



Midcoast Senior College FALL TERM II 2024 COURSES

November 4, 2024—December 13, 2024

Registration begins October 14, 2024

MONDAY

Elemental, Part I: Earth 9:30-11:30 a.m. 5-week, 120-minute in-person course begins 11/4, no class on Veterans Day

This course is the first in a series to explore the scientific, historical, and cultural impacts of Aristotle's classic elements: earth, air, fire, water – and a 5th element added in the Daoist tradition – wood. In Earth, we will cover the science of the formation of Earth and its ongoing changes, major Earth events that shaped history, the multiple ways that humans have used Earth to support their lives, and roles that Earth has played in cultural traditions across the globe. **Readings:** Suggested readings will be from articles posted on the course website. **Barbara Snapp** received her PhD in biology from Cornell University where her research focused on the ecological adaptiveness of behavior. Her passion is teaching science, and especially teaching broad survey courses where she can interweave science themes with culture and history to build multidimensional understanding. **Class meets at UMA Brunswick Center, Orion Hall, 12 Sewall Street, Brunswick (Brunswick Landing), Room 119. Note: The in-person section of this course has limited capacity; the 1:00 p.m. Zoom section of this class has larger capacity.**

Elemental, Part I: Earth 1:00-3:00 p.m. 5-week, 120-minute online course begins 11/4, no class on Veterans Day

This course is the first in a series to explore the scientific, historical, and cultural impacts of Aristotle's classic elements: earth, air, fire, water—and a 5th element added in the Daoist tradition—wood. In Earth, we will cover the science of the formation of Earth and its ongoing changes, major Earth events that shaped history, the multiple ways that humans have used Earth to support their lives, and roles that Earth has played in cultural traditions across the globe. **Readings:** Suggested readings will be from articles posted on the course website. **Barbara Snapp** received her PhD in biology from Cornell University where her research focused on the ecological adaptiveness of behavior. Her passion is teaching science, and especially teaching broad survey courses where she can interweave science themes with culture and history to build multidimensional understanding. **On Zoom**

Germes 201: Microbes vs. Man 1:00-3:00 p.m. 6-week, 120-minute in-person course begins 11/4, no class on Veterans Day

This course will continue discussing additional diseases caused by microorganisms that have, or have had, a major effect on mankind. In addition, we will explore how man's social evolution from hunter-gatherer to crop grower and then to megalopolis-dweller have affected the types, prevalence, and severity of microbial diseases. Finally, we will discuss the political, social, economic, and environmental factors influencing the two protagonists in the struggle between microbes and man. **Readings:** Readings will be distributed by the instructor. **Richard Neiman, MD**, is a graduate of Tufts University School of Medicine and a professor emeritus of pathology and laboratory medicine at Indiana University School of Medicine. He has had a close association with MSC, having served for many years on its board, as its president, and as a faculty member. **Class meets at UMA Brunswick Center, Orion Hall, 12 Sewall Street, Brunswick (Brunswick Landing), Room 101.**

Edmund Blunden 1:00-3:00 p.m. 6-week, 120-minute in-person course begins 11/4, no class on Veterans Day

This course is about one of the leading British soldier poets of the First World War. Edmund Blunden (1896-1974) was a poet, essayist, and scholar, as well as a generous editor and supporter of other soldier poets. He helped bring to public view the poetry of Wilfrid Owen, Ivor Gurney, and Keith Douglas. We will read his important memoir of his long service on the Western Front, *Undertones of War*, and read in class and discuss a selection of Blunden's poems and those of the poets he supported. **Readings:** Edmund Blunden, *Undertones of War*, ISBN 978-0226061764. Copies of poems to be discussed will be provided by the instructor. **Bob Bunselmeyer** taught undergraduate courses at four colleges. He has taught many literature and history courses at MSC. **Class meets at UMA Brunswick Center, Orion Hall, 12 Sewall Street, Brunswick (Brunswick Landing), Room 119.**



