The logo consists of a white circle containing the text "OSHER LIFELONG LEARNING INSTITUTE" in a sans-serif font, arranged in three lines.

OSHER  
LIFELONG  
LEARNING  
INSTITUTE

Osher Lifelong  
Learning Institute  
at Dartmouth

# SPRING 2024 COURSES

Image by Osher at Dartmouth  
member Anne Baird



# Osher Lifelong Learning Institute at Dartmouth

## An idea of continued learning...

**Osher at Dartmouth** is short for the Osher Lifelong Learning Institute at Dartmouth. We were founded in November 1990 by 38 members of the Upper Valley intrigued with the “idea of continued learning.” Our founders relished the challenge of self-administered and peer-taught discussion programs. Over 30,000 people have participated in our programs since we were founded 34 years ago.

**As a self-supporting department** of Dartmouth College, Osher at Dartmouth provides educational opportunities that encourage discovery and stimulate thinking through participation in courses, lectures, and related travel programs.

**With over 1,200 members,** we are one of the largest and most extensive lifelong learning institutes in the country.

## Mission - Vision - Core Values

### **Osher at Dartmouth’s Mission:**

To provide lifelong educational opportunities, both in-person and virtually. The Institute principally serves adult residents of the greater Upper Valley and members of the Dartmouth community.

### **Osher at Dartmouth’s Vision:**

To be recognized as a national leader for excellence in lifelong education.

### **Core Values:**

- An unwavering commitment to lifelong education;
- An inclusive community of people committed to our mission;
- A large, diverse, high-quality program, led by dedicated and talented volunteers;
- A welcoming social environment, within and beyond the classroom;
- Financial sustainability, member affordability, and planned growth; and
- Strong, growing relationships with Dartmouth College and the Osher Foundation, with appropriate access to their facilities, services, and expertise.

## **Special thanks to our program sponsor:**

**JACK & DOROTHY BYRNE**  
FOUNDATION



# Letter from the President

## February 2024

This President's Letter may read more like a Letter to the Editor than an introduction to the 2024 Spring Term catalogue. Please bear with me as I attempt to knit together three separate ideas about education into a unified whole.

First. Educational pedagogy is in the news, with politicians, educators, and parents demanding the primacy of their views concerning 'wokeness'. In this debate, I subscribe to the notion that truth and exposure to new ideas, rather than myth and 'not feeling bad about oneself,' are foundational for critical thinking. However, critical thinking has an embedded fluidity: exposure to new ideas flows into emerging truths and simultaneously dissolves held truths into known myths. This fluidity means that the struggle to achieve primacy over educational pedagogy will continue between the certainty of known myths and the uncertainty of temporal truths. And the pace and amount of new information and knowledge formation only adds fuel to the struggle.

Second. A Page 1 article in *The New York Times*, Sunday, November 5, 2023, edition is titled "College Budgets Question Value of Humanities". The article states, "For years, economists and more than a few worried parents have argued over whether a liberal arts degree is worth the price. The debate now seems to be over, and the answer is 'no.'" The focus on 'return on educational investment' is dominating many discussions among parents, children, educators, and politicians. Many small liberal arts colleges with small endowments are simply going out of business and many colleges are reducing their offerings for social sciences, languages, humanities, and race and ethnic studies courses. In their place are pre-professional courses like marketing, business administration, engineering, computer science, and nursing. While I maintained with our girls that undergraduate education is about your avocation (one was an anthropology major and the other was an art history major) and your graduate education is about your vocation, this view was premised on the availability of funds, which is not a universal fact of life.

Third. On November 11, 2023, renowned history scholar Joseph Ellis read excerpts from his forthcoming book about the founding fathers. He also made the quip that a liberal arts education is wasted on the young. At the time, I chuckled with the others present, but upon reflection I think the quip needs context. Did Professor Ellis mean that a liberal arts education does not form the basis of a life well lived? Did he mean that the young should avoid the liberal arts and focus on vocational training? Or did he mean that the young cannot understand the value of a liberal arts education in the absence of maturity and experience? Hmmm. We'll have to wait for Professor Ellis's return visit.

Now to the knitting part. Osher is a community of learners teaching learners; the course participant sitting next to you in one class is the Study Leader in another that you take, and vice versa. Osher participants, mostly retired, aren't focused on wokeness per se, or vocational training, or the value of a liberal arts education taken or foregone. Instead they focus on exposure to new ideas, intellectual curiosity, and some socialization and fun. This doesn't mean that Osher participants don't worry about the concerns above, especially as they relate to their children, grandchildren and, in some cases, great grandchildren. It does, however, mean that most Osher course participants are willing to try something new.

I have looked at the course offerings for the Spring Term and three, maybe four, are on my short list to take. I hope you will join your fellow Osher members in participating in a course or courses this spring.

As always, when you choose your courses for the 2024 Spring Term, please offer a moment of appreciation for the hard work and devotion of the volunteers of the Curriculum Committee, the volunteer Study Leaders, and the staff. See you this spring.

Peter C. Paquette, President  
Osher Lifelong Learning Institute at Dartmouth

# From the Office

## Dates to remember:

- **March 7, 2024 - Spring registration opens**
- **April 8, 2024 - Spring term begins**
- **April 12, 2024 - Summer course proposals due**
- **June 14, 2024 - Spring term ends**

**NOTE: Some courses begin before or end after the term dates listed here.**

## Class Schedule and Details

**Look for the blocks at the left of each course page for a breakdown of the course details, including schedule, format\*, and location.**

**\*Format refers to how the course is delivered: In-person, Zoom, or HyFlex.**

## What is HyFlex?

**HyFlex refers to classes in which members can choose to participate in-person or via Zoom. In-person and online class members can interact with their Study Leader and each other through displays mounted in the classroom (for in-person participants) and a connected device such as a laptop or tablet (for Zoom participants).**

Welcome to Osher at Dartmouth's Spring Term 2024! This term offers courses taking place in-person, via Zoom, and some using the HyFlex format, which allows participants the choice to attend online or in-person.

To maintain the health and safety of our members and volunteers, we ask that you follow the COVID-19 procedures listed on our website.

**Spring term registration will open on Thursday, March 7 at 12:01 AM.** Osher staff will be available to assist via phone beginning at 8:00 AM that morning. If you need assistance with registration prior to 8:00 AM, call (603) 646-0154 or email [osher@dartmouth.edu](mailto:osher@dartmouth.edu). We will respond as quickly as we can after 8:00 AM.

To facilitate your registration, please make sure your membership is paid and active for the current year, which started July 1, 2023 and continues until June 30, 2024. If you are not sure of your membership status, log in to your Osher account and click on "Membership" at the top of the screen, or check with a staff member by calling the office at (603) 646-0154.

If you have not yet purchased or renewed your Osher membership, see page 11 for information. You can choose to join or renew your membership at our standard rate (active until June 2024) **or take advantage of our Spring Special rate** (active until June 2025).

If you are not familiar with our One Court Street location, you'll find a map and other helpful information on page 5.

As always, the Osher staff is here to assist you and answer your questions. We are thankful for each and every one of our Study Leaders, volunteers, and members. With your patience, enthusiasm, and teamwork, we continue to thrive, and we look forward to welcoming you to our classrooms in Lebanon.

Happy registration!

Lisa King  
*Program Director*

Sarah Chamberlin  
*Program Manager,  
Marketing & Design*

Joan Gennette  
*Assistant Program Manager*

Diane Doe  
*Program Assistant*

Nichole Marcy  
*Program Assistant*

# One Court Street

## Parking for One Court Street:

### To access parking from Route 120/Hanover Street:

Turn left onto Taylor Street (next to Lebanon Village Pizza and the Casino). Proceed to the large municipal parking lot behind the Lebanon Mall. (The CCBA building and facilities are located on the eastern end of Taylor St.)

### To access parking from Route 4 (East and West):

Method 1: At the northwest corner of Colburn Park (next to Mascoma Bank), turn right onto Court Street. Parking is directly ahead.

Method 2: At the northeast corner of Colburn park (near Lucky's Coffee Garage), turn or merge right onto Campbell Street. Take the first left onto Flynn St., which leads directly into the municipal parking lots.

*Time allowances in municipal lots and spaces around Colburn Park can vary, ranging from 30-minute spots to all-day parking. Sign posts will identify each zone. We urge you to utilize spots with 3-hour or all-day allowances if you are attending class at Court Street.*

## One Court Street - Building Access:

The building's main entrance is on Court Street, between Three Tomatoes and Scratch Supply Co. (the yarn store). An elevator is located straight ahead of the main doors, and stairs are located to the right and left of the elevator.

**Osher offices and Classroom 3A are located on the 3rd floor in Suite 380.**

**Classrooms 2A and 2B are located on the 2nd floor in Suite 250.**

**Classrooms 2C and 2D are located on the 2nd floor in Suite 210.**

**The Osher offices are open from 8:30 AM to 4:30 PM**

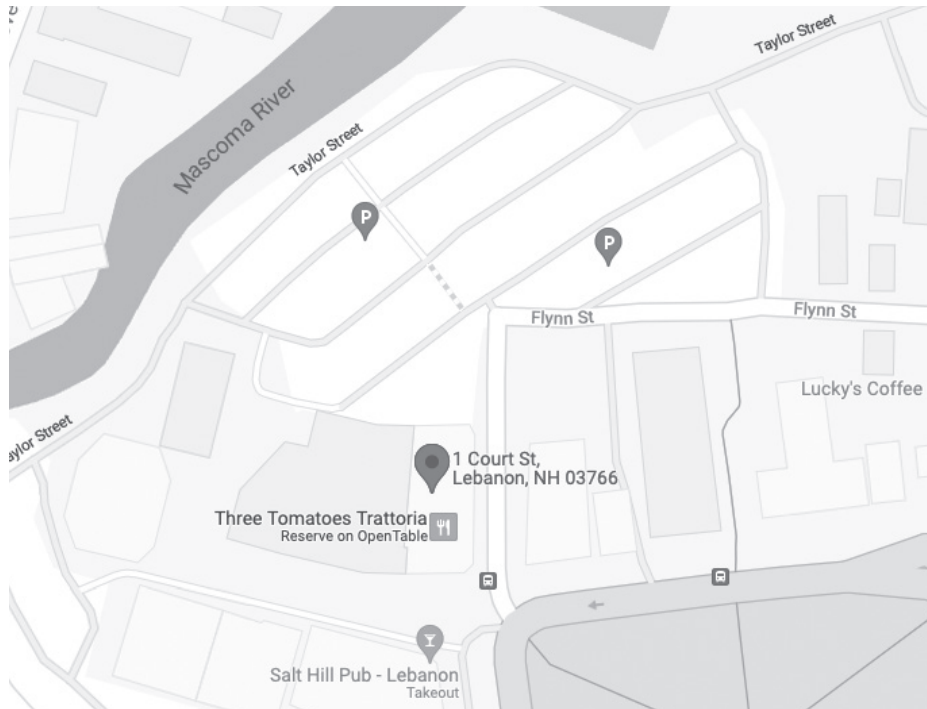
**Mondays through Thursdays, and 8:30 AM to 1:00 PM on Fridays.**

*If your class is scheduled to take place beyond these hours, your welcome letter will provide information on after-hours building access.*

**One Court Street is located at the northwest corner of Colburn Park, in the same building as Three Tomatoes.**



**Above: Map of central Lebanon, main routes into city center.**



**Above: Close-up of recommended parking areas.**

# Special Interest Groups

**Special interest Groups (SIGs) are a benefit offered to all Osher at Dartmouth members who share a common interest. SIGs provide members with a chance to engage each other over a topic outside of the usual classroom environment. Membership in SIGs is open to all Osher at Dartmouth members, based on the capacity of the group and any basic skill levels that might be required to participate. Registration through the Osher at Dartmouth website is required, as is active membership in Osher at Dartmouth.**

**SIGs are intended to complement and enhance the Osher at Dartmouth program; they should not compete with or duplicate regularly scheduled courses. The intention of your SIG will be reviewed to make sure it does not create such a conflict and that it meets the policies and code of conduct for our organization.**

SIGs are established, managed, and run by Osher at Dartmouth members who share a specific interest. Osher staff supports SIGs by scheduling meeting space when possible and promoting a SIG's activities; staff does not directly manage any aspect of a SIG. Osher at Dartmouth members wishing to join a SIG should contact the group's coordinator, listed in the following pages, and register via the Osher website.

Each SIG is required to have a volunteer coordinator who is responsible for the group's activities and compliance with Osher codes of conduct. To promote the group, supply Osher staff with a basic description of the SIG topic, a schedule, and information regarding any criteria or skill level necessary for participation. SIGs should not require any fees to participate beyond an active Osher at Dartmouth membership, or those intended to cover the cost of materials considered necessary for participation (art supplies, refreshments, etc.). If any group allows non-Osher members to join, that group will no longer receive SIG status or direct support from Osher.

Osher at Dartmouth will happily publicize SIGs via our weekly e-newsletter and will list them in our course catalogs each term. SIG coordinators are asked to keep the office updated on the group's current status and schedule, and to provide any specific information or details they wish to include in that promotion. Submit information for weekly e-newsletters to [osher@dartmouth.edu](mailto:osher@dartmouth.edu) no later than 12:00 PM on Fridays. Information for course catalogs should follow the submission deadlines listed for Study Leaders course proposals on our website.

SIG members should resolve differences of opinion swiftly and internally for the good of the group and its continuing connection to Osher. Commercial or professional solicitation for services or products is not permitted at SIG meetings. All Osher-related SIGs should meet the policies and Code of Conduct detailed for our organization. We reserve the right to end association with any SIG that violates those policies.

**To create an Osher at Dartmouth SIG, contact us at [osher@dartmouth.edu](mailto:osher@dartmouth.edu).**

**Format: In-person**  
*(locations vary)*



## **Gail Fancher**

*SIG coordinator Gail Fancher has been knitting and crocheting for a half-century. She's eager to teach. A veteran, former member of 4-H, mother, spouse, and physician, she believes you can knit or crochet anywhere, any time. Knitting and crocheting are relaxing and satisfying.*

*Meets weekly on*  
**WEDNESDAY**

**1:00 PM - 2:00 PM**

*Remember, SIGs are free to Osher at Dartmouth members!*

## **SPECIAL INTEREST GROUP: Crafting for Charity**

Join us to make blankets, hats, or scarves for charity. The majority of our projects will go to The Upper Valley Haven. In the process expand your skills, try something new, make some new friends, and have fun being part of something bigger.

Since September of 2019, this SIG has created and donated scarves, cowls, baby and regular blankets, hats, mittens, and sets of matching hats and mittens.

**REGISTRATION OPENS  
THURSDAY, MARCH 7!**

# Table of Contents/ Term Schedule

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## TERM SCHEDULE

<b>Time</b>	<b>Category</b>	<b>Format</b>	<b>Study Leader</b>	<b>Course Title</b>	<b>Page Number</b>
<b>MONDAYS</b>					
9:00 AM - 11:00 AM ...	TRAVEL .....	Zoom.....	Steve Shama.....	Tips and Tricks...Low-Cost Vacations .....	15
9:30 AM - 11:00 AM ...	NATURAL SCIENCES.....	In-person.....	Richard Comi .....	Demystifying Metabolism .....	16
9:30 AM - 11:30 AM....	HUMANITIES.....	In-person.....	Herzberg & Vickers .....	Writing Poems, Making Them Better.....	17
9:30 AM - 11:30 AM....	ARTS.....	In-person.....	Rick Hutchins .....	Creating Photobooks .....	18
9:30 AM - 11:30 AM....	SOCIAL SCIENCES .....	In-person.....	Jim Wilson.....	A Nation Adrift: Our Democracy .....	19
12:30 PM - 2:30 PM....	INTERDISCIPLINARY ....	HyFlex.....	Mary Ann Haagen .....	A Peculiar People...Enfield, NH Shakers .....	20
12:30 PM - 2:30 PM....	HUMANITIES.....	In-person.....	Sarah Welsch .....	S.O. Jewett’s <i>Country of the Pointed Firs</i> .....	21
12:30 PM - 2:30 PM....	HUMANITIES.....	In-person.....	Art Rosen.....	A Deconstruction of the Bible .....	22
1:00 PM - 4:00 PM....	ARTS.....	In-person.....	Kat Dechant.....	The Basics of Floral Design .....	23
1:30 PM - 3:30 PM .....	ARTS.....	In-person.....	Mark Nelson .....	Preparing to Hear...Bach’s <i>John Passion</i> ....	24
2:00 PM - 4:00 PM ....	CURRENT AFFAIRS.....	Zoom.....	Margaret Cunningham ..	Intro to Supply Chains for Consumers .....	25
3:00 PM - 5:30 PM....	ARTS.....	In-person.....	Steven Solomon .....	Five Formidable Femmes Fatales on Film ...	26
<b>TUESDAYS</b>					
9:00 AM - 11:30 AM ...	CURRENT AFFAIRS .....	HyFlex.....	Sanders & Wooster .....	Great Decisions 2024 .....	27
9:30 AM - 11:30 AM....	INSTRUCTIONAL .....	In-person.....	Stephen O’Dwyer .....	Mindfulness Meditation...Daily Practice .....	28
9:30 AM - 11:30 AM....	CURRENT AFFAIRS .....	In-person.....	Rick Hutchins .....	What Does It Take to Be Elite? .....	29
9:30 AM - 12:00 PM ...	ARTS.....	In-person.....	Paul Brogan .....	Pass the Kleenex...Hollywood Tearjerkers! .	30
10:00 AM - 12:00 PM .	NATURAL SCIENCES.....	In-person.....	Schori & Andrews .....	Spring Wildflowers and Ferns .....	31
10:30 AM - 12:30 PM..	HUMANITIES.....	Zoom.....	Peter Gilbert.....	Frost in Summer—A Few Months Early.....	32
12:30 PM - 2:30 PM....	CURRENT AFFAIRS .....	In-person.....	David Liben .....	Why is K-12 Public Education...in Crisis? .....	33
12:30 PM - 3:30 PM....	ARTS.....	In-person.....	Kate Farricker .....	Mixed Media Art Journaling .....	34
1:30 PM - 3:30 PM .....	ARTS.....	Zoom.....	Mark Nelson .....	Preparing to Hear...Bach’s <i>John Passion</i> ....	35
2:00 PM - 4:00 PM ....	ARTS.....	In-person.....	Dianne Burger.....	Handbuilding with Clay .....	36
2:00 PM - 4:00 PM ....	HUMANITIES.....	Zoom.....	David Grant .....	Modern African Novels..Imbolo Mbue.....	37
5:00 PM - 7:00 PM....	SOCIAL SCIENCES .....	HyFlex.....	Clara Sava-Segal.....	Brain and Behavior Part 2 .....	38

**continues on next page**

The + sign next to format indicates that the class includes field trips.

