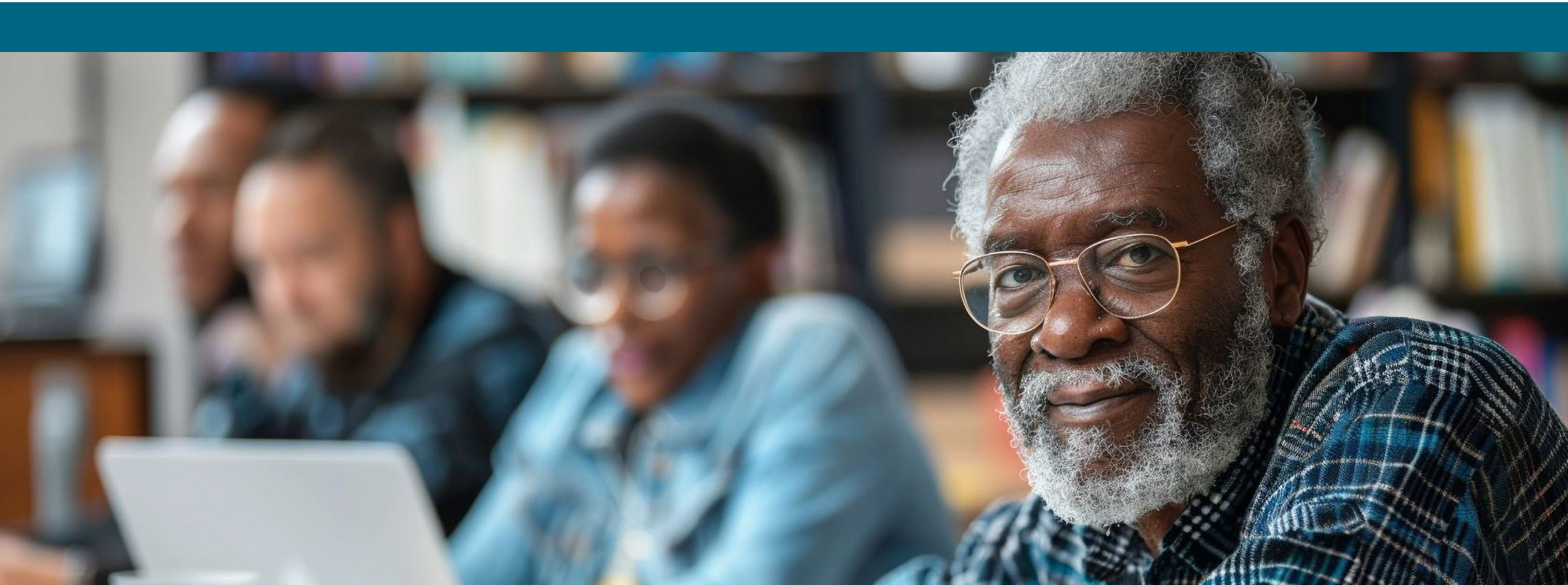


# SPRING 2025



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.



