

The Fall 2021 semester includes courses taught virtually on Zoom (28) and courses that will be offered in-person (8) if feasible, based on current requirements of hosting locations and CDC guidelines. At this time George Mason University requires submission of an online safety check, vaccination and documentation of vaccination information. Information about requirements will be provided to students enrolled in an in-person class about two weeks before the first class session. One course is being offered both virtually and in-person.

Fine Arts, Theater & Music

1027.38v Opera - Learn and Love

Instructor: Jose Sacín

Tuesday, 12:00 PM - 1:30 PM

10/5/2021 - 10/26/2021 Virtual - Class will be offered via Zoom.

This entertaining introduction to opera will cover:

- The history and voices of opera to include *Aida*, *La Boheme*, *Carmen*, *The Barber of Seville* and *La Traviata*.
- The business and backstage people responsible for running an opera company, including the roles of the conductor, producer, director, stage manager, costume manager; and the contributions of professionally trained crafts people such as the lighting designer and audio technician.
- The perspective of guest speaker, Roger Riggle, a stage director who has worked with Opera NOVA children's opera productions.
- The final class will consider the general thoughts on attending an opera. If you have not been to an opera, what should you consider? If you have attended an opera, what are your recommendations?

Jose Sacín is the artistic director of Opera NOVA and has conducted all its productions since 2011. A highly regarded baritone, he has performed and collaborated with many leading figures in the music world, including Gregory Buchalter, Verónica Villarroel, and Alessandra Marc. He performed at the nationally televised event at the Nationals Stadium for Pope Benedict XVI with Plácido Domingo. He has a Bachelor of Music in vocal performance from GMU and a Master of Music in opera from the University of Maryland.

1022.38v Listening to the Movies

Instructor: Dan Sherman

Wednesday, 10:00 AM - 11:30 AM

10/6/2021 - 11/17/2021 Virtual - Class will be offered via Zoom.

Music has always served to add to the enjoyment of films, even before the movies "talked." In this course we will discuss the development and variety of film music from the great symphonic scores of the 1930s through today's rich mix of sounds and styles. The course will show how composers achieve their effects and highlight the work of many of the great masters of movie music, including Max Steiner, Erich Wolfgang Korngold, Bernard Herrmann, Danny Elfman and John Williams. This multimedia course will include clips covering many well-known films and the stories of the music behind them.

Dan Sherman, an economist with a PhD from Cornell University, has taught many courses on musical theater and film musicals in Washington, DC, for Osher Lifelong Learning (OLLI) and university alumni groups. He has long been interested in stage and film musicals and uses a multimedia approach that closely integrates background with audio when presenting his subject matter.

No class on 10/27/21

1026.38v Urban Landscapes, Urban Life: New York City in the Early Twentieth Century

Instructor: Deborah Kaplan

Wednesday, 10:00 AM - 11:30 AM

10/6/2021 - 10/27/2021 Virtual - Class will be offered via Zoom.

Early in the 20th century, many visual artists turned their attention from rural to urban landscapes, and particularly to New York City, convinced that it was becoming the most distinctively American place in the nation. They developed stylistic conventions for depicting New York's modern architecture, intense commercialization and rapidly growing, multicultural population. Along with these painters, print-makers and photographers, many writers also focused on New York, exploring in fiction its particular effects on social life and selfhood. The works of these artists produced are richly diverse, beautiful or provocative, and well worth close study for what they express about American identity a century ago.

In this four-session course, we will take two Virtual tours of the Smithsonian American Art Museum, looking at visual renderings of New York City's landscapes and life by artists such as Georgia O'Keeffe, Louis Lozowick and William H. Johnson. In the other two sessions, we will discuss short stories set in New York City, by authors including Shirley Jackson, Edith Wharton and Damon Runyon.

Deborah Kaplan taught literature and writing for many years at George Mason University. After retiring in 2016, she became a docent at the Smithsonian American Art Museum, where she has been giving tours for adults and student groups for the last four years. This course combines her long-standing interests in literature and the visual arts.

Recommended Reading: *New York Stories (Everyman's Library Pocket Classics Series)*, Diana Secker Tesdell (2011).

1024.38v Renaissance in Northern Europe

Instructor: Tom Manteuffel

Wednesday, 12:00 PM - 1:30 PM

10/6/2021 - 10/27/2021 Virtual - Class will be offered via Zoom.

Artists in the north of Europe were both ahead of and responsive to their counterparts in 15th century Italy. These artists produced masterpieces and styles that were quite their own. This class, a follow-up to Florence and the Renaissance in fall 2019, will examine Northern Renaissance art and its context in Bruges, Antwerp, Ghent, and the Rhine Valley. The instructor will focus on the two principal, towering geniuses Jan van Eyck and Albrecht Durer.

Tom Manteuffel has been interested in the Northern Renaissance since he was a teenager. He holds graduate degrees in philosophy and computer science.

1023.38v StageWise

Instructor: Eileen Mandell

Tuesday, 2:00 PM - 3:30 PM

10/19/2021 - 11/23/2021 Virtual - Class will be offered via Zoom.

StageWise is a look at how theater works from the perspective of theater professionals. The course will provide participants with insiders' experiences with different aspects of producing a play, from directing to writing to acting, as well as set and costume design, lighting and sound. The course will also include the perspective of a theater critic, as well as the health and economic benefits of theater to the community.

The course sessions are structured as follows:

1. Overview - the elements of producing a play with one or more representatives from the areas of arts and the aging, and the economics of arts.

2. **Directors** - a panel discussion with directors and artistic directors from local theaters.
3. **Writers and actors** - a panel discussion with DC area writers and actors.
4. **Designers** - a panel discussion with set, costume, props, sound and lighting designers.
5. **Reviewers** - a panel discussion with theater critics who will describe their approaches to reviewing plays.

Eileen Mandell has many years of experience with local professional regional theater. She serves as Community Relations Director for 1st Stage, a local theater founded in 2008 which has received many local and national awards. Eileen also served as Managing Director for 1st Stage and as a member of the Board. She developed and managed "StageWise", an educational program for the public that met monthly to interview and share information from theater professionals. Prior to her theater work, Eileen worked with attorneys as a marketer of legal services with Pepper Hamilton and The Mandell Law Firm.

No class on 11/2/2021.

1025.38v The Universe in Music

Instructor: A. Scott Wood

Tuesday, 2:00 PM - 3:30 PM

11/9/2021 - 11/30/2021 Virtual - Class will be offered via Zoom.

Composers throughout the ages have been inspired by the natural world. In this course, we will musically traverse the stars and the solar system before returning to our own planet. We will hear famous masterpieces and unknown works composed from the Renaissance to today about glaciers, deserts and all kinds of weather.

