

Friends of Snow Library Present the 2018 Winter/Spring Session of the Lifetime Learning Program

Register at Snow Library or by mail. Registration begins February 5, 2018.

Classes begin February 20.

Registration forms are also available on our website: www.friendsofsnowlibrary.org.

Welcome to the Lifetime Learning Program sponsored by Friends of Snow Library.

For over 30 years, our mission has been to provide continuing education and cultural enrichment. Our program has continually grown and now serves over 1000 participants each session.

Classes are held at Snow Library unless otherwise noted. In case of cancellation we will try to notify participants by email or phone.

For limited enrollment courses, priority will be given to Friends of Snow Library members in good standing.



The Poetry of Keats
Voices from Vietnam



American Foreign Policy
Novels and Ideas: More Classics
Love at First Sight in the Ancient World
Lifestyle Medicine:

A Scientific Approach To Improve Your Health
Species in Distress:

Turtles, Bees & Butterflies, Right Whales
America's Forgotten War: Korea, 1950 - 1953



The U.S. Strategic Nuclear Deterrent

Public Schools: An Institution in Crisis

REEL Time: Stage into Screen, Plays into Pictures

The Imperial Presidency (April 25)

Inside the Music: Jazz Duos



A Marriage Made in Heaven: The Bogie & Bacall Films

Andrew Jackson: The Age of Democracy

Cape Cod Symphony Orchestra and Conservatory

Hamilton: The Musical Phenomenon

The Color of Law: A Forgotten History of

How Our Government Segregated America (May 24)



Mental Illness Explored

Business and Politics (May 11)

Gardening on Cape Cod

Basics of Buddhism:

Theory & Practice of the Spiritual Path

22 NEW COURSES TO EXPAND YOUR MIND



MONDAY

The Poetry of Keats

Maureen Andrews, Ph.D., English
1:30 - 3:00
Six Classes:
2/26, 3/5, 3/12, 3/19, 3/26, 4/2
(Limited Enrollment 23)

A study of the short life and long legacy of John Keats. Please bring to class any collection of his poems that include some of his letters, e.g. *The Norton Anthology of English Literature*.

4/2: The final class on 4/2, 1:30 - 4:00, will show the film *Bright Star* (2009), about the unlikely love affair of Keats in his final years. **The film will be free and open to the public.**

Voices from Vietnam



1:30 - 3:00
Three Classes:
5/7, 5/14, 5/21

The Vietnam War fragmented American society and forever changed the public policy and the social consciousness of the country. Hear the voices of those who bore witness to the Vietnam War experience.

5/7: *Morton Dean*, former CBS News and ABC News correspondent will show his documentary, *American Medevac*. During the Vietnam War, Dean and his CBS film crew flew on a bullet-penetrated medevac mission to rescue three wounded infantrymen. The medevac crew had never "met" any of the wounded when they were rescued. Dean brought them together one by one for a reunion.

5/14: *Hank Holden*, a highly decorated Vietnam War hero who flew 180 low altitude reconnaissance missions over Vietnam and Laos. Hank recalls his experiences in a memoir entitled *Moon-glow*, which details the powerful relationship between his co-pilot and himself.

5/21: *Voices from Home*: The dynamic musical duo of John Whelan and Steve Bornemeier will take us on a musical journey of the 1960s and early 70s, which shaped the culture of a generation.

22 NEW, FASCINATING COURSES TO CHOOSE FROM. ONLY \$10.00 PER COURSE, \$35.00 FOR FOUR. (SUGGESTED DONATION)

TUESDAY

American Foreign Policy

Richard B. Finnegan,
Professor Emeritus, Political Science
and International Studies,
Stonehill College
1:30 - 3:00
Four Classes:
2/20, 2/27, 3/6, 3/13



Since the end of the Cold War, the Presidents of the United States have, either in practice or in rhetoric, searched for a strategy to undergird US foreign policy that would replace containment. We will explore these alternative strategies from Bush to Trump in their assumptions about the world and the place of the US in it.

