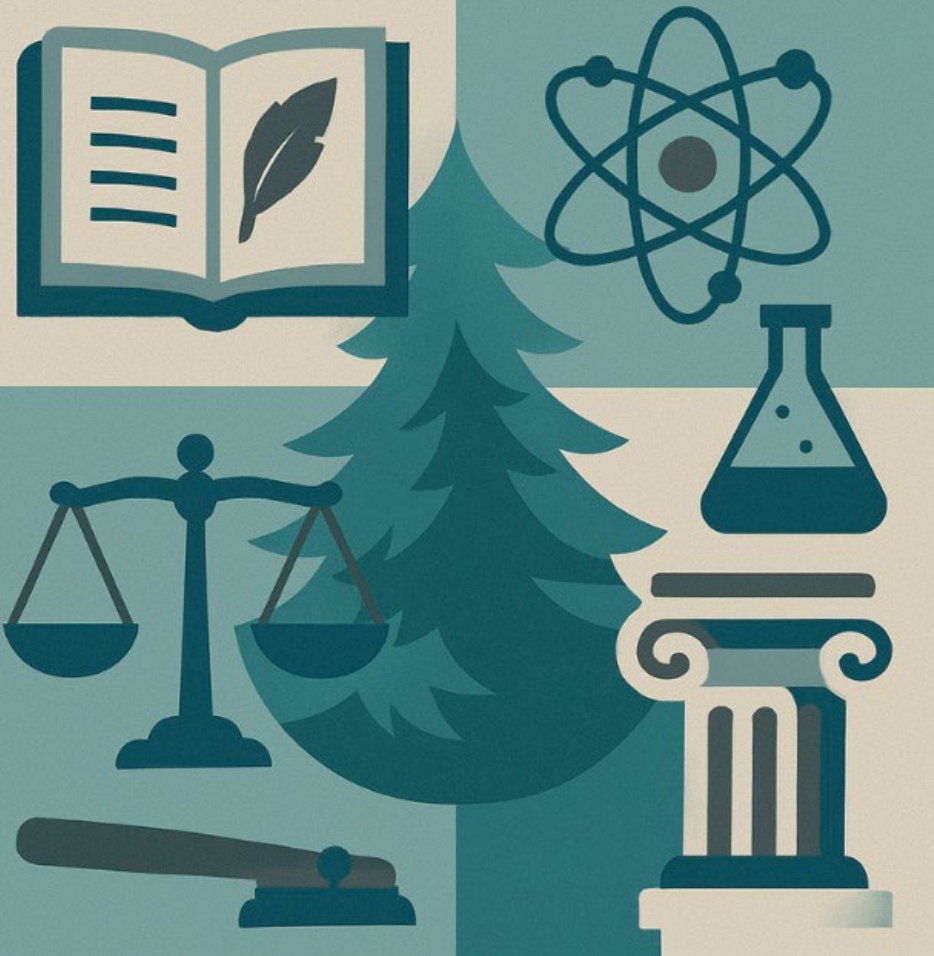




EVERGREEN FORUM:

FALL 2025



# CELEBRATING TWENTY-FIVE YEARS OF THE EVERGREEN FORUM

A LIFELONG LEARNING COMMUNITY



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

The Evergreen Forum's mission 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.

