

VASSAR COLLEGE LIFELONG LEARNING INSTITUTE

VCLLI
FALL 2023

LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

FALL 2023 CATALOG OF CLASSES

The Lifelong Learning Institute (LLI) at Vassar College is a volunteer-run organization designed for adults who love to learn and who wish to contribute to the larger community in their pursuit of knowledge.

We are an adult educational program affiliated with Vassar College offering a broad range of non-credit educational courses and activities to members 55 and over. Classes are taught by volunteer members, retired and active faculty, and outside experts.

LLI at Vassar College believes that education is essential at every age. We are called on to continually expand our knowledge, so we might participate fully as citizens in our democracy. The education process is individually motivated as well as collaborative, with new ideas and new skills often introduced by others with a commitment to sharing.

As we age, life experiences enhance our education. We are fortunate that members with unique perspectives, skills, and expertise are willing to share them with us.

Vassar's LLI is committed to forming a community that advances the education of its members in a collaborative fashion. When we study, explore, and discuss together, we model engagement and expansion for each other.

Classes Are Conducted In Person and Via Zoom

IMPORTANT INFORMATION ABOUT **NEW** CLASS LIMITS

Members can register for a maximum of three Eight-Week IN PERSON courses per semester:

Six-Week and Eight-Week IN PERSON classes count as Eight-Week IN PERSON courses.

Two Four-Week IN PERSON classes can be combined to equal one Eight-Week IN PERSON course.

On-Campus and Off-Campus IN PERSON courses count against the above limit.

Single Session classes **do not count** against the above limit.

Zoom classes **do not count** against the above limit.

When selecting courses, please note the dates they meet.

Only LLI members may participate in classes; no guests are permitted.

Membership fee does not include books, photocopied material, transportation, or other fees.

**FOR ZOOM ACCESS AND LOGIN INSTRUCTIONS,
YOU WILL BE CONTACTED BY YOUR INSTRUCTOR OR CLASS MANAGER**

LIFELONG LEARNING INSTITUTE AT VASSAR COLLEGE

FALL 2023 SCHEDULE OF CLASSES

SINGLE SESSION CLASSES - IN PERSON

Thursday, Oct. 19 1:30 PM – 3:30 PM Pg 8
The Hudson River School of Painters Revisited

SINGLE SESSION CLASSES - ON ZOOM

Wednesday, Oct. 18 11:05 AM – 12:20 PM Pg 9
Antarctic Expedition

OFF-CAMPUS CLASSES - IN PERSON

All Classes are 4 Weeks

Note: Special Dates and Times

Weds.: Sept. 20, 27; Oct. 4, 11 1:00 PM – 2:15PM Pg 9
Pickleball 101
James Baird State Park

Thurs.: Sept. 21, 28; Oct. 5, 12 10:00 AM Pg 10
Gentle Walks in the Hudson Valley
Various Locations

Thurs.: Sept. 21, 28; Oct. 5, 12 1:00 PM - 2:15 PM Pg 11
Printing Merchandise at the Poughkeepsie Underwear Factory
Poughkeepsie Underwear Factory

Weds.: Oct. 18, 25; Nov. 1, 8 1:00 PM – 2:15 PM Pg 11
Art and Symbolism
Trolley Barn Gallery at The Art Effect, Poughkeepsie

Thurs.: Oct. 19, 26; Nov. 2, 9

10:30 AM – 11:45 AM

Pg 12

Hudson River Field Course

Norrie Point Environmental Center

Thurs.: Oct. 19, 26; Nov. 2, 9

2:30 PM – 4:00 PM

Pg 12

Matthew Vassar and the Picturesque Landscape

Various Locations

FRIDAY ON-CAMPUS COURSES

FIRST PERIOD 9:30 AM – 10:45 AM

Eight Great Short Stories (8 Weeks)

Pg 13

Sept. 22, 29; Oct. 6, 13, 20, 27; Nov. 3, 10

Opera as Politics (8 Weeks)

Pg 14

Sept. 22, 29; Oct. 6, 13, 20, 27; Nov. 3, 10

Gentle and Accessible Mat Yoga (6 Weeks)

Pg 18

Sept. 22, 29; Oct. 6, 13, 20, 27

Psychology and Literature II (6 Weeks)

Pg 19

Sept. 22, 29; Oct. 6, 13, 20, 27

The Two P's of Health: Prevention and Promotion (First 4 Weeks)

Pg 21

Sept. 22, 29; Oct. 6, 13

Financial Planning: The Certainty of Uncertainty (Last 4 Weeks)

Pg 23

Oct. 20, 27; Nov. 3, 10

Three Global Crises from an Economic Perspective (Last 4 Weeks)

Pg 24

Oct. 20, 27; Nov. 3, 10

SECOND PERIOD 11:05 AM – 12:20 PM

Into Inge (8 Weeks)

Pg 15

Sept. 22, 29; Oct. 6, 13, 20, 27; Nov. 3, 10

Color Mixing and Color Theory (8 Weeks) Pg 15
Sept. 22, 29; Oct. 6, 13, 20, 27; Nov. 3, 10

Fiction Writing with Other Writers (6 Weeks) Pg 19
Sept. 22, 29; Oct. 6, 13, 20, 27

Garbage In: Garbage Out (First 4 Weeks) Pg 22
Sept. 22, 29; Oct. 6, 13

The Life of Eleanor Roosevelt (Last 4 Weeks) Pg 25
Oct. 20, 27; Nov. 3, 10

Japanese Arts of Suminagashi and Bookbinding (Last 4 Weeks) Pg 25
Oct. 20, 27; Nov. 3, 10

THIRD PERIOD 1:45 PM – 3:00 PM

What Do Rights Have To Do With It? (8 Weeks) Pg 16
Sept. 22, 29; Oct. 6, 13, 20, 27; Nov. 3, 10

Shakespeare's *Richard III* (8 Weeks) Pg 16
Sept. 22, 29; Oct. 6, 13, 20, 27; Nov. 3, 10

Film History, Part I (1895-1927) (8 Weeks) Pg 17
Special start date: Sept. 29
Then as follows: Oct. 6, 13, 20, 27; Nov. 3, 10, Last Class TBD

Drawing and the Right Side of Your Brain (First 4 Weeks) Pg 22
Sept. 22, 29; Oct. 6, 13

The Creative Self (Exploring the Creative Process) (Last 4 Weeks) Pg 26
Oct. 20, 27; Nov. 3, 10

FOURTH PERIOD 3:20 PM – 4:35 PM

From Memoir to Legacy Letters: Passing Values (8 Weeks) Pg 17
Sept. 22, 29; Oct. 6, 13, 20, 27; Nov. 3, 10

Russia from Kieven Rus' to the End of the USSR (8 Weeks) Pg 18
Sept. 22, 29; Oct. 6, 13, 20, 27; Nov. 3, 10

Art Nouveau/ Art Deco/ Golden Age of Illustration (6 Weeks) Pg 20
Specific class dates: Sept. 22, 29; Oct. 6, 27; Nov. 3, 10
No classes Oct. 13 and 20

