

Winter 2022 Semester

First Class: January 4

Last Class: February 24

IND The Institute of New Dimensions

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for lifelong learners*

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IND Winter 2022 Course Listings

Tuesdays 10:00 – 11:30 am

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Tuesdays, 12:00 – 1:30 pm

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#124 Presidential Leadership and Effectiveness – <i>A Glance at Year One</i> 2/22	Michael Sica	page 7

Tuesdays and Thursday, 2:00 – 4:00 pm

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Tuesdays, 2:00 – 3:30 pm

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#134 How the Civil War Still Matters 2/15	Michael Sica	page 8

IND - The Institute of New Dimensions

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Elaine Weisfeld

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Thursdays, 2:00 – 3:30 pm

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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.

By Mail to: **Institute of New Dimensions**
P.O. Box 17
Butler, NJ 07405

By Email to: **IND.bergen@gmail.com**

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

Thank you.

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 Winter 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

Tuesdays 10:00 – 11:30 am

#111 Notable Women in 19th Century Psychiatry

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.

Tuesday, 10:00 – 11:30 am 1/4

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

Several women played important roles in shaping our understanding of mental problems and methods of treatment. Subjects of this lecture will be: Dorothea Dix and the establishment of asylums; Elizabeth Packard and patients' rights; Elizabeth Cochran (aka Nellie Bly) who exposed asylum abuses; Bertha Pappenhem (aka Anna O.), the first psychoanalytic patient; and the commitment of Mary Todd Lincoln, which raised questions about the definition of insanity.

#112 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 1/11, 1/25

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

This is the fifth offering in a series exploring various aspects of the space program. 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 two space flights – manned and not.

The topics we will cover are:

1. **Apollo 12** - The second moon landing mission left the Earth in a flash and surveyed the moon after a pin-point landing. Learn about the astronauts surveying the Ocean of Storms – a very appropriate landing site.
2. **Voyager** - Exploring the solar system and beyond since 1977. It is one of spacecrafts that have been flying through our universe, taking countless pictures and returning enormous amounts of data to earth. All this is accomplished while using less power than a refrigerator light bulb.

#113 Best Practices in Positive Psychology for Healthy Aging

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.

Tuesdays, 10:00 – 11:30 am 2/1, 2/8, 2/15

Note: This is a three-session course. The fee is \$15.

This course will study Positive Psychology, and the compelling scientific evidence regarding its benefits for longevity. There is a very strong association between longevity and the expression of positive emotions such as happiness, love, hope, and gratitude; studies have found that maintaining these emotions is associated with a 28% lower risk of death.

Perhaps this is a particularly tough time to be happy. For those of us who want to age in a healthy manner we will review the best practices for maintaining a positive mindset.

#114 The Golden Age of Pop Music – Stop the Music!

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

Tuesday, 10:00 – 11:30 am 2/22

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

Broadway Musicals – Remember them? Yes they're back, live on stage.

Over the years what stick in our minds are those unique moments that were so great that the audience stood up and cheered, making the performers freeze in place.

The Winter 2022 edition of our Pop Music course takes a look, and listen, to "Show Stoppers of the Golden Age."

Tuesdays, 12:00 – 1:30 pm

#121 It's on the Tip of My Tongue

Instructor: Rena Yudkowsky, a professional memory coach and geriatric social worker, teaches online memory improvement courses, is the founder of Memory Matters and is working on a comprehensive program to prevent dementia. Her experience includes being director of an Alzheimer's unit in an assisted-living facility, director of development at a senior enrichment program and trainer for dementia caregivers. She currently lives and works in Israel, and welcomes the opportunity to present this course virtually.

Tuesday, 12:00 – 1:30 pm 1/4

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

Wait, wait...I've almost got it...sounds like...the first letter is...

As we age, we have the frustrating experience with memory: Why can't I recall that name, fact, event? The instructor will present several proven techniques that help us recall information from the past. Among them are:

- The very first thing to do when you can't recall something.
- How to dig up old memories using specific memory triggers.
- Three techniques for recall.

#122 Once Upon a Flight

Instructor: Richard Manberg, a graduate of NYU-POLY with a degree in metallurgical engineering, which he applied working on the development of metals for the aircraft industry; has an MBA from Fairleigh Dickinson University; taught at Fairleigh Dickinson and Bergen Community College; and has been a docent for 10 years at the New Jersey Aviation Hall of Fame in Teterboro, NJ.