A. Scott Wood is music director of the Arlington Philharmonic and the Amadeus Orchestra and teaches at the National Cathedral School and George Washington University. He has recently conducted the Israel Symphony Rishon LeZion, the Middleburg Film Festival Orchestra and the Wolf Trap Orchestra

1021.38v Japanese Art: Five Themes

Instructor: Carol Morland

Monday, 12:00 PM - 1:30 PM

11/15/2021 - 12/13/2021 Virtual - Class will be offered via Zoom.

In this course, we will explore the art of Japan through five themes or concepts that appear in different guises throughout Japanese history. The first, "kazari," has a meaning beyond the usual English translation of decoration to indicate a practice that transforms an ordinary object into an extraordinary one. It is a vital component of religious ritual and plays an important part in later aesthetics. Second, we look at the Wind and Thunder gods, whose connections to images that traveled along the Silk Road allow us to examine ancient Japanese art in the context of the Near East. Later artists played on this theme, and their creative interpretations illuminate the taste and expectations of their era. Third are illustrations based on the novel *The Tale of Genji* from the earliest known handscroll, completed in the mid-12th century, to present-day manga. The privileged place given calligraphy in the Japanese and Chinese tradition and the interesting ways in which text and image interact in painting and prints are the subject of the fourth class. The last class will tackle the question, "what is Japanese about Japanese art?" This was a burning issue in the 11th century, when there was a concerted effort to separate what was "Japanese" from what was "Chinese", and then again in the 19th and early 20th centuries, when artists were struggling with how to respond to Western art. The question takes on new significance in the modern age when art is produced in a global context.

Carol Morland has lived, worked and traveled extensively in Asia. She has served as a Smithsonian Journeys expert on tours to Japan and has taught Asian art at a variety of institutions, including the University of Hawaii and Temple University-Japan. At present, she is editing a Japanese-English dictionary of art terms.

Health & Wellness

2003.38v Estate Planning

Instructor: Sarah Parks

Tuesday, 10:00 AM - 11:30 AM

10/5/2021 - 11/9/2021 Virtual - Class will be offered via Zoom.

Do you have questions regarding the various elements of estate planning? If so, this is the course for you.

Class sessions will cover the following:

1. **Overview:** Estate planning and taxes, the probate process, the use of last will and testament and powers of attorney.
2. **Trusts:** What a trust is, how it is used and benefits it offers; different types of trusts for different needs.
3. **Funding a Living Trust:** A trust is effective only for assets transferred to the trust. How does one make sure the correct assets are funded in the correct way?
4. **Advanced Health Care Directives:** End of life health-care decisions are difficult. Making such decisions yourself reduces the possibility of conflict between family members with differing opinions. Find out how to make your wishes count.

Sarah Parks is an estate planner with Custom Estate Planning, which she has operated in Fairfax since 1995. She is a graduate of the George Mason University Law School and has an advanced law degree from Georgetown Law Center. Her practice is devoted solely to estate planning.

2006.38v Healthy Aging

Instructor: Multiple Instructors

Tuesday, 12:00 PM - 1:30 PM

10/5/2021 - 10/26/2021 Virtual - Class will be offered via Zoom.

We have a lot of say-so in how you feel as you grow older. Adopting healthy habits and behaviors, staying involved in the community, using preventive services, managing health conditions, and staying active can contribute to a productive and meaningful life. Join us as we explore healthy aging!

1. **The Six Pillars of Brain Health** (David DeBiasi 10/5) It is never too late to take charge of your brain health. Join us to discover how living an active life—by learning more, being social, staying fit, eating right, getting restorative sleep, and relaxing—is our best bet for maintaining brain health. This class will provide you with actionable steps you can take along with resources to learn more, including materials and content from the Global Council on Brain Health and AARP's Staying Sharp Initiative.

2. **Social Connectivity and Optimal Aging** (John T. White 10/12) Loneliness was a pandemic even before the covid pandemic. There is a difference between social isolation and loneliness. Those who lack biological, psychological, sociological and spiritual connections are at greater risk for heart disease, depression and cognitive decline. This presentation will examine the difference between productive isolation and loneliness and offer information on approaches and resources for connecting and reconnecting in the wake of COVID-19.

3. **Senior Exercise and Fitness** (Dana Edwards 10/19) Let's get moving! In this class, we will address factors to consider as you start an exercise program: cardiovascular fitness; your current level of exercise; pre-existing health issues; and access to, as well as familiarity with, equipment. How do diabetes, chronic obstructive pulmonary disease, arthritis, osteoporosis or coronary artery disease affect our exercise plan? Join us in thinking through an exercise plan or looking for a trainer qualified to work with you.

4. The Expectable Lifespan: The Fountain of Truth (E. Ayn Welleford 10/26) In gerontology, we need more myth-busters to counterbalance the dominant narrative that aging equals illness and decline. In this session, we will discuss personal stories of longevity. You will have the opportunity to explore narratives about your own aging so you can embrace and advance your own longevity.

David DeBiasi, a public health nurse and educator, with a bachelor's degree in nursing from the University of Connecticut, has served as an associate state director at AARP Virginia in Richmond for 11 years and has helped develop public policy priorities and lead tactical implementation of the association's state and federal advocacy campaigns. He has led AARP Virginia's healthy living initiative, focusing on brain health. David lives in Richmond, Virginia.

John T. White is a gerontologist and certified dementia practitioner. He serves as director of advocacy and education for the Longevity Project for a Greater Richmond. He has authored and taught on topics related to longevity, diversity and inclusion, social connectivity and more, all within a person-centered framework.

Dana Edwards is a physical therapist at the Virginia Hospital Center. She is a specialist in helping individuals with spinal issues improve through exercise. She is certified in mechanical diagnosis and therapy (MDT) and is Level 1 Certified, Level 3 Trained in the Meeks Method, a program designed to prevent, arrest and reverse changes in posture that often occur with aging.

E. Ayn Welleford has taught extensively in the areas of lifespan development, developmental gerontology, geropsychology, as well as ethical decision making and human values. As associate professor and gerontologist for Community Voice, she works to make the community a great place for all people to age. She serves as co-lead of the Greater Richmond Age Wave coalition.

No class on 10/19/21 and 11/2/21

2011.38v Cooking for Flavor with Vegetables

Instructor: Cressida McKean

Tuesday, 2:00 PM - 3:30 PM

10/5/2021 - 11/16/2021 Virtual - Class will be offered via Zoom.

Vegetables have come to center stage and a wide variety of local produce is readily available. We are adding more vegetables to our diet for our health and for their sustainability benefits and we want delicious food full of flavor, a trend that chefs increasingly embrace.

