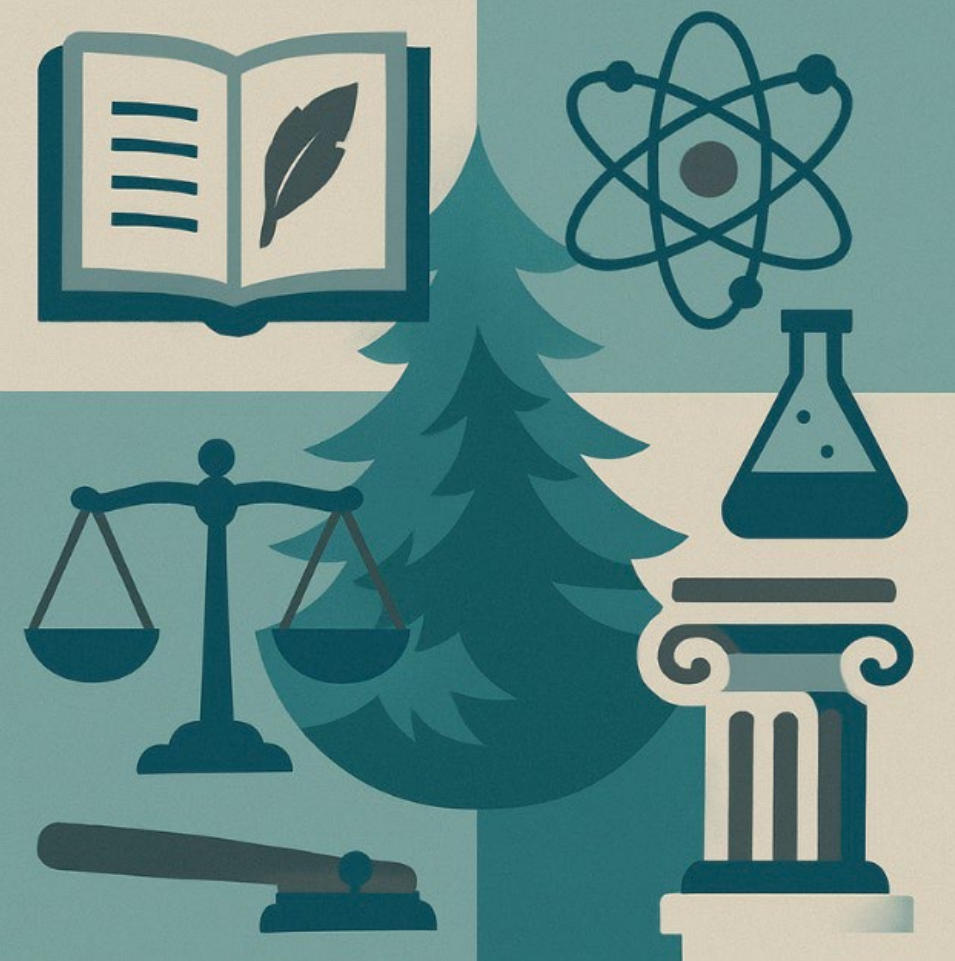




EVERGREEN FORUM:

SPRING 2026



# 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
DEMOCRACY AND RULE OF LAW: FROM NIXON TO TRUMP	10-noon	3/2	6 Weeks	Lecture/Discussion	Hybrid
BRONTE AND GASKELL: TWO VICTORIAN WOMEN WRITERS	1:30-3:30	3/2	8 Weeks	Lecture/Discussion	Virtual
MEMORY: HOW WE REMEMBER AND WHY WE FORGET	1:30-3:30	4/6	5 Weeks	Lecture/Discussion	In-Person
MINDFULNESS-BASED COGNITIVE BEHAVIORAL THERAPY	1:30-3:00	3/2	3 Weeks	Lecture/Discussion	In-Person
TUESDAY	TIME	START	SESSIONS	COURSE TYPE	FORMAT
MEDICINE: THE HISTORY AND THE MYSTERY	10-noon	3/10	8 Weeks	Lecture/Discussion	In-Person
SCIENCE FICTION SHORT STORIES: THE SCIENCE	10-noon	3/3	8 Weeks	Lecture/Discussion	In-Person
UNDERSTANDING EMOTIONS	10-noon	3/3	6 Weeks	Lecture/Discussion	In-Person
BUDDHA MIND: HOLISTIC CONCEPTS FOR WELL-BEING	1:30-3:30	3/3	6 Weeks	Lecture/Discussion	In-Person
EDUCATION IN AMERICA: CHALLENGES AHEAD	1:30-3:00	3/3	8 Weeks	Lecture/Discussion	In-Person
TOUR THE NEW PRINCETON UNIVERSITY ART MUSEUM	1:30-3:30	3/3	4 Weeks	Lecture/Discussion	In-Person
TOUR THE NEW PRINCETON UNIVERSITY ART MUSEUM	1:30-3:30	3/31	4 Weeks	Lecture/Discussion	In-Person
WILLIAM FAULKNER	1:30-3:30	3/3	8 Weeks	Discussion	In-Person
WEDNESDAY	TIME	START	SESSIONS	COURSE TYPE	FORMAT
THE ARTS AND CRAFTS MOVEMENT: ETHICS AND AESTHETICS	10-noon	4/8	4 Weeks	Lecture/Discussion	Virtual
BUILDING BRIDGES: RELIGIOUS LITERACY FOR COCKTAIL PARTIES	10-noon	3/18	6 Weeks	Lecture/Discussion	Hybrid
RUSSIAN MODERNISM 1900-1930	10-noon	3/4	8 Weeks	Lecture/Discussion	In-Person
CHILDREN IN TRANSIT: THE IMMIGRANT EXPERIENCE	1:30-3:30	3/4	8 Weeks	Discussion	In-Person
OVERCOMING ANXIETY	1:30-3:30	3/4	3 Weeks	Lecture/Discussion	In-Person
PERSPECTIVES ON OPERA	1:30-3:30	3/4	7 Weeks	Lecture	Hybrid
THURSDAY	TIME	START	SESSIONS	COURSE TYPE	FORMAT
THE EVOLUTION OF WESTERN ART, 1915-2015	10-noon	3/5	8 Weeks	Lecture	Hybrid
EXPLAINING THE COVID VACCINE TO DARWIN	10-noon	3/5	7 Weeks	Lecture	In-Person
STORIES TO ILLUMINATE AMERICA'S CREATION	1:30-3:30	3/6	8 Weeks	Lecture	Hybrid
FRIDAY	TIME	START	SESSIONS	COURSE TYPE	FORMAT
PSYCHOLOGY OF SLEEP AND DREAMING	10-noon	3/6	8 Weeks	Lecture/Discussion	In-Person
SCIENCE IN THE NEWS	10-noon	3/6	8 Weeks	Lecture/Discussion	Hybrid
DECODING AI	1:30-3:30	3/6	5 Weeks	Lecture	Hybrid
EXPLORING FEMINIST WRITERS	1:30-3:30	4/10	6 Weeks	Discussion	In-Person
READING BUILDINGS: A PRIMER	1:30-3:30	3/6	8 Weeks	Lecture	Virtual



## REGISTRATION INFORMATION

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

**Registration will open on Tuesday, January 27 at 9:30 a.m. allowing participants to select up to two courses. Registration will open for additional courses Thursday, January 29 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](http://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](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.



## 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. 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 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 Wendell Collins at [wcollins@cmaprinceton.org](mailto:wcollins@cmaprinceton.org) or call 609.751.9699, ext. 103.



## EVERGREEN FORUM STEERING COMMITTEE 2026

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Evergreen Forum Corporate Sponsors for Spring 2026:

**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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## THE ARTS AND CRAFTS MOVEMENT: ETHICS AND AESTHETICS

The Arts and Crafts Movement was both a moral and aesthetic revolution in design that transformed how people thought about beauty, work, and everyday life. Spanning Britain, Europe, and the United States from the 1880s to World War I – and revived in the 1970s – it grew from John Ruskin’s critique of industrial labor and William Morris’s vision of art as a force for social good. The movement valued integrity of materials, the dignity of handwork, and the belief that well-made things could inspire a more humane world. Its ideals shaped Jane Addam’s Hull house, Elbert Hubbard’s Roycroft community, and Gustav Stickley’s Craftsman workshops, each translating design into experiments in democratic living. Through rich visual material – of architecture, furniture, textiles, stained glass, ceramics, wallpaper, and paintings – we’ll explore how its ethical and artistic principles foster community, creativity, and enduring design ideals.