Tuesdays, 12:00 – 1:30 pm 1/25, 2/1

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

The history of flight has many chapters. In this course we will look at two parts of the story:

Long before the Wright Brothers, ballooning: Travel through the late 1700's and 1800's to absorb the adventures of balloonists (aeronauts). Follow these adventurers as they discover buoyancy, parachutes, the Jet Stream, aerial photography, war and personal tragedy in the Arctic. The dedication, successes and failures of these men and women set the groundwork for the next generation to fly in "fixed wing" aircraft.

Lindbergh vs. Levine, and the race across the Atlantic: An exciting moment in the story of flight. Discover the personalities of two driven individuals whose goal was to be the first to fly non-stop from New York to Paris. Learn about them through tales of their trials and tribulations, and experience the race across the Atlantic as it comes alive once again.

#123 A Year in Nam

Instructor: Joseph Walinski, lecturer at Bergen Community College, JCC, Humanist Society and local libraries; and leader of IND discussion courses.

Tuesday, 12:00 – 1:30 pm 2/15

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

After fifty years, a graying man looks back on his experience as a soldier in Vietnam. From that distance, what he sees is “My adventures and misadventures as a soldier there. Not a gloom and doom war story, but more a story of one man’s desire to make it through a year in a beautiful country...while being shot at.”

He went back thirty years later, and will also tell about that trip. Whether you are a Vietnam vet or lived through that time in history safely away, join the instructor for a vivid and personal conversation. There will be time to share some of your war and anti-war stories.

#124 Presidential Leadership and Effectiveness – A Glance at Year One

Instructor: Michael Sica, human resources professional who has presented numerous courses at IND on the Civil War and current affairs, often with a consideration of the impact of leaders’ personalities.

Tuesday, 12:00 – 1:30 pm 2/22

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

A tumultuous time followed a tumultuous election – from January 6th, to pandemic surges and viral mutations, to supply chain issues, to economic recovery and inflation, to off-year elections...

In this discussion course, we will ask what have we learned this year about politics, politicians, the political process, us, and the future.

Tuesdays, 2:00 – 4:00 pm

#131 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 1/4, 2/8, 2/22 and Thursday, 2:00 – 4:00 pm 1/13

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

Please note the times: sessions are two hours, starting at 2:00 pm.

Please note that the second session is on a Thursday

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.

Tuesdays, 2:00 – 3:30 pm

#132 Labor Art and Artist-Activists at the American Labor Museum

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 1/11

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

Working people past and present, child labor, and organized labor's struggles have inspired contemporary visual art that has been exhibited at the American Labor Museum. Created by artist-activists, this art is meant to teach the public about the realities of working people and to inspire positive change.

This presentation will take a look at the work of three of these artist-activists:

- Tom Germano, whose *1913 Paterson Silk Strike: The Children's Story* original paintings will be on view at the Museum, Jan. 5th – April 23rd, 2022.
- Robin Holder, whose *On Labor and Youth* mixed-media works will be exhibited, Sept. 4th – Dec. 31st, 2022.
- Mary Ann McKay, whose *Silent Voices (Child Labor)* mixed-media works, will be on view, Sept. 3rd – Dec. 31st, 2023.

#133 Bacteria and Viruses – Two Important Topics in Microbiology

Instructor: Philip Penner taught at Manhattan Borough Community College, where he was chairman of the science department. He has given courses at IND in science, and in middle-eastern and early music.

Tuesdays, 2:00 – 3:30 pm 1/25, 2/1

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

Bacteria: We will discuss what they are, their cell structure, classification, communication between them and biofilms. We are familiar with bacteria as infectious agents, but less so with those that are beneficial. We will focus on these latter examples: nitrogen-fixing bacteria, luminescent bacteria, and digesting bacteria.

Bacteria have been extremely important in basic research – transformation in bacteria led to the discovery that DNA carries genetic information, and the discovery of immunity in bacteria led to the development of the gene-editing Crispr-Cas system.

Viruses: Our bane, with consequences from the common cold to Covid. We will discuss their discovery, structure, how they replicate and a peculiar question: are they alive?

From before they were understood, doctors developed vaccines against dread diseases such as smallpox and rabies. With scientific knowledge we now have the polio vaccines of Salk and Sabin, and vaccines which attack the Covid-19 virus by different methods.

#134 How the Civil War Still Matters

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.