Midcoast Senior College FALL TERM II 2024 COURSES

November 4, 2024—December 13, 2024

Registration begins October 14, 2024

TUESDAY

Anamnesis 9:30-11:00 a.m. 5-week, 90-minute online workshop begins 11/5

In Anamnesis, a reminiscence workshop, we will begin by recalling memories from our early days, and move on, in stages, to write a reminiscence that might (or might not) make part of a memoir. Be prepared to see those now distant days come alive! No writing experience is necessary. Participants will need a computer or large tablet with which they are comfortable writing. **Paul Kalkstein** has published, in addition to several texts on writing, a novel and a collection of poems about his childhood for his grandchildren. **On Zoom**

How to Read a Contract 9:30-11:00 a.m. 6-week, 90-minute in-person course begins 11/5

This course is not for those who read and understand all the contracts they sign, including those where they clicked on a box to indicate they agreed and accepted online terms. For the rest of you, it will help you understand what you agreed to and whether it is enforceable. We will go over basic concepts of contract law and explore a number of contracts that are commonly found in everyday life. **Recommended Reading:** Scott J. Burnham, *Contract Law for Dummies*, ISBN 978-1118092736. **Scott J. Burnham** attended Williams College and New York University School of Law. He taught Contract Law in a number of law schools in the U.S. and abroad for over 40 years. **Class meets at UMA Brunswick Center, Orion Hall, 12 Sewall Street, Brunswick (Brunswick Landing), Room 119.**

“How to Write a True War Story”: Two Sides of the Vietnam War 1:00-3:00 p.m. 6-week, 120-minute in-person course begins 11/5

In this course we will read two postmodern novels written by veterans of the Vietnam War: one American and the other North Vietnamese. Bao Ninh was one of ten survivors of the Glorious 27th Youth Brigade, originally a corps of 500 young North Vietnamese students, decimated during the years of “The American War.” Tim O’Brien was drafted right out of college and served from 1969 to 1970 as part of the 23rd Infantry Division, which had been identified in a 1969 *New Yorker* exposé as responsible for the 1968 massacre at My Lai. Each man has written an iconic novel about the traumas, both personal and national, experienced because of their shared war. Each has eschewed memoir, finding instead that the novel as an art form presents a Truth that the facts do not. To quote from O’Brien’s short story entitled “How to Tell a True War Story”: ‘Happeningness is irrelevant. A thing may happen and be a total lie; another thing may not happen and be truer than the truth.’ **Readings:** Bao Ninh, *The Sorrow of War*, ISBN 978-0525562849; Tim O’Brien, *The Things They Carried*, ISBN 978-0618706419. Both works are available to order secondhand from thriftbooks.com, abebooks.com, and alibris.com. **Michele Lettiere** has taught a course on the Vietnam War in Film and Literature to high school juniors and seniors several times. **Class meets at UMA Brunswick Center, Orion Hall, 12 Sewall Street, Brunswick (Brunswick Landing), Room 119.**

MSC Singers: Winter’s Song 2:00-4:00 p.m. 7-week, 120-minute in-person course begins 11/5, Performance on 12/17

Through the ages there have been countless songs written about winter. The MSC Singers will study and perfect four songs, some folk arrangements and some choral art songs, that celebrate the joys of winter, frosty temperatures, and snow. As part of our instruction we will study healthful singing habits through vocal exercises catering to the older voice. Prerequisites: A good ear, a good musical memory, and a past choral singing experience. Reading music is an asset but not a requirement. For those who have previously sung with MSC Singers, welcome back. Sheet music and folders will be provided. **Stuart Gillespie** retired in 204 as Director of Choral Ensembles and Fine Arts Department Chair at Naugatuck Valley Community College in Connecticut. He began his choral directing career in 1965 as a baritone with the U.S. Army Chorus in Europe. He is a published composer and has written numerous choral pieces and arrangements. **Class meets at St. Paul’s Episcopal Church, 27 Pleasant St., Brunswick.**