This course provides an educational foundation for cooking vegetables with a focus on creating flavor, season by season. It draws on the work of chefs and cookbook writers whose cooking I love and on my own teaching experience. They include Alice Waters of *Chez Panisse Café Cookbook* and Deborah Madison of *Vegetarian Cooking for Everyone*; Samin Nosrat of *Salt, Fat, Acid, Heat*; Yotam Ottolenghi of *Plenty, Plenty More and Flavor*; David Tanis of *A Platter of Figs and Market Cooking*; Suzanne Goin of *Sunday Suppers at Lucques* and Jose Andres of *Vegetables Unleashed*. This selection is personal. Not all of these chefs and cookbook writers focus solely on vegetables, but each of them brings a perspective that leads to absolutely delicious vegetable dishes. My cooking style is vegetable-centric, but I am neither vegan nor a strict vegetarian. My goal is to give the home cook a window into the world of fresh local produce and innovative cooking approaches that build flavor into your daily cooking of vegetables. This course will focus on:

- The basics of stocking your pantry and seasonings cooking techniques for creating flavor with vegetables
- The seasonal produce calendar and exploring new vegetables
- Cooking demonstrations of vegetable dishes for Summer, Fall, Winter and Spring
- Videos of cooking demonstrations, chef interviews, handouts and a recipe packet will complement the five lectures.

Cressida McKean is a cooking instructor. She grew up cooking from the family garden and traveling worldwide exploring local food. With degrees from Stanford University, the London School of Economics and the University of Sussex, she worked as an economist in Latin America and Asia. In 2016, after a master class at CulinAerie, a DC-based cooking school, and classes with local chefs, she began teaching seasonal cooking, fish and seafood, and Mediterranean food with Arlington Community Learning and elsewhere.

No class on 10/26 and 11/2.

2007.38 Aging and the Brain

Instructor: Michael Stutts

Wednesday, 10:00 AM - 11:30 AM

11/3/2021 - 12/15/2021 GMU - Arlington Campus - Van Metre Hall

The brain is the most complex organ of the human body. In this course, participants will learn the functions of the different parts of the brain and develop a better understanding of the brain's normal aging process, with particular attention to memory. We will also learn about cognitive changes that are normal with aging versus cognitive decline due to disease (e.g., mild impairment or Alzheimer's disease). Dementia is not inevitable with increasing age. Finally, we will examine behavioral and lifestyle practices that are likely to help preserve or enhance brain functioning.

Material presented will draw upon neuroscience research, the instructor's past clinical experience (including actual examples from patients) and press and media reports.

Michael Stutts earned a PhD in clinical psychology from the University of Louisville, and completed an internship at the University of Virginia School of Medicine. He completed fellowship training in clinical neuropsychology at Virginia Commonwealth University/Medical College of Virginia. He has been a licensed clinical psychologist in the Commonwealth since 1986. His patient care, research and teaching at Eastern Virginia Medical School (EVMS) focused on clinical/geriatric neuropsychology and rehabilitation psychology. He retired from EVMS as professor emeritus in 2019 after a 33-year career.

No class on 11/24/2021.

History

3035.38v Post-Civil War: Reconstruction

Instructor: James Donahue

Wednesday, 2:00 PM - 3:30 PM

9/22/2021 - 10/20/2021 Virtual - Class will be offered via Zoom.

Reconstruction occurred primarily during the 12-year period following the Civil War. However, it was a very important process designed to reunite the country following the tragic loss of 750,000 soldiers and to address the devastation and poor economy in the South. This was a very difficult time as reconciliation was needed to heal the Nation, yet it often encountered many barriers. Critical issues were the South's hard feelings and its hatred of the North, and how the South regarded the forced occupation of the former Confederate States as unnecessary and cruel.

This course will address the details of Reconstruction during four classes including lectures accompanied by PowerPoint slides, class discussion, and videos addressing various aspects of Reconstruction.

James Donahue received a BS in civil engineering from the University of Massachusetts in 1963 and a MS in engineering in 1970 from Old Dominion University. He served 30 years in the Coast Guard, retiring as a captain in 1994. He has taught Civil War classes at the Osher Lifelong Learning Institute at the University of Virginia and previously was a class aide for Civil War classes for seven years.

3032.38v Egypt: The First 5000 Years

Instructor: Tom Wukitsch

Monday, 12:00 PM - 2:00 PM

10/4/2021 - 12/6/2021 Virtual - Class will be offered via Zoom.

During 1999, the year before the beginning of our new millennium, Egypt flooded Europe's TV airwaves with advertisements inviting folks to come to visit the country during its seventh millennium.

This course traces the history of one of the world's oldest cultures, beginning with the First Dynasty (about 3100 BC). By then there already existed 2,000-year-old form of written hieroglyphic language and undoubtedly a corresponding spoken language, as well as an established set of life and death rituals including mummification. This led archaeologists and Egyptologists to count back behind the First Dynasty to what they call the Zero Dynasty and the Double-Zero Dynasty. From those periods until the last Ptolemaic ruler, the infamous Cleopatra, there were more than 5,000 years of history but remarkably little change. Egyptian religion and politics were very stable: same gods and goddesses, same life and death rituals, same language. There were interruptions when foreign invaders managed to rule temporarily. One pharaoh tried to change the Egyptian religion, but his son Tutankhamun swiftly brought back the "old time religion."

After Alexander the Great conquered Egypt, the Ptolemaic dynasty merged Osiris, the sacred bull Apis, and some aspects of the Greek god Hades into Serapis; and moved the capital to Alexandria. The Ptolemies were after all just another bunch of temporary foreign conquerors. History abounds in all those years: many pharaohs and their construction projects and tombs including pyramids, valleys of the kings and queens, hundreds of towns, and outposts of the lesser classes. In addition, there are the men and women who exposed the history and archeology in more recent times.

Tom Wukitsch's interest in the ancient world was whetted by his grandparents' bookcase of National Geographic back issues. Early on he learned about Latin, Greek, ancient Semitic languages, hieroglyphs (his father bought him Wallis Budge's Egyptian Hieroglyphic Dictionary), math, history, archeology, archeometry and computers. After retiring in 1998, he studied and taught in Rome and, since 2002, at Encore Learning.

Recommended Website: <http://www.mmdtkw.org/ALRItkwPages.html> (Scroll down to Ancient Egypt.)

3040.38v Abraham Lincoln: Savior of the Nation

Instructor: Multiple Instructors

Tuesday, 2:00 PM - 3:30 PM

10/5/2021 - 10/26/2021 Virtual - Class will be offered via Zoom.

Most Americans consider Abraham Lincoln one of our greatest presidents. Both current political parties routinely quote Lincoln and strive to be associated with him and his legacy. Why? This course explores the life of Abraham Lincoln, his ambitions, his political rise, his influence on contemporaries, his role as "The Great Emancipator," his prosecution of the Civil War, and his continuing influence to this day.

1. Young Lincoln (Ed Steers 10/5) Lincoln rose from a log cabin to the White House, a feat that is still inspiring today. This session will examine his early life from his birth in Kentucky to his childhood in Indiana, as well as his move to Illinois as an adult. The emphasis will be on his education, much of it through self-study, and key events that helped shape his later political life.

2. Lincoln as Politician (David J. Kent 10/12) Lincoln became a successful lawyer in Illinois, he is best known as a politician. This section will cover his political rise and influence in addition to the major issues of the day. Especially his push for internal improvements and his developing views on slavery. His growing understanding of science and technology prepared him for victory in the Civil War.