Celebrating Twenty-five years of the Evergreen Forum



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

Please note that this spring, 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
A HISTORY OF MONEY	10:00-noon	3/3	5 WEEKS	Lecture	In-Person
DARWIN'S ON THE ORIGIN OF SPECIES	1:30-3:30	3/3	8 WEEKS	Lecture/Discussion	Virtual
MINDFULNESS-BASED COGNITIVE BEHAVIORAL THERAPY	1:30-3:30	3/3	3 WEEKS	Lecture/Discussion	In-Person
PERSPECTIVES ON OPERA	1:30-3:30	3/3	7 WEEKS	Lecture	Hybrid
TUESDAY	TIME	START	SESSIONS	COURSE TYPE	COURSE FORMAT
THE EVOLUTION OF WESTERN ART, PART 2 (750-1750)	10:00-noon	3/4	8 WEEKS	Lecture	Virtual
EXPLORING FEMINIST WRITERS	10:00-noon	4/1	5 WEEKS	Discussion	In-Person
JAMES, GILEAD, AND FRANKENSTEIN: THREE JOURNEYS	10:00-noon	3/4	6 WEEKS	Discussion	In-Person
WHAT IS TIME?	10:00-noon	3/4	8 WEEKS	Lecture/Discussion	In-Person
BUILDING BRIDGES: INTERFAITH AWARENESS/RELIGIOUS LITERACY	1:30-3:30	3/18	6 WEEKS	Lecture/Discussion	Hybrid
HERMAN MELVILLE'S MOBY-DICK	1:30-3:30	3/4	8 WEEKS	Discussion	In-Person
WEDNESDAY	TIME	START	SESSIONS	COURSE TYPE	COURSE FORMAT
IT COULD BE VERSE: LYRICAL INTRODUCTIONS	10:00-11:30	4/2	4 WEEKS	Lecture/Discussion	In-Person
THE SCIENCE OF HAPPINESS	10:00-noon	3/26	5 WEEKS	Lecture/Discussion	In-Person
EAT THE BOOK	1:30-3:30	3/5	8 WEEKS	Discussion	In-Person
HIGHLIGHTS IN THE HISTORY OF PHILOSOPHY	1:30-3:30	3/5	6 WEEKS	Lecture/Discussion	Hybrid
NEW PARADIGM FOR TREATING PSYCHOACTIVE SUBSTANCE ABUSE	1:30-3:30	3/5	3 WEEKS	Lecture	In-Person
THURSDAY	TIME	START	SESSIONS	COURSE TYPE	COURSE FORMAT
ANNA KARENINA	10:00-noon	3/6	8 WEEKS	Lecture/Discussion	In-Person
TECHNOLOGY, SOCIETY, AND YOU	10:00-noon	3/6	6 WEEKS	Lecture/Discussion	Hybrid
UNDERSTANDING EMOTIONS	10:00-noon	3/20	6 WEEKS	Lecture/Discussion	In-Person
AMERICAN SHORT FICTION MASTERPIECES, PART II	1:30-3:30	3/6	8 WEEKS	Discussion	In-Person
HARLEM RENAISSANCE: ALL THAT JAZZ	1:30-3:30	5/1	4 WEEKS	Lecture	Virtual
HISTORY OF THE MIDDLE EAST	1:30-3:30	3/6	8 WEEKS	Lecture	Hybrid
FRIDAY	TIME	START	SESSIONS	COURSE TYPE	COURSE FORMAT
SCIENCE IN THE NEWS	10:00-noon	3/7	8 WEEKS	Lecture/Discussion	Hybrid
READING BUILDINGS: A PRIMER	1:30-3:30	3/7	8 WEEKS	Lecture	Virtual
WINSLOW HOMER: ART AND BIOGRAPHY	1:30-3:30	3/7	4 WEEKS	Lecture/Discussion	In-Person



Please note that this spring, 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, January 28 at 9:30 a.m. allowing participants to select up to two courses. Registration will open for additional courses Thursday, January 30 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 four-week courses, \$110 for five- to eight-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 February 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. Additionally, participants should never pay for Dropbox in order to access course materials as access to our materials is included with the course.

**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 spring, 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 spring, 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 spring 2025:  
**Bryn Mawr Trust, 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 spring, course formats include in-person, virtual, and hybrid, and that technology help is available.**

#### AMERICAN SHORT FICTION MASTERPIECES, PART II

Back by popular demand from fall, 2024 and expanded to eight weeks, this course is designed for those who appreciate the unique craftsmanship of thoughtful, engrossing, and beautifully written short fiction. Award-winning U.S.-based authors from the past half-century are featured and are selected from *The Penguin Book of the Modern American Short Story* (available from Barnes & Noble in paperback). Join to hear a short introduction to each writer, hear each other read key passages for our focused attention, and then respond to facilitated questions for wholehearted and open-minded learning. Featured writers from the book include Ursula LeGuin, Susan Sontag, Tim O'Brien, Percival Everett, and more, for an average of two stories a week. The first and last sessions will include two additional stories to be provided by the instructor by PDF.

Please note that new and returning participants from the previous American Short Fiction Masterpieces course are welcome to register.