Midcoast Senior College FALL TERM II 2024 COURSES

November 4, 2024—December 13, 2024

Registration begins October 14, 2024

WEDNESDAY

The Birds, the Bees (and the Monkeys): The Language of Animals 9:30-11:00 a.m. 5-week, 90-minute online course begins 11/6

The debate about whether or not language is unique to humans continues to this day. In this course we will examine this debate by examining the communication of non-human animals, from bees and birds to chimps and apes. While the capacity of animals to communicate is an interesting topic in itself, the research also has significant implications for our understanding of animal intelligence and of language acquisition and development in typically developing children as well as in those with disabilities. **Readings:** Several articles and research papers will be provided to the class along with a list of references for further reading. **Jay Kuder** holds a PhD in Applied Psycholinguistics from Boston University. While his primary area of teaching and research has been on the language and communication abilities and challenges of individuals with disabilities, he has long followed the animal research literature and has written several papers on the topic. **On Zoom**

Critical Thinking Skills 9:30-11:00 a.m. 6-week, 90-minute in-person workshop begins 11/6

Are you interested in communicating your ideas more effectively? Do you want to enhance your personal thinking and reasoning capacity? Have you wanted to be able to question assumptions and make clearer assertions? If so, you may be interested in this Critical Thinking Skills workshop. Critical thinking does not mean criticizing everybody's thinking; it involves examining our habitual reasoning processes, gaining new tools for effective thinking, and putting these into action. Not an armchair class, this workshop is highly interactive; we will reflect, learn and practice in every class meeting, working together and having fun as we go. Through a systematic course design, we will gradually build your critical thinking skills in three related processes: perceptions, thinking, and acting. **Readings:** Handouts will be provided. **Terry Porter** holds an MA and a PhD and is Associate Professor Emerita at the University of Maine Business School. A Fulbright scholar, she also holds a master's degree in clinical psychology and has worked in a variety of mental health settings. She learned the importance of critical thinking through her teaching and counseling work, and developed a unique, holistic approach to the subject. **Class meets at Westrum House, 22 Union Park Road, Topsham.**

Essential Opera: Saints and Sinners 1:00-3:00 p.m. 6-week, 120-minute in-person course begins 11/6

In this six-week survey course, we will take an in-depth look at six diverse operas, beginning with Mozart's *Don Giovanni* and ending with Puccini's *Suor Angelica*, that share at least one thing in common: The title character in each work is either a sinner or saint and sometimes a bit of both! We will be exploring each opera by viewing and discussing DVD highlights of past and present productions. Additional resources will be recommended during the course. **Ross Crolius** holds a BM from Peabody Conservatory of Music and an MM from the Eastman School of Music. He sang professionally in New York for more than 30 years, including 25 years as a full-time chorister and *comprimario* soloist with the Metropolitan Opera. Upon retirement, he taught voice and opera appreciation in the New York area as well as at Ithaca College and Westfield State University. **Class meets at The Highlands, Theater Room, Topsham.**

American Religious History 1:00-3:00 p.m. 4-week, 120-minute in-person course begins 11/6

This is a survey of how American religious traditions both came to America and developed on American soil. From our Puritan ancestors to modern traditions forming out of the American experience, religion has been a vital and forceful guide to our culture and traditions. Every town in America has a place of worship and every place of worship has a history. This course will cover from 1492 to the Civil War. A course in a later term will cover from the Civil War to the present. **Suggested readings:** Martin Marty, *Pilgrims in Their Own Land*, ISBN 978-0140082685; Edwin S. Gaustad and Leigh Schmidt, *The Religious History of America*, ISBN 978-0060630560; or any other history of American religion. **Theodore Stainman** is a retired Air Force Chaplain and Graduate of the Hebrew Union College. He taught this course for several years while living in Denver, Colorado. **Class meets at UMA Brunswick Center, Orion Hall, 12 Sewall Street, Brunswick (Brunswick Landing), Room 101.**