3. Lincoln as Commander-in-Chief (David J. Kent 10/19) Seven southern states seceded from the Union within weeks of Lincoln's election as President, with four more leaving after the Confederate attack on Fort Sumter, a month after his inauguration. He is the only president to have war span his entire presidency. How he led the war, his major decisions, the interactions with his generals, and his overall strategic philosophy for winning the war will be addressed.

4. Emancipation and Legacy (John O'Brien 10/26) Lincoln's defining contributions are the saving of the Union and ending slavery in America. This section delves into the dynamics of emancipation, the 13th Amendment, and Lincoln's enduring legacy that still infuses our national identity today.

Ed Steers is a recognized authority on Abraham Lincoln and has published numerous articles and more than a dozen books. He was a career scientist before becoming a Lincoln scholar. His most recent book is *Getting Right With Lincoln*, which examines some of the most controversial historical stories about Lincoln, including his relationships with his father and with Ann Rutledge, and whether he was a reluctant or active emancipator.

David J. Kent is the author of five books, including *Lincoln: The Man Who Saved America*. His next Lincoln book is due out in early 2022. He has been a principal in the Lincoln Group of DC for the last decade and is on the Executive Committee of the Abraham Lincoln Institute. He has led dual careers as a scientist and Lincoln historian.

John O'Brien is a former CEO and a native of Pennsylvania. John has been a principal and president of the Lincoln Group of DC, as well as the owner of "Lincoln in Washington Tours" that teaches people about Lincoln's time in Washington. He was director of Lincoln studies at "Lincoln's Church," the New York Avenue Presbyterian Church in Washington, D.C.

3034.38 Future of Preserving the Past: A Digital Look at Public History

Instructor: Peter Vaselopoulos

Thursday, 10:00 AM - 11:30 AM

10/7/2021 - 10/28/2021 GMU - Arlington Campus - Van Metre Hall

The growing number of historic collection websites is changing the way historians conduct research and rediscover the past. New information technologies are helping communities better preserve and interpret their local histories. Hosted online platforms and social media are making private and museum collections more accessible, providing more opportunities for community collaboration and engagement.

The Future of Preserving the Past is an introductory course into the dynamic field of public history and the impact of technology on conducting historic research. In addition, the instructor will discuss his new project. "Mapping the Civil War in Arlington," and its impact on local Civil War research.

The course will provide a basic understanding of online digital technologies, and how they are used to discover and collect historical research. It will also provide a forum to discuss the traditional role of local historians, and how public engagement is changing the way communities are now able to participate in reinterpreting their histories. Students will learn about popular online historic collections, the difference between primary and secondary sources, and the techniques to capture core metadata.

Peter Vaselopoulos is on the board of the Alliance to Preserve the Civil War Defenses of Washington, DC. He is vice president of the Third U.S. Infantry Re-enactors and a former member of Arlington County's Civil War Sesquicentennial Committee. He served as deputy chief information officer at the United States Agency for Global Media. He has master's degrees in managing information systems and international communications from George Washington University and American University. He is currently pursuing a master's degree in digital humanities at George Mason University.

3036.38v Lee's Hollow Victories: Fredericksburg and Chancellorsville

Instructor: Robert Stone

Thursday, 12:00 PM - 2:00 PM

10/7/2021 - 11/18/2021 Virtual - Class will be offered via Zoom.

Within a short five-month period (December 1862 to May 1863), Confederate General Robert E. Lee's Army of Northern Virginia inflicted two major defeats on the Union Army of the Potomac: the first at Fredericksburg, VA, and the second at Chancellorsville, VA. In this course, we will study these two great battles using the words of the contending generals themselves (from letters, memoirs and official records) to follow their thoughts and actions as the armies maneuvered into conflict and fought. Class participants will learn why these two victories, considered the greatest in Lee's long career, proved to be hollow in the end and led him to a false sense of invincibility on his way to Gettysburg. The victory at Chancellorsville was even more important in overall Confederate military history because it resulted in the mortal wounding of General Thomas Jonathan ("Stonewall") Jackson. Participants will also learn the fate of the two ill-starred Union commanders in these battles: General Ambrose Burnside at Fredericksburg and General Joseph ("Fighting Joe") Hooker at Chancellorsville.

If pandemic conditions allow, the instructor may lead a voluntary all-day field trip to tour the Fredericksburg & Spotsylvania National Military Park, including the Chancellorsville Battlefield. Any costs for the tour will be shared equally by all participants.

Robert Stone is a graduate of West Virginia University with a BS in education. He worked for the Arlington County government for 36 years in a variety of administrative positions. He has studied the American Civil War for most of his life and has shared his knowledge with numerous Civil War Round Tables and other interested groups. He is also a battlefield tour guide for most of the eastern battlefields.

No class on 11/11/2021.

3038.38v Jews in Ancient Times, Part 2

Instructor: David Wittenberg

Tuesday, 10:00 AM - 11:30 AM

10/19/2021 - 12/14/2021 Virtual - Class will be offered via Zoom.

This course is a history of the Jewish people in antiquity. Like so many developments in Jewish history, the experience of living in the diaspora was instrumental, especially with regard to the religion of Judaism. It can fairly be argued that the diaspora experience gave birth, at least in its outlines, to Judaism as we know it today. Of course, the Jews in ancient times did not operate in a vacuum. Their way of life, their politics and their religion all owe a debt to their relationships with other peoples: the Babylonians, the Persians, the Greeks and the Romans.

This course will cover a wide swath of history, a period of almost 800 years. One significant period is what is known as the Axial Age, a time during which Judaism would take its first steps as a universal religion. Special consideration will be given to religions that have a special relationship to Judaism, notably Samaritanism and Christianity. Along the way, we will meet important historical characters: Cyrus the Great, Alexander the Great, Judah the Maccabee, Herod the Great, Jesus of Nazareth, Flavius Josephus, Philo of Alexandria, Simon Bar Kokhba, Hillel, Hadrian and others.

The course will comprise of eight sessions as follows:

1. The Babylonian Captivity
2. The Return from Exile
3. The Ascendancy of Monotheism and Priestly Rule
4. Samaritans: A Remnant of Israel?
5. The Hellenistic Age
6. Roman Rule
7. Jewish Revolt: Roman Response
8. Jewish Sectarianism and Christianity

David Wittenberg has a degree in sociology from The City College of New York and a master's degree in social foundations of education from the University of Virginia. He has taught English as a second language at Wakefield High School in Arlington and lived in Italy for three years, where he taught in the American School in Florence. During his seven years in Israel on a kibbutz, he taught English in a regional high school.

No class on 11/2/2021.

