

Spring 2022 Semester

First class: 3/14

Last class: 5/31

IND The Institute of New Dimensions

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IND Spring 2022 Course Listings

All courses are 90 minutes long, except as noted

Mondays, 10:00 am

- #111 **Young Adult Historical Fiction: A Focus on Inequity and Diversity Issues**
3/14, 3/28, 4/11, 4/25, 5/9 *Howard B. Schechter, Ed.D* Page 5
- #112 **Two Topics in Psychiatric History**
3/21, 5/2 *Henry Pinsker* Page 5
- #113 **Paris, Ooh, La, La!**
4/4 *Ray Turkin* Page 5

Mondays, 12:00 pm and 2:00 pm

- #121 **New York People and Places: The Brooklyn Bridge and Katherine Hepburn**
3/14 at 12:00 – 1:30 pm and 4/11 at 2:00 – 3:30 pm *Marty Schneit* Page 6
Please note the different starting times for the two sessions.

Mondays 12:00 pm

- #122 **The Civil War: Critical Moments, Critical People**
3/21, 4/11, 4/18, 4/25 *Michael Sica* Page 6
- #123 **More Topics in French Life: Fashion and Food**
3/28, 4/4 *Ronnie Friedman* Page 6

Mondays, 2:00 pm

- #131 **The Status of Minorities in China**
3/14, 3/21 *Judy Manton* Page 7
- #132 **The Online Classroom: Challenges and Opportunities in Virtual Learning**
4/4 *Sophia Rosenfeld* Page 7
- #133 **The Current Economic and Financial Impact of Covid-19 on the United States**
5/16 *Arthur S. Guarino* Page 8

Tuesdays, 10:00 am

- #211 **The Golden Age of Pop Music, Spring 2022 Edition**
3/15, 3/29, 4/12, 4/26, 5/10 *Joe Weisfeld* Page 8
- #212 **More Stories from Space**
3/22, 4/5, 4/19, 5/3, 5/17 *Joe Lennox* Page 8

Tuesdays, 12:00 pm

- #221 **Mindfulness and Meditation**
3/15, 3/29 *Sarah Hiller-Bersson* Page 9
Please note: sessions are one hour long.
- #222 **Great Decisions, 2022**
3/22, 4/5, 4/19, 5/3, 5/17 *Joseph Walinski* Page 9
- #223 **The Fourth Estate**
4/12, 4/26, 5/10, 5/24, 5/31 *Arnold Rubin, M.D.* Page 10

IND Spring 2022 Course Listings, *continued*

All courses are 90 minutes long, except as noted

Tuesdays, 2:00 pm

#231 Memoir Writing Workshop, Continued

3/29, 4/12, 4/26, 5/10

Rosalyn Hantman Page 10

Please note: sessions are two hours long.

#232 A History of China

3/22, 4/5, 4/19, 5/3, 5/17

Robert Suffis Page 10

#233 The Rebel Girl's "First Life:" Elizabeth Gurley Flynn

5/24

Evelyn Hershey Page 11

Thursdays, 10:00 am

#411 The Happiness Advantage

3/17

Elaine W. Solomon Page 11

#412 Some Topics in American Life and History

3/24, 4/14, 4/28, 5/12, 5/26

Martin Alboum Page 11

Thursdays, 12:00 pm

#421 The Japanese-American Immigrant Experience

3/24, 4/14, 4/28, 5/12, 5/19

Emily Ginder Page 12

Thursdays, 2:00 pm

#431 Contemporary Musicians of the Middle East

3/17, 3/24

Philip Penner Page 12

#432 Prior Restraint: The Role of a Free Press in a Democracy

4/14

Bruce S. Rosen, Esq. Page 13

#433 Your Estate Plan

5/5, 5/12, 5/19, 5/26

Neil Kilstein, Esq. Page 13

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IND, THE INSTITUTE OF NEW DIMENSIONS,

is a non-profit organization. Our mission is to offer short college-level courses to adults. IND believes that intellectual stimulation fosters well-being in adults.