Tuesday, 2:00 – 3:30 pm 2/15

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

The Civil War is more than monuments and flags! Have recent events caused us to reflect on the war and its aftermath? Are we evaluating or treating history differently? Are we telling new stories, revised stories, or better stories? The War changed America, but how?

Thursdays, 10:00 – 11:30 am

#211 The Peril of the Trump Presidency

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

Thursday, 10:00 – 11:30 am, 1/6

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

Bob Woodward and Robert Costa's recent book, titled *Peril*, is about the final year of the Trump presidency. The authors used their title to refer to the extreme danger they claim Donald Trump represented then, and which they see as continuing today even after he is out of office.

We will examine the book to detail what brought the authors to their conclusions. As they tell it, losing the election and causing the chaos that led to January 6 were just two chapters in the end of the saga of the Trump presidency.

The book is quite current. While not finding anything close to the previous chaos, the story continues into the first months of President Biden's presidency, including the difficulty of getting his ambitious programs past Senator Manchin.

#212 More New York Stories

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.

Thursdays, 10:00 – 11:30 am 1/27, 2/10

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

Irving Berlin, an American Institution – Jerome Kern quipped that Irving Berlin has no place in American music, he is American music. During his career Berlin produced a stunning total of an estimated 1,500 songs. His first published song earned him 37 cents; by the end of his career this immigrant boy from Russia became the classic ragtime to riches story.

We'll listen to the story of one of the greatest composers of popular songs, such as *Alexander's Ragtime Band*, *God Bless America*, *White Christmas*, *A Pretty Girl is Like a Melody*, *Puttin' on the Ritz* and *There's No Business Like Show Business*.

Jewish Harlem – Before the great black migration from the south, Harlem was the third largest Jewish settlement in the world.

The history we will review includes why the Jews made Harlem their neighborhood in the 1880s; and the grand Mt. Olivet Baptist Church, which was originally Temple Israel, the largest and most influential synagogue in Harlem.

And we will meet notables who resided in Harlem (some of whom you know by their stage names) when it was predominantly Jewish, including Oscar Hammerstein I, Oscar Hammerstein II, Richard Rogers, Yossele Rosenblatt, Ehrich Weiss and Mendel Berlinger.

#213 Exploring Colorado

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.

Thursday, 10:00 – 11:30 am 2/3

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

Join the instructor, from the comfort of your home, as he travels to Colorado. We'll explore the natural beauty of Rocky Mountain National Park and the old and new of the state's capital, Denver, "The Mile High City." Among other locations, we'll stop at the historic Broadmoor Hotel and Resort, climb the 224 steps at the Seven Falls, and see the vistas from the summit of Pikes Peak. And of course, we'll see wildlife, more close-up than you might expect. If you've been to some of the locations, you will enjoy seeing them through his lens and, hopefully, the images will bring back very fond memories. If you haven't been there, maybe you'll be inspired to travel when you feel safe to do that.

#214 Healthy Living for Your Brain and Body:

Tips from the Latest Dementia Research

Instructor: Robyn Kohn, MA, CDP, Director of Programs and Services at Alzheimer's Association Greater NJ, leads dementia-related disorder and Alzheimer's disease education programs, care and support services, caregiver support groups, and professional education and training.

Thursday, 10:00 – 11:30 am 2/17

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

Can we stop the clock and keep our brains from succumbing to Alzheimer's or other dementias? At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. The topics we shall cover are:

- Cognitive activity.
- Physical health and exercise.
- Diet and nutrition.
- Social engagement.

Thursdays, 12:00 – 1:30 pm

#221 The Status of Muslims in China

Instructor: Judy Manton is 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 a guide for several friends she visited another autonomous region, the troubled Muslim province of Xinxiang.

Thursday, 12:00 – 1:30 pm 1/6

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

The history of China stretches back thousands of years. During that span, alternating acceptance and persecution of foreigners and their religions have been a common theme. In open periods some Chinese converted to Christianity and Islam. During the 20th century, the government adopted the Stalinist attitude that religions are suspect – foreign and dangerous to the country. Then in the 1970s China gradually opened up politically, enabling Muslim students to study in Middle Eastern countries. That policy has been reversed under current strong-man president Xi, who considers Islam a force for separatism.

Today over 10 million Chinese, less than 1% of the population, are Muslim. You may know of the Uyghurs in western China, as many as 1.5 million of whom are in concentration camps for “education” and forced labor. This course will consider the condition of the Uyghurs and other Muslims throughout China, whose practice of Islam is also being suppressed under communism, but whose story is not being told in the West.