**LEADER:** Susan Matson (M.S., 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 U.S., Slovakia and Romania for the United States Information Service. She currently teaches English at Middlesex County College.

**Thursdays from 1:30-3:30 p.m. for eight weeks beginning March 6 through April 24.**

IN-PERSON

DISCUSSION

MAX 16

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



## ANNA KARENINA

This class will take an in-depth look at Leo Tolstoy's *Anna Karenina* (1873-76), one of the great novels of the nineteenth century. The work investigates the nature of love, family, and (this being Tolstoy) the meaning of existence. Set in the 1870s in the aftermath of the emancipation of the serfs and in a time of incipient modernization, the novel also addresses issues that occupied Russian society of the day, including the new relationship between peasant and landowner and women's rights. Close readings of the text will be an integral part of the class. These will allow us to focus on Tolstoy's literary method. The class will include a comparison of two of the many film versions of the novel: the 2022 version with a screenplay by Tom Stoppard and the 1935 version with Greta Garbo.

**LEADERS:** Victor Ripp was a professor of Russian literature at Cornell University and is the author, most recently, of *Hell's Traces*. Nancy Kanach taught Russian literature at Cornell and then at Princeton, where she served as a dean.

**Thursdays from 10:00 a.m.-noon for eight weeks beginning March 6 through April 24.**

IN-PERSON

LECTURE/DISCUSSION

MAX 18

THERE IS NO COURSE SYLLABUS AT THIS TIME.





## BUILDING BRIDGES: INTERFAITH AWARENESS AND RELIGIOUS LITERACY

In today's increasingly interconnected world, understanding diverse religious traditions is essential for meaningful engagement and mutual respect. Building Bridges: Interfaith Awareness and Religious Literacy is a comprehensive course designed to introduce participants to the foundational teachings, symbols, practices, values, and sacred texts of many of the world's religious traditions, including Hinduism, Buddhism, Judaism, Catholicism, Protestant Christianity, Islam, Jainism, Sikhism, and the Baha'i faith. Through a thoughtful exploration of each tradition, uncover unique perspectives and shared values, fostering a deeper appreciation for humanity's varied spiritual journeys. Gain insights into the historical roots, key beliefs, and cultural practices that shape each faith, while developing intercultural competency skills that empower each person to navigate diverse religious landscapes with respect and understanding.

**LEADER:** Dr. Drew A. Dyson is the current CEO of the Center for Modern Aging Princeton and an ordained United Methodist minister. Drew received both his MDiv and PhD from Princeton Theological Seminary and currently teaches as an adjunct at Princeton Theological Seminary.

**Tuesdays from 1:30-3:30 p.m. for six weeks beginning March 18 through April 22.**

HYBRID

LECTURE/DISCUSSION

UNLIMITED

## DARWIN'S ON THE ORIGIN OF SPECIES

This course will study Darwin's *On the Origin of Species* primarily as a cultural, literary work, while not ignoring its status as science. It will attend to the nature of its prose, its rhetorical strategies, and its overall structure. All of which are qualities that make the book significant as a work of literature, and that influenced the way it was received.

The book was profoundly influential, sometimes transformative, in religion, philosophy, politics, economics, anthropology. Its fundamental principles remain dominant in modern science and it has always been controversial. This course will attend to the most important of those controversies.

Beginning with brief readings from pre-Darwinian thought, it will consider alternative theories of evolution, trace its development, and proceed through close reading of the text itself (with regular reference to the conditions of its production) and conclude with consideration of its history to our present times.

**LEADER:** George Levine is professor emeritus, English Department, Rutgers University, author of many books on Victorian literature and three books on Darwin.

**Mondays from 1:30-3:30 p.m. for eight weeks beginning March 3 through April 21.**

VIRTUAL

LECTURE/DISCUSSION

MAX 15

THERE IS NO COURSE SYLLABUS AT THIS TIME.

THERE IS NO COURSE SYLLABUS AT THIS TIME.