HyFlex refers to classes in which members can choose to participate in-person or via Zoom. See page 4 for more information.



**REGISTRATION OPENS  
THURSDAY, MARCH 7!**

# Table of Contents/ Term Schedule

Time	Category	Format	Study Leader	Course Title	Page Number
<b>WEDNESDAYS</b>					
9:00 AM - 11:00 AM	HUMANITIES	Zoom	Page Coulter	Plunge and Play Poetry Writing	39
9:00 AM - 11:00 AM	HUMANITIES	In-person	Toni Egger	A Taste of August Wilson's "Century Cycle"	40
10:00 AM - 12:00 PM	CURRENT AFFAIRS	In-person	Maynard Goldman	The Road to the White House...Primaries	41
10:00 AM - 12:00 PM	NATURAL SCIENCES	In-person	Schori & Andrews	Spring Wildflowers and Ferns	42
11:00 AM - 1:00 PM	CURRENT AFFAIRS	Zoom	Sarwar Kashmeri	Present at This Creation	43
11:30 AM - 1:30 PM	SOCIAL SCIENCES	Zoom	Jim Bays	The Hour That Changed Ben Franklin	44
12:30 PM - 2:30 PM	INTERDISCIPLINARY	HyFlex	Lana Leggett-Kealey	Genealogy & DNA Case Studies	45
1:00 PM - 3:00 PM	NATURAL SCIENCES	In-person	Rob Nawojchik	The Biology of Marine Mammals	46
2:00 PM - 4:00 PM	ARTS	In-person	Michael Galbraith	Influential People	47
2:00 PM - 4:00 PM	NATURAL SCIENCES	In-person	Elias Deeb, et al.	Hot Topics at the Cold Regions Lab	48
5:00 PM - 7:00 PM	INTERDISCIPLINARY	In-person	Dan DeMars	NASA's Golden Age: A...Retrospective	49
<b>THURSDAYS</b>					
9:00 AM - 12:00 PM	ARTS	In-person	Tom Urgo	What Is Art? Six Movies	50
9:30 AM - 11:30 AM	TRAVEL	In-person	Susan Brink	Morocco Today	51
9:30 AM - 11:30 AM	NATURAL SCIENCES	In-person	Roy Finney	Grasping the Universe	52
10:00 AM - 12:00 PM	ARTS	Zoom	Richard Thames	How to Report...News in Your Community	53
11:00 AM - 1:00 PM	HUMANITIES	Zoom	Alina Fiorella	The Master and Margarita: A Brief Intro	54
11:30 AM - 1:30 PM	ARTS	Zoom	David Gordon	Plein Air: Painting Outdoors	55
12:30 PM - 3:30 PM	ARTS	In-person	Kate Farricker	Mixed Media All-Occasion Card Making	56
2:00 PM - 4:00 PM	INTERDISCIPLINARY	Zoom	Larry Canepa	Food, Glorious Food!	57
2:00 PM - 4:00 PM	HUMANITIES	Zoom	Morris Kaplan	Interm. Spanish Grammar & Conv., Part 2	58
2:00 PM - 4:00 PM	HUMANITIES	Zoom	Hilary Llewellyn-Thomas	How Well-Told Novels Capture Our Brains	59
3:00 PM - 5:00 PM	INTERDISCIPLINARY	Zoom	Larry Canepa	Is It Soup Yet?	60
3:00 PM - 5:00 PM	HUMANITIES	Zoom	Gloria Finkelstein	Active French - Beginner Français	61
3:00 PM - 5:00 PM	NATURAL SCIENCES	Zoom & IP*	Jim Kennedy	No Mow: Wild Lawns and Meadows	62
3:30 PM - 5:30 PM	SOCIAL SCIENCES	HyFlex	Martin Jeffries	The Mile of Manufactories...at Manchester	63
4:30 PM - 6:30 PM	NATURAL SCIENCES	HyFlex	Iain Sim	In Your Genes...Promise or Peril	64

**continues on next page**

The + sign next to format indicates that the class includes field trips.

HyFlex refers to classes in which members can choose to participate in-person or via Zoom. See page 4 for more information.

**REGISTRATION OPENS  
THURSDAY, MARCH 7!**

# Table of Contents/ Term Schedule

Time	Category	Format	Study Leader	Course Title	Page Number
<b>FRIDAYS</b>					
9:30 AM - 11:30 AM	INTERDISCIPLINARY	HyFlex	Bruce James	Bread and Soil in Ancient Rome	65
9:30 AM - 11:30 AM	INSTRUCTIONAL	In-person	Lela Jaacks	Art of Wellness...Essential Oils Intro	66
11:00 AM - 1:00 PM	SOCIAL SCIENCES	Zoom	Eli Joseph	Applied Games of Modern Economics	67
12:30 PM - 2:30 PM	NATURAL SCIENCES	HyFlex	Bob Hargraves	New Nuclear is HOT	68
1:00 PM - 3:00 PM	HUMANITIES	In-person	Susan Brown	Ovid, the Silver Age Poet	69

**SPECIAL SCHEDULE: TUESDAY/THURSDAY**

9:00 AM - 11:00 AM	HUMANITIES	Zoom	Phyllis Deutsch	<i>The Portrait of a Lady</i> by Henry James	71
9:00 AM - 11:00 AM	HUMANITIES	Zoom	Phyllis Deutsch	Thomas Hardy's <i>The Return of the Native</i>	72

**continues on next page**

The + sign next to format indicates that the class includes field trips.

HyFlex refers to classes in which members can choose to participate in-person or via Zoom. See page 4 for more information.

## Course Fees:

Course fees are based on the total number of class hours anticipated for that course.

**1 hour or less = free**

**1.5 to 3.5 hours = \$30**

**4 to 8.5 hours = \$50**

**9 to 13.5 hours = \$70**

**14 or more = \$90**

*These fees do not cover materials or lab fees, nor do they include cost of texts or other reading materials.*

## Membership:

**An active Osher at Dartmouth membership is required to register for courses.**

**There are two membership options:**

### Standard Membership

**\$80 per person**

*valid now through June 30, 2024*

## OR

### Spring Special Membership

**\$120 per person**

*valid now through June 30, 2025*

# Spring 2024 Registration

## HOW TO REGISTER

Registration opens Thursday, March 7, 2024 at 12:01 AM. You must be a current Osher at Dartmouth member in order to successfully register for courses and some lectures or events.

### STEP 1: What you need

- Have your **username** and **password** ready (see next page)
- Have your **list of courses** ready (TIP: Knowing the Study Leader's name or the category/subject helps in a course search)
- Have your form of payment ready (**debit card, Mastercard, or Visa**) as the registration system does not save payment info

### STEP 2: Go to our registration site

Use the Semester, Study Leader, and Subject drop-down lists as you prefer to perform a general or targeted search. Courses are listed under the Spring 2024 semester option, while lectures are listed under the Special Events semester option.

As of 8:00 AM on Thursday, March 7, 2024, Osher at Dartmouth staff members will be available to help you register over the phone. Call (603) 646-0154.

**Financial assistance is available; contact the Osher at Dartmouth office for more information.**

### STEP 3: Register and pay

Add your courses to the registration site shopping cart and start the checkout process. Note: After you fill out your payment info and hit the Submit button, you should be taken to a page that tells you your registration is complete and lists the courses/programs you just paid for. ***If you don't see that page, your payment may not have processed.*** Check your screen for any prompts or messages.

**Please note that all times listed in this catalog are for ET (Eastern Time).**

# Osher On the Web

## **LOGGING IN TO YOUR ACCOUNT**

You need to know your username and password to log in to your account.

Visit our Registration Page to access your account.

Can't log in? Use the 'forgot password' link on the site to retrieve your username & reset your password! (Note: When you begin the reset process, you'll have 15 minutes to complete the reset.)

## **NEED SOME HELP?**

Our website features several "how to" videos that we hope will help you manage your Osher account and accomplish specific tasks. Here are a few:

How to Register for a Course

How to Use Google Drive

How to Use Zoom

Being a Class Monitor

# Policies

## Health & Safety

**Anyone participating in any Osher at Dartmouth activities or events must abide by health guidelines in place at the time of their involvement.**

**Please visit our website for current COVID-19 and masking guidelines.**

**Masks are permitted, but are not required, within indoor areas utilized by Osher at Dartmouth.**



**Food is allowed at 1 Court Street in our 2nd- and 3rd-floor lounge areas; food is prohibited in classrooms.**

**Beverages are available, and are permitted in covered containers. You need to supply your own container.**

As you register for courses, please take time to review Osher at Dartmouth's policies and procedures, which are available on the About page of our website.

Code of Conduct	Membership
Attendance	Name Badges
Cancellations	Online Courses
Course Communication	Photographs & Videos
Dropping a Course	Protocol for Emergency Medical Situations During Class
Financial Aid	Reading Packets & Photocopies
Food & Drink	Recordings
Health & Safety	Registration
Lab & Materials Fees	Sexual Harrassment Statement

## Scholarships Available

Osher at Dartmouth is committed to fostering accessible and inclusive learning opportunities for all individuals. Recognizing that some may face financial barriers in covering course or membership fees, we are pleased to offer scholarships to support those in need. If you find yourself in a position where these fees may pose a challenge, we encourage you to reach out to our Program Director, Lisa King, by calling (603) 646-0154, or emailing [lisa.l.king@dartmouth.edu](mailto:lisa.l.king@dartmouth.edu).

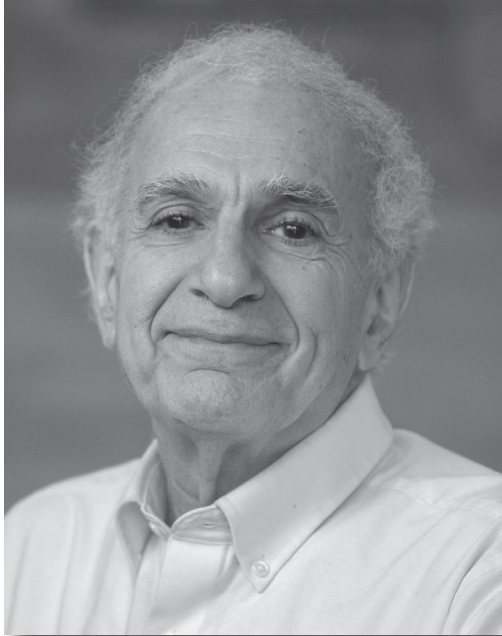
# **Spring Term 2024 Courses**

**Term runs  
April 8 to June 14**

*All times listed in this catalog are for  
ET (Eastern Time).*

**Registration opens on  
Thursday, March 7!**

**Format: Zoom**



## **Steve Shama**

*Since his retirement from a medical career 10 years ago, Steve has taken weekend and as long as two-month long trips by car, train, cruise ship, and plane. He's taken every long distance Amtrak train in the U.S., crossed Canada by train, and travelled in Ireland and Switzerland by train. He's been a guest at over 120 Airbnb's, has senior discount travel passes to many cities, and is filled with many ideas to share, hoping to make your next vacation positively unforgettable and at low cost.*

## **MONDAY**

**9:00 AM - 11:00 AM**

**08-Apr to 22-Apr**

**3 sessions (6 hours)**

**Course Fee: \$50**

**TRAVEL**

# **15**



## **Tips and Tricks for Planning Exciting Memorable Low-Cost Vacations**

Need to get away and can't get excited or even decide where to go, where to stay, and stressed about the cost of it all? Join us to discuss how to pick a destination; how to travel to it by train, plane, car, or cruise; where to stay; and what to do once you're there.

I'll first show you how I planned many exciting trips for myself throughout the US, Canada, and Europe, and then, as time permits, help you plan your trip using the ideas and tools I use.

Share your travel tips. Make this session the exciting beginning of your next trip. Leave with ideas on:

- How to pick fascinating places and travel long distances by train, car, plane, or cruise ships;
- Find the most interesting and low-cost accommodations...how to pick an Airbnb or hotel and get senior discounts;
- How to pick the best websites and travel channels for honest travel information and reviews;
- Getting around locally-and inexpensively—by bus, train, walking, Uber;
- Using your cell phone/computer for information on just about any question;
- How to pack—luggage, clothes and more;
- Tips on travel insurance;
- And much more...

Come to learn tips and tricks and to share your own special travel experiences, to make your next trip positively unforgettable!

**There are no required books for this course.**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## **Richard Comi**

*Richard Comi, MD is a Professor of Medicine at the Geisel School of Medicine and a practicing physician in the Section of Endocrinology at Dartmouth Health in Lebanon. Dr Comi studied the molecular basis of insulin resistance in Type 2 diabetes in his fellowship at the NIH from 1983-1988. He was the Director of the Diabetes Centers of New Hampshire, a diabetes education network, from 1989 to 1999. He has been a lecturer in Diabetes and Endocrinology at the Geisel School of Medicine since 1989.*



## **Demystifying Metabolism, Obesity, and Diabetes: You're Not Just What You Eat**

This course will provide the conceptual basis for understanding the use and storage of nutrients in human health. The lectures will provide descriptions of the physiology and cellular biology of metabolism, with time for questions and discussion of the implications for health.

The course will review the function of hormones to regulate metabolism and then use these concepts to discuss weight regulation, insulin resistance, metabolic syndrome, Type 2 diabetes and its medications. The learner will come away with the important concepts in these areas often obscured in popular media accounts.

All discussions will be at a conceptual level with no prerequisite background in the sciences of biochemistry or physiology, though input from these disciplines from the attendees will be welcome.

**There are no required books for this course.**

## **MONDAY**

**9:30 AM - 11:00 AM**

**06-May to 10-June**

**6 sessions (9 hours)**

**Course Fee: \$70**

**NATURAL SCIENCES**



**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## **Don Herzberg** **Betsy Vickers**

*Don Herzberg is a retired doctor who has lived with his family in Vermont since 1980. He has an MFA in poetry writing from New England College, and his poems have been published in two self-published books, coupling his poetry with his wife's artwork. He self-published his book, Dancing on Earth, and his chapbook, The Things She Said, is being published by Red Bird Chapbooks.*

*Betsy Vickers is a graduate of Bennington College and has an MFA from The School of the Art Institute of Chicago. She worked previously creating print media and websites for educational programs, with an emphasis on study abroad. She has been dedicated to writing poetry since 1995.*

## **Writing Poems, Making Them Better**

Maybe you have been writing poetry or perhaps have tried to write poetry, but don't know what or how to think about what you've written. Like all forms of writing, how a poem is written is critical in creating its impact. The "how" of writing a poem is craft and that involves a skill set that can be learned.

The purpose of this course is to familiarize class members with tools that will help express their thoughts, feelings, and ideas with as much power as intended. This will be done in part by reading the work of published poets, but primarily by participants writing and presenting poems of their own and learning an approach to thinking critically about their poems and the poems others in the class have written.

**There are no required books for this course.**

## **MONDAY**

**9:30 AM - 11:30 AM**

**08-Apr to 03-Jun**

**(NO CLASS 27-May)**

**8 sessions (16 hours)**

**Course Fee: \$90**

**HUMANITIES**

**17**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## **Rick Hutchins**

*Rick Hutchins has taught over 60 different courses/workshops at the college level in his teaching/coaching career, first in the field of health and physical education, and later in the computing field. He previously coached eight different sports, and was an AD at Plymouth State College, and later Hanover High School. He currently serves as a computer consultant, website developer, Treasurer of the GPLA, teacher, and photographer. Rick has created over 20 photobooks and 12 years of calendars.*

## **Creating Photobooks**

Have you ever wanted to create a photo book, or a calendar for your family, or that special vacation, or your choice photographs? This workshop will teach students how to use MixBook, a popular online website used for creating printed books, calendars, etc.

Content will include organizing photos; selecting the right media; selecting backgrounds and layouts; organizing, arranging and editing photos on the site; using borders and shadowing; manipulating text; adding elements; publishing, pricing, and ordering. We will also compare various other online creation tools such as Picaboo, Shutterfly, etc. The final goal will be to have students start their own photo book.