3022.38 Walks With Charley

Instructor: Marty Suydam

Tuesday, 10:00 AM - 11:30 AM

10/26/2021 - 11/30/2021 Various – Most walks beginning at Arlington Historical Museum

This five-session course is based on the instructor's book *Walks with Charley: Sniffing Arlington Ridge History & Mystery*, 2d edition. We will enjoy five walking tours covering the Arlington Ridge history and mystery. Most will start near Hume School, home of the Arlington Historical Museum.

Walk 1: Arlington Ridge, Northwest, two miles (general orientation of area, Hume School, Little Tea House, Fort Albany, Prospect Hill Manor, JEB Stuart Homes, Pentagon Ridge Condos, Sears Bungalows)

Walk 2: Arlington Ridge, Southeast, two miles (street naming/renaming, Oakridge Elementary School, Tudors of Arlington, Summer Rentals Offices, "Ty Bryn" and Haley Park, Garfield Estates, Fort Scott, Luna Park)

Walk 3: Arlington Ridge, Southwest, two miles (Arlington Ridge Road, Gunston Middle School, Shirley Homes, Green Valley Manor & Fraser family history, ARNA Valley, Dolley Madison JHS, Four Mile Run, Long Branch, and Luna Park)

Walk 4: Arlington Ridge, Northeast, two miles (Addison House, Crystal City, Brick Yards, Sunnyside Farm, Jubal Early Homes)

Walk 5: Army Navy Country Club, two miles (Fraser Cemetery, Civil War Fort Richardson and Convalescent Hospital)

Class members will be provided handout cards for each walk tracing walk paths and providing space to take notes.

Marty Suydam is a retired Army officer, government and corporate executive and professor. He has published articles in *The Arlington Historical Magazine* and has written two memoir books, *Walks with Charley: Sniffing Arlington Ridge History and Mystery* and *Let's Go Camping*.

Recommended Reading: *Walks With Charley, 2d edition*, Martin Suydam.

3033.38v Prayer in America

Instructor: Stephen Ruth

Wednesday, 2:00 PM - 3:30 PM

11/3/2021 - 12/1/2021 Virtual - Class will be offered via Zoom.

James P. Moore's book *One Nation Under God: the History of Prayer in America* is an amazing source of insight and understanding into the role of prayer starting at the very beginning of the American experience. According to one summary, Moore's book "brings together the country's hymns, patriotic anthems, arts, and literature as a framework for telling the story of the innermost thoughts of the people who shaped the United States we know today. Beginning with Native Americans, *One Nation Under God* traces the prayer lives of Quakers, Shakers, Muslims, Catholics and Jews, from the earliest days of the United States through the advent of cyberspace, the aftermath of 9/11 and later presidential elections. It probes the approach to prayer by such diverse individuals as Benjamin Franklin, Elvis Presley, Frank Lloyd Wright, Martha Graham, J.C. Penney, Mary Pickford, Cesar Chavez, PT Barnum, Jackie Robinson, and Christopher Columbus. It includes every president of the United States as well as American farmers, clergy, immigrants, industrialists, minor sports heroes and scientists."

Using Moore's book as a guide this course will take us on a trip across centuries of American history through the lens of prayer. If that sounds boring, be assured there will be abundant surprises, not just about the many historical personalities we will be examining, but also about the amazing ways that prayer has solidified the country, particularly in times of serious trouble. An example is Mark Twain's *The War Prayer*, which his publishers were unwilling to release because of its explosive political ramifications. We will examine dozens of examples of the importance and the relevance of prayer, including FDR's famous note to the Allied troops before the Normandy landings. Course participants may wish to obtain the book beforehand.

Stephen Ruth is a professor of public policy at George Mason University. His book, *One Year Trip Through the Bible – Readings and Reflections: A Layman's Fresh Perspective on the Complete Old and New Testaments*, examines 73 books of the Hebrew Tanakh and the Christian New Testament plus the Apocrypha.

No class on 11/24/2021.

3039.38v America 1945-1960: Were These the Good Years?

Instructor: David Heymsfeld

Tuesday, 12:00 PM - 1:30 PM

11/9/2021 - 11/30/2021 Virtual - Class will be offered via Zoom.

The course will cover the history of post-war America, 1945-1960. For many Americans, these years were the best of times. They benefited from economic prosperity, low unemployment, and greater income equality, but some Americans did not fare well. Twenty percent had incomes below the poverty level. People of color faced severe discrimination as did gays and women who aspired to professional careers. Internationally, we entered a Cold War in which the two competing superpowers developed nuclear weapons, which had the potential to destroy the planet. Concerns over the Cold War led to a Red Scare and McCarthyism in the United States, causing thousands of people to lose their jobs because of unsubstantiated charges that they were communist agents or sympathizers who threatened national security.

David Heymsfeld is a retired congressional staff member with a lifelong interest in history. He has presented courses in modern American history and was a tour guide at the Newseum.

3037.38v Black Heritage in Arlington

Instructor: Scott Taylor

Thursday, 2:00 PM - 3:30 PM

11/18/2021 - 12/16/2021 Virtual - Class will be offered via Zoom.

This course will introduce African American History in Arlington, from President George Washington and slavery to the 21st century, with special emphasis on some of Arlington's unsung African American heroes. It will cover basic facts, concepts, and themes, concentrating on diversity, labor and individual freedom as special features of the modern American experience. Four sessions will cover these broad topics:

1. Slavery and George Washington
2. African Americans at the Arlington House
3. Freedman's Village History
4. Oral histories of the African American neighborhoods that followed Freedman's Village, including churches and businesses
5. The Civil Rights Movement in Arlington
6. Integration of Arlington Public Schools lunch counter sit-ins
7. Field trip may be suggested by instructor

Scott Taylor is a third-generation Arlingtonian, raised in the historic once all-African American Halls Hill /High View Park neighborhood. He is president of the Black Heritage Museum of Arlington. At his church, he is chairman of the Men's Brotherhood Ministry and founder and director of the Praise Team Ministry. He is affiliated with the Arlington African American Leadership Council, Toastmasters and the NOVA Baptist Association. He holds a masters degree in journalism from Hamilton College.

No class on 11/25/2021.

Independent Reading: *A Guide to the African American Heritage of Arlington County Virginia*, available for download at: <https://projects.arlingtonva.us/wp-content/uploads/sites/31/2016/09/A-Guide-to-the-African-American-Heritage-of-Arlington-County-Virginia.pdf>

Law, Politics & Public Affairs

4021.38v Gladstone and Disraeli: The Political Rivalry that Shaped Contemporary British Politics

Instructor: Verne Vance

Thursday, 12:00 PM - 1:30 PM

10/7/2021 - 10/28/2021 Virtual - Class will be offered via Zoom.

This course will examine the lives and political careers of two of the most important British politicians and bitter rivals of the 19th century, William Gladstone and Benjamin Disraeli. Each man served at various times as prime minister and as chancellor of the exchequer, shaped Great Britain, and left a legacy that shaped British politics to the present day. Since it is necessary to understand the machinations of British politics that provided the context to the Gladstone-Disraeli rivalry, we will consider the ways in which the British parliamentary system operates differently from the American system. The course will consist of several lectures and class discussions of some of the era's most important issues for Gladstone and Disraeli.