Our courses are offered in the spring, fall and winter. Most spring and fall courses consist of four or five 90-minute daytime sessions, in semesters of approximately twelve weeks. Winter courses are mainly one or two sessions, in a seven-week-long semester.

Students may enroll in as many courses as they like.

VIRTUAL COURSES

Due to the continuing Covid situation, our Spring 2022 semester will be totally virtual, held online via the Zoom application, on a device of your choosing – computer, smart phone, tablet, etc. You can also listen to classes by phone without attending visually. All registrants will receive instructions for using that program. If you are inexperienced or hesitant about this system, we will hold tutorials. As a fallback position, ask your grandchildren how to use it.

For the convenience of all students, the virtual classroom entry will open 15 minutes before the start time. Please sign in early to allow time for checking your computer settings. You may leave class at any time before the session ends.

THE COURSE BROCHURE

Because this semester will be held virtually, we are only sending our course brochure by Email, to people on our mailing list who have provided their Email addresses. If you know anybody who might be interested in our courses and has not received the brochure, please forward it to them or provide us their Email address for us to send it.

REGISTRATION

The registration form is separate from the course brochure. There are two versions: for PC computers with the Excel program, and for hand calculation. The form for hand calculation can be printed from most computers. If neither of these forms work, send us an email with your choices, or send a letter with your check.

Register early for the courses of your choice. Classes fill quickly and some have limited enrollment. Each student registering for courses must complete an individual registration form. To minimize handling of checks and paperwork, we strongly urge that you register only by credit or debit card payment. If you pay by check, it must accompany the registration form.

For card payment, registration and payment is a two-step process. When we receive your registration form we will reserve your place(s) in your course(s) and send you the payment link. Upon receipt of your payment we will send you a confirmation by email. Please pay promptly, as we can't hold places for more than 5 days.

If space allows, registrations will be accepted up to the time of a class session. Please call in advance to 973-291-8220 to check place availability if you wish to sign up for a course at that time.

Prior to the start of courses, we will also email you a non-transferable Zoom class invitation registration link and passcode for each course you take. This information is necessary for you to attend a course. It will work as a link from the email in which it is sent. Multiple sessions of a course use the same Zoom passcode. If you lose the passcode(s) please contact us.

Occasionally we may need to change the schedule or cancel a course due to unanticipated events. We will make every effort to inform you when that happens and to help you make changes in your course selection. Please be sure to enter your phone number(s) in the registration form for us to contact you.

SPECIAL THANKS

We thank our instructors and class supervisors, all of whom are volunteers.

We commend our classroom supervisor, Bill Glass, for his fine work in making a success of our Zoom classroom experience.

FOR FURTHER INFORMATION

Call (Monday thru Friday) at: 973-291-8220

Email to: IND.bergen@gmail.com

Or see our website at: INDbergen.org

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Institute of New Dimensions

P.O. Box 17

Butler, NJ 07405

Mondays, 10:00 am

#111 Young Adult Historical Fiction: A Focus on Inequity and Diversity Issues

Instructor: Howard B. Schechter, Ed.D., former principal of John A. Forrest School in Fair Lawn and P.S. 158 on the Upper East Side in Manhattan, was Director of Gifted and Talented Programs in the Bronx. A former teacher of French, Spanish and ESL, Dr. Schechter is a graduate of the Sorbonne and serves as a literacy and language consultant in both New York and New Jersey.

Mondays, 10:00 – 11:30 am 3/14, 3/28, 4/11, 4/25, 5/9

Note: This is a five-session course. The fee is \$20.

Historical fiction often conveys an emotional and unique perspective about events that changed our world and continue to have relevance today. In this course we will read and discuss five young adult historical fiction novels that focus on inequity in the context of creating diverse and inclusive societies.

The books we will read are:

1. ***When My Name Was Keoko*** by Linda Sue Park
2. ***I Can Make This Promise*** by Christine Day
3. ***My Name is Not Easy*** by Debby Dahl Edwardson
4. ***Under the Blood Red Sun*** by Graham Salisbury
5. ***Flygirl*** by Sherri L. Smith

Please read *When My Name was Keoko* for the first session.