James Joyce in a Nutshell: Extracts from his Works (First 4 Weeks) Pg 23
Sept. 22, 29; Oct. 6, 13

Still Alone in the Universe? (Last 4 Weeks) Pg 26
Oct. 20, 27; Nov. 3, 10

TUESDAY ZOOM COURSES

FIRST PERIOD 9:30 AM – 10:45 AM

How I Learned to Stop Worrying and Love SCOTUS (6 weeks) Pg 29
Sept. 19, 26; Oct. 3, 10, 17, 24

America's Game: From Its Historical Origin to MLB (6 weeks) Pg 30
Sept. 19, 26; Oct. 3, 10, 17, 24

Mansions of New York State (First 4 weeks) Pg 30
Sept. 19, 26; Oct. 3, 10

SECOND PERIOD 11:05 AM – 12:20 PM

Qigong for Health and Longevity (8 weeks) Pg 27
Sept. 19, 26; Oct. 3, 10, 17, 24, 31; Nov. 7

Black Literature:

Looking at *Things Fall Apart* by Chinua Achebe (8 weeks) Pg 28
Sept. 19, 26; Oct. 3, 10, 17, 24, 31; Nov. 7

The Mindful Senior (Last 4 weeks)

Pg 31

Oct. 17, 24, 31; Nov. 7

THIRD PERIOD 1:45 PM – 3:00 PM

The Nature in Food (8 weeks)

Pg 28

Sept. 19, 26; Oct. 3, 10, 17, 24, 31; Nov. 7

Realism, Surrealism and Romanticism in Modern Art (8 weeks)

Pg 29

Sept. 19, 26; Oct. 3, 10, 17, 24, 31; Nov. 7

Mystical France (First 4 weeks)

Pg 31

Sept. 19, 26; Oct. 3, 10

Psychology and Film (Last 4 weeks)

Pg 32

Oct. 17, 24, 31; Nov. 7

FALL 2023 COURSE DESCRIPTIONS

SINGLE SESSION CLASSES - IN PERSON

Thursday, October 19

1:30 PM – 3:30 PM

Loeb Art Center

The Hudson River School of Painters Revisited

Limit 20

Presenter: **Dan Peck**

A lecture/gallery talk focused on the Hudson River School painters. During the first hour in the Loeb seminar room, Prof. Peck will describe—with a *PowerPoint* presentation—the key role of Thomas Cole, known as the founder of the school. The second hour will involve walking with Prof. Peck through the Loeb's collection of Hudson River School paintings, which includes works by Asher Durand, Frederic Church, Jasper Cropsey, Charles Gifford, Charles Moore, and others. Prof. Peck will discuss women artists of the Hudson River School, such as Susie M. Barstow, who until recently have been overlooked in art history.

Suggested Readings: If interested, but not required, is Professor Peck's book, *Thomas Cole's Refrain*, (Cornell UP, 2019),

[<https://www.cornellpress.cornell.edu/book/9781501733079/thomas-coles-refrain/#bookTabs=1>]. (\$35)

H. Daniel Peck is the John Guy Vassar, Jr., Professor Emeritus of English at Vassar College. He is the author and editor of numerous books and articles about American literature and art. His most recent book is *Thomas Cole's Refrain* (Cornell Univ. Press, 2019), which was the basis for an exhibition of the same title curated by Prof. Peck at the Thomas Cole National Historic Site. He has also written extensively about Henry David Thoreau. While teaching at Vassar, Prof. Peck directed the American Studies Program and was the founding director of the Environmental Studies Program.

SINGLE SESSION CLASSES - ON ZOOM

Wednesday, Oct 18

11:05 AM – 12:20 PM

Antarctic Expedition

Limit: 35

Presenter: Les Muldorf

This presentation will highlight the presenter's trip to the bottom of the world. It includes getting there and the various landings on the Antarctic Peninsula, as well as a journey on a submersible into the Antarctic Ocean. This presentation will include wildlife, glacier and iceberg images, as well as life aboard the Octantis expedition ship.

Suggested Reading: *Endurance*, a true tale of the Shackleton voyage to the Antarctic.

Les Muldorf is a retired endodontist and assistant professor at NYU dental school. He has been an avid photographer for over 50 years and has photographed many interesting and exotic places. The Antarctic trip was a once in a lifetime opportunity to see first-hand an area into which very few travelers have ventured.

OFF-CAMPUS CLASSES - IN PERSON

All Classes are 4 Weeks

Note: Special Dates and Times

Weds.: Sept. 20, 27; October 4, 11

1:00 PM – 2:15 PM

James Baird State Park

Pickleball 101

Limit: 14

Presenter: Vicky Weinblatt

The class is an introduction to pickleball for beginners. We will go over different strokes, game rules, game play, and strategy.

Class participants should be in reasonably good shape to last 1 hour 15 minutes on court and be steady on their feet. Please make every effort to attend all 4 sessions since we build on skills from class to class. Pickleball paddles are needed for the course and can be purchased at local sport shops or online.

Note: As a courtesy to others who were not able to register for this limited enrollment class, please do not sign up for it if you are not planning to attend all four sessions.

Vicky Weinblatt has taught Pickleball 101 for the last 4 semesters for VCLI and has truly enjoyed watching students' progress at the game. She has been playing recreationally for the last 5 years and likes to share what she has learned with others. She will be co-teaching with her husband, Mike Weinblatt. Vicki is retired from IBM/Global Foundries and besides pickleball, likes to hike, bike, travel, and babysit her grandkids!

Thursdays: Sept. 21, 28; October 5, 12

10:00 AM

Various Dates and Locations Below

Gentle Walks in the Hudson Valley

Limit: 25

Presenter: David Bloom

This course offers our members the opportunity to build community and get exercise and fresh air while enjoying the beauty of our Hudson Valley. Four walks are planned, each with an educational component. The walks range in length but are all in the easy to moderate category.

We will be visiting the West Point Foundry Preserve, one of America's most important industrial sites, where we will be guided by Scenic Hudson historian Reed Sparling. We will be returning to the rail trail over the Rosendale Trestle and visiting the Women Studio's Workshop for a tour of their gallery and studios. We will be walking again at beautiful Minnewaska State Park, guided by Laura Connor. Our final walk will be at the John Burroughs Nature Sanctuary at Slabsides. Our guide will be Jeff Walker, Professor of Earth Science at Vassar College and author of numerous articles about John Burroughs.

Sept. 21: West Point Foundry in Cold Spring

Sept. 28: Women's Studio Workshop in Rosendale

Oct. 5: Minnewaska

Oct. 12: Slabsides (John Burroughs) West Park

David Bloom is a retired teacher with a lifelong interest in the outdoors and in creating community. A former jogger, now a walker, David loves to explore the beauty of our Hudson Valley.

Mark Boujikian is a retired mental health counselor and lifelong resident of the wonderful Hudson Valley. He loves sharing its beauty with others on these walks and learning more about its history and ongoing creative energy.