**LOOK FOR HYPERLINKS IN THIS DOCUMENT**



## COURSES BY DAY AND TIME (COURSE GRID)

MONDAY	TIME	START	SESSIONS	COURSE TYPE	FORMAT
THE RULE OF LAW: HISTORICAL CASE STUDIES	10:00-noon	9/29	6 WEEKS	Lecture/Discussion	Hybrid
MINDFULNESS-BASED COGNITIVE BEHAVIORAL THERAPY	1:30-3:30	9/29	3 WEEKS	Lecture/Discussion	In-Person
ASTONISHING ADVENTURES	1:30-3:30	9/29	7 WEEKS	Lecture	Hybrid
TUESDAY	TIME	START	SESSIONS	COURSE TYPE	FORMAT
DOCUMENTARY FILMS II	10:00-12:30	10/14	8 WEEKS	Lecture/Discussion	In-Person
SOUTHERN WRITERS: NOVELS AND SHORT STORIES	10:00-noon	10/7	5 WEEKS	Discussion	In-Person
VISIONS OF AMERICA: FIVE TUMULTUOUS PERIODS OF U.S. HISTORY	10:00-noon	9/30	5 WEEKS	Lecture/Discussion	In-Person
APPLYING PRECEPTS OF BUDDHIST THOUGHT FOR WELL-BEING	1:30-3:30	9/30	8 WEEKS	Lecture/Discussion	In-Person
JANE AUSTEN, NOVELS AND FILMS	1:30-3:30	9/30	8 WEEKS	Discussion	In-Person
OCEAN GROVE AND THE HISTORY OF THE HOLINESS MOVEMENT	1:30-3:30	9/30	6 WEEKS	Lecture/Discussion	In-Person
WEDNESDAY	TIME	START	SESSIONS	COURSE TYPE	FORMAT
IT COULD BE VERSE, PART 1	10:00-11:30	10/8	4 WEEKS	Lecture/Discussion	In-Person
IT COULD BE VERSE, PART 2	10:00-11:30	11/5	4 WEEKS	Lecture/Discussion	In-Person
MORE FUN MATH YOUR TEACHERS LEFT OUT!	10:00-noon	10/15	6 WEEKS	Discussion	In-Person
NATURE & YOUR HEALTH	10:00-noon	10/8	4 WEEKS	Lecture/Discussion	In-Person
MEDIA ON THE EDGE	1:30-3:30	10/8	8 WEEKS	Lecture/Discussion	Hybrid
"THOUGHT AND CALCULATION": TOM STOPPARD IN THREE PLAYS	1:30-3:30	10/8	5 WEEKS	Lecture/Discussion	In-Person
TICK-TOCK, WHAT'S THE PLOT?	1:30-3:30	9/24	8 WEEKS	Discussion	In-Person
THURSDAY	TIME	START	SESSIONS	COURSE TYPE	FORMAT
AMMONITES AND CLEOPATRA: TWO BY PENELOPE LIVELY	10:00-noon	10/9	6 WEEKS	Lecture/Discussion	Virtual
THE EVOLUTION OF WESTERN ART, PART 3	10:00-noon	9/25	8 WEEKS	Lecture	Virtual
UNDERSTANDING EMOTIONS	10:00-noon	9/25	6 WEEKS	Lecture/Discussion	In-Person
HISTORY OF THE EUROPEAN RENAISSANCE	1:30-3:30	9/25	8 WEEKS	Lecture	Hybrid
THE KAREN ANN QUINLAN CASE	1:30-3:30	10/23	6 WEEKS	Lecture/Discussion	In-Person
FRIDAY	TIME	START	SESSIONS	COURSE TYPE	FORMAT
AN INQUIRY CONCERNING DEMOCRACY IN AMERICA	10:00-noon	10/3	8 WEEKS	Lecture/Discussion	Hybrid
SCIENCE IN THE NEWS	10:00-noon	10/3	8 WEEKS	Lecture/Discussion	Hybrid
THREE EARLY BLACK AMERICAN WOMEN IN WORDS	10:00-noon	10/10	3 WEEKS	Lecture/Discussion	In-Person
THE HISTORY AND CULTURE OF SCOTLAND	1:30-3:30	10/10	6 WEEKS	Lecture/Discussion	Hybrid
EXPLORING AUTOCRACIES	1:30-3:30	10/3	6 WEEKS	Lecture/Discussion	Virtual
EXPLORING FEMINIST WRITERS	1:30-3:30	10/10	6 WEEKS	Discussion	In-Person



## REGISTRATION INFORMATION

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

**Registration will open on Tuesday, August 26 at 9:30 a.m. allowing participants to select up to two courses. Registration will open for additional courses Thursday, August 28 at 9:30 a.m. Reminder – Class formats include in-person, virtual, and hybrid. Course format is subject to change.** To register, go to **cmaprinceton.org**. Telephone and mail applications will not be accepted.

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

Evergreen Forum Fees: \$95 for three- to four-week courses, \$125 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**.

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 class.

Some courses may have additional costs for books or materials. This will be listed in the course's syllabus hyperlinked under some course blurbs 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 Forum virtual or hybrid 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**.

**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.



## WHICH COURSES ARE RIGHT FOR ME?

The 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

There are three different types of courses based on the course leader's preferences: each course description notes the course type.

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

### Course Formats

The Evergreen Forum offers courses in a variety of formats to best fit your comfort level. Courses may be offered as in-person, virtual, or hybrid.