**LEADER:** Fran Mascia-Lees, PhD, is professor emerita of anthropology at Rutgers University. She has written widely on the Arts and Crafts movement and its contemporary revival.

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

VIRTUAL

LECTURE/DISCUSSION

MAX 18

## BRONTE AND GASKELL: TWO VICTORIAN WOMEN WRITERS

The class will read two Victorian novels: “Wuthering Heights” (1848), by Emily Brontë, and “North and South” (1855), by Elizabeth Gaskell. Though both are Victorian classics, they offer a striking contrast that will shape our discussions. This contrast highlights each novel’s relation to its historical moment and narrative traditions, deepening our understanding of shared concerns—among them the place of women, power in a patriarchal society, and the tensions of a class-conscious culture. The books will be read in reverse chronological order.

Both center on intense love relationships, yet one explores the inner lives of an isolated group with mythic force, while the other is rooted in the social and moral questions of its time. The comparison will underscore the singularity of Brontë’s novel, often misread when its dark hero is romanticized, obscuring its complex examination of moral ambiguity and identity.

**LEADER:** George Levine, PhD, is professor emeritus of English literature at Rutgers University. He has written extensively on Victorian fiction; the books most relevant to this course are “The Realistic Imagination” and several chapters of “Realism, Ethics, and Secularism.”

**Mondays from 1:30-3:30 p.m. for eight weeks beginning March 2 through April 20.**

VIRTUAL

LECTURE/DISCUSSION

MAX 15



## BUDDHA MIND: HOLISTIC CONCEPTS FOR WELL-BEING

Buddhist approaches to well-being, when applied in contemporary life, can open our hearts and minds to the basic goodness that we all possess. In difficult times, we may lose sight of compassionate practices. Studying Buddhist concepts and applying them in everyday life can help us overcome the stress that we face. Meditation, humor, mantras (words that are repeated that carry a meaning), and understanding happiness all convey an attitude of accepting change and realizing we have the power and ability to shift our tightly held perceptions. Dr. Robin Shapiro will move you to think in a way that challenges your belief systems. As a skilled teacher of Buddhist thought, she sets the tone in class where everyone has a voice. The class consists of lectures and discussions and is interactive and a lot of fun! Author of "The Buddha Lives in New Jersey," Robin suggests this book for class, available on Amazon.

**LEADER:** Dr. Robin Shapiro, holistic physician, author, teacher, counselor and health advocate, has dedicated her life to studying and teaching the ways of the Buddha. She is best known for her contributions to the field of integrative medicine and uses Eastern methods in her practice.

**Tuesdays from 1:30-3:30 p.m. for six weeks beginning March 3 through April 7.**

IN-PERSON

LECTURE/DISCUSSION

MAX 30

## BUILDING BRIDGES: RELIGIOUS LITERACY FOR COCKTAIL PARTIES

In today's interconnected world, understanding diverse religious traditions is essential for meaningful engagement and mutual respect. "Building Bridges: Religious Literacy for Cocktail Parties" introduces participants to the foundational teachings, symbols, practices, values, and sacred texts of major world religions, 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 while gaining insight into the historical roots, key beliefs, and cultural practices that shape them. Develop intercultural competency skills that empower you to navigate diverse religious landscapes with respect and understanding as you join your course leader and guest presenters in broadening your worldview and deepening your religious literacy.

**LEADER:** Dr. Drew A. Dyson is the 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 where he focused his research in the discipline of Practical Theology. This is Drew's second time teaching an Evergreen Forum course; he was previously on faculty at Wesley Theological Seminary and currently teaches as an adjunct at Princeton Theological Seminary.

**Wednesdays from 10:00 a.m.-noon for six weeks beginning March 18 through April 22.**

HYBRID

LECTURE/DISCUSSION

UNLIMITED



## CHILDREN IN TRANSIT: THE IMMIGRANT EXPERIENCE

In this lively discussion course honoring 250 years of immigration to the U.S., we will discuss three novels and a collection of short stories with different takes on the immigrant experience of the young: "American Dervish" by Ayad Akhtar from Pakistan, "Transcendent Kingdom" by Yaa Gyasi from Ghana, "On Earth We Are Briefly Gorgeous" by Ocean Vuong from Vietnam, and "Interpreter of Maladies" by Jhumpa Lahiri, from India.