#112 Two Topics in Psychiatric History

Instructor: Henry Pinsker, MD, was associate chairman of psychiatry at Beth Israel Medical Center in NYC and a teacher at the New Jersey Medical School in Newark. He is an author of books on psychotherapy and a number of professional papers.

Mondays, 10:00 – 11:30 am 3/21, 5/2

Note: This is a two-session course. The fee is \$10.

1. **Mental illness in public figures** – ordinarily kept private, misfortunes occupy the public's attention when the illness of a celebrity cannot be concealed, or when a mentally ill individual presents a problem for the community. Wealth and power may influence the illness or the treatment. Cases will include: King George III of England; King Ludwig II of Bavaria; President Woodrow Wilson; Howard Hughes (aviation pioneer, film-maker, billionaire entrepreneur); Harry K. Thaw (prominent millionaire who murdered architect Stanford White); and General William T. Sherman.
2. **Inebriation and addiction** – In the 19th century, excessive use of alcohol was identified as a medical condition. The success of asylums for the insane led to creation of asylums for inebriates; they failed. A number of medical and non-medical programs to control drinking seemed promising; they faded. The temperance movement was so successful that Prohibition became law – a disaster. Only recently has narcotic addiction been recognized as a health problem. We will examine hopes, failures, and successes in an overlooked chapter of history.

#113 Paris, Ooh, La, La!

Instructor: Ray Turkin is an award-winning professional photographer whose work has been widely exhibited. He teaches at Bergen Community College and The Art School at Old Church in Demarest.

Monday, 10:00 – 11:00 am, 4/4

Note: This is a one-session course. The fee is \$5.

Join Ray as he takes us on a virtual walking tour of Paris, the City of Lights. Stroll along the Seine, see the Eiffel Tower, the Louvre, and many other iconic sites. Visit the magnificent Notre-Dame Cathedral, and climb to the top of the Arc de Triomphe. Ride the Metro, sample some delectable foods (with your eyes only, of course), and celebrate the storming of the Bastille. So grab your passport, put on your virtual walking shoes, and let's go.

Mondays, 12:00 pm

#121 New York People and Places: The Brooklyn Bridge and Katherine Hepburn

Instructor: Marty Schneit, a licensed New York City tour guide, was born in New York and has been telling people about the city ever since. In addition to IND, he has lectured at the New York Public Library, the 92nd Street Y, the JCC and other venues.

Mondays: 3/14 at 12:00 – 1:30 pm, and 4/11 at 2:00 – 3:30 pm

Notes: Please note the different times for the two sessions.

This is a two-session course. The fee is \$10.

1. **The Brooklyn Bridge** – an engineering marvel of its day, and now also loved as a work of art, the Brooklyn Bridge symbolized America's transformation from a rural to an urban society by connecting the two cities of New York and Brooklyn. With that easy land connection, Brooklyn Heights became the country's first commuter suburb.
2. **Katherine Hepburn** – one of the original feminists? She lived an independent, strong-willed personal life and played that woman in Hollywood, wore pants before they were an accepted fashion, and had a 26-year semi-secret affair with Spencer Tracy while playing in 9 movies with him. She acted on Broadway, but is remembered best for her movies. She won four Oscars and was very good for her leading men: Henry Fonda, Humphrey Bogart and Jimmy Stewart all won Oscars when cast with her.

#122 The Civil War: Critical Moments, Critical People

Instructor: Michael Sica, human resources professional who has intensively studied the people and events of the Civil War for almost three decades. He has presented numerous courses at IND on the Civil War and current affairs, often with a consideration of the impact of leaders' personalities.

Mondays, 12:00 – 1:30 pm 3/21, 4/11, 4/18, 4/25

Note: This is a four-session course. The fee is \$20.