Thursdays: Sept. 21, 28; October 5, 12

1:30 PM – 3:00 PM

Poughkeepsie Underwear Factory

Printing Merchandise at the Poughkeepsie Underwear Factory

Limit: 8

Presenter: Anita Kiewra

In this course we will learn how to use the heat transfer equipment to create custom merchandise at PUF Community Printmaking Studio. Each student will print a Vassar LLI or PUF Studios logo onto a T-shirt, a tote bag, a hat, and a coffee cup using the studio's heat presses, cap press, and mug press. Since we will use logos already prepared for this, no design experience or art skills are necessary. We will learn how to create, order, and apply various heat transfers to make high quality custom printed items.

Students will be charged for the blank items to be printed on (T-shirt, cap, tote bag and coffee cup) for \$10-15 total. *Please DO NOT purchase your own blanks - we will NOT use them in this course.*

Presenter: Anita Kiewra is a teaching artist who currently works for Hudson River Housing, leading Upcycle, an arts-based workforce training social enterprise for people transitioning from homelessness. Anita is the manager of Hudson River Housing's community printmaking studio on the second floor of the Poughkeepsie Underwear Factory. She is also a co-founder and co-owner of Queen City 15 Gallery in Poughkeepsie.

Weds.: October 18, 25; November 1, 8

1:00 PM – 2:15 PM

Trolley Barn Gallery, Poughkeepsie

Art and Symbolism

Limit: 10

Presenter: Jaime Ransome

Students will examine the symbolism and semiotics of visual art. In this course we will look at examples of famous art pieces and discuss the sources of the symbols and forms used in the work. We will look at the historic references used in these artworks, as well as the cultural significance of recurring motifs in art internationally.

The first week's class will be based around the Trolley Barn Gallery's current exhibition, "quiet as it's kept", which exhibits work that illustrates the diversity of Black art and the Black experience internationally. Other weeks will explore historic artwork and investigate the common symbolism that is unearthed when viewing art with a global perspective. This class takes place off-campus, at The Art Effect's Trolley Barn Gallery at 489 Main St, Poughkeepsie.

Jaime Ransome is the Manager of the Trolley Barn Gallery through The Art Effect. Ransome was born and raised in Rhinebeck, NY, and received her MFA in Museum Studies and her BFA in Film from Syracuse University. She

specializes in feminist and BIPOC art history. She attended Children’s Media Project (The Art Effect’s former Spark Studios program) and is now happy to be returning to Poughkeepsie to pass on her knowledge to The Art Effect youth.

Thursdays: October 19, 26; November 2, 9

10:30 AM – 11:45 AM

Norrie Point Environmental Center

Hudson River Field Course

Limit: 25

Presenter: Maija Niemisto

This will be a field course exploring the Hudson River Estuary at the Norrie Point Environmental Center in Staatsburg. We will investigate the physical, biological, and chemical properties of the Hudson. The class will catch and identify live fish, identify live aquatic invertebrates, test water chemistry, and investigate plastic pollution in the water. Dress for the weather and prepare to spend at least part of the class outside!

Suggested Reading: *The Hudson: An Illustrated Guide to the Living River* (<https://hudson-river-sloop-clearwater.square.site/product/the-hudson-an-illustrated-guide-to-the-living-river-3rd-ed-/207?cs=true&cs=custom>)

Maija grew up in Minnesota in a family of professional musicians. After graduating from the University of Wisconsin-Madison, Maija lived aboard a 28-foot sailboat and sailed the eastern seaboard, eventually discovering the Hudson River Sloop Clearwater. She joined the crew and education team of that environmental tall-ship and spent 10 years living on the Hudson and teaching about the estuary. She then completed her graduate studies at Stony Brook University’s School of Marine and Atmospheric Sciences conducting 12ioacoustics research on fish and zooplankton of the Hudson River Estuary. In 2019, she joined the NYSDEC at the Hudson River Estuarine Research Reserve.

Thursdays: October 19, 26; November 2, 9

2:30 PM – 4:00 PM

Various Locations

Matthew Vassar and the Picturesque Landscape

Limit: 20

Presenter: Harvey Flad

After an introductory lecture on America’s foremost early landscape designer, Andrew Jackson Downing, and the development of the 19th C. cultural landscape in Poughkeepsie, we will visit three examples associated with Matthew Vassar, founder of Vassar College: the College campus; Poughkeepsie Rural Cemetery; and “Springside”, Matthew Vassar’s country estate.

A hybrid course, the first session will be a **zoom lecture**; the second, a field trip on the Vassar College campus; third, a field trip to the Poughkeepsie Rural Cemetery; fourth, a field trip to Springside.

Other presenters working with Harvey Flad will be: Yvonne Elet, Professor of Art and Architecture, Department of Art, Vassar College (for the 10/26 tour of Vassar College campus); and Brian C. Berryann, Superintendent, Poughkeepsie Rural Cemetery (for the 11/02 tour of Poughkeepsie Rural Cemetery).

Suggested Readings: Harvey K. Flad, "Following 'The Pleasant Paths of Taste': The Traveler's Eye and New World Landscapes," *Humanizing Landscapes: Geography, Culture and the Magoon Collection* (Poughkeepsie, NY: Vassar College, The Frances Lehman Loeb Art Center, 2000), pp. 69-108, and Harvey K. Flad, "Saving Springside: Preserving Andrew Jackson Downing's Last Landscape," *The Hudson River Valley Review*, vol. 34, no. 1 (Autumn 2017), pp. 18-44.

Harvey K. Flad is Professor Emeritus of Geography at Vassar College, former Chair of the Geography and Earth Science department, founding member of American Studies, Environmental Studies and Urban Studies programs. Dr. Flad's scholarship is on cultural and historical landscapes and environmental and urban planning. His publications on 19th century landscape design include the influence of the Hudson River School of Art and the work of Andrew Jackson Downing. He has given legal testimonies on the visual/aesthetic impact of proposed developments. He is co-author with Clyde Griffen of *Main Street to Mainframes: Landscape and Social Change in Poughkeepsie* (SUNY Press, 2009).

FRIDAY ON-CAMPUS COURSES

FRIDAY ON-CAMPUS 8 WEEK COURSES

9:30 AM – 10:45 AM

Eight Great Short Stories

Limit 25

Presenter: **Judith Saunders**

We will discuss one short story per week, considering how various features of the narrative contribute to its overall statement and effect: point of view, setting, plot, temporal structure, character, figurative language, allusion. All assigned stories are available on-line; participants are

expected to download, print, and read each story before the class session in which it is to be discussed.

Note: It is not necessary to have taken the Spring 2023 Short Story class to enroll in this one. Those who did take the Spring 2023 course need not fear repetition: we will read a different group of stories.

Stories likely to be assigned: Poe ("The Purloined Letter"); Hemingway ("A Clean, Well-Lighted Place"); Maugham ("The Colonel's Lady"); Freeman ("The Revolt of 'Mother'"); Wharton ("The Pelican"); Gilman ("The Yellow Wallpaper"); Hurston ("Sweat"); Faulkner ("A Rose for Emily").