- **In-Person** – These courses take place in-person at the Center for Modern Aging Princeton, either at the Suzanne Patterson Building or The Nancy S. Klahn 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 must 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.



## 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 2025:

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



## 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. **Course formats include in-person, virtual, and hybrid. Scholarships available.**

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## AMMONITES AND CLEOPATRA: TWO BY PENELOPE LIVELY

This course will feature a memoir and a novel both written by the English novelist Penelope Lively. She has twice been nominated for the Booker Prize and won it for her novel *Moon Tiger*. Now in her eighties, Lively is still writing. Her memoir, *"Dancing Fish and Ammonites,"* is her most recent work, written from the perspective of her long and very active life. She writes with humor, vividness, and energy about her interesting, productive life. Her memoir is both absorbing and thought-provoking. The course's second book is a novel titled *"Cleopatra's Sister,"* published in 1993. Its main character is a paleontologist in route to Egypt to study fossils when his plane is forced to land in a country called Callimbia, an imaginary, dangerous, and totally believable country. The characters, the setting, and the unfolding events are compelling, vivid, and memorable. This will be a six-week course, taught via Zoom, and open to 15 participants.

**LEADER:** Lynne Cullinane is an experienced educator, who taught English at Hopewell Valley High School, and has offered many literature courses at Evergreen Forum.

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

VIRTUAL

LECTURE/DISCUSSION

MAX 15

## AN INQUIRY CONCERNING DEMOCRACY IN AMERICA

In 1831 a French nobleman visited America with a colleague to make a report on the prison system there. They traveled across what was then the country for seven months and made their report. But their real interest was democracy. Subsequently, in 1840 and 1845, Alexis de Tocqueville produced his great classic, *"Democracy in America."* This course uses selections from this two-part volume to explore aspects of democracy at a particularly important juncture in our history. We will discover how much he anticipated the subsequent course of events, what predictions were surprisingly accurate and what he missed or misunderstood. Contemporary readings will be used to compare and contrast insights with Tocqueville's, and discussion will consider how his insights and observations illuminate our current condition.

**LEADER:** With a background in education and policy, Gary Sykes, PhD, will lead this course examining current events through a classic lens on democracy. A Princeton and Stanford graduate, he spent decades in research and academia before retiring to our community.

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

HYBRID

LECTURE/DISCUSSION

MAX 40

THERE IS NO COURSE SYLLABUS AT THIS TIME.

GO TO COURSE SYLLABUS





## APPLYING PRECEPTS OF BUDDHIST THOUGHT FOR WELL-BEING

Exploring concepts that help us develop patience, curiosity, and generosity will be taught through a combination of scholarship and practical strategies. These concepts have long been taught as part of Buddhist thought and can help us apply those teachings to our contemporary lives. Buddhist precepts can be seen as fostering community and enhancing our sense of belonging and well-being.

**LEADER:** Dr. Robin Shapiro has studied, practiced, and taught Buddhist thought for almost four decades. Her book, "The Buddha Lives In New Jersey," is available on Amazon.

**Tuesdays from 1:30-3:30 p.m. for eight weeks beginning September 30 through November 18.**

IN-PERSON

LECTURE/DISCUSSION

MAX 25

GO TO COURSE SYLLABUS



## ASTONISHING ADVENTURES

"Because it's there" was George Mallory's response when asked why he wanted to climb Mt. Everest. Others, in attempting feats never before accomplished, have risked their lives on mind-boggling adventures. Edmund Hillary and Tenzing Norgay were the first to summit Everest. Alex Honnold climbed, without ropes, the 3,000-foot sheer rock wall known as El Capitan. Ralph Plaisted, with no experience in polar exploration, reached the North Pole on a snowmobile. Roald Amundsen and Robert Falcon Scott raced to the South Pole. Only one of them survived. Ernest Shackleton's expedition seeking to cross Antarctica was thwarted when his ship was crushed by sea ice. He then led one of the greatest struggles for survival in the history of exploration. Teddy Roosevelt almost died while exploring a mysterious river in the heart of the dense Brazilian jungle. Erik Weiheymayer, totally blind from age thirteen, climbed Everest. All of these astonishing adventures, and others, are the subject matter of this course.

**LEADER:** Harold Kuskin has climbed mountains and rock faces, kayaked through whitewater rapids, and traveled to Antarctica three times. In his nine years as an instructor at the Evergreen Forum, he has taught a course on Antarctic exploration and numerous courses on opera.