There is much to explore about the Civil War beyond its maneuvers, set-piece battles and major leaders. This course will examine four important topics dealing with its participants and consequences:

1. **Mr. Lincoln's Sable Arm** – The role of black soldiers and sailors in the Civil War – were they the tipping point to victory? Understanding the contribution, sacrifice and trials of the black soldiers who came to the war – some as freemen, some as escaped from enslavement. Their war did not end in 1865.
2. **The Assassination of Abraham Lincoln** – A moment burned into American history. But what occurred both before and after the most important murder in American history teaches us much about the times. A look at the key players, their actions, and the consequences.
3. **The Obscure War** – It is more than Lincoln versus Davis, and Grant versus Lee. An exploration of some lesser known individuals, women and men, and events that had significant impact on the war's outcome.
4. **The Myth of the Lost Cause: who wrote the history of the Civil War?** – An examination into how the history of the war was chronicled over the years. Who were the most significant historians of the war? What were their prejudices? Who wrote the history – the "winners" or the "losers"? And who were the "winners?"

#123 More Topics in French Life: Fashion and Food

Instructor: Ronnie Friedman, a retired Ridgewood High School teacher of French language and culture, has also taught at Bergen Community College. She has a B.A. in French from UPenn, an M.A. in Comparative Literature from CUNY, and has completed the doctoral coursework in French at NYU.

Mondays, 12:00 – 1:30 pm 3/28, 4/4

Note: This is a two-session course. The fee is \$10.

Continuing her recent courses on the art and culture of France, the instructor will present two sessions during which we will delve into defining aspects of French life.

We will explore the history of "haute couture" which has influenced American style for centuries, and the cuisine of various regions of France which you encounter on menus everywhere.

Mondays, 2:00 pm

#131 The Status of Minorities in China

Instructor: Judy Manton, a retired Adjunct Professor of Cross-Cultural Studies at Fairleigh Dickinson University. She used her specialty in ESL to teach English abroad, especially to English teachers in China. Fascinated by the oldest Muslim community in Xian, she twice visited one of her FDU students in Ningxia where one-third of the population is Muslim. As an English teacher in China, the instructor personally encountered a number of other ethnic groups.

Mondays, 2:00 – 3:30 pm 3/14, 3/21

Note: This is a two-session course. The fee is \$10.

1. **The Colorful Cultures of Ethnic Minorities in China** – Although you are probably familiar with Chinese food and paintings, what is generally considered as ‘Chinese culture’ is actually the culture of the Han majority. But there are at least 55 government-recognized ethnic minority cultures which, at 130 million, compose almost 9% of the population of China. In this session she will share personal experiences, photos and descriptions of the distinctive folklore, dances, dress, food, mosques/temples, etc., of a sampling of these cultures.
2. **The Status of Ethnic Minorities in China These Days** – In this session we will explore the struggle between cultural preservation and the Chinese government’s policy of ‘sinicization’. We’ll examine the effects of modernization, communism, capitalism, poverty, internal migration, tourism and geographic location on the ethnic minorities, as well as government policies.

#132 The Online Classroom: Challenges and Opportunities in Virtual Learning

Instructor: Sophia Rosenfeld lives in New York and works as a curriculum designer with SEO Scholars, where she writes academic programs for both in person and virtual classrooms. She previously worked as a middle school English teacher in Baltimore City, where she earned an M.S.Ed. from Johns Hopkins University.

Monday, 2:00 – 3:30 pm 4/4

This is a one-session course. The fee is \$5.

The Covid-19 pandemic forced hundreds of millions of students worldwide to learn online. What are some of the challenges of virtual learning, and what are the opportunities?

This course will explore the history of the virtual classroom, best learning practices, and will contain a brief demonstration of some online platforms that help with engagement.

We Need You

To consider joining our skilled and knowledgeable faculty. We are always looking for more volunteer instructors.

- Can you offer a five-session course?
- A single class?
- Can you suggest a friend or colleague?
- Tell us of a discussion leader or lecturer who has impressed you?

To tell your friends about our exciting mix of classes.

We believe we have a lot to offer continuing learners, and would like to increase our student body by adding to our mailing list.

Please send the names and contact information of potential students or prospective instructors, including yourself if appropriate.

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Or Call: **Gloria Smith at (201) 261-5073**

Thank you.