## THE EVOLUTION OF WESTERN ART, PART 2, THE MIDDLE AGES, THE RENAISSANCE, AND THE ENLIGHTENMENT, 750 TO 1750

The evolution of art has never been as exciting as the thousand years between 750 and 1750. What has been referred to as the Dark Ages is really a progression of light. In architecture from fortress-like churches to buildings of stained glass and arched ceilings filled with luminescence; in painting, from the two-dimensional frescoes to oil paintings capturing three-dimensional space and psychological themes; from flat goldleaf portraits of saints to perspective-laden landscapes; in sculpture, moving from stiff, frontal figures to dynamic figures writhing with emotion and energy. We will look at some of the greatest churches ever built, studying the Pre-Renaissance painters like Giotto and Duccio, while comparing Italian Renaissance superstars Leonardo and Michelangelo to the Northern Renaissance painters Van Eyck and Bruegel. We will look at Rembrandt's extraordinary paintings and peek into Vermeer's intimate rooms. We will revel in the Baroque age and even explore the exaggerated Mannerist painters and end with the indulgent Rococo masters like Watteau.

**LEADER:** Wendy Worth has taught many art courses at Evergreen Forum. She has a degree in art history and is also an expert on bird behavior.

**Tuesdays from 10:00 a.m.–noon for eight weeks beginning March 4 through April 22.**

VIRTUAL

LECTURE

UNLIMITED

THERE IS NO COURSE SYLLABUS AT THIS TIME.

## EAT THE BOOK

In this tasty discussion literature course, (a book club on steroids), we will "eat the book," i.e. devour fiction that uses food to convey plot, symbol, character and/or theme. We will have *The Dinner* with German novelist Hermann Koch, become beef-haters with *The Vegetarian* by 2024 Nobel Prize Winner Han Kang, down donuts with *Big Brother* by Lionel Shriver, and slurp pasta with Donna Leon's Commissario Brunetti in her mystery novel *Girl of Dreams*.

**LEADER:** Lois Marie Harrod has taught numerous literature courses at Evergreen Forum, is a long-time teacher of poetry and literature, and has published many collections of poetry.

**Wednesdays from 1:30-3:30 p.m. for eight weeks beginning March 5 through April 23.**

IN-PERSON

DISCUSSION

MAX 18

THERE IS NO COURSE SYLLABUS AT THIS TIME.



## EXPLORING FEMINIST WRITERS

"Women in Literature" is an enormous, diverse field of inquiry, which we might pursue through reading several texts. The readings in this course will be shaped by two interrelated questions. How does literature shape gendered identities? And how have women writers worked to (re)shape those identities through a literature of their own?

**LEADERS:** Carol Friend has more than forty years teaching writing, literature and English as a Second Language at both the community college and university levels.

**Tuesdays from 10:00 a.m.-noon for five weeks beginning April 1 through April 29.**

IN-PERSON

DISCUSSION

MAX 16



[GO TO COURSE SYLLABUS](#)



## HARLEM RENAISSANCE: ALL THAT JAZZ

All facets of the arts, literature, painting, music, dance, and photography reigned supreme in an atmosphere where racial distinctions had no place. It was a moment in time when the arts created a utopian culture, bringing importance to African American art and inspiring future generations of artists and intellectuals.

The portrait of African American life, identity, and culture that emerged from the Harlem Renaissance challenged the racist stereotypes of the Jim Crow South. How did this come about?

Names like Duke Ellington, Louis Armstrong, Langston Hughes, Jacob Lawrence, and James Van der Zee still resonate today.

**LEADER:** Wendy Worth has taught many art courses at Evergreen Forum. She has a background in the history of art and is also an expert on birds.

**Thursdays from 1:30-3:30 p.m. for four weeks beginning May 1 through May 22.**

VIRTUAL

LECTURE

UNLIMITED

## HERMAN MELVILLE'S *MOBY-DICK*

*Moby-Dick* is the Great American Novel. It celebrates democracy and individualism, while warning of their dangers. It documents heroic possibilities of the frontier being undermined by industrial capitalism. More broadly, it harnesses the American spirit of unbounded thought to open up inquiries into great philosophical questions: Is there a God immanent in the natural world; is such a God benign or malignant; can society be based in civilized order and brotherly love, or is it inevitably cannibalistic; etc. Reflecting on its own limitless wonder and curiosity, it also projects the idea of Immensity itself as the essence of American experience – for better or worse. In our discussion-based class, we'll explore these aspects of the novel, as well as its linguistic and formal originality. But because we'll focus on Melville's critique of American culture, which is highly nuanced in *Moby-Dick*, we'll begin with two short stories that spell out some sources of his dissatisfaction: "Bartleby the Scrivener" and "Benito Cereno."