Novels and Ideas: More Classics

Steve Bornemeier, M.A.
& Jeffrey Bornemeier, B.A.
5:00 - 6:30
Four Classes:
3/20, 4/3, 4/17, 5/1
(every other week)

Read. Think. Listen. Discuss. This is how literature should be enjoyed.

3/20: *The Way of All Flesh* (1903)
by Samuel Butler

4/3: *Swann's Way* (1913)
by Marcel Proust

4/17: *Scoop* (1938)
by Evelyn Waugh

5/1: *The Shipping News* (1993)
by Annie Proulx

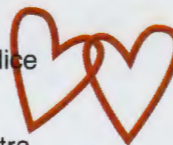


Love at First Sight in the Ancient World

Peggy Kelleher, B.A., Classics;
M.A.T., English
10:30 - 12:00
Four Classes:
4/3, 4/10, 4/17, 4/24

Explore the stories of four famous couples in the ancient world who found their love so irresistible, instantaneous, and impetuous that it carried them to different worlds and, sometimes, changed the course of history. Using translated selections as well as some Latin originals from Catullus, Ovid, and Vergil as springboards, we will examine the art, mythology, history and literature surrounding these couples.

4/3: Orpheus and Eurydice
4/10: Paris and Helen
4/17: Aeneas and Dido
4/24: Antony and Cleopatra



TUESDAY, CONT.

Lifestyle Medicine: A Scientific Approach To Improve Your Health

Carol Penfield, M.S., NPC
1:30 - 3:00
Four Classes:
4/3, 4/10, 4/24, 5/1 (no class 4/17)

4/3: The Science behind Lifestyle Changes – how the way you live greatly impacts your health

4/10: Improve your Energy – secrets to living longer

4/24: Hearty Hearts and Circulation – improve circulation; reverse heart disease

5/1: Digestive Health – newest data behind absorption of nutrients, probiotics and intestinal function

Species in Distress: Turtles, Bees & Butterflies, Right Whales

10:30 - 12:00
Three Classes:
5/1, 5/8, 5/15



Experts will discuss the importance of these endangered species to our environment and the balance of nature.

5/1: *Bob Prescott, Director of Mass. Audubon Sanctuary at Wellfleet Bay*: Population studies of diamondback terrapins

5/8: *Marjorie Williams, Cape Cod Museum of Natural History*: "The Queen's House is Falling Down/ The Truth About Pollination" - European honey bees and the importance of native pollinators in the world today

5/15: *Dr. Charles "Stormy" Mayo, Center for Coastal Studies, Provincetown*: The staggering decline in the population of right whales

America's Forgotten War: Korea, 1950 - 1953

Michael McNaught, B.A., M.A., History,
Oxford & Columbia Universities
1:30 - 3:00
Three Classes:
5/8, 5/15, 5/22



This course will trace the history of the war from North Korea's invasion of South Korea; U.S./ U.N. reaction; the roles of the Soviet Union and China; the Inchon landings; MacArthur's disastrous decision and ultimate dismissal; fighting at Chosin Reservoir, Kunuri, and other conflicts; to the armistice talks and eventual peace.

WEDNESDAY

The U.S. Strategic Nuclear Deterrent

Roy Setterlund, B.S., M.S.
Aeronautics and Astronautics, MIT;
Former Associate director for Air Force
Strategic Systems, Draper Laboratory

10:30 - 12:00
Three Classes:
2/28, 3/7, 3/14



This course will provide, for the layperson, an overview of our Strategic Nuclear Deterrent, the backbone of our military capability which we rely on to guard our Nation from any existential threat. It is more important today than ever, given the world political situation. Learn what it consists of, and how it works.