**There are no required books for this course.**

## **MONDAY**

**9:30 AM - 11:30 AM**

**15-Apr to 22-Apr**

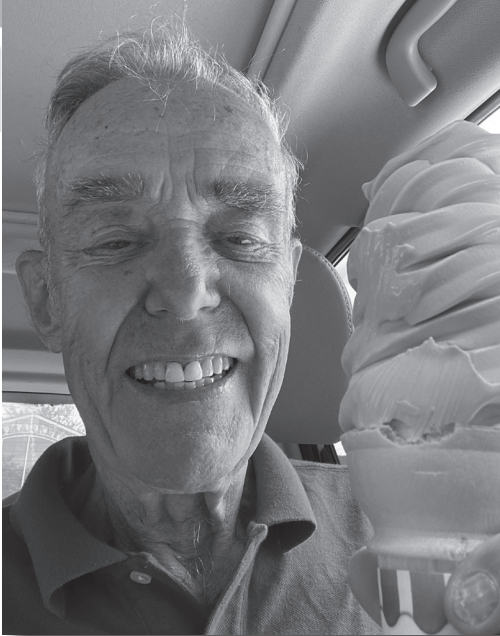
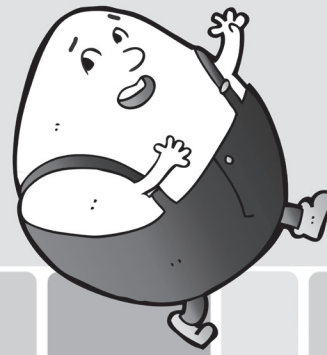
**2 sessions (4 hours)**

**Course Fee: \$50**

**ARTS**

**18**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## **Jim Wilson**

*Jim taught history and economics for nearly fifty years before retiring to the Upper Valley. He lives in Strafford, Vermont, and has taught numerous courses on how our political economy works and the challenges it faces.*

## **MONDAY**

**9:30 AM - 11:30 AM**

**22-Apr to 03-Jun**

**(NO CLASS 27-May)**

**6 sessions (12 hours)**

**Course Fee: \$70**

**SOCIAL SCIENCES**

# **19**

## **A Nation Adrift: Our Democracy, Like Humpty Dumpty, is Teetering**

When Benjamin Franklin was asked after a session of the Constitutional Convention, “What kind of a government have you given us?” he replied, “A democracy, if you can keep it.” Our republic is founded on the principle that it will continue only as long as the people keep democracy alive. Most recent polls indicate that over 70% of Americans are dissatisfied with it.

Threats to democracy and the rise of authoritarian sentiment reflect frustration over half a century of slow-growing living standards for the American working and middle classes. They also reflect cultural fears, especially among some white people, that the U.S. is being transformed, more racially diverse and less religious, with rapidly changing attitudes toward gender, language, and more. Anti-immigration sentiment is on the rise.

In this class we will examine the conditions under which democracies flourish and die, why, since 1960, so many voters seem to have lost faith in our democracy, and how it can be restored. Like Humpty Dumpty, our democracy needs a boost.

There will be articles assigned for each class. Each session will involve a presentation by the Study Leader with ample opportunity for discussion and debate.

**There are no required books for this course.**

**Format: HyFlex**  
**(1 Court St, Lebanon, NH)**



## Mary Ann Haagen

*Mary Ann is a Shaker scholar, musician, and retired music teacher. She is a visiting scholar in the music department at Dartmouth, and is actively engaged in the work of the Enfield Shaker Museum. Her research focuses on the N.H. Shaker communities. She lectures widely on Shaker history, music, and dance. Her articles on Shaker history appear regularly in Shaker museum publications.*

## MONDAY

**12:30 PM - 2:30 PM**

**08-Apr to 20-May**

**(NO CLASS 15-Apr)**

**6 sessions (12 hours)**

**Course Fee: \$70**

**INTERDISCIPLINARY**

# 20



## A Peculiar People: The Enfield, NH Shakers

The Shakers considered themselves “A Peculiar People,” whose faith required that they live in a close-knit, highly structured community of Believers. (The Shakers’ formal name is ‘The United Society of Believers in Christ’s Second Appearing’.) Some tenets of their faith—the dual nature of God, gender and racial equality, community of property, pacifism, stewardship—challenged many in the 19th century, and offer opportunities for reflection now.

The course will move quickly from a general overview of Shaker history to a detailed exploration of the Enfield and Canterbury communities’ contributions to New Hampshire’s religious and social history. We will also explore the elements of their faith that brought them into conflict with their neighbors, and limited their ability to attract new converts to their way of life.

In recognition of the Enfield Shaker Museum’s recent purchase of the North Family Shaker property in Enfield, we will look in detail at its function as the “gathering order” for the society. The course will be offered in conjunction with the Enfield Shaker Museum and will include a site visit there. There is no entrance fee for the Museum for that visit. The course will combine lecture and class discussion.

**Course materials will be provided electronically.**

**There will be a field trip to the Enfield Shaker Museum. Course syllabus will provide details.**

### Optional Books:

- ***The Collected Writings of Henry Cumings* - Mary Ann Haagen, ed. (ISBN-13: 978-1937370022)**
- ***Shaking the Faith* - Elizabeth DeWolfe (ISBN: 0312295030)\***  
**\*Copies available at Enfield Shaker Museum and local libraries**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## **Fiction & Fact in S.O. Jewett's *Country of the Pointed Firs* (1896)**

In summer of 1895, Sarah Orne Jewett made two trips to Maine. The first was to visit her editor, Thomas Bailey Aldrich. Later that summer she returned with her friend Annie Fields.

Renting a cottage on a rocky inlet, Jewett and Fields spent a month in Tenants Harbor, where she met many local people, on whom she likely based several characters in the stories and sketches that would be published in four installments in *The Atlantic Monthly*. Later in 1896 Houghton Mifflin published the collection as *The Country of the Pointed Firs*, a complete novel that is one of the masterpieces of the American realism school. Some early reviewers felt that this volume was so lifelike that it was a travel guide. It was, however, fiction.

Rather than simply a collection of travel sketches, the book was recognized and has become one of the great, late nineteenth century novels in American realism. We will examine both the novel and some of her correspondence, giving descriptions of her month in Tenants Harbor that will allow us explore aspects of her novel often overlooked by contemporary and modern reviewers.

## **Sarah Welsch**

*Sarah L. Welsch received her Bachelor's degree from Smith College and her Masters from Northwestern University where she studied 19th century American Literature. She has made many visits to Tenants Harbor, Maine, and visited archives in Boston and Maine for her research on Sarah Orne Jewett. Before she retired in 2014, she spent four decades in book publishing, including Dartmouth's UPNE and Northwestern University Press. She lives in Lebanon, NH.*

## **MONDAY**

**12:30 PM - 2:30 PM**

**15-Apr to 10-Jun**

**(NO CLASS 27-May)**

**8 sessions (16 hours)**

**Course Fee: \$90**

**HUMANITIES**

# **21**

### **Required Book:**

- ***The Country of the Pointed Firs* - Sarah Orne Jewett (ISBN-13: 978-0451531445)**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## Art Rosen

*Art Rosen is a past president of Adventures in Learning at Colby-Sawyer College and a past member of the ILEAD (now Osher at Dartmouth) Executive Committee. His career was in advertising with such firms as Benton & Bowles, Grey, and Young & Rubicam. Art has been a Study Leader for over twenty years specializing in religious studies. Recent courses have been "The Dark Side of the Reformation," "The Medieval Age," and "What Would Muhammad Do?" He lives in Newbury NH with his wife Maureen.*

## MONDAY

**12:30 PM - 2:30 PM**

**29-Apr to 20-May**

**4 sessions (8 hours)**

**Course Fee: \$50**

**HUMANITIES**

**22**



## A Deconstruction of the Bible

The course will introduce two largely uncovered aspects of the Bible—the influence of surrounding cultures and the often inconsistent sections of the text. Surrounding cultures will be the Canaanite, Midianite, Persian, Greek, and Roman; sections of the Bible will be the documents known as J, E, P, and D.

At the same time, the course will track the changing concepts of God in the Hebrew Bible and the changing images of Jesus in the New Testament. This will lead to an outline of the rival origins of both Judaism and Christianity and how they were resolved and turned into the single narratives we have today.

The course will be offered in lecture format with as much discussion as the class would like. The talk will be supplemented with Keynote and PowerPoint, and copies of some 200 slides will be available to all by computer. This will be the text for the course.

### Optional Books:

- ***Who Wrote the Bible?* by Richard Eliot Friedman (ISBN - 13: 978-150119240)**
- ***Who Wrote the Gospels?* by Randal McCraw Helms (ISBN - 13: 978-0965504737)**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## **Kat Dechant**

*Following retirement as clinical Professor of Management at the University of Connecticut School of Business, Kat enrolled in New York City's oldest and most prestigious Floral Design Program to pursue her long-desired avocation of working with flowers. She studied under NYBG's rigorous instructors as well as several notable floral artists in Manhattan. She created a floral design consulting business, "Sophisticated Stems," in Stamford, CT. After moving to New Hampshire, she established the Floral Ministry Committee at St. Denis Church in Hanover.*

## **MONDAY**

**1:00 PM - 4:00 PM**

**06-May to 20-May**

**3 sessions (9 hours)**

**Course Fee: \$70**

**Materials Fee: \$125**

**ARTS**

**23**



## **The Basics of Floral Design**

Are you passionate about flowers and want to explore the art of arranging them in beautiful and creative ways? This course will explain and demonstrate the fundamental steps basic to every floral arrangement. They include:

1. conceptualizing the design
2. choosing your ingredients for a floral arrangement
3. determining your color palette
4. arranging the greenery and florals into the appropriate container

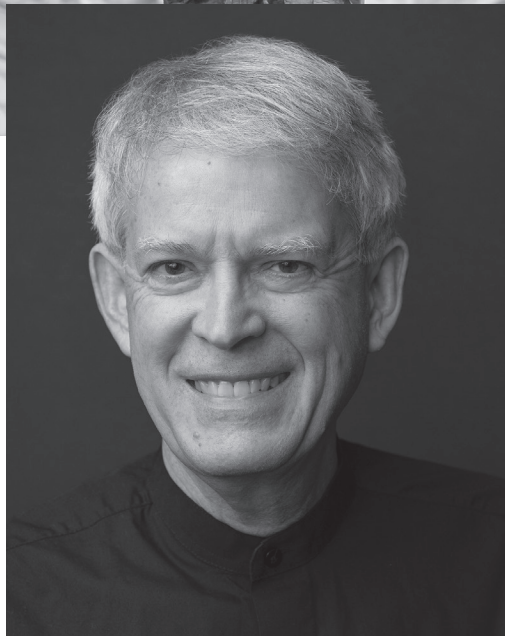
In addition to learning the elements of floral design, you will have the opportunity to apply the knowledge and techniques gained in each class by creating related floral arrangements to take home.

### **Materials**

- **Students must supply their own flower cutter or shears for each class**
- **There is a fee of \$125 (payable to the instructor) for plant materials and hard goods**
- **There are no required books for this course; instructor will provide copies of slides and handouts**

**Format: In-person**

*(Upper Valley Music Center, Lebanon, NH)*



## **Mark Nelson**

*Composer, conductor, theorist, and musicologist, Dr. Mark Nelson has over 30 years' experience teaching music and directing music ensembles. He currently teaches a series of music appreciation seminars at the Upper Valley Music Center and directs several area ensembles. He is animated by the notion that a musician is an historian—that performance and understanding are enriched by careful consideration of the aesthetic, socio-political, and biographical contexts from which a composition emerges.*

## **MONDAY**

**1:30 PM - 3:30 PM**

**22-Apr to 20-May**

**5 sessions (10 hours)**

**Course Fee: \$70**

**ARTS**

**24**



## **Preparing to Hear J. S. Bach's *John Passion***

It begins with propulsive, throbbing, motoric figuration in the strings. A moaning swirl of dissonant intertwinings between two oboes unfolds simultaneously above. Soon the bass line leaves its insistent repetitions of a single pitch and initiates a foreboding chromatic descent; withal strings and oboes swell to the movement's first climax—three shrieks by the chorus, “Herr! Herr! Herr!”—“Lord! Lord! Lord!” These opening moments launch Johann Sebastian Bach's extraordinary *John Passion*. They set the tone for what Robert Schumann termed a “daring, forceful and poetic” work, one which John Eliot Gardiner similarly lauds as the “more radical” of Bach's Passion settings.

On May 18 and 19, Upper Valley Baroque will present two performances of the *John Passion*. This seminar aspires to help listeners to savor the work. We will consider Bach's unrelenting innovation in the domains of rhythm, texture, instrumentation, harmony, and drama. We will ponder the theology implicit in both the text and the music. And we will consider the work's antecedents in early-18th-century northern Europe.

**There are no required books for this course.**

**PLEASE NOTE: This schedule applies to the in-person option for this course.**



**Format: Zoom**



## **Margaret Cunningham**

*Marge Cunningham retired in 2020 after a 35-year career teaching Operations Management at Xavier University in Cincinnati. Her main areas of focus are supply chains, lean principles, process improvement, and experiential learning. Among the courses she developed and taught was the Global Supply Chain Management course for undergraduate Management and Business Sustainability majors. She also served a term as Department Chair and as Director of Xavier's Sedler Center for Experiential Learning.*

## **MONDAY**

**2:00 PM - 4:00 PM**

**15-Apr to 29-Apr**

**3 sessions (6 hours)**

**Course Fee: \$50**

**CURRENT AFFAIRS**

**25**



## **Introduction to Supply Chains for Consumers**

Have you ever wondered what is behind the shortages consumers have been experiencing since the Covid-19 pandemic began in 2020? Today's supply chains are quite complex and may extend internationally. Decision makers face conflicting pressures to keep costs low while at the same time keeping product quality excellent and supply chains robust, able to weather possible disruptions and recover quickly from disasters. Increasingly, companies are also expected to manage the performance of suppliers for sustainability goals and ethical compliance.

The first class session will focus on supply chain terminology and concepts, along with examples of common practices and strategies. In the second session we will identify various kinds of supply chain disruptions and strategies to help prevent them or minimize their impact. We will look at several case studies from pandemic-related and other kinds of disruptions. The third session will be devoted to case studies on supply chain sustainability challenges, from the sourcing of raw materials through manufacturing and transport and finally responsible end-of-life-cycle disposition. Time will also be allowed for participants to contribute examples.

**There are no required books for this course.**

**Study Leader will provide links to online resources and reading materials.**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## Steven Solomon

Steve Solomon is a retired lawyer, who is a docent giving tours of the Frank Lloyd Wright houses and galleries at the Currier Museum in Manchester. In 2022 he gave an Osher course entitled, "Appreciating and Understanding the Architecture of Frank Lloyd Wright". His interest in film began in elementary school watching old movies on TV and continued through and beyond law school when he was a member of the board of a student film society at the University of Michigan.



## Five Formidable Femmes Fatales on Film

The stereotype of the femme fatale has origins as old as Lilith in the Bible. She has appeared in art, mythology, drama, and literature ever since. She was a goddess and enchantress who could bend men to her will with trickery, seduction, sorcery, and wit. The advent of film allows us to fully experience her working her wiles in contemporary contexts.

In this course we will consider the accuracy of this stereotype. During class we will see one film each week and have time for discussion. Prior to class you will receive information about the film, the cast, the director, screenwriter, and other material to enhance your appreciation and experience.

The films are: *The Blue Angel* (1930) Marlene Dietrich; *Double Indemnity* (1944) Barbra Stanwyck; *Body Heat* (1981) Kathleen Turner; *Out of the Past* (1947) Jane Greer, Rhonda Fleming; our final film is a surprise in which the femme fatale never appears.

**There are no required books for this course. Reading materials will be provided via email.**

## MONDAY

**3:00 PM - 5:30 PM**

**13-May to 17-Jun**

**(NO CLASS 27-May)**

**5 sessions (12.5 hours)**

**Course Fee: \$70**

**ARTS**

# 26

**Format: HyFlex**  
**(1 Court St, Lebanon, NH)**

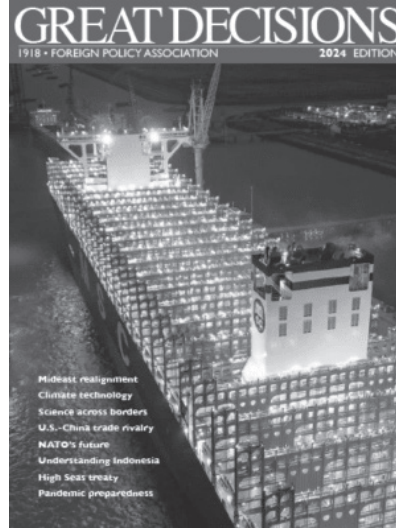


## **John Sanders**

## **Jim Wooster**

*John is Dartmouth Class of 1964. He practiced cardiac surgery at Northwestern University Medical School and DHMC for 40 years. This is John's seventh year as co-leader of "Great Decisions."*

*Jim received his undergraduate degree from Dartmouth College, and an MS degree in Engineering and Business Administration (the Tuck-Thayer Program). After serving in the Navy, he had a career with New England Telephone and NYNEX. Jim has been co-leader of the "Great Decisions" course for the past 23 years.*



## **Great Decisions 2024**

During this eight-week course we will explore some of the great issues of the day and will develop our individual positions on U.S. foreign policy direction and actions. Each week, participants will focus their broad range and depth of life knowledge and experience on one of eight current foreign policy topics furnished by the Foreign Policy Association (FPA).

This is a very active discussion course. Each week, all participants will read the brief background material provided by the FPA, and one or two volunteers from the group will prepare a more in-depth, five- to 10-minute introduction to the issue. The presentation is followed by a vigorous but controlled discussion of the background and options leading to positions on U.S. policy actions. A guest specialist will join the group each week.

This year's topics include: Mideast Realignment, Climate Technology and Competition, Science Across Borders, US/China Trade Rivalry, NATO's Future, Understanding Indonesia, High Seas Treaty, and Pandemic Preparedness.