#133 The Current Economic and Financial Impact of Covid-19 on the United States

Instructor: Arthur S. Guarino is an associate professor in the Department of Finance and Economics at Rutgers University Business School. In addition to his law degree from Rutgers School of Law, Newark, Professor Guarino has a master's degree in international relations from the Maxwell School at Syracuse University.

Monday, 2:00 – 3:30 pm 5/16

Note: This is a one-session course. The fee is \$5.

The coronavirus has had serious global impacts. Among those affected is the economy of the United States. This has resulted in a sudden deep recession, a slowdown in the nation's gross domestic product and what seems to be a major realignment in the American economy. While there are many aspects that bear examining, three key areas are supply chain disruptions, shifts in the nation's job market known as the Great Resignation, and the increase in inflation.

This presentation will examine how Covid-19 has impacted and actually seriously disrupted the American economy, and what may be the long-term implications.

Tuesdays, 10:00 am

#211 The Golden Age of Pop Music, Spring 2022 Edition

Instructor: Joe Weisfeld, Ph.D. Chemistry, retired director of a research and development laboratory, is a lifelong music lover.

Tuesdays, 10:00 – 11:30 am 3/15, 3/29, 4/12, 4/26, 5/10

Note: This is a five-session course. The fee is \$20.

Are there songs you can't forget, songs you still sing, hum or whistle today? It's likely they come from the Great American Songbook, a collection of popular song standards, that composers like Gershwin, Porter, Rodgers, Kern, Arlen, Warren and others wrote for the Broadway stage, Tin Pan Alley and Hollywood. Each class will have a unique theme, with musical selections and background discussion.

#212 More Stories from Space

Instructor: Joe Lennox, a space program historian and student; creator of an extensive private space history museum, items from which are used during his presentation; former President of the New Jersey Aviation Hall of Fame and Museum, serving as director of educational programs and curator of space artifacts and exhibits; and assisted the space curator at The Intrepid Air and Space Museum. He was a senior officer at a major Canadian bank in New York.

Tuesdays, 10:00 – 11:30 am 3/22, 4/5, 4/19, 5/3, 5/17

Note: This is a five-session course. The fee is \$20.

This is the sixth offering in a series exploring various aspects of the space program and astronomy. Previous courses covered many topics, including space flights, the international space stations and the people who make the program succeed.

Using PowerPoint, videos, construction plans and artifacts from the instructor's extensive collection, this semester's sessions will look at space flights, a pioneering astronaut and our "twin" planet.

The topics covered will be:

1. **John Glenn** – First in orbit, and later the oldest astronaut. The life and times of John Glenn: Military hero, astronaut, politician and statesman.
2. **Gemini 9** – The angry alligator. A mission with many twists and turns that challenged NASA and the crew in countless ways.
3. **Venus** – The twin of earth. Is it really Earth's twin and its mirror planet? Maybe not. Will Earth go the way Venus did?
4. **Columbia** – 16 minutes from home. An in-depth look at this science-filled mission and the tragic ending to Columbia's last space flight.
5. **ASTP** – Adversaries work together in peace. The Apollo-Soyuz Test Project opened up cooperation between the United States and the Soviet Union and played a major role in ending the Cold War. Along the way, a great space mission was flown.

Tuesdays, 12:00 pm

#221 Mindfulness and Meditation – How to Do It, Why It Works and What Impact Will it Have on my Mood, Outlook and Life.

Facilitator: Sarah Hiller-Bersson, is a licensed clinical social worker, psychotherapist and founder of the Center for Purposeful Aging, with 18 years of experience working with older individuals on how to optimize their lives to achieve fulfillment. This interactive course is adapted from her experience with a six-year support group for older clients.

Tuesdays, 12:00 – 1:00 pm 3/15, 3/29

Notes: This is a two-session course. The fee is \$10.

Please note the times: The sessions are one hour long.

This class is limited to 19 participants.

This is an interactive lecture and discussion course on the benefits of mindfulness and meditation. We will cover how to incorporate this tool into your days and life, why it works, and how it can change your life and increase your peace of mind.

#222 Great Decisions, 2022

Instructor: Joseph Walinski, lecturer at Bergen Community College, JCC, Humanist Society and local libraries.