Midcoast Senior College FALL TERM II 2024 COURSES

November 4, 2024—December 13, 2024

Registration begins October 14, 2024

THURSDAY

Can We Mitigate Cardiovascular Aging? 9:30-11:30 a.m. 6-week, 120-minute online course begins 11/7, no class Thanksgiving

According to the World Health Organization, cardiovascular diseases account for around 31% of all deaths worldwide annually. Cardiovascular changes that occur with normal aging make diagnosing and treating it extremely complex. Given the dramatic increase in the aged population, age-related cardiovascular diseases remain challenging for today's health care providers. Additionally, heart diseases contribute to a poor quality of life which is associated with high hospitalization and mortality rates. This course reviews the influences on the normal cardiovascular aging process at the structural and molecular levels and explores the current and future strategies to assist the aging population in staying "young at heart." **Readings:** All recommended readings from online publications of professional journals will be provided to students. **Susan Goran** has 45 years of critical care nursing experience, much of it in the care of patients with life-threatening cardiovascular diseases. She has also provided extensive professional and community education on management strategies for improving cardiovascular health. **On Zoom**

Juvenile and Criminal Justice Reimagined: Promoting Justice, Equity, and Accountability 9:30-11:00 a.m. 6-week, 90-minute online course begins 11/7, no class Thanksgiving

This course is designed to explore the contours and contexts of juvenile and criminal justice practice. Participants will examine justice systems in Maine and other jurisdictions with a focus on improving outcomes and promoting safer communities. **Readings:** Reading materials will include executive summaries of policy papers, justice system data, and research studies. Participants will also choose a biography of a formerly incarcerated individual from a provided list of recommended titles. **Peter Leone** is Professor Emeritus in the College of Education at the University of Maryland. For more than 40 years he has worked as a monitor, expert to the courts, and researcher with the U.S. Department of Justice, public interest law firms, and public agencies. In 2023 he was a recipient of the Leadership Award from the Juvenile Law Center. **On Zoom**

Nature and Community in Willa Cather's *O Pioneers!* 1:00-3:00 p.m. 5-week, 120-minute in-person course begins 11/7

Willa Cather's *O Pioneers!* (1913) describes the natural and social transformations of Nebraska's Great Plains in the late 19th Century, when a vast wilderness went under the plow and immigrant farmers created a new American identity. This course's two instructors will draw on their different academic backgrounds—American literature and plant ecology—to lead a close reading and open discussion of the novel. Classes will focus on how ecological theory, particularly concerning plant succession, might illuminate Cather's representations of changes in both natural and human communities. No knowledge of Willa Cather or plant ecology is required. **Reading:** Willa Cather, *O Pioneers!*, ISBN 978-0140187755 (preferred edition) or any other edition available in used bookstores or online or digitized on the Willa Cather Archive. **Cheryl Swift** is Professor Emerita of Biology and Environmental Science at Whittier College in Whittier, California. **John Swift** is Professor Emeritus of English at Occidental College in Los Angeles. They have been having a conversation about Cather, plants, and ecology for several decades. **Class meets at Patten Free Library, 33 Summer Street, Bath, Community Room.**

FRIDAY

A Short Story Bimble 9:30-11:00 a.m. 6-week, 90-minute in-person course begins 11/8

bimble. 1. walk or travel at a leisurely pace: "On Sunday we bimbled around Spitalfields and Brick Lane." n. 2. a leisurely walk or journey: "We were enjoying a pleasant bimble over the rocks." This course will take us—via close reading and discussion—on a walk through six American short stories by some of our most notable masters of the art: Chopin, Carver, Hawthorne, O'Connor, Updike, and Hemingway. While enjoying the scenery, we'll also check out the ways in which these writers use structure and language to create their art. **Readings:** *The Seagull Reader—Stories*, ISBN: 978-0393930917. **John Haile** taught for a long time at the secondary level and has been privileged to teach several courses for MSC. **Class meets at UMA Brunswick Center, Orion Hall, 12 Sewall Street, Brunswick (Brunswick Landing), Room 101.**