### **Required Book:**

***Great Decisions 2024 Briefing Book* will be available for purchase (\$35 total) at the Osher office.**

## **TUESDAY**

**9:00 AM - 11:30 AM**

**09-Apr to 28-May**

**8 sessions (20 hours)**

**Course Fee: \$90**

**CURRENT AFFAIRS**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## **Stephen O'Dwyer**

*Stephen is delighted to be offering this course again for Osher. He has been a meditation practitioner in the Vipassana tradition for over thirty years. A Neuromuscular Therapist specializing in the treatment of chronic pain, he has focused most of his energy since 2020 on his online offerings at Relieving That Pain Online Courses. He is a graduate of the Mindfulness Meditation Teacher Certification Program taught by Jack Kornfield and Tara Brach.*

## **TUESDAY**

**9:30 AM - 11:30 AM**

**30-Apr to 04-Jun**

**6 sessions (12 hours)**

**Course Fee: \$70**

**INSTRUCTIONAL**

## **Mindfulness Meditation: Establishing or Deepening a Daily Practice**

Mindfulness meditation has its origins in the 2,600-year-old Buddhist Tradition. In recent years it has been extensively studied, and current science supports the benefit of mindfulness for a wide range of physical and mental health conditions. Research shows mindfulness can reduce stress; reduce chronic physical pain; boost the immune system; reduce emotional reactivity; increase self-awareness; improve attention and concentration; enhance positive emotions; cultivate well-being; and positively impact the brain.

This course will explore the principles of mindfulness for the purpose of establishing, or deepening, a personal meditation practice, and applying these principles to daily life. Our approach to mindfulness practice will follow the Vipassana (or Insight Meditation) tradition, and the Buddha's original teaching on the topic, *The Discourse on Establishing Mindfulness*. Individuals will gain an understanding of mindfulness of breathing, of the body, of emotions, of thoughts and of the mind itself; obstacles to mindfulness; working with difficult emotions, thoughts, and circumstances; and cultivating positive emotions and gratitude.

Each class will be a combination of lecture, guided practice, video or audio presentation, and group discussion. Participants will be given home assignments for the purpose of developing a daily meditation practice, as well as strategies to enhance the continuity of mindfulness in daily life.

### **Required Book:**

- ***The Issue at Hand: Essays on Buddhist Mindfulness Practice* - Gil Fronsdal (ISBN-13: 978-0615162867)**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## **Rick Hutchins**

*Rick Hutchins has taught over 60 different courses/workshops at the college level in his teaching/coaching career, first in the field of health and physical education, and later in the computing field. He previously coached eight different sports (primarily college level), and was an Athletic Director at Plymouth State College, and later Hanover High School. He currently serves as a computer consultant, website developer, Treasurer of the Goose Pond Lake Association, teacher, and photographer.*

## **What Does It Take to be Elite?**

What does it take to be an elite athlete at the professional or Olympic level? The course will provide a comparison of many sports and the physical and mental attributes that make up each sport, what skill sets athletes need to succeed, and what other factors contribute to or hinder their success. All the major sports, including those in the Olympics, both team and individual, will be covered, with an emphasis on those sports played in the U.S.

Classes will include much discussion, an evaluation of different sports, many videos, and some suggested reading. Students will participate in the analysis and evaluation of each sport, with the goal of ranking sports by difficulty and objective criteria.

**There are no required books for this course.**

## **TUESDAY**

**9:30 AM - 11:30 AM**

**30-Apr to 11-Jun**

**(NO CLASS 21-May)**

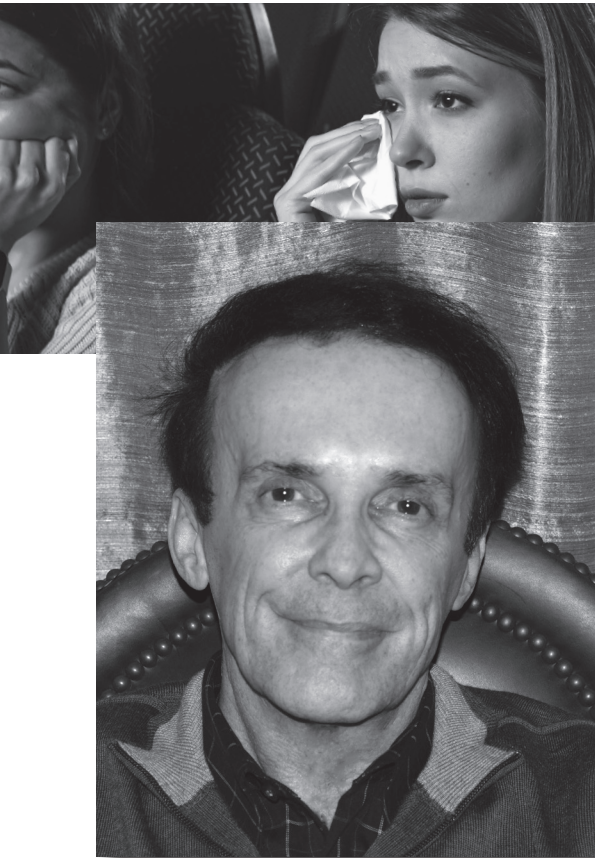
**6 sessions (12 hours)**

**Course Fee: \$70**

**CURRENT AFFAIRS**

# **29**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## Paul Brogan

*Paul Brogan loves movies and loves talking about them even more. For the past 12 years, he has been presenting film classes throughout New Hampshire, including several for Osher at Dartmouth. A prolific award-winning writer, Paul does extensive volunteer work for non-profits and produces events that spotlight New Hampshire's author community as well as celebrating historic moments in the state's rich history.*

## TUESDAY

**9:30 AM - 12:00 PM**

**23-Apr to 14-May**

**4 sessions (10 hours)**

**Course Fee: \$70**

**ARTS**

# 30

## **Pass the Kleenex: Classic Hollywood Tearjerkers!**

Since the days of silent films, Hollywood has held the secret for making films that were guaranteed to touch the viewers most inner emotions.

There is an art and a skill connected with making someone become so involved with what they are watching that they shed tears in the process. We will talk about films that do just that, including *Old Yeller*, *Dumbo*, *Somewhere in Time*, and *Dark Victory*, among others. We will also watch some classic examples, including classic tearjerkers starring everyone from Greer Garson, Lana Turner, Doris Day, and Frank Sinatra. Kleenex will be readily available during class.

**There are no required books for this course.**

**Format: In-person**  
**(Various outdoor locations)**



## Alice Schori

Alice (graduate of Oberlin College) is a field botanist who studied native plants through the New England Wild Flower Society starting in the mid-1990s. She has performed botanical surveys for conservation organizations and the Towns of Hanover and Lyme, and spent nine summers doing similar work for the White Mountain National Forest.

## Lynnwood Andrews

Lynnwood Andrews is a retired clinical child psychologist who volunteered for the Montgomery County Parks Weed Warrior program in Maryland leading groups pulling non-native invasives. As a Vice President of the Little Falls Watershed Alliance she worked with elementary school teachers and students to establish native plants on school grounds. She has taken botany and plant identification classes through Osher, and at the Native Plant Trust. She works as a Plant Conservation Volunteer for the Native Plant Trust and is a member of the Norwich Conservation Commission.

## TUESDAY

10:00 AM - 12:00 PM

07-May to 28-May

4 sessions (8 hours)

Course Fee: \$50

NATURAL SCIENCES

## Spring Wildflowers and Ferns

Are you eager to get to know your neighbors—that is, your neighbors in the plant kingdom? Would you like to hone your plant identification skills while watching the approach of spring?

This series of field trips will start at the Native Plant Trust's Plainfield Sanctuary, a sheltered slope near the Connecticut River where spring usually arrives early. In subsequent weeks, we'll visit Lebanon's Boston Lot, Hanover's Mink Brook Nature Preserve, and finally some higher elevations in Hanover or Lyme, depending on how the season is progressing. Exploring a variety of plant communities, we'll become familiar with some of the common ferns and spring flowers of the Upper Valley.

Some discussion of phenology (the study of how living things time natural events) and recognition of invasive, non-native species will be included. During this four-week class, we will find and examine as many different plants as we can and practice using keys to identify them. Field trips will meet rain or may be rescheduled to avoid torrential downpours or thunderstorms. Excursions will be mostly on easy terrain but will include some moderate hills and maybe a bit of bushwhacking.

### Optional Books:

- ***Newcomb's Wildflower Guide* - Lawrence Newcomb (ISBN-13: 978-0316604420)**
- ***Fern Finder* - Anne C. and Barbara G. Hallowell (ISBN-13: 978-0912550244)**
- ***Wildflowers of New England* - Ted Elliman & New England Wild Flower Society (ISBN-13: 978-1604694642)**

**Format: Zoom**



## **Peter Gilbert**

*A graduate of Dartmouth, the University of Virginia (MA English), and Georgetown University Law Center, Peter was Executive Director of the Vermont Humanities Council for 15 years. He is a former English teacher at Phillips Academy in Andover, Massachusetts, litigator at Hale and Dorr in Boston, Senior Assistant to Dartmouth President James O. Freedman, and frequent commentator on VPR. He enjoys reading, hiking, and building stone walls.*

## **TUESDAY**

**10:30 AM - 12:30 PM**

**09-Apr to 07-May**

**5 sessions (10 hours)**

**Course Fee: \$70**

**HUMANITIES**

**32**



## **Frost in Summer—A Few Months Early**

This course will examine a variety of Robert Frost's poems that are set in summer. Because Osher doesn't offer courses in the summer, we will look at them as summer approaches.

Each class will examine a handful of poems; classes will be largely discussion. In preparation for class, participants should read each poem with care—and repeatedly—and heavily annotate their copy of the poem (or a photocopy of it), and bring to class questions, parts of the poem, or topics that they want to discuss. They are strongly encouraged to read a biography of Frost for background, ideally beforehand or early in the course. Jay Parini's *Robert Frost, A Life* is recommended.

Frost is well-known in part because he is one of America's greatest poets, and at the same time, many of his poems are accessible at some level. However, his poems are rarely straightforward: like the man, his poetry is more complicated and more full of contradictions and ambiguity than is often appreciated. Our discussions will bring to light some of the themes that run through Frost's work, and discussion will be enriched by some biographical knowledge.

People who don't know Frost's work or who aren't particularly well-versed with poetry in general are welcome, as are people who are life-long lovers of poetry and Frost.

### **Optional Books:**

- ***The Poetry of Robert Frost* - Robert Frost, Edward Connery Lathem, ed. (ISBN-13: 978-0805069860)**
- ***Robert Frost Collected Poems, Prose, & Plays* - Robert Frost, Richard Poirier, et al (ISBN-13: 978-1883011062)**
- ***Robert Frost, A Life* - Jay Parini (ISBN-13: 978-0805063417)**



**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## **Why is K-12 Public Education Constantly in Crisis?**

Though public education has gone through crises since its beginning, we'll begin with Sputnik in 1958 and end with the current focus on racial and gender identity. We'll look at earlier and current versions of the various controversies growing out of the 60s, the "Outcomes Based Education" movement, multiple iterations of the "Reading Wars", standards movements, charter schools, vouchers and home schooling, high stakes assessment, and accountability including the role of corporations, private equity, and wealthy donors (Quick Quiz: how much money did Bill Gates pour into "public" education? Hint: More than millions).

We will begin with sharing our own K-12 educations through "educational autobiographies", an activity I've done with students and educators around the country. Education, unlike particle physics, tends to produce a lot of opinions, so this will be very much a discussion-based class. I'll provide links to readings; nothing will be required, but reading them will make the class more enjoyable for all of us.

### **David Liben**

*David has 50 years of education experience. He's taught every grade himself and coached nationally. David founded and ran two public schools in Harlem, synthesized the research behind the Common Core standards and co-wrote Know Better Do Better, addressing beginning reading for teachers. His second book on the rest of reading is out this spring. David has a BA in Psychology and Economics from the U Wisconsin and MA in Educational Administration from Columbia. He's a big Yankees fan.*

## **TUESDAY**

**12:30 PM - 2:30 PM**

**14-May to 11-Jun**

**5 sessions (10 hours)**

**Course Fee: \$70**

**CURRENT AFFAIRS**

**There are no required books for this course. Reading materials will be available online.**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## Kate Farricker

*Kate Farricker is the (retired) owner of a rubber stamp store, called AbsolutelyEverything, located in Massachusetts. She has been teaching mixed media arts, altered books, card-making, and assorted jewelry classes for eighteen years. She has relocated to the Upper Valley recently and is eager to start teaching again.*

**TUESDAY**

**12:30 PM - 3:30 PM**

**07-May to 11-Jun**

**6 sessions (18 hours)**

**Course Fee: \$90**

**Materials Fee: \$35**

**ARTS**

**34**



## Mixed Media Art Journaling

*“Art is the only way to run away without leaving home.”*

- Twyla Tharp

Mixed media art is completely open-ended and anyone can create it. No previous art ability is required for this course.

I believe that everyone has some artistic impulses inside of them. We will provide a time and place for them to come out and play! We will not be composing any type of writing. We are making art!

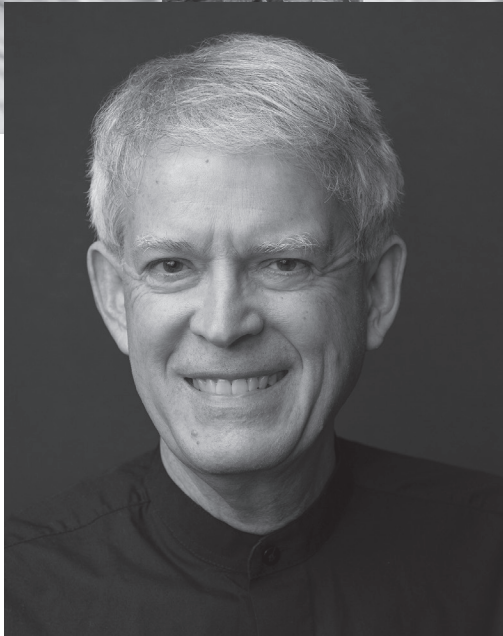
In this incredibly fun class we will become familiar with an assortment of art supplies: inks, paints, gesso, stencils, modeling pastes, rubber stamps, and thick gel mediums. We will be using assorted colors, wet and dry elements, and working in a simple 6x6 watercolor-papered journal. We will work on multiple pages at once, with no set rules aside from the guidelines I will be giving you.

The materials fee will cover the journal, paints, spray inks, gesso, two glue sticks, texture paste, assorted additional paper elements, and a few other minor supplies. Please bring the following to class with you: two empty cans (or cups) for water for brushes, a roll of paper towels, plain baby wipes, a heat tool or a hair dryer, scissors, an old gift or credit card, a roll of wax paper, and a tote bag to store materials.

**There are no required books for this course.**

**There is a \$35 materials fee (cash only, to be paid directly to the Study Leader) due at the first class session.**

**Format: Zoom**



## **Mark Nelson**

*Composer, conductor, theorist, and musicologist, Dr. Mark Nelson has over 30 years' experience teaching music and directing music ensembles. He currently teaches a series of music appreciation seminars at the Upper Valley Music Center and directs several area ensembles. He is animated by the notion that a musician is an historian—that performance and understanding are enriched by careful consideration of the aesthetic, socio-political, and biographical contexts from which a composition emerges.*

## **TUESDAY**

**1:30 PM - 3:30 PM**

**23-Apr to 21-May**

**5 sessions (10 hours)**

**Course Fee: \$70**

**ARTS**

**35**



## **Preparing to Hear J.S. Bach's *John Passion***

It begins with propulsive, throbbing, motoric figuration in the strings. A moaning swirl of dissonant intertwinings between two oboes unfolds simultaneously above. Soon the bass line leaves its insistent repetitions of a single pitch and initiates a foreboding chromatic descent; withal strings and oboes swell to the movement's first climax—three shrieks by the chorus, “Herr! Herr! Herr!”—“Lord! Lord! Lord!” These opening moments launch Johann Sebastian Bach's extraordinary *John Passion*. They set the tone for what Robert Schumann termed a “daring, forceful and poetic” work, one which John Eliot Gardiner similarly lauds as the “more radical” of Bach's Passion settings.

On May 18 and 19, Upper Valley Baroque will present two performances of the *John Passion*. This seminar aspires to help listeners to savor the work. We will consider Bach's unrelenting innovation in the domains of rhythm, texture, instrumentation, harmony, and drama. We will ponder the theology implicit in both the text and the music. And we will consider the work's antecedents in early-18th-century northern Europe.

**There are no required books for this course.**

**PLEASE NOTE: This schedule applies to the Zoom option for this course.**

## Format: In-person

(Blackberry Hill Art Center, Orford, NH)



## Dianne Burger

*Dianne's love of clay began in 2006 at the Armory Art Center, where she developed her skills through regular classes and the Master Artist Workshop series. Dianne taught Clay Construction at the Armory Art Center and The Pineapple House Ceramic Studio in West Palm Beach, FL. Dianne loves the process of bringing clay to life and helping others find that joy when creating their own pieces. Dianne owns and operates the Blackberry Hill Art Center in Orford, NH. [www.BlackberryHillArtCenter.com](http://www.BlackberryHillArtCenter.com)*



## Handbuilding with Clay

In this four-week, hands-on ceramic class, you will create functional or nonfunctional pieces using slabs and/or coils. You will explore different surface treatments by using texture rollers, stamping, and carving. You will be able to finish off your creations with a large variety of colorful glazes to choose from. All materials and tools will be provided, no prior experience is needed. Come and enjoy the freedom of creativity!