Tuesdays, 12:00 – 1:30 pm 3/22, 4/5, 4/19, 5/3, 5/17

Notes: Enrollment is limited to 25 students.

This is a five-session course. The fee is \$20.

This student-participation course is based on the latest issue of the yearly *Great Decisions* book from the Foreign Policy Association. It is recommended that you order the 2022 edition at registration so that you can be current on all issues. **Please include its \$30 cost with your registration.**

The subjects we will examine are:

1. **Biden's Agenda** – The current administration in Washington promised to reverse many of the policies of the past administration, especially in foreign policy. How will issues such as climate, the pandemic, and alliances be treated under the Biden administration?
2. **Changing Demographics** – The world experienced remarkable demographic changes in the 20th century that continue today and have resulted in far-reaching social, economic, political, and environmental consequences all over the globe. These consequences are creating mounting challenges to development efforts, security, the environment, as well as the sustainability of human populations.
3. **Russia and the U.S.** – Russia and the United States have many areas of conflict and some possible areas of mutual interest. Arms control, Russian interference in U.S. elections and support of cyberattacks, the status of Ukraine, the fate of opposition politicians in Russia, all continue to be concerning. How will the new administration in Washington approach these issues?
4. **Outer Space** – The launch of Sputnik 1 in October 1957 marked the beginning of the space era and of the space race between the United States and the Soviet Union. In the 21st century, there are many more participants in space, including countries such as India and China, and commercial companies such as SpaceX. How will the United States fare in a crowded outer space?
5. **Climate Change** – The ideological divide in the United States on the subject of climate change has impeded progress in curbing greenhouse emissions. But extreme weather events at both ends of the thermometer have focused attention on the consequences of inaction. What role will the United States play in future negotiations on climate?

#223 The Fourth Estate – The Struggle to Provide America with Information Needed to Maintain a Viable Representative Republic

Instructor: Arnold Rubin, M.D., Emeritus Professor of Medicine and Oncology, and former Director of the Stem Cell Transplantation Program, at the Rutgers Cancer Institute of New Jersey, Robert Wood Johnson Medical School, Rutgers University.

Tuesdays, 12:00 – 1:30 pm 4/12, 4/26, 5/10, 5/24, 5/31

Notes: This is a five-session course. The fee is \$20.

This is a repeat of a course given in 2020, with additional material.

A free press was guaranteed by the First Amendment to the American Constitution. Now under siege by developing alternative technology, a failing business model and a growing disrespect for facts, journalists are struggling to remain relevant and to continue to hold government accountable.

This course will trace American journalism from its birth in the 18th century through the evolving technology and political landscape to the present crisis of polarization and an existential threat to American democracy.

The Topics we will cover are:

1. From the merchant printer to reporters and editors.
2. The press becomes national.
3. Newspapers are a family business.
4. Television arrives in time to bring troublesome world events into the living room.
5. The media goes digital and alternative facts threaten the search for truth.

Tuesdays, 2:00 pm

#231 Memoir Writing Workshop, Continued

Facilitator: Rosalyn Hantman, formerly Director, Training and Organization Development at Columbia University, received her graduate degrees at Columbia. She has honed techniques for writing life stories and recently published a memoir, "Remember Everything I Ever Told You."

Tuesdays, 2:00 – 4:00 pm 3/29, 4/12, 4/26, 5/10

Notes: This is a four-session course. The fee is \$20.

Please note the times: sessions are two hours, ending at 4:00 pm.

Registration is limited to eight participants.

In this workshop you will learn basic principles of writing a personal memoir, with opportunities to create memorable stories from life. Receive valuable feedback from the instructor and other workshop participants as you begin to create the building blocks of your written legacy. This workshop will provide tips, techniques and practice as you develop your storytelling skills. Participants write to prompts for review and constructive guidance.

Small classes with limited enrollment create the perfect forum to explore memoir writing.

New registrants are welcome; no previous experience is required.

#232 A History of China

Instructor: Robert Suffis, chemist and retired research and development vice-president.