Judith Saunders is Professor of English (Emerita) at Marist College, where she taught courses in literature, composition, and creative writing. An Americanist with interests throughout the American and British canons, she has pursued subsidiary specializations in contemporary poetry and in Interdisciplinary Studies (e.g., approaching literary works through the lens of ecology, evolution, art, anthropology, sociology, psychology). She has published commentary on numerous academic topics, exploring interdisciplinary concerns in her latest book, *American Classics: Evolutionary Perspectives* (2018). She has written humor, poetry, and creative nonfiction for general audiences, receiving an Editor's Choice Award in 2022 for a short memoir.

Opera as Politics

Limit: 35

Presenter: **Chuck Mishaan**

Opera has been a major art form in Western society for over 400 years. This course looks at governmental, sexual, economic, and religious political issues in opera. An examination of significant operas and their political contexts, and a look at the current state of opera as a political vehicle are part of the course. We will experience video performances in class as political themes are developed. No technical musical knowledge is required and familiarity with opera is not assumed. This is an updated presentation, with significant revisions, of the Opera as Politics series previously presented by Chuck at Vassar LLI.

Chuck Mishaan, MA, has been presenting courses at Vassar LLI since its inception, including his popular "Opera as Politics" series; "The Roaring 20's"; and recently "Between the Wars: Arts and Culture of the 1930s". His examination and commentary on the intersection of politics and the arts continues with this course.

Into Inge

Limit: 35

Presenter: Lou Trapani

In this course, we will read and discuss three plays by William Inge: *Come Back Little Sheba*, *Picnic*, and *Bus Stop*. All three of these titles are available in the following single volume: *Four Plays: Come Back Little Sheba; Picnic; Bus Stop; The Dark at the Top of the Stairs* by William Inge.

Lou Trapani is currently Artistic and Managing Director at The CENTER for Performing Arts at Rhinebeck. He has taught LLI at Bard for 19 years; Vassar for four; Saugerties for two.

Color Mixing and Color Theory

Limit: 18

Presenter: Marilyn Price

This is a hands-on course in which members will work on specific color problems to enhance their appreciation and understanding of color interaction and color theory. No previous background in drawing, painting, or working with color is necessary. This class is intended as a learning experience for each participant, with the goal of enriching color experience and each person's own color aesthetic.

Colored paper will be provided by the instructor. Additional materials required for the class are: scissors, glue stick, ruler, pencil, a set of soft pastels which have primary and secondary colors—red, yellow, blue, green, purple, orange - and black and white.

There is a good set on Amazon with these colors plus a few more, or a less expensive set at Michaels. Please be sure to choose soft pastels, not oil pastels or pastels which are for landscape or portraiture.

Marilyn Price studied Fine Arts at Cooper Union, NYU, and Columbia University. She chaired the Art Department at Columbia Grammar and Preparatory School for 29 years, teaching art history, painting, ceramics and sculpture. She and her husband moved to the Hudson Valley after she retired from the school, where she continued her involvement in painting and ceramics. She has taught drawing from observation and art history through the Marist C.L.S. program for many years, and she has done the same at Vassar since the beginning of LLI.

What Do Rights Have To Do With It?

Limit: 30

Presenter: Kris McDaniel-Miccio

Every day we hear another bill, statute, or court case that restricts your right to care for your children, or that fails to protect the trans/LGBTQ community or women's reproductive health, or which sets limits on the books you may read or courses you can take. What is the ideology which underlies such actions? Are the beliefs which structure the politics consistent with the American Constitution?

This course will examine political and legal developments since the Dobbs decision emanated from the U.S. Supreme Court. You will be challenged to think critically and to share your thoughts in a supportive intellectual/educational setting. Join us!

While this is not a credit bearing course, to gain the most participants should engage with the material. This means pursuing the suggested readings which are mostly accessible online. A full syllabus will be provided with recommended readings.

Kris McDaniel-Miccio is an internationally recognized expert in law and political theory —and action. A professor of law and seasoned litigator in human rights, McDaniel-Miccio has taught courses which challenge sexism, racism, anti-Semitism as well as homophobia and transphobia. She is a Fulbright Scholar and European Commission Scholar with awards for her teaching, litigation and scholarship. McDaniel-Miccio is also an ordained Rabbi and rabid NY Yankee fan, raised blocks from the Stadium. She is teaching at Vassar LLI to encourage the LLI community to actively engage in critical action as well as thought.

Shakespeare's Richard III

Limit: 30

Presenter: Michael Foley

The course will focus on Shakespeare's perhaps most famous villain, primarily as a literary character, but will also consider Richard in his historical context. We will discuss roughly one act per session; the last three classes will include a film of the play and concluding discussions. Participants should read Act I prior to the first session. The Folger Shakespeare Library paperback is recommended, but any edition will work.

Michael Foley: English teacher, 1969-2008; Folger Library/Royal Shakespeare Company summer program, "Teaching Shakespeare Through Performance," 1990; Fulbright Exchange Teacher (England), 1992.

Note: Special Start Date Sept. 29

Film History, Part I (1895-1927)

Limit: 30

Presenter: Sybil DelGaudio

This course (the first of 3 or 4 semesters) looks at the history of film from its beginnings to the coming of sound. We will cover early film and its development (technological as well as artistic); the introduction of narrative; German Expressionism; Soviet silent cinema; Hollywood in the 'twenties; the coming of sound. We examine works by filmmakers considered representatives of the "canon" (D.W. Griffith, Fritz Lang, F.W. Murnau, Sergei Eisenstein, *et. al.*), as well as lesser known, but equally important filmmakers, such as Oscar Michaeux, Lois Weber, and Alice Guy Blache.

Participants will be expected, outside of class meetings, to screen films that will be made available on Moodle, or to access the films through various other sources, such as streaming, libraries, etc. Shorter works will be screened in class.

This course will begin on Friday, Sept. 29 and continue the Friday schedule through Nov. 10. An eighth class will be scheduled as it suits the majority of the participants.

Sybil DelGaudio is retired from Hofstra University, where she was Professor of Radio, Television and Film and served for six years as dean of its School of Communication. Her research has been published in books and journals and her production work has combined her interest in animation scholarship with a passion for documentary, resulting in two projects she directed for public television: *Animated Women* and *Independent Spirits*. Both films have been shown on PBS stations around the country, and at international film festivals, garnering festival prizes, as well as an Emmy for *Animated Women*.

FRIDAY ON-CAMPUS 8 WEEK COURSES 3:20 PM – 4:35 PM

From Memoir to Legacy Letters: Passing Values

Limit: 12

Presenter: Beverly Sloane

A legacy letter reflects the "voice of the heart". Think of it as a love letter to your family. Every legacy letter is as unique as the person writing it. The instructor will give examples written from Biblical times to the present. She will discuss several personal reasons for writing a legacy letter. Our goal will be for each member of the class to write a legacy letter based on assignments and

feedback from the instructor and the class. We will have a class limit of 12 so that everyone will have the time to fully discuss their writing.