2/28: The history of nuclear defense, treaties, and the current dangers

3/7: Nuclear weapon systems - payloads, delivery, and basing modes

3/14: Nuclear doctrine - future planning; defensive capabilities

Public Schools: An Institution in Crisis

Paul Kelleher, B.A., M.A.T., Harvard University; Ed.D. Columbia University; former Superintendent of Schools

10:30 - 12:00
Four Classes:
3/21, 3/28, 4/4, 4/11

Public education faces greater threats at this historical moment than at any other period in our lifetime, including: the pervasive contempt for public schools among various political leaders, increased privatization through vouchers and tax credits, loss of public funds to religious schools, the fading of the American dream of social and economic equality through schooling, the decline in civic literacy, and increased control by deep pocket reformers.

3/21: Vouchers for all

3/28: Charters and the role of philanthropists and commercial interests in educational reform

4/4: Promise of equality and access to the American dream

4/11: Role of public schools in a democracy – civic literacy



WEDNESDAY, CONT.

REEL Time: Stage into Screen, Plays into Pictures



Leigh and David Fisher

1:30 - 4:00

Five Classes:

3/28, 4/4, 4/11, 4/18, 4/25

Enjoy the exciting feel of seeing on screen what you have or have not seen on Broadway or the London stage. Think Shakespeare into West Side Story, Agatha Christie's Ten Little Indians, An Ideal Husband by Oscar Wilde, Michael Frayn's Noises Off, and two short ones from Neil Simon. It's a fun-filled fantasy world by the best of the best!

We will tell you about the playwright, the actors, and the screenwriters, and we welcome discussion after the show for you to let us know what you think!

The Imperial Presidency

Jane Scarborough, Ph.D, Rice University, Constitutional History; J.D., Northeastern University School of Law

10:30 - 12:00

One Class: April 25



Taking the title and theme of her lecture from a book by Arthur M. Schlesinger, Jr., Jane will discuss the ways in which, under recent administrations, the Executive Branch has gradually supplanted Congress as the center of federal power, contrary to the manner in which the Founders envisioned their respective roles under the constitutional principle of separation of powers.

Inside the Music - Jazz Duos

Moderated by Steve Bornemeier

1:30 - 3:00

Four Classes:

5/2, 5/9, 5/16, 5/23



You asked for it! Inside the Music -Jazz is returning! Each week, Jazz Duos will feature two musicians who often play together. Learn about the interplay between duos, how music arrangements are set up on the spot, and much more. Of course, they will be playing as well as discussing.

5/2: Bart Weisman (drums) & Ron Ormsby (bass): Bossa Nova and Samba, the music of Brazil

5/9: Alan Clinger (guitar) & Chev Hardy (vocals)

5/16: Bruce Abbott (sax) & Fred Fried (guitar)

5/23: Fred Boyle (piano) & Leslie Boyle (vocals)

THURSDAY

A Marriage Made in Heaven: The Bogie and Bacall Films

Marc Strauss, Ph.D., Professor Emeritus, SE Missouri State University

1:00 - 3:30

Four Classes:

2/22, 3/1, 3/8, 3/15

Humphrey Bogart and Lauren Bacall fell in love on the set of To Have and Have Not. The rest is film history. A brief introduction to each film will be offered, with discussion to follow.

2/22: To Have and Have Not (1944)

3/1: The Big Sleep (1946)

3/8: Dark Passage (1947)

3/15: Key Largo (1948)



Andrew Jackson: The Age of Democracy

Meg Mahoney, B.A., Colby College

10:30 - 12:00

Three Classes:

3/1, 3/8, 3/15

3/1: Andrew Jackson's life and beliefs, his path to the Presidency, the election of 1824

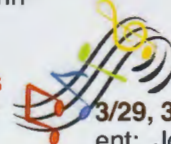
3/8: Jackson's use of power and his expansion of the office, the Nullification Crisis, the Bank Wars, the Trail of Tears

3/15: The Age of Democracy spurs social reforms and the origins of the anti-slavery movement

Cape Cod Symphony Orchestra and Conservatory

Three Classes:

3/29, 4/5, 5/3



3/29, 3:30 - 4:30: Find Your Hidden Talent: Join Stephanie Weaver, Executive Director of the Cape Cod Conservatory and concert pianist, on a musical journey to discover the artist in you! Stephanie will lead the class through simple steps to learning the piano.