Tuesdays, 2:00 – 3:30 pm 3/22, 4/5, 4/19, 5/3, 5/17

Note: This is a five-session course. The fee is \$20.

China is the world's oldest continuous civilization, with over 3500 years of written history. It has existed as a unified state for over 2000 years. In the 21st century it has emerged from a period of humiliation by western nations to once again be a major world power.

The goal of this course is to gain an understanding of China by tracing this history with an emphasis on both the events and the ideas that have created this great civilization. We will examine China's religions, culture, political structure and philosophy, and compare them to those of the western world. It is Confucius and not Communism that has shaped the China of the 21st century.

We will also use this history to explain why China is an autocratic society that stresses harmony and the absence of chaos.

#233 The Rebel Girl's "First Life:" Elizabeth Gurley Flynn

Instructor: Evelyn Hershey is the Education Director at the American Labor Museum in the Botto House in Haledon, where she teaches students and the general public about the history and contemporary issues of workers and the labor movement.

Tuesday, 2:00 – 3:30 pm 5/24

Note: This is a one-session course. The fee is \$5.

Elizabeth Gurley Flynn (1890 – 1964) was a labor leader, activist and feminist who played a leading role in the Industrial Workers of the World (IWW). She was a founding member of the American Civil Liberties Union and a visible proponent of women's rights, birth control and women's suffrage. This presentation will highlight her activism and achievements during two early decades of her life.

Thursdays, 10:00 am

#411 The Happiness Advantage

Instructor: Elaine W. Solomon, retired Speech Language Pathologist and Learning Disabilities Consultant, was on the Child Study Team at the Edgewater Public Schools and was the Learning Disabilities Consultant at St. Joseph Hospital Child Development Center.

Thursday, 10:00 – 11:30 am 3/17

Note: This is a one-session course. The fee is \$5.

The stress and uncertainty of the global pandemic has presented an urgent need for us to learn more about the science of happiness and strategies to bring it into our lives.

This one-session course will present science-based information from the field of Positive Psychology on why happiness is good for us, and how to get more of it.

#412 Some Topics in American Life and History

Instructor: Martin Alboum, history lecturer and group discussion leader.

Thursdays, 10:00 – 11:30 am 3/24, 4/14, 4/28, 5/12, 5/26

Note: This is a five-session course. The fee is \$20.

This course will examine five pieces of the American story, past and present, from the country's formation to the current political situation.

The topics are:

1. **The American Revolution** - the Cause
2. **Dissent and Dissenters** in American History
3. **Amish History:** How the Amish became Amish
4. **Terrific Women** in American History
5. **Betrayal of Democracy** - the Ongoing Threat of Trump's Presidency.

CALL FOR LECTURERS / TEACHERS

IND is always seeking new instructors and lecturers.
Our richest resource is YOU!

Please let us know if you or anyone you know might
be interested in teaching a one- or multi-session course.

Contact Gloria Smith (201) 261-5073

Thursdays, 12:00 pm

#421 The Japanese-American Immigrant Experience

Instructor: Emily Ginder is a former homeschooling mom who brings her enthusiasm for history, literature and music to class. In addition to leading courses at Bergen Community College, University of Delaware and IND, she moderates a book club on Goodreads, an on-line discussion site.

Thursdays 12:00 – 1:30 pm 3/24, 4/14, 4/28, 5/12, 5/19

Note: This is a five-session course. The fee is \$20.

Almost all immigrants to America have faced prejudice, violence and racism. However, some groups have faced overwhelming obstacles in their search for freedom and citizenship. One group is those of Japanese descent. We will read and discuss fiction, memoirs and non-fiction in our quest to better understand the injustice and trauma endured by the Japanese-American community.

We will read the following:

- ***The Buddha in the Attic*** by Julie Otsuka
- ***Farewell to Manzanar*** by Jeanne Wakatsuki Houston and James D. Houston
- ***Korematsu v. United States: Japanese-American Internment Camps*** by Karen Alonso
OR ***Fred Korematsu Speaks Up*** by Laura Atkins
- ***The Eagles of Heart Mountain*** by Bradford Pearson
- ***Clark and Division*** by Naomi Hirahara
- ***Hotel on the Corner of Bitter and Sweet*** by Jamie Ford

Please read *The Buddha in the Attic* for the first session.