Beverly LeBov Sloane is a writer, writing instructor and writing coach. She has taught and lectured at several colleges, and presently teaches at Bard College Institute for Lifetime Learning, Marist College Center for Lifetime Studies and Vassar College Lifelong Learning Institute. She is a graduate of Vassar College and received her MA from Claremont Graduate University in California. Sloane has written four books on health administration together with her late husband. She is now focused on the subject of medical ethics and is working on a memoir about her sister. Sloane is a Fellow of the American Medical Writers Association.

Russia from Kievan Rus' to the end of the USSR

Limit: 30

Presenter: Thomas Walker Jr.

This is a concise history of Russia, from early beginnings through its period as the world's largest empire. We examine cultural, economic, and geographical influences, including how they shaped Russia's methods of governance. No prior knowledge of Russia is required to enjoy this course. Copies of all slide presentations will be made available to participants.

Tom Walker has presented history courses at Vassar LLI and Bard LLI since 2017 and has taught Insurance Law at Dutchess CC. He graduated from the US Naval Academy and served in three squadrons as a Pilot and Legal Officer, retiring with the rank of Commander. He also retired after twenty years of service as a NYS Veterans Counselor. He is an amateur folk musician, happily married with four children, and has lived in the beautiful Hudson Valley since 1986.

FRIDAY ON-CAMPUS FIRST 6 WEEK COURSES

9:30 AM – 10:45 AM

Gentle and Accessible Mat Yoga

Limit: 15

Presenter: Dana Lucas

In this course we will learn and practice various seated and standing yoga postures, breathing techniques and meditation. We will move slowly in and out of the poses, resting whenever needed. Please wear comfortable, loose clothing that allows movement. Participants must be able to get up and down from the floor. No experience is necessary.

In this class we will work on building strength, flexibility and improving our balance. Yoga helps to decrease stress and improve sleep, while increasing circulation and concentration.

Participants must bring a yoga mat and cushion or blanket from home to assist in various postures.

Dana Lucas: I have been teaching yoga since 2007 when I received my 200-hour certification. Since then, I have taught a variety of styles of yoga. I strive to balance the importance of foundation and alignment while keeping things lighthearted. My classes are infused with laughter (so important) and a sense of community where everyone is welcome and encouraged to begin where they are.

Psychology and Literature II

Limit: 25

Presenter: Anne Constantinople

This is a different version of the course I taught last year. The purpose remains the same: to consider first what we learn about characters in fiction from the descriptions provided by the authors. And then to see how theories of personality development may amplify or challenge our understanding. We will do a lot of reading, mostly of novels but also occasional plays or memoirs, and you will be encouraged to share your thoughts and opinions. In other words, this is not a lecture course but one that depends on the engagement of us all to make the magic happen.

Books currently on my list of “probables” include: *Moon Tiger* by Penelope Lively, *The Optimist’s Daughter* by Eudora Welty, *Sula* by Toni Morrison. The final selection of readings will benefit from suggestions from members of the class!

Anne Constantinople: Vassar College Professor Emerita of Psychology, taught the introductory course and classes in personality, social, and developmental psychology for a long time! She was also an advisor and instructor in the American Culture Program which increased her understanding of the ways that society and history affect who we become.

FRIDAY ON-CAMPUS FIRST 6 WEEK COURSES 11:05 AM – 12:20 PM

Fiction Writing with Other Writers

Limit: 12

Presenter: Roberta M. Roy

Course participants should bring a 9” x 11” spiral notebook and a writing implement to each session of the class. Focus in sessions will be on character development; contrasting narration and dialogue; use of metaphors, similes, and irony; story structure; beginning a story; effectively ending a story. Participants will write in class; share with the class; and, in groups of four,

experience the effect of feedback from other writers. Critiques will occur only within the class setting. Punctuation, sentence structure, and paragraph structure will be addressed only as relevant to the development of the story.

Participants will write in class in response to instructor's suggestions and enjoy comments from other class participants. At times the discussion will be among all members of the class while at other times the class will break into three groups of four to share feedback with others in their group. The course emphasis will be on furthering one's own style while benefiting from the response of other writers. The importance of others' response to one's writing cannot be overstated.

Suggested Readings:

<https://www.lewisu.edu/writingcenter/pdf/common-writing-myths1.pdf>

<https://www.lewisu.edu/writingcenter/pdf/fiction-writing-tips.pdf>

<https://www.lewisu.edu/writingcenter/pdf/amys-resource-pdf.pdf>

<https://www.lewisu.edu/writingcenter/pdf/narrative-elements-pdf.pdf>

In 2023 **Roberta M. Roy's** feature script *Home Again 2020* was a selected Finalist in the Chicago Screenplay Awards. In 2022, *Jolt Saga of Survival Series Pilot* script placed as Finalist in Script Summit. In the Jenkins 2021 eLit Awards, Roy's novel, *Home Again 2020*, won Gold/Current Events II: Silver/Multicultural Fiction; Bronze/General Fiction and *Two Close* was rated third/Red List for Sci-fi Books. *Jolt: a rural noir* placed second in Jenkins Living Now Inspirational Fiction award (2011). Roy is a NYS Licensed Speech-Language Pathologist who taught undergraduate speech-language courses at SUNY New Paltz and provided services at Astor Home for Children.

FRIDAY ON-CAMPUS FIRST 6 WEEK COURSES

3:20 PM – 4:35 PM

Note Specific Dates: Sept. 22, 29; Oct. 6; Oct. 27; Nov. 3, 10 (No classes Oct. 13 and 20)

Art Nouveau/ Art Deco/ Golden Age of Illustration

Limit: 25

Presenter: David Roberts

In these lectures we will look at the development of two highly stylized movements in the decorative arts from the end of the 19th Century up to the beginning of WWII. Art Nouveau was inspired by natural forms and was very organic. Art Deco went through several different phases and had many different sub-species: influences included Wiener Sezession, Cubism, Fauvism, and Russian Constructivism. In the 1930s, a variant of Art Deco was called Art Moderne or Streamline.

The Golden Age of Illustration covers basically the same time period, and includes Pyle, Rackham, Dulac, Tenggren, etc. and their influences.

David Roberts is a graduate of SUNY New Paltz. In 1972 he moved to New York to pursue a career in theatrical costumes. He worked at the Metropolitan Opera for three seasons; he also designed and worked at Boston Opera, Washington Opera, San Diego Opera, Wolf Trap Opera, the Glimmerglass Festival, Philadelphia Drama Guild, and Marin Civic Ballet. He worked for twelve years in the Jim Henson Muppet Workshop. He has taught History of Fashion at Marist and at FIT. He also taught at Montclair State University, NJ. He has lectured for Vassar LLI and for Marist CLS.

FRIDAY ON-CAMPUS FIRST 4 WEEK COURSES **9:30 AM – 10:45 AM**

The Two P's of Health: Prevention and Promotion

Limit: 25

Presenter: Gary Quartararo

This course will examine how we “Do Health” in America. Is it a “Sickness Care System” or a “Health Care System”?