**Mondays from 1:30-3:30 p.m. for seven weeks beginning September 29 through November 10.**

HYBRID

LECTURE

UNLIMITED

GO TO COURSE SYLLABUS





## DOCUMENTARY FILMS II

This course examines the art of the documentary as well as its attempts to reveal truths. What is the purpose of these films – persuasion, information, manipulation? How can we, as viewers, assess the validity of what we are seeing? Join me as we view the films “Honeyland,” “Fog of War,” “Ernest Cole: Lost and Found, No Other Land,” and more.

**LEADER:** Judith Zinis taught film at Ocean County College, at the Kapodistrian University of Athens as a Fulbright Scholar, and for the Evergreen Forum. As a fellow for Princeton University’s Midcareer Fellowship, she developed a film studies program for community colleges.

**Tuesdays from 10:00 a.m.-12:30 p.m. for eight weeks beginning October 14 through December 2.**

IN-PERSON

LECTURE/DISCUSSION

MAX 30

## THE EVOLUTION OF WESTERN ART, PART 3: AFTER DARKNESS COMES THE LIGHT, OR 175 YEARS OF “ISMS” FROM 1750 TO 1915

This course explores the exciting changes in the history of Western Art from the Enlightenment through 175 years ending with World War I, and highlights the many “isms” including Neoclassicism, Romanticism, Grand Mannerism, Impressionism, Post-Impressionism, Pointillism, Expressionism, Modernism, and Cubism.

**LEADER:** Wendy Worth is an expert in the history of art and has taught many art courses at Evergreen Forum.

**Thursdays from 10:00 a.m.-noon for eight weeks beginning September 25 through November 19. No class 10/2.**

VIRTUAL

LECTURE

UNLIMITED

THERE IS NO COURSE SYLLABUS AT THIS TIME.

 **GO TO COURSE SYLLABUS**



## EXPLORING AUTOCRACIES

Autocracies have been part of human society for millennia. Currently they appear almost ubiquitous. This course will begin by asking: Are they inevitable? What types of autocracies are there and have there been? How do they arise and how do they function? How do we account for their rise in modern democratic societies? Importantly, how do they fall?

What have been the arguments defending them as a way of organizing social arrangements from family to politics to economic systems?

Our course is seminar style. Each session will begin with your questions and comments and a short presentation providing background on some aspect of our subject. As soon as an email list is available you will receive short articles and references to pieces online. There will be one or more guest resources.

**LEADER:** Martin Oppenheimer is professor emeritus of sociology, Rutgers University. He has participated in, taught and written about social movements for about seventy-five years.

**Fridays from 2:00-3:30 p.m. for six weeks beginning October 3 through November 7.**

VIRTUAL

LECTURE/DISCUSSION

MAX 16

GO TO COURSE SYLLABUS



## EXPLORING FEMINIST WRITERS

Women writers have historically and contemporaneously redefined and reshaped gender identities through their own powerful narratives. This course will examine this dynamic through two primary works: Chimamanda Ngozi Adichie's "We Should All Be Feminists" - a nuanced understanding of feminism for the twenty-first century, and Rebecca Solnit's "Men Explain Things to Me" - dissects the pervasive phenomenon of "mansplaining" and other subtle forms of gendered power dynamics.

Select texts and passages from other women writers like Margaret Atwood, Jhumpa Lahiri, Maya Angelou, Alice Walker, Alice Munro, Beyonce, Audre Lorde, Joni Mitchell, Emily Dickinson, and others will also be read.

Through close readings and discussions, we'll analyze how these authors challenge societal norms, articulate experiences of gender, and inspire critical thinking about the ongoing evolution of feminist thought.

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

**Fridays from 1:30-3:30 p.m. for six weeks beginning October 10 through November 14.**

IN-PERSON

DISCUSSION

MAX 20

GO TO COURSE SYLLABUS



## THE HISTORY AND CULTURE OF SCOTLAND

Scotland is a small and ancient land with an impressive heritage, and the culture of Scotland has been a major influence on the modern world. This course of six sessions will interest anyone with a Scottish heritage or who plans a visit. It will review a range of topics – the geography of Scotland, its history from neolithic times through to the industrial revolution, and the relationship with England to the south. The humanism of the Scottish Enlightenment of the eighteenth century has deeply influenced America's Constitution. Then there are the notorious Highland Clearances and recently the discovery of oil in the North Sea. With a vigorous Scottish Nationalism, is it likely Scotland will divorce from the United Kingdom?