**LEADER:** Lois Marie Harrod's nineteenth collection of poetry, "The Bed the Size of a Small Country," was published September 2025. "Her Spat" was published in May 2021, and her seventeenth collection, "Woman," was published in February 2020. Dodge poet, life-long educator and writer, she is published in literary journals and online ezines from "American Poetry Review" to "Zone 3." More info at [www.loismarieharrod.org](http://www.loismarieharrod.org).

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

IN-PERSON

DISCUSSION

MAX 18

## DECODING AI

AI might be everywhere, but what does that really mean? And what can it actually do? This course offers a clear, accessible introduction to artificial intelligence (AI) designed to give every learner a solid understanding of AI and practical skills to use it. Participants begin by exploring the story of AI, tracing its journey from early ideas to the powerful technology shaping the world today.

Learners will examine what AI can – and cannot – do so they can use it wisely. A key part of the course also addresses the ethics of AI, with particular attention to identifying and analyzing common AI-driven scams and learning simple, proactive steps to protect personal information.

Students will actively engage in the learning process by trying popular AI tools and discovering how to leverage AI for personal or professional use. No prior computer experience is required to participate fully in this course.

**LEADER:** Mike Castaneda has been an IT professional since 1987. He spent seven years in IT support roles for various global financial firms. Since then, he has supported small and medium-sized businesses (SMBs) through his own company and has been studying artificial intelligence intensively for the past two years.

**Fridays from 1:30-3:30 p.m. for five weeks beginning March 6 through April 3.**

HYBRID

LECTURE

MAX 40



## DEMOCRACY AND RULE OF LAW: FROM NIXON TO TRUMP

We will ask how challenges to democracy and the rule of law have manifested themselves from 1968 to the present. What was the nature of the Nixon constitutional/political problem? How was Reagan different? What about Democratic presidents? And is Trump a completely new sort of problem?

**LEADER:** Stan Katz, PhD, is a former Princeton University Woodrow Wilson School professor, trained in history and law.

**Mondays from 10:00 a.m.-noon for six weeks beginning March 2 through April 6.**

HYBRID

LECTURE/DISCUSSION

UNLIMITED

## EDUCATION IN AMERICA: CHALLENGES AHEAD

What's becoming of public education in America? This lecture-with-discussion series takes up this question in relation to a set of the most pressing issues facing the nation, treating topics that include attention to patterns of achievement and skills, uses and the future of assessments, status of literacy, legal challenges and issues, school funding, the rise of alternative modes of schooling (charters, choice, homeschooling), and directions in early childhood education. Each week features a different invited speaker and discussion featuring Catherine M. Millett, P. David Pearson, Randy Bennett, Lindsay Chase-Lansdale, Irwin Kirsch, and Phil Carchman.

**LEADERS:** Ida Lawrence, PhD, was trained in educational psychology and measurement and led the R&D division at Educational Testing Service for many years. She is currently a member of the instructor panel for the Evergreen Forum class, Science in the News.

Gary Sykes, PhD, has a background in education and policy. A Princeton and Stanford graduate, Gary taught education policy for many years at Michigan State University, and researched key elements of teacher quality at Educational Testing Service. At Evergreen Forum, he previously taught An Inquiry Concerning Democracy in America, based on Alexis de Toqueville's classic work.

**Tuesdays from 1:30-3:00 p.m. for eight weeks beginning March 3 through April 21.**

IN-PERSON

LECTURE/DISCUSSION

MAX 40



## THE EVOLUTION OF WESTERN ART, 1915-2015

Explore the changes in Western Art in the last one hundred years focusing on Surrealism, Abstract Expressionism, Pop Art, Conceptual Art, Land Art, and AI Art.

**LEADER:** Wendy Worth has taught many art courses for The Evergreen Forum.

**Thursdays from 10:00 a.m.-noon for eight weeks beginning March 5 through April 23.**

HYBRID

LECTURE

MAX 25

## EXPLAINING THE COVID VACCINE TO DARWIN

In March 2020 the world went into lockdown. In just four months the Covid-19 virus had spread from initial detection in China into worldwide pandemic. The global case count now approaches 800 million with 7 million deaths, and without the vaccine the numbers would have been many times higher. Millions of deaths from diseases such as measles, mumps, and rubella have been averted through vaccines. But even the most rapidly developed of these took four years from discovery to public availability. The Covid-19 vaccine was developed, tested, approved, and manufactured within thirteen months of the disease being identified. Billions of people have received Covid vaccines, most several times. Millions of lives have been saved. Imagine you are Charles Darwin returned to life. You are told you must be vaccinated against this deadly pandemic. Naturally, you wish to learn about the disease, the vaccine, and what has happened in the science of biology in the last 140 years. This course explains all. No knowledge of biology is required.