The class will consist of a “Town Hall” discussion and a “Press Conference” that will provoke opinions and offer better alternatives to our individual and collective health and well-being. It will investigate the role the medical community has, but also the role that government has, or does not have, in promoting health and well-being. We will discuss what we as individuals should do for a more vital, healthier and productive life.

Gary Quartararo taught high school health for 37 years in the East Meadow School District. He was adjunct at Nassau Community College for over 50 years, teaching Health Education and Human Sexuality. He was adjunct at Adelphi University: Health, Human Sexuality, Health Promotion as a Workplace Strategy. He also taught Driver Education and Defensive Driving and provided programs in health and safety promotion at the corporate level. He holds a Bachelor's Degree from SUNY Brockport and a Master's Degree from C. W. Post, which led to permanent certification in health education. He has certifications in Health Promotion from Wellness Council of America.

FRIDAY ON-CAMPUS FIRST 4 WEEK COURSES 11:05 AM – 12:20 PM

Garbage In: Garbage Out

Limit: 30

Presenter: Paul Ciminello

A deep dive into the world of waste (solid, hazardous, medical, etc.) starting with a description of what waste is and how much is generated in the US (and the world), how waste is managed in the US (and the world), how waste has been mismanaged in the past (in the US), and (finally) what actions society can implement to reduce/eliminate this growing burden on the planet.

Suggested Readings: “The Story of Stuff”, a short (20 minute) video by Annie Leonard (www.thestoryofstuff.org)

Paul Ciminello is an environmental professional with almost 40 years of training and experience. Paul received his dual advanced degrees in Environmental Management (specializing in hydrogeology and water resources) and Public Policy (economic analysis) from Duke University and moved to the Hudson Valley in 1986, where he has worked continuously (until retirement in 2019) in the fields of Environmental Investigations and Remediation. Paul has taught at Marist College on an adjunct basis since 1999, teaching sections of the Introduction to Environmental Issues as well as teaching an upper-level course in Environmental Investigations and Remediation.

FRIDAY ON-CAMPUS FIRST 4 WEEK COURSES 1:45 PM – 3:00 PM

Drawing and the Right Side of Your Brain

Limit: 12

Presenter: Carol DiPalo

If you’ve ever said “I can’t draw,” but would like to learn or haven’t taken the time to develop drawing skills, this course will help you to engage the right side of your brain and see as an artist sees. For someone who has experience in drawing, you will be encouraged to use your whole brain to see things in new ways. This course uses exercises from the classic book, *Drawing on the Right Side of the Brain* by Betty Edwards, noted art educator and speaker on the psychology of perception, to build self-confidence and enhance creativity.

Suggested Readings: There are several editions of *Drawing on the Right Side of the Brain* by Betty Edwards that are available in bookstores, on Amazon, and in libraries. Purchasing it is not necessary for the course, but the book is an excellent resource.

Required Materials: #2 Drawing pencil, Pencil sharpener, Fine tip black permanent marker, Eraser (Pink Pearl or white plastic), Sketch pad (approximately 11" x 16").

Carol DiPalo is a seasoned and inspiring mixed media artist and master educator. Her love and connection with nature are at the forefront of her creativity. Carol has worked for many community nonprofits within the Hudson Valley, where she played a major role in the creative conception and implementation of art programming. She is currently retired from the Arlington School District, and continues to make authentic, meaningful, and inspirational art.

FRIDAY ON-CAMPUS FIRST 4 WEEK COURSES **3:20 PM – 4:35 PM**

James Joyce in a Nutshell: Extracts From His Works **Limit: 30**

Presenter: Richard Gerber

This course will focus on highlights from Joyce's four major works: *Dubliners*, *Portrait of the Artist as a Young Man*, *Ulysses* and *Finnegans Wake*. Background information on Joyce's life, family, and influences will be covered.

For the first class, the *Dubliners* stories "Araby" and "The Dead" should be previously read. The Gabler edition of *Ulysses* will be used in class for assignments, readings, and study.

Richard Gerber is a book dealer (rmgerberbooks.com) specializing in 20th and 21st century rare and collectible books. He studied English literature at SUNY Stony Brook and Columbia University. He has written for the *James Joyce Quarterly* for almost 40 years and his work has also appeared regularly in *Joyce Studies Annual*, the *Irish Literary Supplement*, and elsewhere. Volumes from his collection of rare Joyce books and ephemera are now at the Morgan Library, Columbia, the Rosenbach Museum, Notre Dame, and elsewhere.

FRIDAY ON-CAMPUS LAST 4 WEEK COURSES **9:30 AM – 10:45 AM**

Financial Planning: The Certainty of Uncertainty **Limit: 30**

Presenter: Kelsy Ponesse

With financial planning in retirement, one thing we can be certain of is that there will be unplanned events that are out of our control. An important piece of thinking about your retirement

plan is planning for the “what if” of those uncertainties. This course will cover some of those uncertain retirement financial planning topics and how better to plan for them. We will cover: retirement realities and planning for the long life; volatile markets and how to better prepare for them; taxes in retirement and what to expect; the long-term care landscape.

Kelsey Ponesse is a CPA and wealth planning advisor at Marshall & Sterling Wealth Advisors in Poughkeepsie. She has over a decade of experience in the accounting and finance industry, working with clients and the complex financial choices that support their lives, their families’ lives, and their legacies. Kelsey believes in supporting the Hudson Valley community with financial education, especially for women. She believes that the more you know, the more you can be aware of actions to take for financial security and well-being. She frequently hosts webinars, presentations, and educational events on retirement and financial planning topics.

Three Global Crises from an Economic Perspective

Limit: 35

Presenter: **David Kennett**

This four-week course discusses the instructor’s view of the most serious crises that confront the world in the 21st century. These are: the challenge to our climate, the increasingly skewed distribution of economic opportunity, and the movement of people that will be provoked by the changing climate and growing maldistribution. All three are a product of our organization and all three will require a considerable adaptation of that system if we are to survive.

The first lecture provides an overview and a deeper discussion of climate change and its consequences for employment and food supply. The second discusses recent movements in income distribution in both the United States and the world. The third examines the surge of potential economic and climate migrants to the more temperate and richer nations. The last lecture will discuss causality, linkages, and possible solutions. Requirements: an inquiring mind but no economic background is necessary.

David Kennett: Professor of Economics on the Elizabeth Stillman Williams Chair has taught at Vassar College since 1976. PHD Columbia University. Visiting Professor at UCL, University of London; Sciences Po, Paris; Economic University of Varna, Bulgaria; University of Sussex; Ochanomizu University, Japan. Interim President, Mount Saint Mary College, 2016. Consultant to US DEA, World Bank, OECD.