Verne Vance is a retired corporate attorney and public official, graduate of Harvard College and Harvard Law School. His longtime interest in British politics and literature led him to the career of Benjamin Disraeli.

Recommended Reading: *The Lion and the Unicorn: Gladstone vs. Disraeli*, Richard Aldous

4012.38v Legal Hot Spots

Instructor: Multiple Instructors

Thursday, 2:00 PM - 3:30 PM

10/7/2021 - 11/4/2021 Virtual - Class will be offered via Zoom.

Much of the drama of US history and life is played out in state and local governing bodies, legal discussions, court trials and the decisions of the Supreme Court. These five lectures will provide the background for upcoming elections, major legal controversies, competing arguments, and decisions.

1. Virginia Election Hot Spots (Richard “Rip” Sullivan 10/7)

Sullivan, a member of the Virginia House of Delegates, will discuss the three current statewide elections, highlighting races in the House of Delegates and the state of our politics. Looking ahead, he will talk about the upcoming 2022 legislative session and what he expects to be the overall priorities of the General Assembly. He will also reflect on his experience over the past two years as a member of the majority party.

2. Abolition of Virginia's Death Penalty (Dale Brumfield 10/14)

On July 1, 2021, Virginia’s death penalty was officially abolished. In this class, we will look at the confluence of events that contributed to abolition, including the Black Lives Matter movement and attention to racial disparities in policing, as well as the assembly line-like federal executions during the final months of the Trump Administration. Virginia is the first state of the former Confederacy to abandon the death penalty.

3. The Supreme Court: Your Right to Carry a Gun in Public (Mark Sherman 10/21)

The US Supreme Court has ruled that the right to bear arms under the Second Amendment to the US Constitution guarantees the right to own a gun in one's home for purposes of self-defense. But a majority of the court has declined to rule any further on the matter. In *New York State Rifle & Pistol Association Inc. v. Corlett*, the court will review a New York law, upheld by the lower courts, that requires a license to carry a concealed gun outside the home. The question is how far states can go in regulating carry outside the home.

4. Dismantling the “Invisible Wall” in the Age of Covid (Jeffrey Gorsky 10/28)

President Trump erected an “invisible wall” by means of administrative actions that brought immigration to historically low levels. President Biden’s promise to support immigration will require him to reverse many of these policies and consider further reform measures, while at the same time dealing with Covid-related travel restrictions and pressures from Mexico. Topics to be discussed in this class include reforming the immigration bureaucracy, reviving our asylum and refugee processing system, and protecting the Deferred Action for Childhood Arrivals (DACA) program in the face of litigation.

5. The Public Defender System: Fixes That Need to Be Made (Stephen Hanlon 11/4)

The Sixth Amendment to the US Constitution grants criminal defendants the right to a speedy and public trial. Further, the Supreme Court has held that a public defender must be appointed to represent criminal defendants unable to afford an attorney in all trials where the defendant faces the possibility of imprisonment. In this class, we will discuss the current mess in the criminal justice system resulting from too few public defenders and limited financial support of their mission.

Richard “Rip” Sullivan was elected to the Virginia House of Delegates in 2014. He is chair of the House Democratic Caucus, a leadership role in which he promotes the goals of House Democrats. He served two terms as chair of the House Democratic Caucus. A graduate of Amherst College, he received his law degree from the University of Virginia. He is a partner in the law firm Bean Kinney & Korman, P.C.

Dale Brumfield is field director for Virginians for Alternatives to the Death Penalty (VADP). He is the author of 10 books including *The Virginia State Penitentiary: A Notorious History*, published in 2017. He organizes grassroots support and engages conservative, libertarian and evangelical groups on key VADP initiatives including severe mental illness and the death penalty, among others.

Mark Sherman has covered the Supreme Court for the Associated Press since 2006, a period that has included blockbuster decisions on health care and same-sex marriage and big changes in the court’s membership. He has written

about the US Department of Justice, health care and national politics in his more than 25 years as a reporter based in Washington and Atlanta.

Jeffrey Gorsky is a nationally known expert in immigration law, completed a 36-year career with the US State Department, he began as US vice consul in Colombia and Spain and retired as chief of the legal advisory opinion division in the Office of Visa Services. Subsequently, he worked as senior counsel for a corporate immigration law firm. He has authored numerous articles on immigration for the legal news service Law360 and is an expert on immigration for national publications and news organizations.

Stephen Hanlon founded the Community Services Team (CST) at Holland & Knight and served as the partner in charge. CST was the largest full-time, private practice pro bono department in the nation. Since his retirement from Holland & Knight at the end of 2012, he has confined his practice to assisting and representing public defenders with excessive caseloads. He now serves as a professor of practice at Saint Louis University School of Law.

4022.38v Socialism vs Capitalism in U.S. Public Policymaking

Instructor: Jeremiah Mitoko

Thursday, 10:00 AM - 11:30 AM

10/14/2021 - 12/16/2021 Virtual - Class will be offered via Zoom.

This course will examine conceptual definitions, the history and fundamental flaws of socialism and capitalism, and the tensions between these economic philosophies in recent US institutional developments. We will consider the implications of the Affordable Care Act (Obamacare), proposed minimum wage legislation and financial regulations. Relying on the perspective that coexistence of the two philosophies is challenging.

Jeremiah Mitoko has a PhD in public policy from George Mason University and previously taught a course on recent developments in American political structure for Encore Learning. His recent research has focused on the self-propagating institutional fragility of the production activity itself, i.e., how modern societies prevent productivity gains from destroying their own institutional structures. This enduring puzzle critiques the fundamental flaws of both socialist and capitalist economics.

No class on 11/11 and 11/25/2021.

4023.38v Yes, And: Utilizing Conflict to Facilitate Cooperation

Instructor: Brendan Murphy

Monday, 12:00 PM - 1:30 PM

10/18/2021 - 11/22/2021 Virtual - Class will be offered via Zoom.

Conflict is an indelible part of life. Each approach the world with different perspectives. We have unique experiences and individual interests. Addressing conflict can be an opportunity through which each of us can grow and benefit. This is a follow-up to the Spring 2021 Social Justice Perspectives, which relied on public narrative and personal stories to connect with and motivate social justice activism. This course investigates the use of personal narrative and as applied to broader social justice activism. When a conflict exists, what can parties do to investigate each other's interests and move toward a mutually acceptable result?

We will address non-adversarial conflict resolution techniques and how they may be applied by recognizing the tension between process and outcome. Reliable and good processes are important to realizing better outcomes. Creative ways to reframe and open communication, such as through improvisational comedy techniques, will be introduced (e.g., "yes ,

and"). To illustrate conflict resolution techniques, each session will highlight topical issues, including social justice issues. Students will discuss personal stories about conflicts they have encountered.