Thursdays, 2:00 pm

#431 Contemporary Musicians of the Middle East

Instructor: Philip Penner taught at the Borough of Manhattan Community College, where he was chairman of the science department. He has studied the oud and Arabic music theory for many years, through which he has come to know some extraordinary musicians.

Thursdays, 2:00 – 3:30 pm 3/17, 3/24

Note: This is a two-session course. The fee is \$10.

If you are unfamiliar with traditional and contemporary Middle-Eastern music and its alien sound, this course will introduce you to the instruments and the quarter-tones that differentiate it from western music.

For those who attended the previous courses on this music, these sessions will introduce new material and contemporary musicians, singing and playing in a variety of styles. They are:

- **Simon Shaheen** – a virtuoso of the oud and violin. He has been an indefatigable proponent of Arabic music in the U.S. and is presently on the faculty of the Berklee School of Music in Boston.
- **Rima Khcheich** – a young Lebanese singer who has performed in the U.S.
- **Hamza El Din** – a Nubian musician who has reimagined his country's music on the oud.
- **Mutlu Torun** – A Turkish composer and oud player.
- **Sonia M'barek** – A Tunisian singer who has performed in the U.S.
- **Bassam Saba** – Originally from Lebanon, he lived on Long Island. He was particularly adept on the western flute and the end-blown flute, the nay. Recently, serving as Director of the Lebanese Music Conservatory, he succumbed to Covid.
- **Naseer Shamma** – An Iraqi oud player.

#432 Prior Restraint: The Role of a Free Press in a Democracy

Instructor: Bruce S. Rosen, Esq., a partner in the Hackensack law firm of Pashman Stein Walder Hayden, P.C., is one of our State's pre-eminent First Amendment lawyers, with more than 35 years of experience in high profile First Amendment litigation, commercial litigation and criminal defense. His background as an award-winning newspaper reporter and editor gives him a unique perspective regarding free speech, media law (including defamation and open public records) and religious freedom.

Thursday, 2:00 -3:30 pm 4/14

Note: This is a one-session course. The fee is \$5.

The U.S. Supreme Court has never permitted a prior restraint of the press. In the Pentagon Papers case, the Nixon administration attempted to stop the New York Times and the Washington Post from publishing its secret study of the history of the Vietnam war, that it classified as vital to national security. Since then it has issued many rulings allowing the press to similarly report on documents that have been stolen by others or that the press – either by accident or otherwise – would ordinarily not have access to.

But there may be cracks in this First Amendment wall and a recent case in New York called *Project Veritas v. The New York Times* reveals that not all judges agree with the absolute nature of this prohibition

The instructor will address the question of: Under what circumstances, if any, can the courts restrain and prevent the news media from publishing information?

#433 Your Estate Plan

Instructor: Neil Kilstein, Esq., a Harvard Law School graduate and seasoned estate lawyer and lecturer.

Thursdays, 2:00 – 3:30 pm 5/5, 5/12, 5/19, 5/26

Notes: This is a repeat of a course given in past semesters, with updated material.

This is a four-session course. The Fee is \$20.

If you have no will, or it was drawn up years ago, it's time to address the matter. As New Jersey and Federal laws and estate tax rules are constantly evolving, and your family situation may have changed, it's always good to review your estate plans.

This course will review in detail the subjects of living trusts, probate, general durable powers of attorney, grandparenting issues and unwinding outdated legal arrangements.

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- Making phone calls if a class is cancelled.
- Working on advertising and publicity.
- Producing the course catalog.
- Recruiting new teachers.

The work is rewarding - you'll help keep your IND program alive and vibrant as you interact with like-minded lifelong learners. Call one of our volunteer program coordinators:

Beatrice Geller: 201-742-5540

Elaine Weisfeld: 201-797-1902

Call our office at: 973-291-8220

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Mail to: **Institute of New Dimensions**
PO Box 17
Butler, NJ 07405

Thank you