The Life of Eleanor Roosevelt

Limit: 25

Presenter: Sandra Opdycke

This course will explore Eleanor Roosevelt's remarkable life journey, tracing her development from a lonely childhood in New York City to her international stature at the time of her death. We will explore the early years of her marriage to Franklin Roosevelt, living in Washington; their years in Albany, when he was governor of New York State; Eleanor's experience as a pioneering First Lady; and finally, her post-White House years as an advocate for the Universal Declaration of Human Rights and one of the most admired women in the world. As the story unfolds, we will also consider the complicated nature of the Roosevelts' marriage, as well as Eleanor Roosevelt's own unique combination of weaknesses and strengths.

Sandra Opdycke, PhD (Vassar, Class of 1957) has published books about the woman suffrage movement, the flu epidemic of 1918, the WPA of the 1930s, Bellevue Hospital, and Jane Addams, as well as several co-authored books on social policy. She worked for a number of years at Hudson River Psychiatric Center, and later taught American History and Urban History at Bard, Vassar, and Marist. She serves as an occasional lecturer at the Center for Lifetime Studies and the Vassar College LLI.

Japanese Arts of Suminagashi and Bookbinding

Limit: 10

Presenter: Christina Di Marco

In this course, explore two wonderful and versatile Japanese arts, Suminagashi, Ink Floating on Water, and Japanese bookbinding. The first two weeks we will make magical and fanciful art designs on water that will be transferred to paper. The last two weeks we will use some of our papers for covers to create beautiful books that can be used for journals, drawing books, and more.

Course participants are welcome to bring their own papers to test — absorbent non-sized papers are best. Handmade are excellent, of some strength. Small pieces of sanded wood and other materials might also be used. We can discuss this for the second class.

Christina Di Marco has been an artist educator in the Hudson Valley region for over 30 years. She has taught people of all ages, from 4 years old to 102, in art centers, summer children's programs, libraries, after school and school resident programs, town art enrichment programs, enrichment programs in adult homes and environmental education programs in outdoor camp. She also is trained in Creative Art Therapy and is continuing in these studies. Suminagashi and Turkish marbling and painting are favorite media, and nature is her inspiration.
christinadimarco@comcast.net

The Creative Self (Exploring the Creative Process)

Limit: 16

Presenter: Lois Walden

Imagination is the gateway to the soul. Stimulating the imagination is life affirming. Creativity opens us up to our endless possibilities, no matter our age. Through the creative processes and personal experience an individual can experience how every moment lived is a creative moment, how every moment lived is an inspiration. When an individual explores their inner and outer landscape, the exploration creates a deeper understanding of life. Through sound, movement, process-oriented writing exercises, discussion, and active imagining one taps into their creative self. The creative process taps into the infinite.

Bring writing materials and wear comfortable clothing.

Lois Walden is a writer, singer, songwriter, librettist, record producer, and teaching artist. Author of the novels *One More Stop* (a Lambda Literary Awards finalist), and *Afterworld*. As founder of the gospel group The Sisters of Glory, she performed at Woodstock '94 and co-produced their album, *Good News in Hard Times*, and her solo album, *Traveler*. Walden co-wrote the libretto for the opera *Mila, Great Sorcerer*. Her life and music have been profiled on CBS Sunday Morning and GMA. She has traveled America teaching teenagers about the creative process. She is the creator of the workshop series, "The Creative Self".

Still Alone in the Universe?

Limit: 35

Presenter: Fred Chromey

This course updates my 2019 LLI lectures on the possible existence and detection of life outside the planet Earth. The past 4 years have added an impressive number of relevant findings. My training and research experience is in astronomy, but the course will delve into several related fields like evolution theory and exobiology—so here, we will very much be exploring new ideas together. This course in no way presumes participants attended the 2019 course or are familiar with astronomy.

A brief outline of the four topics:

- 1 **Life on Earth:** Unity and variety. Life as we know it and don't know it.

- 2 **Life in the Solar System:** Mars and the oceans of Europa. Do we descend from comets?
- 3 **Habitability outside the Solar system.** Worlds by the billion but no place like home?
- 4 **The search:** Biomarkers, Techno-markers, SETI (Search for Extraterrestrial Intelligence), CETI (Communication with Extraterrestrial Intelligence), missions to elsewhere, and UFO's.

Fred Chromey is Professor Emeritus of Astronomy at Vassar College, where he taught from 1983 to 2016. He served as the 6th Director of the Vassar College Observatory for most of his tenure. Chromey earned a BS in Physics from St. Joseph's College and a PhD in Astronomy from Harvard University, then taught for several years at Brooklyn College. He has almost 50 years of research experience in observational astronomy, primarily at optical and infrared wavelengths. Cambridge University Press published the second edition of his widely used undergraduate and graduate astronomy textbook, *To Measure the Sky*, in 2016.

TUESDAY COURSES ON ZOOM

TUESDAY ON-ZOOM 8 WEEK COURSES

11:05 AM – 12:20 PM

Qigong for Health and Longevity

Limit: 100

Presenter: John Platt

Qigong is an ancient form of exercise from China that uses breath, movement, and attention to skillfully activate one's own internal energy. The movements are graceful and sinuous, like smoke rising from a candle wick, yet pregnant with healing power. This introductory course on Qigong will also include techniques to gather and use the natural energies that surround us, especially the power of trees.

Suggested Readings: *The Five Element Orchard* by John and Mary Platt, and *Simple Qigong* by Mantak Chia and Lee Holden

John Platt has been learning and teaching various Chinese Arts since 1966. In 1991 he began an intense study of Tai Chi Chuan under various teachers, including Shifu Jiang Jian-Ye, and a study of Qigong from Masters Lee Holden and Dr. Yang Jwing Ming. He currently teaches live classes in Poughkeepsie and Hyde Park. His on-line courses and private tutorials reach internationally to over 15 countries. He is the author of two books, *The Five Element Orchard* and *Qigong: A Toolbox of Energy*.

Black Literature: Looking at *Things Fall Apart* by Chinua Achebe

Limit: 30

Presenter: Jaqueline Goffe-McNish

Chinua Achebe represents the heart of Africa. His writing forces us to explore the multidimensional presentations of the continent of Africa. In the novel, *Things Fall Apart*, he creates the character of Okonkwo, who represents “every man” in this community facing colonization by Europe. Colonization creates social, political, cultural, economic, and spiritual changes which threaten to create chaos in this previously well-ordered community. In this class, we will discuss these issues and more as we follow the life changes experienced by the main character.

Required Reading: *Things Fall Apart* by Chinua Achebe

Jacqueline Goffe-McNish is a professor of English and Humanities at Dutchess Community College. In her present position, she also is the Chief Diversity Officer and supervises the teaching of English in DCC Concurrent Education Program in the area high schools. She has written two textbooks: *Composition in Fifteen Weeks* (Kona Publishers) and *Analysis, Approaches, and Appeals in Introductory Literature* (Kendall Publishers). She was awarded the SUNY Chancellor Award for Excellence in Teaching and the DCC Orrcut Endowed Chair for Humanities. She received the Athena Award from the DC Chamber of Commerce. She is actively involved with Poughkeepsie AAUW.