Brendan J. Murphy, is an attorney and educator. As a solo practitioner and mediator, he uses non-adversarial means to facilitate party-directed, interest-based, mutually satisfying solutions to resolve conflict. As an educator, he has worked with students from elementary school to college age. He is on the board of directors of the Connecticut Mediation Association and is a member of the Sustainable CT Windham town committee. He holds a BA from the University of Connecticut and a JD from Western New England University.

Literature & Writing

5003.38 Novella: Here We Go Again and Again

Instructor: Iska Alter

Friday, 2:00 PM - 3:30 PM

10/8/2021 - 11/12/2021 GMU - Arlington Campus - Van Metre Hall

Let us restart our ongoing examinations of that anomalous form, the novella and its paradoxical generic ability both to focus and expand narrative concerns. For the six weeks in this semester, we will be reading the following works in this order:

1. Mark Twain, *The Man That Corrupted Hadleyburg*
2. George Orwell, *Animal Farm*
3. Muriel Spark, *The Prime of Miss Jean Brodie*
4. Nella Larsen, *Quicksand*
5. Sara Orne Jewett, *The Country of the Pointed Firs*

All of the works are available online. As always, our purpose during our time together will be to define, to interpret, to understand and, of course, to enjoy these texts.

Iska Alter is emerita professor of English at Hofstra University. Her specializations are American Literature, Shakespeare and English Renaissance Drama. Her work has appeared in *Modern Drama*, *Theater History Journal*, and *Shakespeare Survey*. She is the author of an analysis of the fiction of Bernard Malamud entitled *The Good Man's Dilemma*. She received her BA from City College of New York, an MA from the University of Wisconsin and a PhD from New York University.

5019.38 Charles Dickens' *Bleak House*

Instructor: Rosemary Jann

Wednesday, 2:00 PM - 3:30 PM

10/20/2021 - 12/1/2021 GMU - Arlington Campus - Van Metre Hall

Although not Dickens' best-known novel, *Bleak House* is among his most compelling: part mystery, part love story, part social commentary. The course will run for four sessions over seven weeks to provide ample time to digest this 900-page classic, which Dickens' contemporaries would have read in suspenseful monthly installments.

Participants should come to class having read the first three installments (chapters 1-10). An edition with the original illustrations is recommended. The course schedule will look like this:

Week 1, Session 1: students read chapters 1-10 before class

Week 3, Session 2: students read next ~250pp before class

Week 5, Session 3: students read next ~250pp before class

Week 7, Session 4: students read last ~250pp before class

Rosemary Jann is emeritus professor of English at George Mason University, where she also served as department chair and associate director of the general honors program. Her teaching included a variety of courses in Victorian prose, poetry and fiction, as well as literary analysis and research methods. She has published books and articles on topics such as Victorian historical writing, class issues in Victorian fiction, the ideological impacts of Victorian science and Sherlock Holmes.

This class meets every other week. No class on 10/27, 11/10 and 11/24.

5018.38v American Women Writers

Instructor: Janet Auten

Friday, 10:00 AM - 11:30 AM

10/22/2021 - 11/19/2021 Virtual - Class will be offered via Zoom.

Many popular and prolific writers in mid-19th century America were women. Some writers were daughters of prominent families while others were born enslaved; some ventured out West as pioneers while others went into the working world. These women writers also had an important role in recording 19th century American life. Their novels, powerful poetry, soaring speeches, essays about working conditions, and riveting memoirs both reflected and shaped the era. This course offers an introduction to some well-known writers such as Harriet Beecher Stowe, Sojourner Truth and Louisa May Alcott, and to landmark works such as Susan Warner's bestseller, *The Wide, Wide World*; Harriet Jacobs' *Incidents in the Life of a Slave Girl*; and *Life in the Iron Mills* by Rebecca Harding Davis. The course will also survey a variety of other women's works, many of which have faded from attention but were once widely read.

Annotated bibliographies will be provided so class members can further explore this fertile, fabulous, female literary treasure trove.

Janet Gebhart Auten taught literature and composition courses and directed the Writing Center during her 25 years at American University. She also developed and taught a course for the Women's Studies Program titled Women's Voices Through Time. She holds a PhD in rhetoric/composition and American literature and an MA in journalism.

5004.38p or 5004.38v Writing A Memoir

Instructor: Marty Suydam

Friday, 10:00 AM - 11:30 AM

11/5/2021 - 12/17/2021 Virtual - Class will be offered via Zoom.

Guided by William Zinsser's wise, practical, and humorous book, we will consider the many styles of personal writing: memoirs, diaries, family histories, journals, letters and even poetry.

The class format will be a lecture-discussion-workshop. Students will write, read their work and gently critique each other's work – only with the writer's permission. Practical exercises will help students get started in memoir writing and inspire them to keep writing.

As Zinsser recommends, "Be yourself, speak freely and think small." In his 2004 book, *Writing About Your Life*, Zinsser states: It's a memoir of my own life, but it's also a teaching book – along the way I explain the reducing and organizing decisions I made. I never felt that my memoir had to include all the important things that ever happened to me – a common temptation when old people sit down to summarize their life journey. On the contrary, many of the chapters in my book are about small episodes that were not objectively 'important' but that were important to me. Because they were important to me, they also struck an emotional chord with readers touching a universal truth that was important to them. Select either in-person (p) or Virtual - Class will be offered via Zoom. (v) class session below.

Marty Suydam is a retired Army officer, government and corporate executive, and professor. He is a member of an informal memoir-writing group, Cherie's Gang, named for the long-term Encore Learning instructor Cherie Bottoms. He has published articles in The Arlington Historical Magazine and has written and published five memoir books, *Walks with Charley*, *Let's Go Camping*, *Our Montclair Times*, *Building Memories* and *Writing A Memoir: A Personal Journey*. The last book serves as a non-required text for this course.

No Class 11/26/21.

Recommended Reading: *Writing about Your Life: A Journey into the Past*, William Zinsser.

This course may be taken either Virtual - Class will be offered via Zoom. ly (v) or in-person (p), please select the class option you wish when registering.

5017.38v Revisiting *Doctor Zhivago*

Instructor: Natalia Lord

Tuesday, 10:00 AM - 11:30 AM

11/9/2021 - 11/30/2021 Virtual - Class will be offered via Zoom.

We will look at *Doctor Zhivago* both as literary work and as a Cold War tool. Its complex publication history and the controversy surrounding its Nobel Peace Prize for Literature remains relevant today. Materials declassified during the last decade have given rise to several in-depth examinations of this novel's significant political role. These will be covered in introductions during each class session.

Since at least half of the course is designed for group discussion, please read the novel. It is around 600 pages, so starting early is a good idea. We will tackle it in four parts. The Richard Pevear and Larissa Volokhonsky translation published by Vintage Classics is available from Amazon and other sites. It is also available from Kindle and as an audiobook.