**LEADER:** John Kucich is distinguished professor of English emeritus at Rutgers University. He is a specialist in British nineteenth-century fiction, the literature of Empire, and narrative theory.

**Tuesdays from 1:30-3:30 p.m. for eight weeks beginning March 4 through April 22.**

IN-PERSON

DISCUSSION

MAX 18

THERE IS NO COURSE SYLLABUS AT THIS TIME.

THERE IS NO COURSE SYLLABUS AT THIS TIME.





## HIGHLIGHTS IN THE HISTORY OF PHILOSOPHY: SPOTLIGHT ON WOMEN PHILOSOPHERS

This is the third in a series of courses on the highlights in the history of philosophy – all new philosophers this spring with a focus on women philosophers, ancient and contemporary. Several male philosophers are discussed as well. Among philosophers discussed are Diotima, Socrates' female teacher, Hypatia of Alexandria, Simone De Beauvoir, Annette Baier, Judith Butler as well as Aristotle (his Politics), Augustine, Averroes, Berkeley, and Heidegger. There is no homework and no need for class preparation although each of these philosophers can be previewed online easily. This is a lecture and discussion class; lots of discussion encouraged.

**LEADER:** Dr. David Brahinsky is a professor of philosophy and religion at Bucks County Community College and has been teaching since 1969. He has given a course at Evergreen on the history of folk music (he is also a folk musician) as well as two previous courses on the history of philosophy. He lives in Princeton, is married to Naomi Brahinsky, a local potter and master gardener, and has two children and one and 9/10's grandchildren (two by the time the course begins, God willing!).

**Wednesdays from 1:30-3:30 p.m. for six weeks beginning March 5 through April 16. No class on March 19.**

HYBRID

LECTURE/DISCUSSION

UNLIMITED

THERE IS NO COURSE SYLLABUS AT THIS TIME.

## A HISTORY OF MONEY

From cowrie shells to Bitcoin, from checks to PayPal, money pervades all cultures and has evolved beyond recognition. For millennia, people counted their wealth in tangible tokens of precious metal. Today, we look at numbers on a phone screen confident that they represent something just as real. We will follow the transformation of money from Sumerian clay tokens, through Greek gold and silver coins, to printed paper, and ultimately to data in the "cloud." We will see the development of banking; the origins and rise of international trade and capitalism; how control over money changed the fate of kings; a series of bubbles, crises, panics, and frauds; and the evolution of stocks, bonds, insurance, the Gold Standard, electronic money, and cryptocurrencies. We will learn strange terminology including pyx, scrivener, scutage, sceat, consols, tanner, and blockchain. The focus is on money rather than economics or finance, and also, on the Willie Sutton principle, on the U.S. and the U.K. Familiarity with cash is required.

**LEADER:** Bernard Abramson retired as a 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 U.K., he has degrees in mathematics and astrophysics.

**Mondays from 10:00 a.m.-noon for five weeks beginning March 3 through March 31.**

IN-PERSON

LECTURE

MAX 24

 **GO TO COURSE SYLLABUS**

## HISTORY OF THE MIDDLE EAST

The Middle East has been a cauldron of conflict. This course will explore its history so that we can perceive today's conflicts within their historical context. Being a history course, this will not be a referendum on present circumstances in the Middle East. Without endorsing or rejecting any faith, we shall consider the religious strife that has emblazoned Middle Eastern history, and we shall recognize the link between religion and national identity. We also shall recognize salient incongruities that might exist between "faith stories" and historical facts. Yet we shall respect each person's faith. Mixing religion and identity with historical and cultural incongruity can be an intellectually stimulating combination. Adding to this combination other intriguing elements, such as the Persian Empire, the Hellenistic influences proceeding from Alexander the Great, the Jewish presence, the Islamic Golden Age, the Christian Crusades, the Ottoman Empire, the underground oceans of oil, and the two World Wars, should create a fascinating course.