**LEADER:** Peter Smith has Scottish roots and a deep appreciation of this heritage. Although Dr. Smith was trained as a scientist he has put together a wide-ranging course on the culture and history of his native land.

**Fridays from 1:30-3:30 p.m. for six weeks beginning October 10 through November 14.**

HYBRID

LECTURE/DISCUSSION

UNLIMITED

GO TO COURSE SYLLABUS



## HISTORY OF THE EUROPEAN RENAISSANCE

Emerging from the birth of universities, the rise of new political entities, and the surge of trade in the late Middle Ages, and prodded by the ravages of the Black Death, the period known as the Renaissance transformed virtually every aspect of life in Europe while fostering the discovery of a New World across the sea. It was a time of startling changes in art and literature, in accumulation and dispersion of wealth, in profound technological innovation, in warfare and diplomacy, in exploration and international trade, in philosophical thought and religious reformation, and in the conception of humanity itself. In this course we shall consider all of these changes, as well as many fascinating people who influenced this transformation.

Because the Renaissance occurred at different times in different places in different ways, we shall examine its attributes thematically so that we can best perceive its timeless significance.

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

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

HYBRID

LECTURE

UNLIMITED

GO TO COURSE SYLLABUS



## IT COULD BE VERSE: LYRICAL INTRODUCTION TO THE GREAT AMERICAN SONG BOOK (PART 1 AND 2)

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, Jule 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.

Join us for Part I, a repeat of the acclaimed Spring 2025 course and/or for Part II, with all new material.

**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.

**Part 1 Wednesdays from 10:00-11:30 a.m. for four weeks beginning October 8 through October 29.**

**Part 2 Wednesdays from 10:00-11:30 a.m. for four weeks beginning November 5 through December 3. No class on 11/26.**

IN-PERSON

DISCUSSION

MAX 18

[GO TO COURSE SYLLABUS](#)

## JANE AUSTEN, NOVELS AND FILMS

Read (or reread) Austen's "Sense and Sensibility," "Persuasion," and "Emma." Trace Austen's take on "the disinherited daughter," a story she inherited from eighteenth century predecessors and updated. Discover how the late novels, *Persuasion* and *Emma*, critique and revise early anxieties about the entailed paternal estate, the financial precarity of daughters, and the necessity of marriage.

**LEADER:** Dianne Sadoff is professor emerita of English and former Director of the Program in Cinema Studies at Rutgers University. She has published three books on nineteenth century literature, on science and culture, and on literature and film, and has co-edited two books, on literature and on teaching. She has also published essays in journals and anthologies. In addition to Rutgers, she taught at Antioch College, Colby College, the University of Southern Maine, Miami University of Ohio, and Middlebury's Bread Loaf School of English.

**Tuesdays from 1:30-3:30 p.m. for eight weeks beginning September 30 through November 18.**

IN-PERSON

DISCUSSION

MAX 20

[GO TO COURSE SYLLABUS](#)



## THE KAREN ANN QUINLAN CASE: ITS LEGACY AND NEW JERSEY'S CONTRIBUTIONS TO END-OF-LIFE JURISPRUDENCE BETWEEN 1975 AND 2025

A 1975 lawsuit led to judicial recognition of a right to die for the first time. The course will focus on the ruling and developments that followed through the enactment of the Medical Aid in Dying Act in NJ as well as a discussion of the moral and ethical issues.

**LEADER:** John Zen Jackson is a New Jersey attorney practicing in the healthcare law field including end-of-life issues and cases for fifty years. In addition to being a certified civil trial attorney and a Fellow of the American College of Trial Lawyers, he has published over eighty articles on healthcare and litigation topics, including biomedical ethics issues.