**There are no required books for this course.**

**There is a lab fee of \$160, payable to Blackberry Hill Art Center.**

# TUESDAY

**2:00 PM - 4:00 PM**

**07-May to 28-May**

**4 sessions (8 hours)**

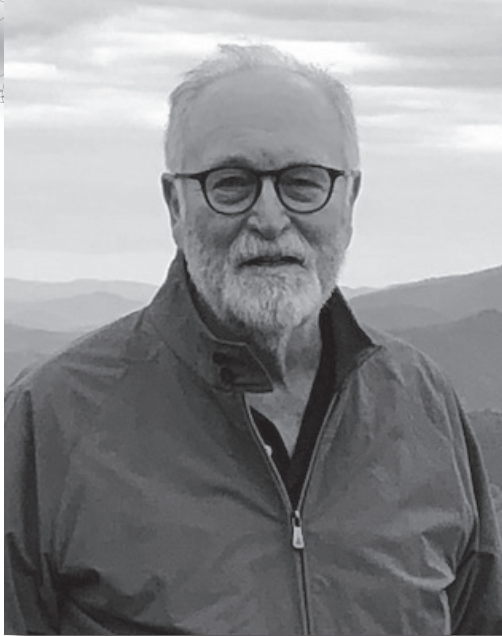
**Course Fee: \$50**

**Lab Fee: \$160**

**ARTS**

# 36

**Format: Zoom**



## David Grant

David Grant taught English at Milton Academy and The Mountain School in Vermont, which he co-founded with his wife Nancy. He has performed as Mark Twain around the world. In 1994 he lived in Ghana and taught a course on West African literature. David was President/CEO of the Geraldine R. Dodge Foundation in NJ before moving back to Strafford in 2010. He is the author of *The Social Profit Handbook* (2015), has served as board chair at Northern Stage, and is Town Moderator in Strafford.

## TUESDAY

2:00 PM - 4:00 PM

14-May to 11-June

5 sessions (10 hours)

Course Fee: \$70

HUMANITIES

37

## Modern African Novels: Two by Imbolo Mbue

Born and raised in Cameroon, educated in the US, Imbolo Mbue is one of the most exciting voices in the explosion of great literature written in the last ten years by African writers living on the continent and in the diaspora. Her debut novel, *Behold the Dreamers* (2016), is set in New York City and is an immigrant story told against the backdrop of the 2007-08 financial collapse. Her second, *How Beautiful We Were* (2020), is set in a fictional West African village where traditional ways are disrupted and life degraded by the activities of an American oil company. Both books have won multiple awards, and Mbue has been called “a spellbinding writer engaged with the most urgent questions of our day.”

This will be a reading and discussion course, with no lecturing. We will read approximately 160 pages a week. There is no expectation that participants will be familiar with, let alone experts on, African literature. Our focus will be on how stories are told, how culture is revealed, and how literature gives us insights into the world and ourselves. Optional reading will be Chinua Achebe’s 1958 novel, *Things Fall Apart*. This course is intended as the first in a series.

### Required Books:

- *Behold the Dreamers* - Imbolo Mbue (ISBN-13: 978-0525509714)
- *How Beautiful We Were* - Imbolo Mbue (ISBN-13: 978-0593132449)

### Optional Book:

- *Things Fall Apart* - Chinua Achebe (ISBN-13: 978-0385474542)

**Format: HyFlex**  
**(1 Court St, Lebanon, NH)**



## **Brain and Behavior Part 2: How Do We Process the World Around Us?**

How does the brain support behaviors such as our ability to learn, to remember, or process incoming information? How is each of our brains unique? How and why do each of us “see” the world differently? The class will introduce the broad landscape of the field of cognitive neuroscience through both readings and through doing hands-on psychological experiments.

A lot of science is meant to be read by scientists, but when it comes to something as inherently interesting and relatable as the brain, it is important to make this material digestible, and that is the scope of the course!

This course is open to all students. Students who previously took “Brain and Behavior - How Are They Linked?” are encouraged to come back for Part 2 since this course will cover new information. Part 1 is not a prerequisite for this course.

**There are no required books for this course.**

### **Clara Sava-Segal**

*Clara is a PhD student at Dartmouth College and has been working at the intersection of neuroscience and psychology research for the last seven years. One of the questions that her research explores is how and why we reach variable interpretations (or memories!) of the same experiences.*

**TUESDAY**

**5:00 PM - 7:00 PM**

**07-May to 04-Jun**

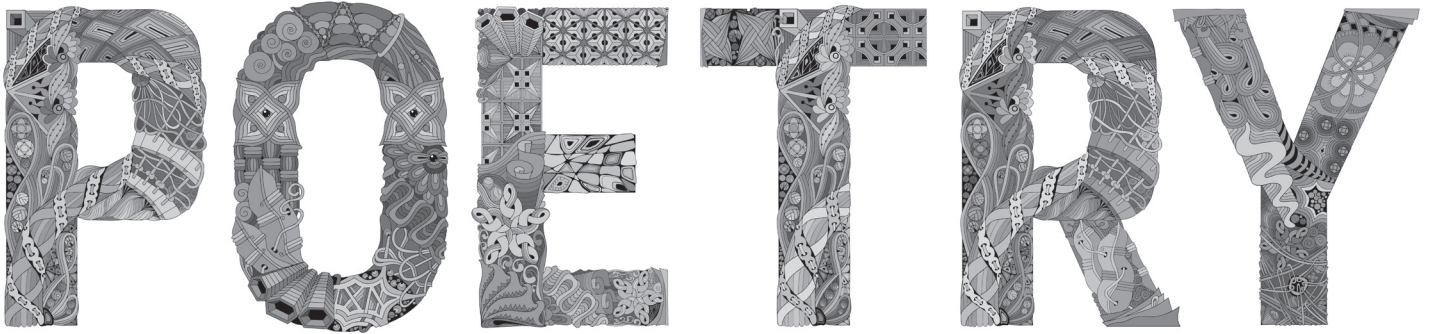
**5 sessions (10 hours)**

**Course Fee: \$70**

**SOCIAL SCIENCES**

**38**

**Format: Zoom**



## **Plunge and Play Poetry Writing**

This is a poetry writing class for all levels. Each week we begin with a short writing exercise, then we look at a poem I have selected to discuss and analyze. I will have chosen an aspect of that poem for class members to think about as they write their own poem to be shared with the class the next week.

I emphasize positive comments to help the poets/participants know what is successful about their work. I like to think it's fun, and we always learn a lot from each other.

## **Page Coulter**

*Page Coulter has published seven books of poetry. She received a masters in liberal studies from Wesleyan University. Page lives in New Hampshire with her partner, two cats, and an Australian shepherd. She loves walking daily with her dog in the White Mountain area.*

**There are no required books for this course.**

## **WEDNESDAY**

**9:00 AM - 11:00 AM**

**17-Apr to 29-May**

**7 sessions (14 hours)**

**Course Fee: \$90**

**HUMANITIES**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## Toni Egger

Toni Egger taught English literature and theater at Phillips Academy and Sidwell Friends School in her salad days. She spent the next thirty years in television, writing and producing for National Geographic and USA Today on television and developing programs for Discovery Communications. Egger spent a decade trying to be a farmer in Rappahannock County, VA and retired to the Upper Valley ten years ago.

## WEDNESDAY

9:00 AM - 11:00 AM

24-Apr to 29-May

6 sessions (12 hours)

Course Fee: \$70

HUMANITIES

40



"August Wilson Side Door Mural On The Iroquois Building (Pittsburgh, PA)" by takomabelot is licensed under CC BY 2.0.

## A Taste of August Wilson's "Century Cycle"

The playwright August Wilson won Pulitzer Prizes for two of his ten plays in what has become known as the "Century Cycle." Each play tackles a decade of the African American experience during the 20th century. All but one take place in Pittsburgh, Wilson's hometown. Wilson said of his work, "What I want to do is place the culture of Black America on stage, to demonstrate that it has the ability to offer sustenance."

In this course, we'll feast on three of the plays in the cycle: *Gem of the Ocean* (1900s), *Joe Turner's Come and Gone* (1910s), and *The Piano Lesson* (1930s). Wilson completed the last play in the cycle *King Hedley II* when he was at Dartmouth as a Montgomery Fellow. We'll also discuss the movies *Ma Rainey's Black Bottom* (1920s) and *Fences* (1950s), based on Wilson's plays by the same titles. Historical context will be provided for each play.

Students should come prepared to read aloud, and to learn the basics of playwriting, acting, and directing, as they help inform Wilson's work.

### Required Books:

- *Gem of the Ocean* - August Wilson (ISBN-13: 978-1559362801)
- *Joe Turner's Come and Gone* - August Wilson (ISBN-13: 978-0452260092)
- *The Piano Lesson* - August Wilson (ISBN-13: 970-0452265349)



**Format: In-person**

*(Hotel Coolidge, White River Junction, VT)*



## **Maynard Goldman**

*Maynard Goldman is a graduate of the University of Michigan with a BA in Political Science and the Harvard Law School with a JD. A long time participant in the political process, he has received appointments from Governors of Massachusetts and NH on both sides of the aisle. He was an Adjunct Professor at Colby Sawyer College and has been teaching at Osher for more than 10 years.*

## **WEDNESDAY**

**10:00 AM - 12:00 PM**

**24-Apr to 05-Jun**

*(24-Apr, 08-May, 22-May, 05-Jun)*

**4 sessions (8 hours)**

**Course Fee: \$70**

**CURRENT AFFAIRS**

**41**



## **The Road to the White House: The Primaries and Beyond**

Only twice in American history—1892 and 1912—have former presidents run against one another. The possibility this could be the third such race despite age, low approval ratings, ongoing court cases and other challenges—all of which promise twists, turns and general mayhem—make this a “must watch” primary season.

State presidential primaries run from January to June, supposedly to select delegates to national conventions that choose party nominees. But could this unique mash-up of personalities, positions, and problems change the process from choosing a nominee to ratifying choices already made? Or could we see new and younger faces on the horizon?

We’ll discuss the history of primaries and their relevance to today’s political realities—a conversation that will include topics such as:

- The possibility of numerous 3rd party candidates
- The impact of current events—wars, the economy, abortion and other issues
- Party strategies – complete with super-delegates, PLEOs, hard and soft delegates
- The importance of polling, media coverage, campaign financing, advertising and endorsements.

Decisions made this Spring will likely reverberate well beyond Election Day. Join us for this incredible journey on the Road to the White House.

**There are no required books for this course.**

**Reading materials will be shared electronically via Google Drive.**

**Please note that this course meets every other week; see schedule at left.**

**Format: In-person**  
**(Various outdoor locations)**



## Alice Schori

*Alice (graduate of Oberlin College) is a field botanist who studied native plants through the New England Wild Flower Society starting in the mid-1990s. She has performed botanical surveys for conservation organizations and the Towns of Hanover and Lyme, and spent nine summers doing similar work for the White Mountain National Forest.*

## Lynnwood Andrews

*Lynnwood Andrews is a retired clinical child psychologist who volunteered for the Montgomery County Parks Weed Warrior program in Maryland leading groups pulling non-native invasives. As a Vice President of the Little Falls Watershed Alliance she worked with elementary school teachers and students to establish native plants on school grounds. She has taken botany and plant identification classes through Osher, and at the Native Plant Trust. She works as a Plant Conservation Volunteer for the Native Plant Trust and is a member of the Norwich Conservation Commission.*

## WEDNESDAY

**10:00 AM - 12:00 PM**

**08-May to 29-May**

**4 sessions (8 hours)**

**Course Fee: \$50**

**NATURAL SCIENCES**

## Spring Wildflowers and Ferns (Sect. 2, Wed.)

Are you eager to get to know your neighbors—that is, your neighbors in the plant kingdom? Would you like to hone your plant identification skills while watching the approach of spring?

This series of field trips will start at the Native Plant Trust's Plainfield Sanctuary, a sheltered slope near the Connecticut River where spring usually arrives early. In subsequent weeks, we'll visit Lebanon's Boston Lot, Hanover's Mink Brook Nature Preserve, and finally some higher elevations in Hanover or Lyme, depending on how the season is progressing. Exploring a variety of plant communities, we'll become familiar with some of the common ferns and spring flowers of the Upper Valley.

Some discussion of phenology (the study of how living things time natural events) and recognition of invasive, non-native species will be included. During this four-week class, we will find and examine as many different plants as we can and practice using keys to identify them. Field trips will meet rain or may be rescheduled to avoid torrential downpours or thunderstorms. Excursions will be mostly on easy terrain but will include some moderate hills and maybe a bit of bushwhacking.

### Optional Books:

- ***Newcomb's Wildflower Guide* - Lawrence Newcomb (ISBN-13: 978-0316604420)**
- ***Fern Finder* - Anne C. and Barbara G. Hallowell (ISBN-13: 978-0912550244)**
- ***Wildflowers of New England* - Ted Elliman & New England Wild Flower Society (ISBN-13: 978-1604694642)**

**Format: Zoom**



## **Sarwar Kashmeri**

*Sarwar Kashmeri is the host of "Polaris-Live.com," and a Senior Fellow of the Foreign Policy Association. He is the author of three books, including China's Grand Strategy, Weaving a New Silk Road to Global Primacy. His new essay "The Future of NATO," appears in the FPA's 2024 Great Decisions publication. His articles have appeared in leading publications, and he speaks frequently to business and military audiences. Sarwar has led Osher courses for over a decade.*

## **WEDNESDAY**

**11:00 AM - 1:00 PM**

**10-Apr to 29-May**

**8 sessions (16 hours)**

**Course Fee: \$90**

**CURRENT AFFAIRS**

**43**

## **Present at This Creation**

In his hugely praised autobiography, one of America's great Secretaries of State, Dean Acheson described the creation of the "new world order" as it was chiseled, under US leadership, from the carnage of the Second World War. Because he was one of the key architects of that US-led Order, he called his book *Present at the Creation*.

After 80 years, that 1940s Order is giving way to a new one that is no longer dominated by the United States, given that the U.S. now shares superpower status with China; and increasingly both are influenced by countries of the global south. With today's interlinked world of electronic communications, trade, technology, and low-cost military weapons, many nations will have a hand in shaping the new US-China dominated order.

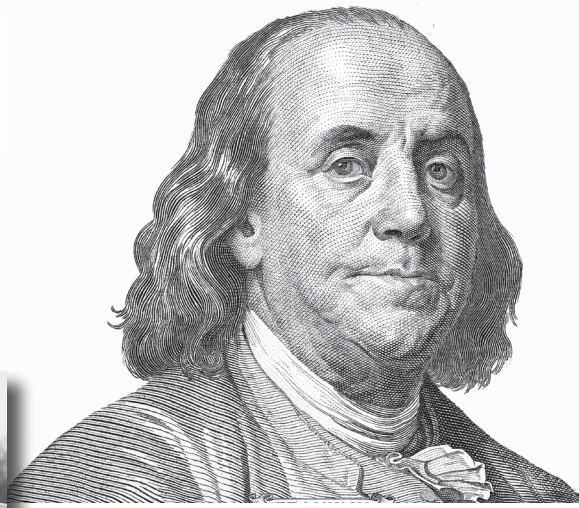
This Osher class, in Dean Acheson's words, is *Present at This Creation*, and we will discuss, identify, and recommend ways the US can engage with the rest of the world, especially China, to try and preserve its interests and values. Time permitting, the class will hear from current affairs and business specialists.

Acheson's book is an important symbol of the past, but is not required reading for this course. Instead, we will focus on a NEW world order with David Dakui Li's recent book, which will be augmented with reports and articles.

### **Required Book:**

- ***China's World View: Demystifying China to Prevent Global Conflict* - David Dakui Li (ISBN-13: 978-0393292398)**

**Format: Zoom**



## **The Hour That Changed Ben Franklin Forever**

When he awoke the morning of Saturday, January 29, 1774, Benjamin Franklin was a dedicated royalist, a man of King and country. When he went to bed that evening, Franklin was a confirmed revolutionary. What happened? In this course, members will explore the extraordinary hour that transformed Ben Franklin into one of the leaders of the American Revolution.

**There are no required books for this course.**

### **Jim Bays**

*Jim Bays is a retired corporate attorney who has taught Osher courses at Dartmouth and in Texas on U.S. history in the late 18th century, including courses on Thomas Jefferson, Ben Franklin, the transition from the Articles of Confederation to the U.S. Constitution, and the Electoral College. He is a 1971 graduate of Dartmouth College and received his law degree from the University of Virginia Law School in 1974.*

## **WEDNESDAY**

**11:30 AM - 1:30 PM**

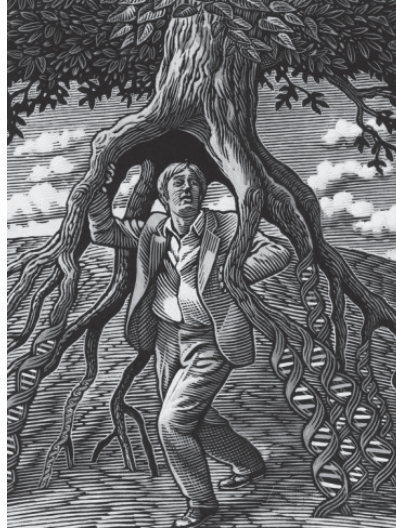
**17-Apr to 24-Apr**

**2 sessions (4 hours)**

**Course Fee: \$50**

**SOCIAL SCIENCES**

**Format: HyFlex**  
**(1 Court St, Lebanon, NH)**



## **Lana Leggett-Kealey**

*Lana Leggett-Kealey, Ph.D., Certified Genealogist, has a doctorate in chemistry and worked in pharmaceutical development for many years. She began testing relatives' DNA and the application to genealogy in 2011. She has been certified by the Board for Certification of Genealogists "BCG" since 2019 and works with clients from all over the world.*

## **Genealogy & DNA Case Studies**

As of January 2024, it is estimated that over 25 million people have tested their DNA with consumer testing sites. If you're one of them, are you getting the full benefit of your results?

In this course, application of DNA results to solve genealogical problems will be presented, followed by case studies that demonstrate the various techniques. And we will also divulge the limitations of the results. Time will be spent discussing the science of autosomal DNA (atDNA), how to get ancestral clues from your "DNA cousins," and effective use of advanced tools, like clustering, chromosome browsers, DNA segments, and triangulation. We will also discuss utilizing the unique features of Y-DNA, mtDNA, and X-DNA, in identifying ancestors of a DNA tester. Examples will be provided with real-life case studies that use document evidence and DNA to identify previously unknown ancestors of several testers.