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

**Thursdays from 1:30-3:30 p.m. for eight weeks beginning March 6 through April 24.**

HYBRID

LECTURE

UNLIMITED

## IT COULD BE VERSE: LYRICAL INTRODUCTIONS TO THE GREAT AMERICAN SONGBOOK

Lyrical introductions to songs from "The Great American Songbook," featuring works by George and Ira Gershwin, Cole Porter, Irving Berlin, Rodgers & Hart, Jimmy McHugh & Dorothy Fields, Jerome Kern, Harry Warren, Jules Styne, Harold Arlen, and Yip Harburg, among others. Many know these iconic songs by heart but have rarely heard the song's beautiful introductory verses. You may never hear the songs the same way again.

**LEADER:** Dave Saltzman is a past board president of CMAP and currently serves on CMAP's Advisory Council. He previously taught an Evergreen Forum course on New Jersey Geography. He has played the piano for decades, though not nearly as well as you would expect.

**Wednesdays from 10:00-11:30 a.m. for four weeks beginning April 2 through April 23.**

IN-PERSON

LECTURE/DISCUSSION

MAX 18

THERE IS NO COURSE SYLLABUS AT THIS TIME.

THERE IS NO COURSE SYLLABUS AT THIS TIME.



## JAMES, GILEAD, AND FRANKENSTEIN: THREE JOURNEYS

*James, Gilead, and Frankenstein: Three Fictional Journeys* is a discussion course about personal introspection and increased understanding of the protagonists' worlds. The theme of journey – physical, ethical, and spiritual, and development of personal identity in addition to the complexities of interpersonal relationships – provides the framework for three beloved novels, Percival Everett's *James*, Marilynne Robinson's *Gilead*, and Mary Shelley's *Frankenstein*. In reading and discussions, the class will follow these three different journeys, one down the Mississippi, one through memories, and one into Alpine heights. Each of the societies depicted in these stories is also on a journey and speaks to our world today.

**LEADER:** Chris Reed is a retired Unitarian Universalist minister, who in the last ten years has returned to her "first love" of reading and writing literature. She has taken many Evergreen courses and as a minister, has led numerous classes, including Joyce's *Ulysses*. Chris' poems have appeared in several journals and her first poetry chapbook will be published by Finishing Line Press in spring 2025.

**Tuesdays from 10:00 a.m.-noon for six weeks beginning March 4 through April 8.**

IN-PERSON

DISCUSSION

MAX 15

[GO TO COURSE SYLLABUS](#)

## MINDFULNESS-BASED 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 March 3 through March 17.**

IN-PERSON

LECTURE/DISCUSSION

MAX 20

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



## NEW PARADIGM FOR TREATING PSYCHOACTIVE SUBSTANCE ABUSE

This course will present a paradigm shift from traditional forensic and medical treatments for psychoactive substance abuse. This new paradigm teaches an understanding of a three-stage neurocircuitry of psychoactive substance abuse that is the etiological cause of such abuse as opposed to the conventional wisdom that substance abuse is caused by a disease. Attendees will learn how people can be taught to change neurocircuitry within their brains enabling a sustained and successful recovery. This neuroscience-informed, non-disease-oriented treatment approach, inspired by evidenced-based research indicates that positive neuroplastic changes within one's brain and cognitive change within one's mind creates an opportunity for people to cease abusing psychoactive substances.

**LEADERS:** Robert Youdin, PhD is a practicing psychotherapist in Princeton specializing in treating substance abuse and other compulsive abuse problems. He is a former visiting research collaborator at Princeton University, Department of Molecular Biology, a former adjunct associate professor at Fordham University, Graduate School of Social Service and a former assistant research scientist at the New York State Psychiatric Institute at the Columbia University Medical Center.