**LEADER:** Bernard Abramson is a retired corporate chief information officer with international management and consulting experience. He was an adjunct professor in the Master of Technology Management program at Polytechnic University. Educated in the UK, he has degrees in mathematics and astrophysics.

**Thursdays from 10:00 a.m.-noon for seven weeks beginning March 5 through April 16.**

IN-PERSON

LECTURE

MAX 22



## 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 several works which may include: 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" – which dissects the pervasive phenomenon of "mansplaining" and other subtle forms of gendered power dynamics; as well as select texts and passages from other women writers like Roxanne Gay, Virginia Woolf, Margaret Atwood, Jhumpa Lahiri, Maya Angelou, Alice Walker, Beyonce, Audre Lorde, Joni Mitchell, Emily Dickinson, and others.

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 April 10 through May 15.**

IN-PERSON

DISCUSSION

MAX 18

## MEDICINE: THE HISTORY AND THE MYSTERY

Dr. Roy Carman will present a colorful cast of characters (history) that gradually demystified the causes of disease and discovered effective treatments from ancient times to the present. Dr. Seth Malin will offer commentary on the assigned reading (literature) of the week, after which there will be discussion. Five of the eight readings are new to the course this semester. Among the themes to be covered are authority, informed consent, truth in medical research, medical ethics and more.

**LEADER:** Dr. Roy Carman is a retired gastroenterologist. He has taught the history of medicine to medical students. Dr. Seth Malin is a retired general surgeon who takes refuge in good literature and music. They have taught two previous Evergreen Forum courses: Medicine, the History and the Mystery and Visions of America.

**Tuesdays from 10:00 a.m.-noon for eight weeks beginning March 10 through April 28.**

IN-PERSON

LECTURE/DISCUSSION

MAX 20



## MEMORY: HOW WE REMEMBER AND WHY WE FORGET

This engaging five-week series is designed for the academically curious and/or those on a mission to learn more about the preservation of memory and the treatment available for managing cognitive impairments. Participants will explore the fascinating science of memory, including how short-term, long-term, and working memory function in everyday life. The series will explain how memories are formed, stored, and retrieved, and what factors – such as attention, emotion, and repetition – enhance or weaken recall. Attendees will learn about common types of cognitive impairments and dementias, including Alzheimer’s disease, as well as current research on prevention and management. Practical strategies for maintaining cognitive vitality through lifestyle, exercise, mental stimulation, nutrition, social engagement, and purposive activity will be highlighted. Finally, it will review current and emerging treatment options, empowering participants with knowledge to support brain health and well-being throughout the aging process.

**LEADER:** Bruce A. Maloof, PhD, did his doctoral work at Brandeis University followed by appointments to Dalhousie University, Boston University, and Harvard Medical School. Founder and CEO of Behavioral Solutions, P.C., he is a Buddhist-informed psychotherapist actively in clinical practice.

**Mondays from 1:30-3:30 p.m. for five weeks beginning April 6 through May 4.**

IN-PERSON

LECTURE/DISCUSSION

MAX 30

## 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, MSW, LCSW, 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 March 2 through March 16.**

IN-PERSON

LECTURE/DISCUSSION

MAX 22



## OVERCOMING ANXIETY

This course will present a paradigm shift from traditional and medical treatments for anxiety to a neuroscience-informed psychotherapeutic approach to understanding and eliminating anxiety. This new paradigm teaches an understanding of central (brain) and peripheral (outside of the brain) nervous systems and how they create the physiological foundation driving the many types of anxiety disorders. Attendees will learn how to modify and eventually control anxiety by using neuroscience-informed psychotherapy techniques that affect these nervous systems creating a mindfulness transition from chronic experiences of anxiety to a more relaxed anxiety-free life. This neuroscience-informed, non-disease-oriented treatment approach, inspired by evidenced-based research, demonstrates how positive neuroplastic changes within one's brain along with modulation of the autonomic nervous system causes cognitive changes within one's mind creating an opportunity for people to cease being plagued by chronic experiences of anxiety.