Familiarity with your individual DNA test results (especially atDNA) will be helpful as you follow along and ask questions.

The class will combine lecture with class discussion.

**There are no required books for this course. Course materials will be available online.**

**WEDNESDAY**

**12:30 PM - 2:30 PM**

**15-May to 05-Jun**

**4 sessions (8 hours)**

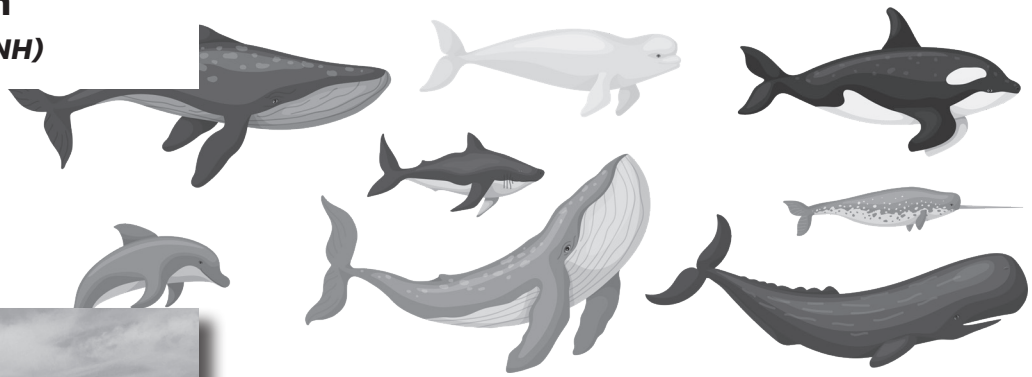
**Course Fee: \$50**

**INTERDISCIPLINARY**

**45**

**Format: In-person**

**(1 Court St, Lebanon, NH)**



## **Rob Nawojchik**

*Rob Nawojchik received a BS in biology from Cornell and an MS in systematic ichthyology from the Univ. of Washington. For 14 years, Rob was the Staff Biologist at the Mystic Aquarium in Connecticut, where, in part, he coordinated the marine mammal and sea turtle stranding program for CT and Rhode Island. Rob was then a Senior Marine Biologist at a firm in Texas. He now lives in the Upper Valley and leads yearly trips to Baja California to observe and photograph whales and other marine life.*

## **WEDNESDAY**

**1:00 PM - 3:00 PM**

**17-Apr to 15-May**

**5 sessions (10 hours)**

**Course Fee: \$70**

**NATURAL SCIENCES**

## **Whales, Dolphins, Seals, and Sea Lions: The Biology of Marine Mammals**

Marine mammals (whales, dolphins, seals, sea lions, and others) include some of the most iconic species in the animal kingdom. The term “charismatic megafauna” certainly applies to these animals. What’s more charismatic than a bottlenose dolphin? Or more mega than a blue whale?

Because of their broad appeal, many people have at least a passing knowledge of some of these species, but therein lies a problem. So much has been written and said about these animals, sometimes it’s hard to separate fact from fiction. Much of what we read in the popular literature, or hear in the public media, is hyperbolic or downright wrong.

In this course we will examine the diversity of marine mammals. We will discuss many aspects of marine mammal biology, including evolution, anatomy, physiology, taxonomy, ecology, behavior, and conservation. We will review some of the latest scientific advances in marine mammalogy.

Rob will draw from his many experiences working with marine mammals. His presentations will feature his photographs of marine mammals from around the world. A science background is not necessary, as we will start with the basics. There will be a few optional readings.

**There are no required books for this course. Some reading materials will be available online.**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## Michael Galbraith

*Michael Galbraith has a BS in Chemical Engineering from W.P.I. and an MBA from Northwestern University. After 45 years in the paint and detergent business and living and working throughout the country, he has retired to Hanover. Between making batches of paint, he became a pseudo-history buff and felt it would be more interesting to lead an Osher at Dartmouth course on a historical subject rather than one on how to make paint.*

## Influential People

Who were the most influential people of the last 1,000 years? This course will investigate the path of civilization through the people who most influenced the progress of that period of history. Bring on your opinions—who you think are the most influential people—and together we will work toward a consensus master list. We will even have the audacity to compare and rank these 100 people as to their contribution and influence (Shakespeare, Columbus, Newton?).

This will be an interactive course. Participants can, if they wish, look up information on other various influential people, sharing with the class their accomplishments, place in history, and influence on the progress of civilization. Bring your years of experience, opinions, thoughts, and bias, too. Together we will have fun enjoying a mind-stretching course.

**Study Leader will provide reading materials.**

## WEDNESDAY

**2:00 PM - 4:00 PM**

**03-Apr to 29-May**

**(NO CLASS 24-Apr)**

**8 sessions (16 hours)**

**Course Fee: \$90**

**ARTS**

**47**

**Format: In-person**  
*(1 Court St, Lebanon, NH)*



## Hot Topics at the Cold Regions Lab

This course will feature research scientists and engineers from the Cold Research and Engineering Laboratory (CRREL), who will be discussing ongoing projects that address significant challenges to military and civilian communities. The discussion series will open with a history of CRREL, explaining the rationale for establishing a federal lab specializing in cold regions research and engineering.

Working from this basis, the other presentations will describe current major projects. At the conclusion of the class, schedules permitting, an in-person tour of the unique and world-renowned laboratory facilities will be offered. The overall aim of this course is to provide a perspective on the broad range of issues that are tackled by the CRREL research staff, many of which benefit our local community.

**There are no required books for this course.**

### **Elias Deeb** **Robyn Barbato** **Zoe Courville**

*ELIAS DEEB, a physical scientist at CRREL, studies global snow/ice using space, airborne, and field methods with focus on water resources and climate impacts. ROBYN BARBATO, a soil microbiologist at CRREL, studies permafrost/snow microbiology, terrestrial signals/sensing, cold regions biotechnology. ZOE COURVILLE, a mechanical engineer at CRREL, researches snow and ice systems with focus on polar engineering including crevasse detection as well as past climate reconstruction from ice cores.*

## **WEDNESDAY**

**2:00 PM - 4:00 PM**

**10-Apr to 29-May**

**8 sessions (16 hours)**

**Course Fee: \$90**

**NATURAL SCIENCES**



**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## **Dan DeMars**

*Dan has lived in Norwich, VT since 1996 with his wife and two sons. As a child, he was fascinated by space flight, notably the Apollo lunar landings. Over the decades, Dan has collected documentation on NASA's Mercury, Gemini, and Apollo programs and has met several NASA astronauts over the years (e.g., Cernan, Bean, Lovell, and Carpenter). Professionally, he has served as a management consultant to academia, to the biotech industry, and to independent secondary (preparatory) schools.*

## **WEDNESDAY**

**5:00 PM - 7:00 PM**

**17-Apr to 12-Jun**

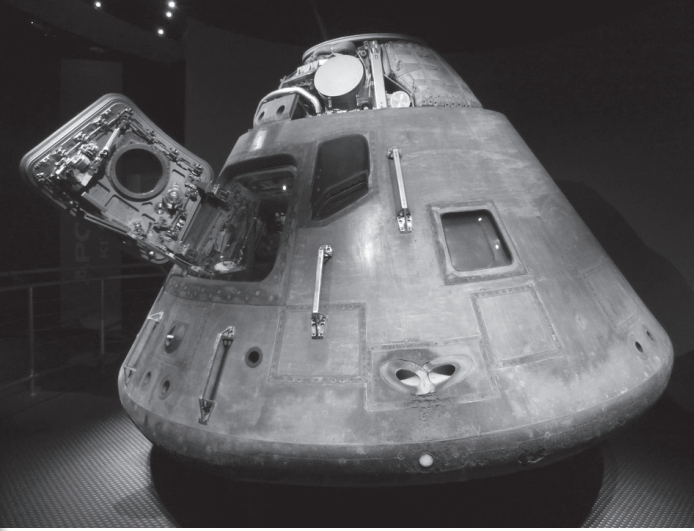
**(NO CLASS 15-May)**

**8 sessions (16 hours)**

**Course Fee: \$90**

**INTERDISCIPLINARY**

# **49**



## **Mercury, Gemini & Apollo, NASA's Golden Age: A 50-Year Retrospective**

Do you recall NASA's "Golden Era" of the 1960s and early 1970s? Were you involved in any way in these programs? This retrospective course takes you back, from the post-WWII establishment of NASA to the early suborbital flights of the one-man Mercury capsule, through the experimental Gemini flights, to the breathtaking lunar landings of the Apollo missions.

In a manner that emphasizes the historical—rather than the technical—aspects of the program, a number of questions will be asked, discussed, and answered: Why was this a national imperative? What about the sociopolitical climate of the time (e.g., Vietnam, student unrest, program funding)? How were the missions planned and why? What were the specific goals of each flight? What was learned and what unexpected challenges were faced and overcome? What roles did research universities have in NASA's success? Who were selected as astronauts and what criteria did they need to meet? Who flew which flights and why? What societal advances resulted (directly or indirectly) from these missions.

A chronological review of flights and the rationale for mission planning will be covered, as well as astronaut selection and crew assignments.

**There are no required books for this course.**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**

## **What Is Art? Six Movies That Explore the Question**

Come with me and explore Art as it appears in film. We will start 32,000 years ago with Werner Herzog's *Cave of Forgotten Dreams*, segue into the animated and beautiful *Loving Vincent*, view three bios of artists Frida, Pollock, and Basquiat, and lastly the genius of Woody Allen and a mixture of art, artists, and time travel in *Midnight in Paris*. These films are all eye-opening and make us ask the question, "What is Art, and how do we distinguish between genuine artists or simply a fashion of the times?"

### **Tom Urgo**

*Tom Urgo has presented numerous classes for both ILEAD and Osher. He lawyered for 40+ years, held a world record verdict, and saved a park, but more importantly, tried to help as many people as possible with their legal issues. He also played (three-time MVP) and coached sports, and has been a photographer for most of his life. Along with law, Tom graduated college with a degree in Fine Arts and has had his photographs appear in national and local publications together with winning several best-in-show awards in juried photo competitions.*

**There are no required books for this course.**

## **THURSDAY**

**9:00 AM - 12:00 PM**

**02-May to 06-Jun**

**6 sessions (18 hours)**

**Course Fee: \$90**

**ARTS**

**50**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## **Susan Brink**

*Susan entered the travel business in 2019 with the creation of ChasingStreetArt. As a travel company ChasingStreetArt was founded on the principle that traveling is a new culture is most engaging when the classic monuments are melded with contemporary culture and experiences. She has traveled extensively throughout the US, sub-Sahara, MENA, and Europe. North Africa with its melding of ancient and contemporary is one of her great travel interests.*



## **Morocco Today**

Morocco is a North African country with a rich and diverse culture that has been shaped by its history and geography. Located at the crossroads of Europe, Africa, and the Middle East, Morocco has been inhabited by Berbers, Arabs, and other ethnic groups for thousands of years.

A course on Morocco's history and current affairs would delve into the country's fascinating past, from the ancient civilizations that once flourished there to the modern era of colonization and independence. It would also explore contemporary issues facing Morocco, such as economic development, political stability, and cultural identity.

Overall, studying Morocco provides a unique opportunity to learn about a vibrant and dynamic country that is both historically rich and culturally complex.

This course combines lectures with discussions.

**There are no required books for this course.**

## **THURSDAY**

**9:30 AM - 11:30 AM**

**11-Apr to 18-Apr**

**2 sessions (4 hours)**

**Course Fee: \$50**

**TRAVEL**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## **Roy Finney**

*Roy Finney holds 1st Class Honors degrees in Physics and Mathematics from Imperial College, London. After graduating in 1966, he entered the nascent mini-computer industry centered in Boston, moving to the computer software industry in the mid-eighties. He retired as president of a corporation providing proprietary application software to industrial and financial organizations. After retirement he returned to following his true passion—physics.*

## **THURSDAY**

**9:30 AM - 11:30 AM**

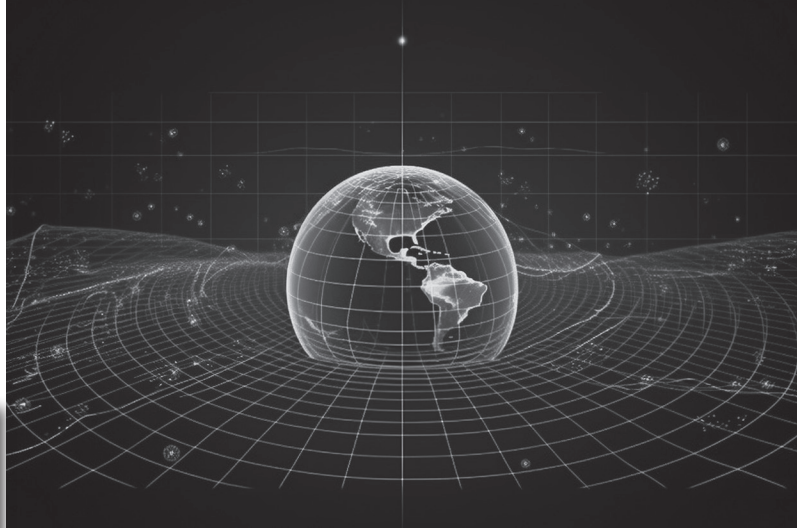
**09-May to 30-May**

**4 sessions (8 hours)**

**Course Fee: \$50**

**NATURAL SCIENCES**

**52**



## **Grasping the Universe**

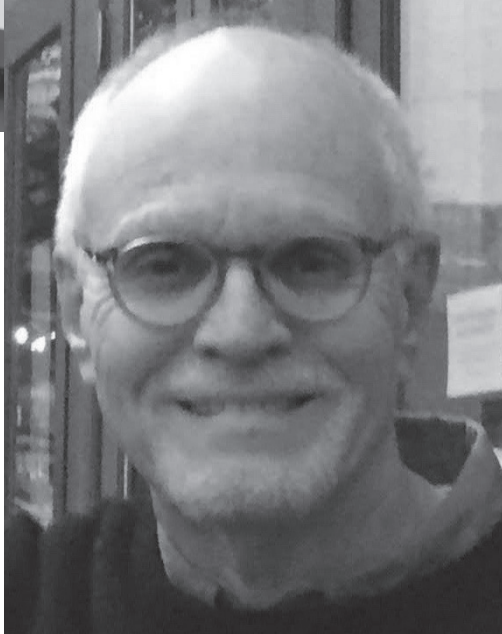
When it comes to grasping the universe there is a lot to wonder. This four-week course is dedicated to investigating, in-depth, the following three questions:

1. Why time dilates and lengths contract. Time and lengths are not absolute.
2. Why space is not simply a big void but is filled with four-dimensional “spacetime.”
3. Why the force of gravity requires “spacetime.”

In each class we will flush out the meaning and consequences of the underlying discoveries and highlight the contributions of the Nobel Laurates involved. Among these are the giants: Einstein and Minkowski, and the sages: Newton and Galileo. An appreciation of natural science will help you get the most out of this class.

**There are no required books for this course.**

**Format: Zoom**



## **Richard Thames**

*Rick Thames is an award-winning journalist and former executive editor who led the newsrooms of two major newspapers. Thames has also taught journalism at the university level. He has designed this course to help revive the coverage of news in communities quickly becoming “news deserts” across America.*

## **THURSDAY**

**10:00 AM - 12:00 PM**

**11-Apr to 30-May**

**8 sessions (16 hours)**

**Course Fee: \$90**

**ARTS**

**53**

## **How to Report and Write News in Your Community**

Are you ready to join the new wave of local news journalists? They are answering a critical need for someone to cover community news as traditional media outlets shrink or fold, all together. Hundreds of news platforms—some legacy, others start-ups—are now open to the use of freelancers and volunteers to help them tell their region’s stories. If you can write well and shoot photos and video with a smartphone, you may have what it takes to cover the news at the local level. This eight-week course introduces the basics of news reporting and writing for mass media. You will also learn principles needed to be an effective and ethical journalist. The class will be a combination of lectures, discussion and guest speakers. It also requires outside reading, writing and research that can be done from home. Your goal will be to get at least one original piece published in your community by the end of the course.

### **Optional Book:**

- ***The Elements of Journalism: What Newspeople Should Know and the Public Should Expect (Revised and Updated Fourth Edition)* - Bill Kovach & Tom Rosenstiel (ISBN-13: 978-0593239353)**

**Format: Zoom**



## **Alina Fiorella**

*Alina Fiorella is a recent Russian MPhil graduate from the University of Bristol (UK) and has a BA in Russian Language, Literature, and Culture from the University of Pennsylvania. Her area of specialization is nineteenth-century Russian and early Soviet literature, with a particular interest in identity narratives. Outside of her research interests, Alina likes long walks, a good courtroom drama, and talking about literature with willing family and friends.*



## **The Master and Margarita: A Brief Introduction**

Satan insists that Jesus existed. An affluent Soviet wife becomes a witch to save her denounced lover. Pontius Pilate suffers eternal guilt. Doesn't sound familiar? Time to read Mikhail Bulgakov's *The Master and Margarita*.

Little known among lay Western readers, Bulgakov's magnum opus enjoys a cultlike status in Russian culture and is one of the twentieth century's greatest—and strangest—novels.

This eight-week, discussion-driven course tackles Bulgakov's literary tour-de-force by engaging its key themes, narrative structure, and historical context via required and optional readings. What, we will ask, is the relationship between the novel's Biblical and Soviet plots, and how does this double narrative form inform the text's major themes?

Set in 1930s Moscow, Bulgakov's novel still resonates today, inspiring Pearl Jam's "Pilate," Patti Smith's "Banga," and Salman Rushdie's *The Satanic Verses*. "Follow me, reader!"