TUESDAY ON-ZOOM 8 WEEK COURSES

1:45 PM – 3:00 PM

The Nature in Food

Limit: 100

Presenter: Rob Cohen

We intuitively understand that our food comes from nature, but politics and commerce often obscure food’s connection to nature. This class explores scientific, historic, and cultural origins of selected foods, as well as their nutritional and environmental impact. We will (1) increase our understanding and appreciation for the role nature has in our health and happiness; and (2) explore our consumption choices and how they impact our well-being both as individuals and in aggregate as the dominant species on earth. Participants in the 2019 offering of this class are encouraged to return, to become acquainted with new materials and perspectives.

Rob Cohen is a retired technologist/farmer committed to practicing a sustainable lifestyle. He continues to work part time as a technology consultant focused on helping non-profit organizations leverage technology. His lifelong

interest in science, history, and historic foods shaped his unique approach to staying connected to nature while living and working in an increasingly unnatural environment.

Realism, Surrealism and Romanticism in Modern Art

Limit: 25

Presenter: John McGiff

This course examines how Romanticism in 19th Century painting opened up the gates of Art History for the divergent paths of Realism and Surrealism in sculpture, painting, and film.

Suggested Readings: Will provide a weekly series of images and videos for student viewing prior to each class.

John McGiff has been an educator for thirty years. After receiving an MFA from the University of Pennsylvania in 1989, he worked for seven years as an adjunct at Temple and Drexel Universities, teaching drawing, design and painting, and served one year as a full-time assistant professor of painting at Temple. He later became chair of the arts department at St. Andrew's School, a preparatory boarding school in Delaware. In addition, he has run the Warner Gallery, taught AP art history, painting, drawing and a senior seminar for twenty-two years.

TUESDAY ON-ZOOM FIRST 6 WEEK COURSES

9:30 AM – 10:45 AM

How I Learned to Stop Worrying and Love SCOTUS

Limit: 40

Presenter: Mickey Steiman

For more than 230 years, non-elected, lifetime appointed public servants (the Supreme Court) have opined and divined the meaning of four pages of parchment originally penned in 1787 by an assistant clerk to the Pennsylvania General Assembly. In the early days of the republic, the decisions of SCOTUS fostered respect for the Constitution and the new ways of governance, and sometimes contributed to social unrest and war. This course will explore, through the writings of the Court and others, as well as class discussion, whether going forward we need a "new improved" Constitution or, perhaps, an artificially intelligent SCOTUS.

Mickey Steiman: A.B. Colgate University 1968; J.D. Syracuse University College of Law 1972; Senior trial attorney, Office of Special Litigation, United States Department of Justice, Washington, D.C. 1972-1980; 35 years of private practice in Dutchess County; Adjunct Professor, Marist College, Poughkeepsie, NY (1982-1989).

America's Game: From Its Historical Origin to MLB

Limit: 100

Presenter: Arnie Serotsky

Week 1: Origins of the Game - From the 13th to the 19th Centuries

Week 2: The Early Rules, Teams, Players, and the Beginnings of Professional Baseball

Week 3: The Early Days of Professional Leagues

Week 4: Baseball's Role in and Relationship to 19th Century American Society

Week 5: The Establishment of Major League Baseball

Week 6: 19th Century Prominent Players, Managers, Teams, Stats and Sabermetrics, and Memorabilia

Arnie Serotsky grew up in Brooklyn, where his love of baseball began as a young Dodgers fan. He has been a sustaining member of the Baseball Hall of Fame for 20+ years and is a member of the Society for American Baseball Research.

TUESDAY ON-ZOOM FIRST 4 WEEK COURSES

9:30 AM – 10:45 AM

Mansions of New York State

Limit: 100

Presenter: Katy Anson and representatives of each visited mansion

New York State is rich in American history. This will be the third peek into the homes and the lives of the families who are part of the fascinating past.

Each week we will have a different presenter who might be the curator, executive director or park ranger associated with the house.

September 19: Seward House

September 26: Rose Hill

October 3: George Eastman Museum

October 10: Sagamore Hill

TUESDAY ON-ZOOM FIRST 4 WEEK COURSES

1:45 PM – 3:00 PM

Mystical France

Limit: 100

Presenter: Nathan Rosenblum

An exploration of the spiritual history and traditions of France from ancient times to the present. We will examine the Medieval and Renaissance traditions of French mystics, look at the forces shaping the Revolution and discover the mysterious societies that have played a major and often underappreciated role in French society. This study will be enhanced with examinations of little-known books and films. Ultimately, we will see how the lessons of the past have importance for our lives in the modern world and for our future.

Dr. **Nathan Rosenblum** is a longtime scholar of mysticism and the esoteric. An ordained interfaith minister with degrees in Literature, History, and Philosophy, he works to show how spirituality intersects with many other fields and how this study can enrich one's life and understanding.

TUESDAY ON-ZOOM LAST 4 WEEK COURSES

11:05 AM – 12:20 PM

The Mindful Senior

Limit: 15

Presenter: Lyla Yastion

Have you ever wondered why, as we age, we begin to forget simple things—like where did I leave the keys, or where are my glasses? Scientific research into brain function is showing that practice in mindfulness re-energizes brain cells, enhancing cognitive capacities while reducing stress. We will examine select areas of this research—specifically the relationship of mindfulness practice to health, education and sustainable living. We will also investigate how experiences in mindfulness can maximize physical and mental-emotional health, deepen our relationships with others, and provide insight into paths of spiritual development.

Lyla Yastion received a Ph.D. in anthropology from the University at Albany (SUNY) and taught courses in anthropology and religious studies at the college level for 18 years, most recently at SUNY New Paltz. After retiring she began presenting courses at lifelong learning centers at college campuses in the Hudson Valley. Lyla has written two books: *Pause Now: Handbook for a Spiritual Revolution* and *Homesick: Finding Our Way Back to a Healthy Planet*, both published by Hamilton Books. She is certified in Mindfulness-based Stress Reduction (MBSR) having studied with John Kabat-Zinn. Lyla is also a reiki master.

Psychology and Film

Limit: 100

Presenter: Denise Morett

Film provides a powerful art medium for exploring topics in psychology. This course examines several films from a psychological perspective. Students will watch films, via streaming or through Vassar Moodle, that reflect multiple psychological themes including lifespan, trauma, psychological disorders, grief, and resilience. We include discussion about the psychology of the viewer's experience, the filmmaker/production, depictions of psychology and psychologists/healthcare, and psychological issues/treatment.

Note to former class members repeating the class: new films are selected each semester so we can apply concepts and skills to new film material.

Optional reading: "Psychology at The Movies" by Skip Dine Young (to be purchased or borrowed from a library by class members).

Dr. Denise Morett is the best-selling author of *Lifeline*, a licensed psychologist with a private practice, and a consultant to various hospitals and facilities. She has taught college level psychology courses as well as conducted workshops and trainings during her more than 30-year career. She has been an instructor for VCLLI in past semesters. Her interests are varied and include the use of expressive arts, particularly film, as it relates to the human condition and topics of psychology.

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