**Wednesdays from 1:30-3:30 p.m. for three weeks beginning March 5 through March 19.**

IN-PERSON

LECTURE

MAX 30

[GO TO COURSE SYLLABUS](#)

## PERSPECTIVES ON OPERA

This course follows the approach of previous versions of Perspectives on Opera and is intended for newcomers to opera as well as those who already are opera fans. The course begins with a presentation of the basics of opera performance such as voice categories, vocal techniques, challenges faced by opera singers, and backstage at the Metropolitan Opera House. The remaining sessions include Tchaikovsky's favorite comic opera, the use of opera in movies, the (sometimes abused) creative role of stage directors, operas (two serious and one hilarious) based on the ancient myth of Orpheus and Eurydice, a session exploring beautiful vocal music that is operatic but not opera, and a moving presentation of operas composed and performed in extraordinary circumstances.

**LEADER:** Harold Kuskin served as a Backstage Tour Guide at the Metropolitan Opera House for fifteen years and has studied opera at the Juilliard School Evening Division in addition to independent study. This will be his eighth year of teaching courses on opera at the Evergreen Forum. Harold has been an opera lover and Metropolitan Opera subscriber for fifty years.

**Mondays from 1:30-3:30 p.m. for seven weeks beginning March 3 through April 14.**

HYBRID

LECTURE

UNLIMITED

[GO TO COURSE SYLLABUS](#)





## READING BUILDINGS: A PRIMER

What does it mean to “understand” buildings? From the outside, as we first confront them? From the inside as we experience them? We can understand buildings in simple, pragmatic terms—how they work for what they are supposed to do—and we can understand them as architecture. This is a brief introduction to the logic of architectural form and space – the phenomena, principles, characteristics, geometries, and themes at the basis of making and understanding architecture – irrespective of time. It is not a history though it examines examples from all ages and architectural styles. It will seek to define the “define-able” while acknowledging that much of the soul-stirring power of architecture eludes definition.

**LEADER:** Alan Chimacoff, a Princeton-based architect, and photographer, taught architecture at Cornell and Princeton for thirty years. He’s known for designing buildings at top institutions, receiving the New Jersey AIA Michael Graves Lifetime Achievement Award in 2019. Exhibited nationwide, his photographs are in the collections of the Cornell and Princeton university art museums, and on display at Prospect House and Maclean House on the Princeton campus. Chimacoff holds architecture degrees from Cornell and Harvard.

**Fridays from 1:30-3:30 p.m. for eight weeks beginning March 7 through May 2. No class on April 18.**

VIRTUAL

LECTURE

UNLIMITED

## 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 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 scientists with wide experience and interests.

**Fridays from 10:00 a.m.-noon for eight weeks beginning March 7 through May 2. No class on April 18.**

HYBRID

LECTURE/DISCUSSION

MAX 50

THERE IS NO COURSE SYLLABUS AT THIS TIME.

THERE IS NO COURSE SYLLABUS AT THIS TIME.



## THE SCIENCE OF HAPPINESS

Science is inviting you to transcend the vernacular notion of “happiness.” Is it really “joy” or “excitement?” Does it really result from “wealth,” “consumption,” or “status?” Or is it really something else? The thinking of philosophers, neuroscientists, behavioral scientists, and clinicians has converged: Happiness is “an inside job,” that is durable and that elevates and heals. But is it a feeling or a state of mind? Science reveals a happiness that is rooted in action, not consumption – in action, not just positive thinking – in action, not just solitary contemplation. It is an action that is accessible and doable, clears thinking, advances emotional resiliency, and epitomizes well-being. This series can be characterized as a combination of scholarship and an awareness of practical strategies. There will be lectures, videos, a bibliography of texts and A/V, and hopefully a considerable exchange of ideas and curiosities.

**LEADER:** Bruce A. Maloof, PhD, did his doctoral work at Brandeis University followed by appointments to Dalhousie University, Boston University, and Harvard Medical School. He was the founder and CEO of Behavioral Solutions, P.C., a group practice in Greater Boston, and was appointed as a state-wide advisor to the Massachusetts Commissioner of Mental Health.