**Thursdays from 1:30-3:30 p.m. for six weeks beginning October 23 through December 4, no class on 11/27.**

IN-PERSON

LECTURE/DISCUSSION

MAX 20

## MEDIA ON THE EDGE: JOURNALISM, INFLUENCERS, AND ARTIFICIAL INTELLIGENCE

This class will examine how traditional news media – such as print newspapers, radio (e.g., NPR), and broadcast television networks (CBS, NBC, ABC, PBS) – have adapted in the face of disruption by cable outlets like Fox News, MSNBC, and CNN. The class will focus on the role of video platforms, such as YouTube and TikTok, and influencers, including Joe Rogan, Dave Rubin, and Ezra Klein, and how international actors – Israel, Russia, and China – affect discourse through both mainstream and alternative media. We'll delve into the emerging ecosystems of Substack and podcasting, and the rapid spread of content across the social media platforms X, Facebook, Instagram, Truth Social and Telegram. The class will also discuss several pressing issues: Is legacy media dying? How can we determine which new media is trustworthy? What is the responsibility of online platform owners? And what are the broader implications of artificial intelligence's ability to influence the public's perception and access to information?

**LEADER:** Elaine Jacoby is a retired lawyer who leads Evergreen courses on politics and elections.

**Wednesdays from 1:30-3:30 p.m. for eight weeks beginning October 8 through November 26.**

HYBRID

LECTURE/DISCUSSION

MAX 35

GO TO COURSE SYLLABUS

THERE IS NO COURSE SYLLABUS AT THIS TIME.



## MINDFULNESS-BASED COGNITIVE BEHAVIORAL THERAPY

An effective method for managing and eliminating severe anxiety and depression was formally developed into therapeutic interventions 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 continued to expand 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 1:30-3:00 p.m. for three weeks beginning September 29 through October 13.**

IN-PERSON

LECTURE/DISCUSSION

MAX 20

THERE IS NO COURSE SYLLABUS AT THIS TIME.

## MORE FUN MATH YOUR TEACHERS LEFT OUT!

Participants will cooperate in solving puzzles and doing activities drawn from probability, logic, game theory, geometry, number theory, and operations research. Sources include work 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." Topics may include gambling paradoxes, colored sock problems, gerrymandering, fractal constructions, Prisoner's Dilemma, Logicians versus Pirates, and the Traveling Salesman Problem. 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 2025!)

**LEADER:** Mark Schlawin has an M.S. in applied mathematics and an undergraduate degree in physics. His work experiences include stints as an operations research specialist, as a quantitative analyst on Wall Street, and, most recently, twenty joyful years of teaching Middle School mathematics and science. Mark has previously presented two well-received math-play workshops at the Evergreen Forum.

**Wednesdays from 10:00 a.m.-noon for six weeks beginning October 15 through November 19.**

IN-PERSON

LECTURE/HANDS-ON

MAX 20

THERE IS NO COURSE SYLLABUS AT THIS TIME.



## NATURE & YOUR HEALTH

Why do we feel better after taking a walk, outside, in nature? How can we balance our circadian rhythms and reset them as we travel? Why are bird songs not only pleasant to listen to, but their songs also reassure us that it's going to be a good day? Not surprisingly, doctors are writing prescriptions for patients to walk in nature. We are all connected to nature in so many ways with direct implications for our health. Gain a better understanding of the positive effects of spending time in nature. Learn how we can take advantage of all of the health-affirming aspects that nature has to offer.

**LEADER:** Jack Carman, FASLA, LLA, is a landscape architect whose practice involves the design and development of therapeutic gardens in healthcare settings nationwide. He has taught at Temple University, the Chicago Botanic Garden and NY Botanic Garden, and lectures regularly at conferences throughout the U.S. He is actively engaged in connecting people and nature for their health and well-being.

**Wednesdays from 10:00 a.m.-noon for four weeks beginning October 8 through October 29.**

IN-PERSON

LECTURE/DISCUSSION

MAX 35

## OCEAN GROVE AND THE HISTORY OF THE HOLINESS MOVEMENT

Personal holiness and spiritual renewal were the guiding principles of the nineteenth century American Holiness movement, which found further expression in the "Camp Meeting" phenomenon. This movement encouraged both clergy and laity to seek out pastoral settings where personal holiness and spiritual renewal could be integrated with recreation and relaxation to nurture the whole person.

The six-week class will explore the American Holiness movement in general, with particular focus on the birth of Ocean Grove as a prominent example of the Camp Meeting phenomenon. The course will mainly look at the personalities involved along with the sociological and historical context for the Holiness movement.

**LEADER:** Rev. Dr. Rich Hendrickson is a retired Elder in the United Methodist Church. Dr. Hendrickson was born and raised in Ocean Grove, NJ and has studied extensively the history of the American Holiness movement and the birth of Ocean Grove as a Holiness Camp Meeting.