4/5, 3:00 - 4:00: Behind the Curtains at the Cape Symphony: Join Jung-Ho Pak, Artistic Director and Conductor of the Cape Symphony, on an exclusive preview of the Cape Symphony's next season. Jung-Ho will give insight into how the Symphony's season is created.

5/3, 3:30 - 4:30: Music and the Brain with Stephanie Weaver: How music listening and performing affects the brain. The discussion will include unique research on the relationship between music and memory, music and learning, and music in the lives of those affected by Alzheimer's.

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THURSDAY, CONT.

Hamilton:

The Musical Phenomenon

Samuel Rome, M.A., Library and Information Science & John Kennedy, Educator



10:30 - 12:00
Three Classes:
4/26, 5/3, 5/10

In the first two sessions, Samuel Rome will explore the music and lyrics of this ground-breaking Broadway musical; how they relate to the history that is their subject; and the reasons that rap and hip-hop are the perfect way to tell this story. In the third session, John Kennedy will discuss some of the historical events and characters featured in the show.

The Color of Law: A Forgotten History of How Our Government Segregated America

Richard Rothstein, Research Associate, Economic Policy Institute

10:30 - 12:00

★ One Class: May 24 ★

The racial segregation of neighborhoods in every metropolitan area has long been viewed as a manifestation of personal preferences and prejudices commonly known as "de facto segregation," practices that were the outcome of private activity of realtors, mortgage lenders and others; not legal or public policy. Yet in reality, the impact of these de facto causes pales in comparison to the effects of government sponsored (de jure) segregation.

FRIDAY



Mental Illness Explored

1:30 - 3:00

Four Classes:

2/23, 3/2, 3/9, 3/16

2/23: Bi-Polar Disorder:

Jacqueline Lane, Executive Director, National Alliance on Mental Illness, Cape Cod and the Islands

3/2: Dementia and Alzheimer's:

Suzanne Faith, Director, Client Services, Alzheimer's Services of Cape Cod and the Islands

3/9: Personality Disorders:

Dr. Robert Ericson, Professor and Coordinator of Human Services, Cape Cod Community College

3/16: Substance Abuse:

Dr. Michael Furstenberg, Psychologist; Addiction/Substance Abuse Specialist

Business and Politics

Dan Wolf, CEO and Founder, Cape Air; former State Senator

10:30 - 12:00

★ One Class: May 11



Dan Wolf will host an interactive forum to discuss his experience as a regional airline executive while exploring how we can all be "citizen activists."



22 GREAT NEW COURSES.
REGISTER NOW!!

FRIDAY, CONT.

Gardening on Cape Cod

10:30 - 12:00

Four Classes:

4/6, 4/13, 4/27, 5/4 (no class 4/20)

4/6: Water-wise Landscaping:

Rain harvesting, permeable pavements, green roofs, and rain gardens. Trevor Smith, Landscape Designs, Inc.

4/13: Container Gardening:

How to grow flowers, vegetables and herbs, in containers and raised beds. Donelle Denery, Master Gardener

4/27: Wild Flowers for all Seasons:

Janice Dill, Manager of the Shirley G. Cross Wildflower Garden, Green Briar Nature Center.

5/4: Cape Cod Native Plants:

Landscaping with native plants. Russell Norton, Agriculture and Horticulture Educator



Basics of Buddhism: Theory and Practice of the Spiritual Path

James Kershner, Professor, Cape Cod Community College; Meditation teacher and Ordained Buddhist Leader

1:30 - 3:00

Three Classes:

4/6, 4/13, 4/20



4/6: The Basics: Buddha, the Dharma, and the Sangha

4/13: Smrti, Samadha, Prajna: Mindfulness, Concentration, Wisdom

4/20: Varieties of Buddhism: The Chameleon Effect

Friends
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Lifetime Learning

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