Midcoast Senior College FALL TERM II 2024 COURSES

November 4, 2024—December 13, 2024

Registration begins October 14, 2024

Website: midcoastseniorcollege.org

Email: mscoffice@midcoastseniorcollege.org

Please read the following important information:

HOW TO REGISTER

- Registration for courses is online at midcoastseniorcollege.org; phone assistance is available at 207-725-4900.
- Registration opens October 14, 2024 at 9:00 a.m. for MSC members.
- Membership is required to register for a course. Annual membership fee is \$40 per year, from July 1, 2024 through June 30, 2025. To pay your membership fee, go to <https://midcoastseniorcollege.org/membership-form/> Not sure if you're a member? Email us at mscoffice@midcoastseniorcollege.org
- A link to the registration page (with full instructions) will be emailed to current members in advance. On October 16, the registration page will be public on our website.
- Space is limited; if a course is full, please notify us of your interest at mscoffice@midcoastseniorcollege.org.
- For Zoom-Only classes, two persons in a household sharing one Zoom screen receive discounted tuition:

SINGLE PERSON REGISTRATION

Tuition is \$60 per course

TWO-PERSON REGISTRATION

Tuition is \$50 per course, each person

ONLINE COURSES

Online course classes use Zoom. Information on Zoom will be provided upon registration. More information is on our [website](http://midcoastseniorcollege.org). Please note that the following permission is granted by those registering for an online Zoom course/lecture: "I grant permission for a recording or online streaming of this course that may include my image or voice and give permission for the use of such recording or streaming by MSC in furtherance of its educational activities."

IN-PERSON COURSES & CANCELLATION POLICY

Consult the course description for the location of class meetings. If inclement weather or illness requires the cancellation of an MSC in-person class meeting, the class will shift to Zoom or will be rescheduled. If the class cannot be rescheduled, it will be cancelled. The host venue sets the policy for weather cancellations; consult the host venue website or follow announcements on radio/tv.

REFUNDS

Tuition will be refunded if a course is dropped prior to the first week of the term, November 4, 2024. Membership fees are non-refundable.

BOOKS & READINGS

Course descriptions include information regarding course books and readings. It is the student's responsibility to acquire books.

CONTACT US

Email at mscoffice@midcoastseniorcollege.org or call 207-725-4900. Please visit our website for more information at: midcoastseniorcollege.org.



Midcoast Senior College FALL TERM II 2024 COURSES

November 4, 2024—December 13, 2024

Registration begins October 14, 2024

Website: midcoastseniorcollege.org

Email: mscoffice@midcoastseniorcollege.org

Registration

Registration opens October 14, 2024 at 9:00 a.m. for MSC members

Visit www.midcoastseniorcollege.org for more information

or call (207) 725-4900

Pay Membership Fee

MSC Membership Fee is \$40 per year, from July 1, 2024 through June 30, 2025

Membership is required to register for a course

CLASS MEETING LOCATIONS

Consult the course description for the location of your class

Online, Zoom (a link to the class meeting will be emailed before the start of class)

Patten Free Library, 33 Summer St., Bath—Community Room

St. Paul's Episcopal Church, 27 Pleasant St., Brunswick—Choir Room

The Highlands, 20 Governors Way, Topsham—Theater, Main Lodge

UMA Brunswick Center, Orion Hall, 12 Sewall St., Brunswick (Brunswick Landing)—Room 101 and Room 119

Westrum House, 22 Union Park Rd., Topsham—Community Room

THANK YOU, MIDCOAST SENIOR COLLEGE SPONSORS!

Atlantic Federal Credit Union

Bath Savings Institution

Grilljam Graphic Design

The Highlands

Just Framing

Legacy Properties Sotheby's International Realty

Maine Pines Racquet & Fitness

Norway Savings Bank

Now You're Cooking

Rhumblin Advisers

Thornton Oaks Retirement Community