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

IN-PERSON

LECTURE/DISCUSSION

MAX 16

THERE IS NO COURSE SYLLABUS AT THIS TIME.

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## THE RULE OF LAW: HISTORICAL CASE STUDIES

This course begins with a discussion of the basic elements of the concept of the rule of law and their institutional realization. Then we will turn to a series of historical case studies, beginning with the constitutional struggles of seventeenth century England and moving to the French and American revolutions before examining the role of the rule of law in the emerging democracies of the nineteenth century. We will then turn to the impact of World War I and Wilsonian constitutionalism, and World War II and modern constitutionalism. That will lead us to the crisis of the rule of law in the present-day United States.

**LEADERS:** Stanley N. Katz is a retired Princeton University history professor.

Philip Carchman is a retired New Jersey judge. They have both taught numerous courses at Evergreen Forum.

**Mondays from 10:00 a.m.-noon for six weeks beginning September 29 through November 3.**

HYBRID

LECTURE/DISCUSSION

UNLIMITED

## SCIENCE IN THE NEWS

“Science in the News” is a course designed for all those who wish to become more informed about current scientific and medical topics. Two lectures on different subjects are presented weekly by members of a panel of scientists. The course covers a wide range of fields and strives to remain easily accessible to people of varying backgrounds and current knowledge. A variety of sources are used, and pertinent references are provided in advance for each of the topics covered. All are welcome, regardless of science literacy. Presentations by class participants are encouraged but not required.

**LEADERS:** 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 October 3 through November 21.**

HYBRID

LECTURE/DISCUSSION

UNLIMITED

GO TO COURSE SYLLABUS



THERE IS NO COURSE SYLLABUS AT THIS TIME.



## SOUTHERN WRITERS: NOVELS AND SHORT STORIES

In this course participants will read and discuss novels and short stories by William Faulkner, Flannery O'Connor, and Tim Gautreaux. Is there a distinctive Southern voice, content or humor?

**LEADER:** Judith Wooldridge has led numerous Evergreen Forum classes focused mostly on fiction by English writers. This year she is focusing on her favorite Southern writers.

**Tuesdays from 10:00 a.m.-noon for five weeks beginning October 7 through November 4.**

IN-PERSON

DISCUSSION

MAX 12

GO TO COURSE SYLLABUS



## "THOUGHT AND CALCULATION": EXAMINING THE THEATRICAL INVENTION OF TOM STOPPARD IN THREE PLAYS

Tom Stoppard, one of the greatest living playwrights, creates intricate stories that are engaging, human, and intellectually vibrant. Stoppard once said, "The whole difficulty of doing plays – the reason one doesn't do two or three a year – is this very thing of trying to subsume thought and calculation into the interior of, say, a love story or a story of triumph and failure." This course will explore how that weaving of quandaries and concepts into compelling theatre occurs in "Arcadia," "The Real Thing," and "The Hard Problem." "The Hard Problem" explores the philosophical question of consciousness, while "The Real Thing" delves into the nature of love and relationships, and "Arcadia" examines the relationship between the natural and intellectual worlds. All show his signature blend of intellectual wit and dramatic tension. Participants will read, discuss, and perhaps debate the ways in which the playwright mixes ideas and emotions that are both deep and provocative.

**LEADER:** T.J. Elliott co-wrote "Alms," "Grudges," "Genealogy," and "The Oracle" with Joe Queenan, directing "The Oracle" in 2022. His solo works include "Keeping Right on Pandemic Zoom," "HONOR," and "The Jester's Wife." His latest, "Retrospective," joins the 2025 Broadway Bound Theatre Festival.

**Wednesdays from 1:30-3:30 p.m. for five weeks beginning October 8 through November 5.**

IN-PERSON

LECTURE/DISCUSSION

MAX 11

GO TO COURSE SYLLABUS



### THREE EARLY BLACK AMERICAN WOMEN IN WORDS: PHILLIS WHEATLEY, ESTHER "HETTY" SAUNDERS & SOJOURNER TRUTH

250 years ago, Phillis Wheatley entered the American Revolution, composing a poem "To His Excellency General Washington" October 26, 1775. A Black American woman born in Africa and enslaved in Boston, Phillis Wheatley secured emancipation from slavery following a journey to London to publish a book of poetry on the eve of the American Revolution in 1773. With the Revolutionary War underway in 1775, she addressed the Commander-in-Chief of the Continental Army with her own perspectives on the new nation she now claimed as home.