To get into the subject, you may also enjoy the David Lean 1965 film with Omar Sharif, Julie Christie and Geraldine Chaplin as well the 2002 British television drama serial with Hans Matheson, Keira Knightley and Sam Neill.

Natalia Kamendrowsky Lord has a master's degree in Russian literature from Fordham University and has taught at Fordham, Howard University and the Foreign Service Institute for more than 40 years.

Science & Technology

6016.38 Urban Green: Great New City Parks

Instructor: Peter Harnik

Wednesday, 12:00 PM - 1:30 PM

11/3/2021 - 12/1/2021 GMU - Arlington Campus - Van Metre Hall

Even though it is the national park that guards and celebrates the great landscapes and stories of the nation, it is the city park where we spend most of our park time — toddling as babies, competing as children, hanging out as teens, courting, bringing families, taking visitors and sitting on benches when exhausted. We go to them, walk through them, play in them, dream in them. The greatest parks, from Golden Gate Park in San Francisco to Forest Park in St. Louis to Fairmount Park in Philadelphia to the Common in Boston, become the very symbol of their cities.

Since most city land is already spoken for, creating new urban parks is not easy. But it can be done and is being done, through innovative thinking and bold redevelopment, even in crowded places like Seattle, Chicago, Atlanta, New York and

— yes — Arlington. This course looks at a wide array of new parks, including decks over highways, community gardens, rail-trails, parks built on old landfills, parks sharing land with stormwater ponds, schoolyard parks, even cemeteries-as-parks and rooftop public gardens.

The course will cover not only the physical development of the parks but also the behind-the-scenes coalition-building and often intense politics underlying the successful (and even the instructively unsuccessful) campaigns. The course will also look at the possibilities for creating new city parks in Arlington, the Washington area and elsewhere.

Peter Harnik is an environmental activist, urban enthusiast and writer. He founded and directed the Center for City Park Excellence at the Trust for Public Land until his retirement in 2016. Before that, he co-founded and served as vice president of the Rails-to-Trails Conservancy. His books include *Inside City Parks* and *Urban Green: Innovative Parks for Resurgent Cities*. He lives in Arlington.

No class on 11/24/2021.

Social Sciences

7009.38 Psychology: It's Everywhere

Instructor: Janice McLean

Friday, 12:00 PM - 1:30 PM

10/8/2021 - 12/10/2021 GMU -Arlington Campus-Van Metre Hall

How do some political figures and celebrities develop a cult-like following despite bad and even heinous behavior? You think obesity and medical history are the strongest predictors of health and longevity? Harvard medical researchers say think again. Can we diagram our lives and compose an entire life plan in 90 minutes? We will do it. Are sociopaths born like bad seeds? Why are polygraphs inadmissible in court and why are some accused murderers eager to take them? What is cutting-edge assisted living and how is the use of animals 24/7 improving the health, mood, and longevity of people in such facilities? What innovative prison programs are dramatically lowering recidivism and reinventing lives? Are you sexist for believing that women are better communicators, and that men are wired to be better drivers and romantic rascals? Has the pandemic changed us in good ways, bad ways, or both? How would such research be properly conducted?

This course will examine psychology in advertising, voter manipulation, physical health and aging, life planning, corrections reform, stress-lowering techniques you can use daily, the magic of pet ownership, and research-based differences between men and women. We will use relevant current events as class material. The instructor will emphasize the importance of critical thinking, and each session will start with the mantra, "Show Me the Data!" Oh, we will have fun; too: the topic of Positive Psychology will make sure of that. Class time will be provided for questions and answers on all things psychological as time (and the instructor's knowledge) permit.

Janice McLean, PhD, is a retired clinical psychologist who taught at Ohio State University for 20 years and practiced for 35 years in hospital and group practice settings. She is co-author of *Phobias and Other Panic Victims: A Guide for Those Who Help Them* and a contributor to *The Successful Medical Student* and *The Counseling Sourcebook*. She serves on the Alexandria Sheriff's Correctional Services Advisory Board.

Suggested Readings: *Positive Psychology: Harnessing the power of happiness, mindfulness, and inner strength* (Harvard Medical School), Ronald D. Siegel; *Enlightenment Now: The Case for Reason, Science, Humanism, and Progress*, Steven Pinker; *Learned Optimism: How to Change Your Mind and Your Life*, Martin Seligman; *The Lucifer Effect: Understanding How Good People Turn Evil*, Philip Zimbardo.

No class on 10/15/21 and 11/26/21

7019.38v Economic Impact of COVID-19 and Assessment of Policy Response

Instructor: Amel Ben Abdesslen

Monday, 12:00 PM - 1:30 PM

10/11/2021 - 11/1/2021 Virtual - Class will be offered via Zoom.

The COVID-19 pandemic has triggered the deepest contraction of gross domestic product (GDP) in several economies and severely impacted sectors such as leisure and hospitality. In our strongly connected and integrated world, the negative impact of the health crisis on major components of our economies has been exacerbated. This course focuses on the impact of COVID-19 on the global economy. We will analyze data in several countries and regions (e.g., GDP growth rate, unemployment rate), and we will discuss how this demand-side crisis, coupled with a weakened global supply chain, led to the worst economic downturn since the Great Depression. We will also assess policy responses (fiscal and monetary) and debate whether the policies were adequate.

Upon completion of this course, you will be able to answer the following questions:

- How did the health crisis translate to an economic crisis?
- What does a COVID-19-induced recession look like? Could we predict the recovery path?
- Will there be any lasting economic impact of the health crisis?
- Was the economic policy response sufficient and efficient?

Amel Ben Abdesslem is an assistant professor of economics at Marymount University's School of Business and has been teaching in higher education for more than 10 years. She received her PhD from the University of Bordeaux (France) and her main research interests are focused on industrial policy, economic growth, innovation and monetary unions.

7010.38v Community Resilience

Instructor: Tonya Thornton

Tuesday, 12:00 PM - 1:30 PM

10/12/2021 - 11/9/2021 Virtual - Class will be offered via Zoom.

The course examines the elements of emergency response and crisis management plans. The risk of disasters is increasing, and their consequences are often broad-based, long-term and unanticipated. Traditional disaster models have typically focused on post-crisis response/recovery and lessons learned from terrorist attacks. For example, if communal networks are disrupted, there will be a lasting impact on the social cohesion of a community, the political confidence of its members and the communal resilience of the impacted area. This understanding of disaster is essential to problem-solving. Decision-making models have highlighted the need for increased communication and collaborative partnerships.

Tonya E. Thornton is a Principal with Delta Point Solutions, LLC, an interdisciplinary, social, policy, and administrative science consulting firm that utilizes innovative research rooted in performance management and operational modeling, focusing specifically on homeland security initiatives. She formerly served as director for extramural projects at George Mason University's Schar School of Policy and Government, and as assistant professor and coordinator of the graduate program in Emergency Management and Homeland Security. Her areas of expertise are emergency management, critical infrastructure, and public safety.

No class on 11/2/2021.