### **Required Book:**

- ***The Master and Margarita* - Mikhail Bulgakov (ISBN-13: 97-0143108276)**

**THURSDAY**

**11:00 AM - 1:00 PM**

**11-Apr to 30-May**

**8 sessions (16 hours)**

**Course Fee: \$90**

**HUMANITIES**

**Format: Zoom**



## **David Gordon**

*David received a BFA from the School of the Museum of Fine Arts in Boston. He explored many types of painting before plein air (painting outdoors) became his main focus. He creates one-session paintings as well as larger pieces painted solely outdoors in many sessions over the course of several weeks or a month or more. His process is grounded in intuition, spontaneity, and direct observation rather than reliance on set rules and techniques.*

## **THURSDAY**

**11:30 AM - 1:30 PM**

**09-May to 30-May**

**4 sessions (8 hours)**

**Course Fee: \$50**

**ARTS**

**55**



## **Plein Air: Painting Outdoors**

Painting outside from observation is so direct! Yes, there are many techniques and generalizations you can learn, but it can also be as simple as going outside, finding something that interests you, and painting what you see. In this class you will learn the essentials of value, color, and composition with an approach that is grounded in intuition, spontaneity, and direct observation rather than reliance on set rules and techniques. You will also learn about materials and supplies.

David's main medium is oil paint. This is a great opportunity to get started with oils, or you can use whatever materials you have. Zoom sessions will be loaded with visual examples and video demos with time for discussion. Students will be expected to paint outdoors at least once between each class and will be able to show and discuss their work.

David is passionate about getting people to try plein air painting for the first time as well as enriching and reinvigorating the practice of more experienced artists.

This workshop is open to all levels of experience. See David's paintings at [www.davidgordon.art](http://www.davidgordon.art).

**There are no required books for this course.**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## Kate Farricker

*Kate Farricker is the (retired) owner of a rubber stamp store, called AbsolutelyEverything, located in Massachusetts. She has been teaching mixed media arts, altered books, card-making, and assorted jewelry classes for eighteen years. She has relocated to the Upper Valley recently and is eager to start teaching again.*

## THURSDAY

**12:30 PM - 3:30 PM**

**09-May to 13-Jun**

**6 sessions (18 hours)**

**Course Fee: \$90**

**Materials Fee: \$35**

**ARTS**

# 56



## Mixed Media All-Occasion Card Making for Spring

Please join me in this creative activity of card-making. We will be focused on spring themes (think flowers and butterflies). If you have never made cards before, this will be very easy for you. If you have made millions of cards before, this may introduce some new materials and designs to you.

Any of the cards can be purposed for birthdays, anniversary, Mothers Day, Fathers Day, get well. I will have lots of word stamps to customize your cards as you like.

There is a kit fee of \$35, payable in cash at the first session. The kit will include materials for 20 cards, assorted printed base papers, as well as plain watercolor and heavystock papers, assorted rub-on sheets, an embossing ink pad, and a set of four mini permanent ink pads in assorted colors.

In addition to these supplies which you may keep and take home, I will bring in items for sharing: die cut machines and dyes, embossing powders, 3-D embossing folders, rubber stamps and inks, ribbons, wash tapes, glues, and glitters, (and possibly whatever pops into my mind before the first class!). This class will be very organized with materials for each card pre-sorted for you, and the pace of the class will be comfortable.

**There are no required books for this course.**

**There is a \$35 materials fee (cash only, to be paid directly to the Study Leader) due at the first class session.**



**Format: Zoom**



## **Larry Canepa**

*Chef Larry P. Canepa is a Certified Culinary Educator and Le Cordon Bleu Chef, author, researcher, food historian, and lecturer of culinary topics. Chef Larry has a dynamic, innovative, and engaging style that incorporates food history, culinary arts, education, and 'food-tainment' into every class and event.*



## **Food, Glorious Food!**

Food is more than survival. The sharing of food has always been part of the human story. With it we make friends, court lovers, and count our blessings. Everyone loves a celebration! And there's no celebration without glorious food.

Regardless of their culture or religion, people love to eat when they are celebrating. Food enhances the experience, promotes interactions between people, and provides a platform for bonding. To break bread together captures the power of a meal to forge relationships, bury anger, provoke laughter. Join me in a glorious celebration of food traditions around the world.

**There are no required books for this course.**

**THURSDAY**

**2:00 PM - 4:00 PM**

**25-Apr to 02-May**

**2 sessions (4 hours)**

**Course Fee: \$50**

**INTERDISCIPLINARY**

**57**

**Format: Zoom**



## **Morris Kaplan**

*Following a distinguished career in nursing home and dementia care, Morris Kaplan, also an attorney, spends his retirement providing pro bono legal representation to victims of domestic abuse. He also teaches or has taught Spanish by Zoom to OLLI programs at Stony Brook University, Emory University, Duke University, George Mason University and Johns Hopkins University. Mr. Kaplan is fluent in Spanish and nearly fluent in Korean.*

## **THURSDAY**

**2:00 PM - 4:00 PM**

**25-Apr to 13-Jun**

**8 sessions (16 hours)**

**Course Fee: \$90**

**HUMANITIES**

**58**

## **Intermediate Spanish Grammar & Conversation, Part 2**

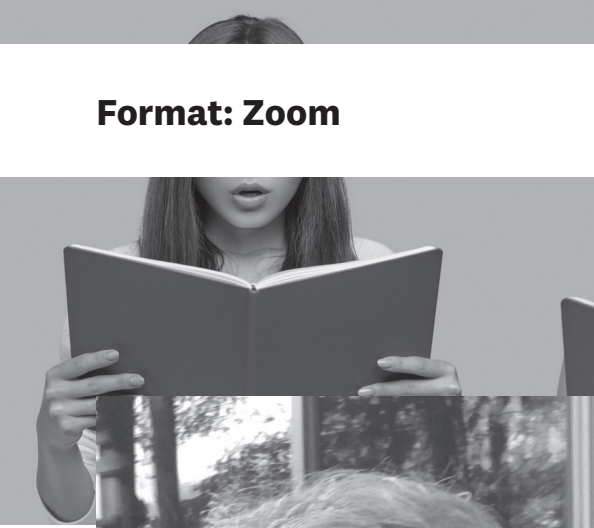
Using a helpful textbook and specially curated YouTube videos, Mr. Kaplan teaches Spanish in a fun, interactive, and very effective way.

This class will focus on the present, past, future, conditional and other tenses, and commands. No homework or tests. The required books will be used during class and are needed to follow along with the instructor's on-screen presentation. Just sit back and listen as we do grammar exercises, watch Spanish language videos and speak in Spanish to each other. It's an easy way to learn how to speak the second most spoken language in America. Learning a foreign language has also been shown to delay or reduce the onset of dementia. This course is a continuation of the Winter 2024 class, but all are welcome.

### **Required Books:**

- ***Basic Spanish Step-By-Step* - Barbara Bregstein (ISBN-13: 978-0071463386)**
- ***Advanced Spanish Step-by-Step* - Barbara Bregstein (ISBN-13: 978-0071768733)**

**Format: Zoom**



## **Hilary Llewellyn-Thomas**

*For over 35 years Hilary Llewellyn-Thomas, PhD, wrote research-based scientific papers about individuals' decision making in close-call health care situations. Since retiring, she's been able to devote time to writing historical fiction. Her novel, I Claim My Right of Answer, tells the story of the first noblewoman to be imprisoned—along with her five young children—in the Tower of London. To enhance its brain-grabbing characteristics, Hilary is working on the manuscript's 3,968th revision.*

## **How Well-Told Novels Capture Our Brains**

What is going on in our brains when we read a novel that grabs us and won't let go? In *Wired For Story*, Lisa Cron argues that our brains are hard-wired to pay attention to well-told stories because paying attention teaches us about the world. Since knowledge about the world helps us survive, compelling stories have been “crucial to our evolution—more so than opposable thumbs.”

Cron says compelling stories have specific characteristics that hook our brains into paying attention. Compelling stories stick to the need-to-know stuff, are emotion-based, focus on wants and needs, concentrate on specific images, highlight conflict, follow a cause-and-effect pathway, weave in difficulties, draw upon memories, and move from setup to payoff.

In this course, we'll read sections of Cron's book, and we'll watch video clips about how fiction-writers use these hooks to transport us into their gripping stories. And we'll discuss how well (or not!) these brain-hooks emerge from the pages of our favourite dramatic novels. The course objective is not to turn us into writers but to enrich our understanding about how our brains enjoy the fiction we read.

## **THURSDAY**

**2:00 PM - 4:00 PM**

**02-May to 30-May**

**5 sessions (10 hours)**

**Course Fee: \$70**

**HUMANITIES**

### **Required Book:**

- ***Wired For Story: The Writer's Guide to Using Brain Science to Hook Readers From the Very First Sentence* - Lisa Cron (ISBN-13: 978-1607742463)**

**Format: Zoom**



## Larry Canepa

*Chef Larry P. Canepa is a Certified Culinary Educator and Le Cordon Bleu Chef, author, researcher, food historian, and lecturer of culinary topics. Chef Larry has a dynamic, innovative, and engaging style that incorporates food history, culinary arts, education, and 'food-tainment' into every class and event.*

## THURSDAY

**3:00 PM - 5:00 PM**

**11-Apr to 18-Apr**

**2 sessions (4 hours)**

**Course Fee: \$50**

**INTERDISCIPLINARY**

**60**



## Is It Soup Yet?

Soup is good food! We'll discover why and make bowlfuls of our international favorites, from Albondigas to Zuppa Toscana, and from comfort food to *haute cuisine*.

Humans have been eating soup since the Stone Age. Since the first early humans put animal bones and foraged vegetables in a pot with water and set it over the fire, thousands of soups have emerged from around the world featuring unique ingredients and cooking styles. A soup can be a simple arrangement of a handful of ingredients or a complicated affair with hours of simmering and a dozen toppings. Some soups are smooth and pureed, some are chunky, while others are studded with dumplings or long ribbons of noodles.

When you're in need of something comforting, soup is always a good answer. From creamy bisques to chunky chowders and wholesome chicken noodle, soup just hits the spot.

We rounded up some of the most well-known soups from around the world to show the vast diversity of soup. Making homemade soup is an essential skill that all home cooks should know. This food-tainment class is full of helpful information, tips, tricks, and lots of recipes to help new and seasoned home cooks make their best batch of soup ever.

**There are no required books for this course.**

**Format: Zoom**



## **Gloria Finkelstein**

*Gloria Finkelstein grew up in Montreal, lived in Paris, and has frequently traveled to France. She is the creator of “French Club with Madame G,” an innovative learning-by-doing immersive language arts program. Gloria enjoys helping others discover and experience French culture and lifestyle via Upper Valley French-themed workshops, events, and trips via Zoom/in person. Recent Active French Osher classes include: Interactive French Dialogues; La Belle Provence - Que Canada; Fun French Musical Jukebox; Food Glorious Food; and more!*

## **Active French - Beginner Français**

Calling all beginners! Learn French the fun and easy way!

Springtime is for beginnings, and is the perfect time to try something new, like speaking a foreign language—français!

Did you know speaking a foreign language is good for our aging minds? Planning to travel to a French-speaking country? Want to be able to communicate and ask the right questions? Converse with the locals?

If you always wanted to learn French but didn't want to start from Step 1, this is a great opportunity! Or if you once knew how to conjugate verbs but have fallen out of practice, here's your chance to pick it up again!

All new students will complete a short questionnaire to share your goals and interests on why you wish to take this class.

Lots of resources and links will be available after each class.

**Study Leader will provide course materials via email.**

**THURSDAY**

**3:00 PM - 5:00 PM**

**25-Apr to 09-May**

**3 sessions (6 hours)**

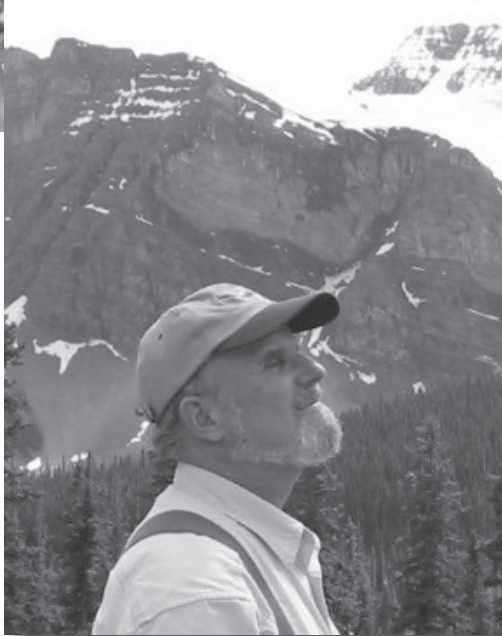
**Course Fee: \$50**

**HUMANITIES**

**61**

## Format: Zoom & In-person\*

\*(One Zoom session followed by field trips)



## Jim Kennedy

*Jim Kennedy is a licensed Landscape Architect and Wetland Scientist based in Hanover, NH. He graduated from the SUNY College of Environmental Science and Forestry at Syracuse, and has practiced for over 60 years, specializing in land planning, conservation, and wildlife habitat management. Jim has taught several Osher courses on botany, wetlands, and natural landscapes, with an emphasis on the ecology and stewardship of natural resources.*

## THURSDAY

3:00 PM - 5:00 PM

02-May to 30-May

5 sessions (10 hours)

Course Fee: \$70

NATURAL SCIENCES

62

## No Mow: Wild Lawns and Meadows

There is a national movement called “No Mow May” that encourages people to reduce the mowing of lawns and to let nature take its course. It’s a great idea, and hopefully we can keep the no-mow methods going well past May. There is too much mowing of our meadows and lawns, creating biological deserts.

People like to have a clean yard for prestige, protection, and play. The alternatives are sometimes messy, but they can also be complex grass and wildflower meadows. Weeds are allowed.

This course will explore the many ways to reduce or eliminate regular mowing. We will explore different mowing techniques, long and short rotations, equipment and patterns, and plant adaptations to mowing and grazing. A well-managed meadow should be able to function as a diverse ecosystem. We will also learn how to identify the most common plants in meadows, and the common birds, insects and small mammals that use wild grasslands. Wildflowers and native plants should be encouraged or introduced to benefit pollinators.

There will be an initial Zoom class, and then weekly field trips to local meadows. Guest naturalists and land managers will help us understand their approaches to vegetation management.

**There are no required books for this course.**

**Classes consist of field trips to outdoor locations. Syllabus will provide details.**

**Format: HyFlex**  
**(1 Court St, Lebanon, NH)**



## Martin Jeffries

*A polar scientist and resident of the Upper Valley since 2018, Martin has developed an interest in the history of the New England textile industry. Perhaps this was inevitable, as his childhood home was in Manchester, (Old) England, once known as “Cottonopolis” when it dominated the global cotton textile industry in the late 19th/early 20th centuries. He has delivered Osher courses about the Arctic; “Cottonopolis” – First Industrial City; and Liverpool, England – “Metropolis of Slavery”.*

## THURSDAY

**3:30 PM - 5:30 PM**

**09-May to 13-Jun**

**6 sessions (12 hours)**

**Course Fee: \$70**

**SOCIAL SCIENCES**

**63**



## The Mile of Manufactories on the Merrimack at Manchester

The course charts the growth of the textile industry in Manchester, NH, from a single, wooden, cotton mill on the west bank of the Merrimack River at Amoskeag Falls to the magnificent red brick canyons of the mile-long Millyard on the east bank below the falls. It’s the story of how the original vision of one man—Samuel Blodgett of Derryfield, NH (Manchester, NH, since 1810)—was realized.

Inspired by the canals, cotton mills and other industries he saw in Manchester, England, Blodgett returned home in 1787 and declared “For as the country increases in population, we must have manufactories, and here at my canal will be a manufacturing town, the Manchester of America!” Blodgett died in 1807, long before that manufacturing town transpired, and even he might have been astonished by what the Amoskeag Manufacturing Company (AMC), and the other textile corporations swallowed whole by the AMC, created in “... the Manchester of America!”

The course also addresses the collapse of the AMC, how Manchester business and industry adapted to that near catastrophe, and how the historic Millyard changed as a result of 1960s zeal for urban renewal and the vision of modern entrepreneurs. The course will combine lectures with class discussion.

*Pictured above: The bell tower of the former Manchester Mill No. 2 (completed 1850) framed by tenement blocks built in 1847-49 by the Manchester Mills Corporation for its workers. Photograph taken by Martin Jeffries, November 2023.*

**There are no required books for this course. Online readings will be available.**

**Format: HyFlex**  
**(1 Court St, Lebanon, NH)**



## **Iain Sim**

*Iain Sim has a PhD degree in Microbiology and 30+ years of R&D experience in the pharmaceutical and biotech industry, working on diagnostics, treatments and vaccines in the fields of virology, oncology and immunology. He has been leading Osher courses on the human genome and advances in genetic technology since 2012, interspersing science courses with studies on notable historical figures.*

## **THURSDAY**

**4:30 PM - 6:30 PM**

**11-Apr to 02-May**

**4 sessions (8 hours)**

**Course Fee: \$50**

**NATURAL SCIENCES**

**64**

## **In Your Genes: Hope or Hype, Promise or Peril**

The DNA revolution and biotechnology have again afforded dramatic advances over the past year, most notable the first approval of human genome editing for therapeutic benefit. But can we spot the developments that promise lasting benefit, and those that may do more harm than good? In this course we will look at a wide array of research from A (Alzheimer's disease) to Y (the 'male' chromosome) and much in between. We also cannot ignore the incursion of artificial intelligence into biotechnology R&D and healthcare.

We will have two guest speakers. The first will provide us with a perspective of the uses of AI in medicine; the second will share insights into the newly approved treatments for Alzheimer's disease and their research findings that may point to a new understanding of the cause of Alzheimer's disease. Participants will be invited to propose findings for discussion that they have encountered over the last year.

Course participants need no specialist knowledge. Whether you are a new student or participating again, everyone should enjoy this course if they are curious about our understanding of the human genome and the development of new technologies that are affecting our lives.