**LEADER:** Robert Youdin, PhD, is a practicing psychotherapist in Princeton. He is a former visiting research collaborator in Princeton University's Department of Molecular Biology and an adjunct associate professor at Fordham University's Graduate School of Social Service.

**Wednesdays from 1:30-3:30 p.m. for three weeks beginning March 4 through March 18.**

IN-PERSON

LECTURE/DISCUSSION

MAX 20

## PERSPECTIVES ON OPERA

This course follows the approach of previous versions of "Perspectives on Opera" and is intended both for newcomers to opera and for those who are already opera fans. The course begins with a discussion of how opera singers are trained. Subsequent class sessions will explore the bases for opera's emotional impact; Giuseppe Verdi's "Requiem," which some consider his greatest opera; a comparison of Verdi's "Otello" with Shakespeare's "Othello"; the role and conduct of doctors in opera, with commentary by Dr. Seth Malin; musical highlights of Richard Wagner's monumental "Ring" cycle; and a comparison of two versions of the comic opera "The Barber of Seville": Gioachino Rossini's well-known version and the largely unknown, rarely performed version by Giovanni Paisiello.

**LEADER:** Harold Kuskin has been an opera lover and Metropolitan Opera subscriber for more than fifty years and served as a backstage tour guide at the Metropolitan Opera House for fifteen years. The year 2026 will mark his tenth year of teaching a course on opera at the Evergreen Forum.

**Wednesdays from 1:30-3:30 p.m. for seven weeks beginning March 4 through April 22. (no class 4/1)**

HYBRID

LECTURE

UNLIMITED



## PSYCHOLOGY OF SLEEP AND DREAMING

This is the “Psychology of Sleep and Dreaming” – the only course ever where it is acceptable to sleep in class and (almost) all the assignments involve sleep. You will learn about how your brain behaves at night, the chemistry, physiology, and biology of sleep. You’ll find out how dreams have played a significant role in history, religion, and the arts. You will hear about how other cultures treat their dreams and about people who guide their lives with their dreams. You will learn how to keep a dream journal and how to remember your dreams. More importantly, you will learn dozens of methods that will help you make sense of your dreams. Are they meaningless or rich in deep meaning or just a left-over part of our most primitive form of consciousness? What are they telling you?

**LEADER:** Dr. Alexander Randall V is professor of digital media communication at the University of the Virgin Islands. He teaches “The Psychology of Sleep and Dreaming” and courses in interpersonal and intercultural communication and digital entrepreneurship, and is the author of “Dream Wizard Conquers His Knight Mare” and “Life Lessons from Louie Motherball, Margaret Mead, and the Good News Guy.” He obtained his doctoral degree at Columbia University under Dr. Margaret Mead and holds master’s degrees in international education development and educational technology, as well as a bachelor’s degree in psychology from Princeton.

**Fridays from 10:00 a.m.-noon for eight weeks beginning March 6 through May 1. (no class 4/3)**

IN-PERSON

LECTURE/DISCUSSION

MAX 30

## 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 NJ AIA Michael Graves Lifetime Achievement award in 2019. Exhibited nationwide, his photographs are in the collections of the Cornell and Princeton University art museums. He holds architecture degrees from Cornell and Harvard.

**Fridays from 1:30-3:30 p.m. for eight weeks beginning March 6 through May 1. (no class 4/3)**

VIRTUAL

LECTURE

UNLIMITED



## RUSSIAN MODERNISM 1900-1930

In the years 1900-1930, Russia was home to remarkable innovations in the arts, including painting (Malevich), theater (Stanislavsky), film (Eisenstein), prose (Babel), set design (Bakst). This artistic explosion took place at a time when the country was convulsed by a world war, government repression and social unrest (including mutiny – the subject of Eisenstein’s great film.) And, as well, a revolution that totally transformed daily life. To take this history into account (and to structure our discussion) we will consider three movements that arose sequentially in the years 1900-1930 – Symbolism, Futurism, Constructivism – and inquire how the art made under their banners responded to the events of the moment.

**LEADER:** Victor Ripp was a professor of Russian literature at Cornell. He has written several books, most recently “Hell’s Traces,” a family history seen through the prism of Holocaust memorials.