Meet three early Black American women in words in this introduction to the works of Phillis Wheatley, Esther "Hetty" Saunders of New Jersey & Sojourner Truth. Explore perspectives on citizenship and creativity in the early American republic.

**LEADER:** Paul F. Soltis is historian for Wallace House & Old Dutch Parsonage, George Washington's Headquarters, and the home of Rutgers' founder. He researches New Jersey history and contributes to Revolution NJ's 250th anniversary commemorations from 2024-2033.

**Fridays from 10:00 a.m.-noon for three weeks beginning October 10 through October 24.**

IN-PERSON

LECTURE/DISCUSSION

MAX 18

### TICK-TOCK, WHAT'S THE PLOT?

"Tick-tock" is Frank Kermode's famous "model of what we call plot, an organization that humanizes time by giving it form." Tick—the story begins. Tock—the story ends. In this wild literature-discussion course, we will read four books which plot and humanize time as we move into our seventies, eighties, and nineties: 1. Gabriel Garcia Marquez's "Love in a Time of Cholera" in which lovers are reunited after fifty years, nine months, and four days; 2. Leonora Carrington's surreal "The Hearing Trumpet" in which the hard-of-hearing nonagenarian Marian Leatherby restores the Holy Grail; 3. Joseph Heller's "Portrait of an Artist as an Old Man" in which Eugene Pota tries to write a novel that will restore his fame; and 4. Margaret Atwood's "Old Babes in the Wood," a collection of short stories about wily widows.

**LEADER:** Lois Marie Harrod's twentieth collection of poetry, "The Bed the Size of a Small Country," will be published by Kelsay Press, Fall 2025. A Dodge poet, life-long educator and writer, she is published in literary journals and online ezines from "American Poetry Review" to "Zone 3." Links to her online work at [www.loismarieharrod.org](http://www.loismarieharrod.org)

**Wednesdays from 1:30-3:30 p.m. for eight weeks beginning September 24 through November 19. No class on 10/1.**

IN-PERSON

DISCUSSION

MAX 20

THERE IS NO COURSE SYLLABUS AT THIS TIME.

THERE IS NO COURSE SYLLABUS AT THIS TIME.

## UNDERSTANDING EMOTIONS

Have you ever wished you could turn off or turn down an emotion that has grabbed you and doesn't seem to want to let go? Or maybe you've felt frustrated when your emotions seem to be interfering with your ability to think logically? Or do you work pretty hard to make sure no one can tell when you're feeling an emotion, like anger or sadness? Emotions are a motivation and communication system we're born with. Unfortunately, we didn't come 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 understand the messages emotions convey, through our own felt sense of them, and through facial expression, vocal tone, and body language. 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 more than 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 September 25 through November 6. No class on 10/2.**

IN-PERSON

LECTURE/DISCUSSION

MAX 18

## VISIONS OF AMERICA: FIVE TUMULTUOUS PERIODS OF U.S. HISTORY

Over the course of five weeks we will look at five tumultuous periods of American history: 1. The political rumblings of 1796-1800; 2. Westward expansion in the 1840s; 3. The chaos of the 1876 presidential election; 4. The 1930's and the Great Depression; 5. Upheaval in society in the 1960's. In the first hour uncover the history of the various periods through lecture and Discussion. The second hour includes discussion of the week's assigned reading chosen for its resonance with the historical themes introduced in the first hour. Short stories by American writers will be featured along with commentary and essays. Included are the following: James Fenimore Cooper, "The Slaughter of the Pigeons;" Willa Cather, "A Wagner Matinee;" Ambrose Bierce, "An Occurrence at Owl Creek Bridge;" James Baldwin, "Sonny's Blues;" Alexander Solzhenitsyn, "1978 Harvard Commencement Address;" and others.

**LEADERS:** Dr. Roy Carman is a gastroenterologist and was an associate clinical professor at Rutgers Medical School for thirty years. He has a special interest in American history.

Dr. Seth Malin is a general surgeon who takes refuge in fine writing and good music.

**Tuesdays from 10:00 a.m.-noon for five weeks beginning September 30 through October 28.**

IN-PERSON

LECTURE/DISCUSSION

MAX 18

THERE IS NO COURSE SYLLABUS AT THIS TIME.

 GO TO COURSE SYLLABUS

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