**There are no required books for this course.**



**Format: HyFlex**  
**(1 Court St, Lebanon, NH)**



## **Bruce James**

*Bruce James received a BA in chemistry and environmental studies from Williams, followed by MS and PhD degrees in soil science from UVM. During these studies, he developed a keen interest in interdisciplinary learning related to soils and history that he used in his teaching at the University of Maryland, College Park, for 29 years. Now retired, he continues to thrive on new learning and ideas related to sustainability, environmental science, soils, environmental history, and agriculture.*



## **Bread and Soil in Ancient Rome: Environmental Challenge and Cultural Response**

Ancient Rome flourished because it was supported by a mosaic of resilient ecosystems and challenging soil conditions that produced wheat for bread, grapes for wine, and olives for oil. This unusual triad of crops provided enough food to feed burgeoning metropolises, especially Rome, and fuel a military machine spread over a vast geographic region. We'll explore this combination of food challenges and cultural resilience based on our modern knowledge of the climate and geography of the Mediterranean Sea basin, linked to the science of its soils and ecosystems.

Our focus will be on the transition from the Roman Republic in the 3rd century BC through civil wars, the assassination of Julius Caesar, and the nascent Roman Empire and Pax Romana 250 years later. This narrative invites us to ask probing questions about Roman history and its lessons for the fate of 21st century societies facing similar challenges: What can we learn from events in this historical period of tumultuous transitions that speak to the evolution and resilience of our culture? What can it teach us about evolving ethics of food supplies grown regionally and traded from afar?

## **FRIDAY**

**9:30 AM - 11:30 AM**

**12-Apr to 17-May**

**6 sessions (12 hours)**

**Course Fee: \$70**

**INTERDISCIPLINARY**

**There are no required books for this course. Reading materials will be posted online.**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## Lela Jaacks

*Lela Jaacks, an artist and certified bioenergetic wellness coach, draws inspiration from her roots in Australia. With a BFA in sculpture from RISD, she guides individuals towards balance through art, nature, and holistic practices. As a human design guide and essential oils advocate, she shares transformative insights, as well as using bioenergetic wellness scans to enhance internal vital energy flow. Lela aims to unlock her clients' full potential and illuminate the joy of a vibrant, aligned life.*

## FRIDAY

**9:30 AM - 11:30 AM**

**17-May to 07-Jun**

**4 sessions (8 hours)**

**Course Fee: \$50**

**INSTRUCTIONAL**

## Art of Wellness: Human Design & Healing Power of Essential Oils Intro

Part 1: Ever wondered how you're naturally wired to navigate life? Human Design offers an intriguing blend of ancient wisdom and modern science, much like astrology. It's like a personalized roadmap, created using your birth data, that reveals your unique traits and preferences. In this introductory workshop, Lela will guide you through several key components of Human Design, including discovering your energy type (Manifesting Generator, Generator, Manifestor, Projector, Reflector), learning your interaction strategy with the world, understanding your inner signposts of energetic alignment, and exploring how to make decisions that align with your true self. This exploration will be interactive, with plenty of room for questions and group discussion. It's an opportunity to understand yourself better and make choices that resonate with your true nature.

Part 2: The healing power of essential oils lies in their natural and aromatic properties, offering therapeutic benefits that can support emotional well-being, enhance physical vitality, and create a holistic synergy between mind, body, and spirit. Lela will lead an interactive presentation about the three ways to use essential oils: aromatic, topical, and internal. Participants will then explore a selection of essential oils and will learn specific purposes for each.

Closing integration: Discussing experiences with essential oils and addressing any questions or concerns.

**There are no required books for this course.**

**Format: Zoom**



## **Eli Joseph**

*Dr. Eli Joseph is an instructor, author, and professional speaker. He serves as a faculty instructor at Columbia University, New York University, and UCLA and is the author of The Perfect Rejection Resume: A Reader's Guide to Building a Career Through Failure. Dr. Joseph is renowned for his work in the fields of DEI, behavioral finance, data analytics, statistics, and quantitative finance. Eli Joseph serves as a member of the World Economic Forum Expert Network, TED, and the Recording Academy.*

## **FRIDAY**

**11:00 AM - 1:00 PM**

**19-Apr to 31-May**

**7 sessions (14 hours)**

**Course Fee: \$90**

**SOCIAL SCIENCES**

**67**



## **Applied Games of Modern Economics**

Through the emergence of an economy centered around attention and skill, change has become the top priority for all types of consumers, professionals, and influencers worldwide. The skills that are crucial for these individuals go beyond mere operational efficiency; they encompass the ability to connect with and retain customers.

In an economic landscape where continuous turbulence and unpredictability seem to be the new norm, people are consistently seeking avenues to attract attention and resources while remaining valuable irrespective of the conditions or challenges they face. In this class, we will apply the major principles through various exercises including crossword puzzles, BINGO, Monopoly, *Jeopardy*, *Wheel of Fortune*, and UNO. This course also introduces the applications of interdependence and the gains from trade, elasticity, and efficiency of the markets, inflation, capitalism, monopoly, oligopoly, and competitive markets to support business decision-making through skill-based economics.

### **Optional Books:**

- ***Microeconomics, 8th edition* - Jeffrey M. Perloff (ISBN-13: 978-0134519531)**
- ***Principles of Microeconomics* - Jade Murphy (ISBN-13: 978-1632408952)**

**Format: HyFlex**  
**(1 Court St, Lebanon, NH)**



## **Bob Hargraves**

*Robert Hargraves' courses at Dartmouth's Osher Lifelong Learning Institute include energy policy, Internet money, Wikipedia, and conflict between science and politics. He is a Brown physics PhD with an honors AB in mathematics from Dartmouth, where he returned as assistant professor and taught mathematics and the first computer science courses. He founded a software company, became a VP at Met Life, an IT consultant at AD Little, VP of Boston Scientific, then co-founder of ThorConPower.com.*



## **New Nuclear is HOT**

**NEW NUCLEAR IS HOT!** Literally red hot! Cheaper than coal. Lets developing nations grow. Brings energy security. Cuts rapacious minerals mining. Zeros electric power CO<sub>2</sub>. SEAFUEL Net-zero gasoline for your car. Climate-neutral diesel for industry. Guilt-free jet flights. Uses existing combustion engines. Zeros transportation CO<sub>2</sub>.

This class will be a combination of lecture and class discussion.

**There are no required books for this course.**

## **FRIDAY**

**12:30 PM - 2:30 PM**

**26-Apr to 24-May**

**(NO CLASS 17-May)**

**4 sessions (8 hours)**

**Course Fee: \$50**

**NATURAL SCIENCES**

# **68**

**Format: In-person**  
**(1 Court St, Lebanon, NH)**



## Susan Brown

*Susan Brown has lived in the area for more than 45 years and has been teaching with ILEAD and Osher for more than 15 years. She holds degrees in Anthropology and Classics from Cornell and Dartmouth. She taught Latin, French, and English for too long to mention. In 2000 she won the Wiencke Award presented by the Classics Association of New England for excellence in teaching. Now retired and loving it, she volunteers for Northern Stage and runs the Broom Project at the Enfield Shaker Museum.*

## FRIDAY

**1:00 PM - 3:00 PM**

**19-Apr to 07-Jun**

**8 sessions (16 hours)**

**Course Fee: \$90**

**HUMANITIES**

**69**



## Ovid, the Silver Age Poet

The Poet of the Silver Age (can't say that anymore because it implies decline!), Ovid has a wonderful outlook on humanity and its foibles. He doesn't always take himself seriously, and neither should we!

We will read translations of several of Ovid's works, beginning with *Metamorphoses* (in a wonderful translation by Rolfe Humphries), both in and out of class. We will move on to *The Art of Love* and *Remedies for Love*. We will look at selections from *Heroides*, letters written by the wives of heroes to their absent husbands. We will finish by looking at some poems written in exile, *Tristia* and *Ex Ponto*.

Each participant will write no more than two pages a week/ notes about something that catches your fancy in the weekly reading. We will share our efforts as a stimulus to discussion of the reading. We'll be reading aloud to one another in class. You'd be amazed what others find fascinating!

Ovid is a great parodist, so we will bring up other poets and poems, look at some art, and in general enjoy lively discussion.

### Required Books:

- ***Metamorphoses - Ovid* (trans. Rolfe Humphries) (ISBN-13: 978-0253033598)**
- ***The Art of Love - Ovid* (ISBN-13: 978-0375761171)**

### Optional Book:

- ***Mythology - Edith Hamilton* (ISBN-13: 978-0446574754)**

# **Special Schedules**

These classes may meet multiple days a week or follow a non-conventional schedule.

**Format: Zoom**



## **Phyllis Deutsch**

*Phyllis Deutsch holds a PhD in modern European history from New York University. For several years, she taught history at NYU, Columbia University, The New School for Social Research, and the University of Pennsylvania. For 15 years, she served as editor-in-chief at University Press of New England, where she published numerous titles in the field of 19th century literature. She is currently a Lecturer in the Writing Program at Dartmouth College.*

## **TUESDAY & THURSDAY**

**9:00 AM - 11:00 AM**

**14-May to 06-June**

**8 sessions (16 hours)**

**Course Fee: \$90**

**HUMANITIES**

**71**



## ***The Portrait of a Lady* by Henry James**

Henry James (1843-1916) was born in Washington Place, New York, but spent most of his adulthood in Europe, settling in England for the last forty years of his life. He wrote twenty novels from 1871-1904. *The Portrait of a Lady* (1881) is considered the finest of his earlier work. In it, James explores the story of Isabel Archer, a beautiful and spirited young American who is brought from Albany, New York to England by her aunt. Not long after, she inherits a fortune from her uncle, which liberates her to do as she pleases. Doing as she pleases includes seeing the world, turning down two marriage proposals, and accepting a third, which situates her primarily in Italy for the rest of the novel.

Isabel's journey, enhanced and hampered by friends, relatives, and lovers, illuminate typical Jamesian themes of personal freedom, responsibility, and betrayal. Writing from his own experience as an American expatriate, *The Portrait of a Lady* reflects James's deep interest in the differences between the old world and the new, and how expatriates such as Isabel Archer, unhampered by allegiance to any specific nationality and cultural code, develop self-awareness and consciousness.

Reading comprises 200 pages of the novel each week, plus shorter critical material.

### **Required Book:**

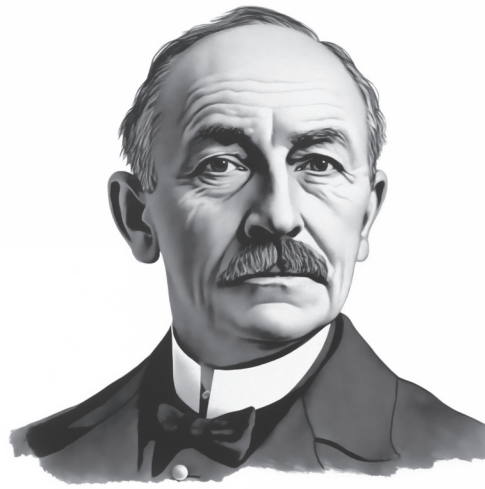
- ***The Portrait of a Lady* - Henry James  
(ISBN-13: 978-0141441269)**

**Format: Zoom**



## **Phyllis Deutsch**

*Phyllis Deutsch holds a PhD in modern European history from New York University. For several years, she taught history at NYU, Columbia University, The New School for Social Research, and the University of Pennsylvania. For 15 years, she served as editor-in-chief at University Press of New England, where she published numerous titles in the field of 19th century literature. She is currently a Lecturer in the Writing Program at Dartmouth College.*



## **Thomas Hardy's *The Return of the Native***

One of Thomas Hardy's most powerful works, *The Return of the Native*, centers on Egdon Heath, the wild, haunted Wessex moor that D.H. Lawrence called "the real stuff of tragedy."

The heath's changing face mirrors the fortunes of the farmers, innkeepers, sons, mothers, and lovers who populate the novel. The "native" is Clym Yeobright, who comes home from a cosmopolitan life in Paris, hoping to establish himself as a local schoolteacher. Yeobright, his cousin Thomasin, her fiancé, Damon Wildeve, and the willful Eustacia Vye ("the raw material of a divinity") are the protagonists in a complex tale of doomed love, passion, and despair. The novel explores—within its richly-created pre-industrial rural setting—modern themes such as the tragic potential of romantic illusion, the diabolical role of chance in determining the course of a life, and nature's apathy, even hostility, toward human beings.

We'll explore this novel within the historical and cultural contexts it so amply provides. Reading comprises about 70 pages per class.

## **TUESDAY & THURSDAY**

**9:00 AM - 11:00 AM**

**09-Apr to 30-Apr**

**7 sessions (14 hours)**

**Course Fee: \$90**

**HUMANITIES**

### **Required Book:**

- ***The Return of the Native* - Thomas Hardy  
(ISBN-13: 978-0393927870)**



# We appreciate your support!

## Contact Osher at Dartmouth:

**Phone:**  
**(603) 646-0154**

**Email:**  
**osher@dartmouth.edu**

**Web:**  
**osher.dartmouth.edu**

## Staff Hours:

**Mondays - Thursdays**  
**8:30 AM to 4:30 PM**

**Fridays**  
**8:30 AM to 1:00 PM**

***Due to ongoing health concerns, visitors to the Osher at Dartmouth offices and classrooms are asked to abide by certain guidelines regarding masks, hygiene, and social distancing. See page 13 for more information.***

Contributions from our members sustain the Osher at Dartmouth program and enable us to continue offering exciting courses, lectures, and special events. See page 80 for a list of donors.

Our most recent Friends Campaign ended on June 30, 2023. Osher members and friends contributed a total of \$56,721.50 to the fund. We wish to thank each and every one of you for your donations. These funds allow Osher to take on projects that we would otherwise be unable to sustain through our normal membership and registration fees. Friends funds provided the support we needed to remodel and construct our new home at 1 Court Street in Lebanon, NH. As we enter a new academic year, the Friends fund will help cover the cost of creating and furnishing new classroom and social space on the second floor of 1 Court Street.

We are constantly working to provide the best possible educational experience for our members, and your contributions provide vital support for those efforts. Thank you!

## We're here to help!

As we prepare for our Spring 2024 term, Osher staff and volunteers want to help you make the most of your Zoom and HyFlex classes. If you have questions about Zoom or need to practice your Zoom skills, visit our website for how-to videos. You can view our Daily Calendar and browse our upcoming schedule of Zoom Cafés, and check our weekly e-newsletter for additional chances to register for Zoom workshops.

## Get involved!

The skills and life experience of our volunteers are a large part of what makes Osher an exciting and diverse program, and you can help in so many ways: by acting as a Class Monitor; joining an Osher committee; leading a Special Interest Group; becoming a Study Leader; and more!

The Committees page of our website lists our active committees and describes their role in our program. You don't need a professional background to join, to lead, or to volunteer for Osher at Dartmouth—you just need to contribute your ideas, time, and effort!

# Become a Study Leader!

## Contact Osher at Dartmouth:

**Phone:**  
**(603) 646-0154**

**Email:**  
**osher@dartmouth.edu**

**Web:**  
**osher.dartmouth.edu**

Osher at Dartmouth courses are led by dedicated volunteers who have passion for and knowledge of a subject and want to share that passion with others.

If you or someone you know is interested in leading a course, we would love to hear from you! Our Curriculum Committee is filled with people ready to offer you any assistance you may need, including support, training, and encouragement.

## Share Your Passion

Study Leaders are people who feel passionately about a subject and want to share that feeling with others. Some of our leaders have prior teaching experience, but others are enthusiasts who have a wealth of knowledge and are ready to explore the subject with fellow enthusiasts.

In addition to the excitement of sharing your knowledge and interests with other Osher members, Study Leaders enjoy a wide variety of benefits through their contributions to our program, including:

- Our “Teach One, Take One” program provides you with credit for a free course every time you lead a course.
- Study Leaders receive access to and borrowing privileges at all Dartmouth College libraries.
- Study Leaders are granted priority in registering for courses each term.
- Training sessions, videos, and a mentor program available throughout the year.
- Receive an Educational Discount from the Dartmouth College Computer Store when you purchase a new Dell or Mac.

**Visit our website to learn more about becoming a Study Leader.**

# Friends of Osher

July 1, 2022 - June 30, 2023

**Total Amount of Gifts Received: \$56,721.50**

**Visit our website for  
more information on  
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# Calendar of Events

Visit [osher.dartmouth.edu](https://osher.dartmouth.edu) for more information on any of the items listed here, and to view additional items that may not appear in this list.

## **Tuesday, March 5**

Costa Rica Document Party (for Costa Rica tour registrants)

## **Tuesday, March 5**

Info Session: Collette Tour to Machu Picchu & the Galapagos

## **Thursday, March 7**

Tech Café

## **Thursday, March 7**

Lecture: Becoming a Novelist in Retirement: The Journey, Trials, and Tribulations of Self Publishing with speaker Tom Martz

## **Tuesday, March 12**

Tech Café

## **Sunday, March 17 through Tuesday, March 25**

Collette Tour: Costa Rica

## **Monday, March 18**

Osher at the Movies: *Good Will Hunting*

## **Friday, March 22**

Tech Café

## **Wednesday, March 27**

Tech Café

## **Thursday, March 28**

Hot Plates, Hot Topics: Systemic Racism and Educational Measurement with speaker Dr. Michael Russell

## **Monday, April 8**

Spring term begins

## **Friday, June 14**

Spring term ends

## **Wednesday, July 10 through Wednesday, August 14**

Summer Lecture Series 2024

## **Thursday, August 22 through Wednesday, August 28**

Collette Tour: Spotlight on London

## **Sunday, October 20 through Tuesday, October 29**

Collette Tour: Rome & the Amalfi Coast