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

IN-PERSON

LECTURE/DISCUSSION

MAX 22

## SCIENCE FICTION SHORT STORIES: THE SCIENCE

The literary and pulp short stories later called science fiction took shape in the nineteenth century, most notably with H. G. Wells’s “The Time Machine.” Earlier speculative works involving scientific ideas, technology, and natural phenomena also influenced what became modern science fiction. An offshoot of this tradition was adventure fantasy and writing on witchcraft and the occult, which we will not include in our survey. After the first session—when we will define science fiction and its role in exploring the realm of “what if”—several short stories will be required each week. We will consider questions about knowledge, perception, free will, and imagined laws of nature, drawing on authors such as Ray Bradbury, Isaac Asimov, Fritz Leiber, Shirley Jackson, Ursula K. Le Guin, and others.

**LEADER:** Stuart Kurtz was educated as a chemical engineer and has taught at universities in the U.S. and Brazil, as well as at the Evergreen Forum on the courses Science and Technology Failures and What Is Time? He currently reflects on the future and believes that science fiction offers more valuable ideas than many national leaders.

**Tuesdays from 10:00 a.m.-noon for eight weeks beginning March 3 through April 21.**

IN-PERSON

LECTURE/DISCUSSION

MAX 30



## 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 welcomed, 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 March 6 through May 1. (no class 4/3)**

HYBRID

LECTURE/DISCUSSION

MAX 50

## STORIES TO ILLUMINATE AMERICA’S CREATION

America’s foremost values and the blessings of American liberty arose not only from a few famous Founding Fathers, but also from many lesser-known women and men whose actions exemplify or reflect key events and ideals through which our nation came to be. Focusing on our nation’s Colonial and Revolutionary periods, this course will portray exemplary proponents of religious liberty, prominent advocates of racial and social justice, inspirational Native Americans, genuine wartime heroes, and surprising cultural innovators. Their stories will freshly illuminate the true spirit of America in celebration of the 250th anniversary of America’s independence.

**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 fourteenth history course he has developed for the Evergreen Forum.

**Thursdays from 1:30-3:30 p.m. for eight weeks beginning March 6 through April 23.**

HYBRID

LECTURE

UNLIMITED



## TOUR THE NEW PRINCETON UNIVERSITY ART MUSEUM

Four docents over four weeks will lead a tour through the museum's diverse collection, highlighting works such as portraits, textiles, ceramics, and new acquisitions. The program begins with a one-hour guided walk, followed by a brief break. Afterward, the session moves to the Creativity Lab, where participants may engage in a themed art-making activity (which is fully seated). No prior artistic experience is required.

**LEADER:** Judy Langille is a fiber artist who works with fabric, dyes, and stitching. She is also a docent at the Princeton University Art Museum and is delighted with the greatly expanded collections and stunning new museum building.

**Tuesdays from 1:30-3:30 p.m. for four weeks beginning March 3 through March 24.**

**Tuesdays from 1:30-3:30 p.m. for four weeks beginning March 31 through April 21.**

IN-PERSON

LECTURE/DISCUSSION

MAX 15

## 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 up 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, particularly 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 address a variety of problems and issues.

**Tuesdays from 10:00 a.m.-noon for six weeks beginning March 3 through April 7.**

IN-PERSON

LECTURE/DISCUSSION

MAX 16

## WILLIAM FAULKNER

William Faulkner, winner of the Nobel Prize, is one of America's most important twentieth-century novelists, arguably its greatest Modernist. His work profoundly influenced innumerable later writers—from Gabriel García Márquez and Claude Simon to Flannery O'Connor, Eudora Welty, and Toni Morrison. We will read his two most celebrated masterpieces, "The Sound and the Fury" and "Absalom, Absalom!" In our discussion-based classes, we will consider these novels' bold formal experimentations and their ideas about a range of issues: the culture of the South, racism in America, the early twentieth-century clash of tradition and modernity, love and sexuality, women's repressed social power, questions of ethics, and Faulkner's sense of the importance of imagination and emotional engagement to an accurate understanding of the world. These novels are challenging, but reading aids of various kinds will be provided, and a focal point of discussion will be clarifying why Faulkner makes his readers work—and where he wants that work to take them.

**LEADER:** John Kucich, PhD, is distinguished professor emeritus in the Rutgers English Department and professor emeritus at the University of Michigan. He is a specialist in British Victorian fiction, though his first love was the American novel.

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

IN-PERSON

DISCUSSION

MAX 18

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