**Wednesdays from 10:00 a.m.-noon for five weeks beginning March 26 through April 23.**

IN-PERSON

LECTURE/DISCUSSION

MAX 40

## TECHNOLOGY, SOCIETY, AND YOU

Embark on a journey exploring the cutting-edge realms of technology. In this dynamic course, participants will dive into the forefront of innovation with stimulating topics like AI, cryptocurrency, blockchain, privacy, big data, algorithms, social media, and cybersecurity. This course is designed to gain a hands-on, non-technical grasp of these technologies, uncover their real-world applications, and discover the electrifying impact they have on lives and society. Enroll in this adventure in understanding, where every lesson is a step into a fascinating, ever-evolving digital frontier.

**LEADER:** Dina Kravetz is a retired computer scientist. She has participated in many aspects of the technology world, including teaching at a university, working at an R&D lab, launching a consumer electronics device, coding, and working at software startups. She holds a PhD in computer science from MIT.

**Thursdays from 10:00 a.m.-noon for six weeks beginning March 6 through April 10.**

HYBRID

LECTURE/DISCUSSION

UNLIMITED

THERE IS NO COURSE SYLLABUS AT THIS TIME.

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## UNDERSTANDING EMOTIONS

Emotions are a motivation and communication system we're born with. Unfortunately, that system didn't arrive with an instruction manual which might have explained to us how they work and what they mean. This class will provide you with some tools to decode emotional information, to understand what we feel, what others' emotional expressions might be telling us, and what we may be communicating to others as we experience them. The focus will be on basic emotions, such as anger, fear, sadness, joy, and shame.

**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.

**Thursdays from 10:00 a.m.-noon for six weeks beginning March 20 through April 24.**

IN-PERSON

LECTURE/DISCUSSION

MAX 24

## WHAT IS TIME?

This course will relate our subjective understanding of time and our psychological perception of time to what the sciences and the arts say about time. We will examine, in eight sessions, various approaches to understanding time: Subjective time as we understand it from psychology and physiology; how classical physics defined and used time; the Einsteinian revolution; time in special and general relativity; and time in quantum mechanics in the first six sessions. These sessions will not require a background in the sciences. However, in the last two sessions we will explore time through a more detailed, physics-based, discussion of the implications of the concept of space-time where time is not independent of the geometry of space nor of the relative energy of a body. This course will be similar in format to that of a seminar: A presentation of ideas and observations concerning time with the participation of the students.

**LEADER:** Stuart Kurtz was educated as a chemical engineer at MIT (SB) and Princeton (PhD) and taught at RPI and in Brazil. He has devoted much of his leisure time to studying philosophy and physics and trying to convince himself that the concept of time makes sense.

**Tuesdays from 10:00 a.m.-noon for eight weeks beginning March 4 through April 22.**

IN-PERSON

LECTURE/DISCUSSION

MAX 30

THERE IS NO COURSE SYLLABUS AT THIS TIME.

THERE IS NO COURSE SYLLABUS AT THIS TIME.

## WINSLOW HOMER: ART AND BIOGRAPHY

Journey through turbulent nineteenth century America to meet Winslow Homer, one of the greatest artists of that era, whose work ranged from the horrors of the Civil War to moody New England seascapes. Through lectures, slides, and reading his biography, we'll explore the life of an artist whose works created a strong visual identity of a quickly changing new country.

**LEADER:** Christina Kales has a doctorate in humanities from Drew University and has taught numerous courses at Evergreen Forum.

**Fridays from 1:30-3:00 p.m. for four weeks beginning March 7 through March 28.**

IN-PERSON

LECTURE/DISCUSSION

MAX 20

THERE IS NO COURSE SYLLABUS AT THIS TIME.



## LIFELONG LEARNING ENDOWMENT FUND

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The William and Nancy Lifland Evergreen Forum Steering Committee Chair

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Naming opportunities for the Lifelong Learning Endowment and Capital Campaign  
are key philanthropic efforts that impact our programming for years to come.

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

## EVERGREEN FORUM PROGRAM MISSION STATEMENT

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The mission of CMAP's Evergreen Forum is to provide accessible, lifelong learning opportunities through stimulating, daytime lecture and discussion courses of interest to a diverse, engaged community of participants and volunteer course leaders.



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