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

#222 The Science of Sports

Instructor, Teodoro Halpern, professor emeritus of physics, Ramapo College, has taught classes in science and energy policy at IND.

Thursdays, 12:00 – 1:30 pm 1/27, 2/10

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

Science and Sports: Do they mingle? Most of us played some sports in our younger days, and may be still at it! Did you ever try to figure out how pitchers do their magic? Why some tennis serves are doubly hard to return? Do you have a clue why golf balls have dimples, making them attractive to so many players?

Strength, agility and speed are all vital, but a good athlete's toolbox includes physics, and a lot of it. Athletes may not even realize that what they do is science. How does Beckham bend it? What do tennis, soccer and golf balls, among others, have in common? Did you know that the famous "Hang time" for a Michael Jordan or for a Rudolf Nureyev obey the same physics rules? As do high jump and long jump and...and...

#223 Election Law: Threats to Voting Rights

Instructor: Gary S. Stein, former New Jersey Supreme Court Justice who served on the high court for more than 17 years, heads the New Jersey Coalition for Diverse and Inclusive Schools, teaches election law at Rutgers Law School and serves on the boards of the Education Law Center and the New Jersey chapter of the American Civil Liberties Union. Justice Stein is counsel to the Hackensack law firm of Pashman Stein Walder Hayden.

Thursday, 12:00 – 1:30 pm 2/3

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

The 2020 election, in which the Democrats won the presidency and some unexpected Senate seats, has redoubled Republican efforts to lessen the chances of that happening again. To be fair, both parties have been guilty of similar tactics in the past; indeed, southern Republicans are following a tradition inherited from the Democrats when they flipped control of their states in the 1960s.

This course will address currently pressing and critical issues in state Election Law and voting rights, including concerns about partisan gerrymandering, mail-in voting, early voting, various legislatively enacted limitations on the right to vote, and legislative attempts to replace elected or appointed state election officials with officials designated by the legislature.

On the national level, what would be the effectiveness of a proposed congressional enactment to counter or supersede state election laws?

#224 Pandemic Parodies

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.

Thursday, 12:00 – 1:30 pm 2/17

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

What could bored musicians do during a Covid lockdown? Why not repurpose popular songs by changing the lyrics to fit new circumstances? We will listen to creative parodies that musicians from around the world have produced over the past two years, including the use of sea shanties.

Songs may include *12 Days of Quarantine*, *The Sound of Sirens*, *I Knew Zoom Was Trouble* to *Bored in the USA*.

Thursdays, 2:00 – 3:30 pm

#231 A History of Human Violence

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

Thursday, 2:00 – 3:30 pm 1/6

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

Human history has been described as a "cavalcade of bloodshed." It stretches all the way from prehistoric societies to the present day. What is surprising is that over this long stretch of time there has been a continuous decrease in violence, and today we are living in the most peaceful era in human existence.

Although the idea of decline of human violence may run counter to our beliefs based on the news that we read and hear, it is clearly supported by data. In addition, there has been a decline in attitudes that tolerate or glorify violence.

We will examine the data that show the decline and also examine the factors that are the cause of this extremely important change in human behavior.

#232 What Can We Know About the Future?

Instructor: Alan S. Ziegler, retired attorney, counsel for Brain Preservation Foundation, former director of Converging Technology Bar Association, discussion leader on legal, ethical and futurist topics.

Thursdays, 2:00 – 3:30 pm 1/27, 2/3, 2/10, 2/17, 2/24

Notes: This is a five-session course. The fee is \$25.

To quote the noted philosopher Yogi Berra, "Predictions are hard to make, especially about the future."

Theorists say that future forecasting is feasible – but is it? Are we headed towards the *Brave New World*? Are we already facing the beginnings of the Ministry of Truth in Orwell's *1984*?

This course will survey predictions as made by novelists and scientists from the past to the present, some on the mark and some quite off. We will review the latest forecasting methods in use by business, social scientists and academics, and ask whether they produce more reliable results than in the past. We will give consideration to the world to come, which may, or may not, be radically different for our grandchildren and the generations to follow.

The instructor will present PowerPoint-assisted lectures and videos, and make available a variety of readings to encourage discussion.

Call for Volunteers

As most of you know, IND is a volunteer organization - all our teachers graciously donate their valuable time and expertise - as does our board. We need help with running our classes. Can you share your time and talents?

Please join us by helping with:

- Checking the class list at the door, or when participants join a Zoom session.
- 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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Thank you