

WINTERLUDE 2024

Shepherd University Lifelong Learning Program



BE CURIOUS. STAY INFORMED. HAVE FUN.

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PRESIDENT'S LECTURE SERIES

- Restoring the balance between AI and humanity: can we work in harmony? with Art Murray
- Nobel Prize Topics with Shepherd University faculty
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DAY TOUR – Washington D.C. National Museum of African American History and Culture and National Museum of Women in the Arts – February 9

NATIONAL & INTERNATIONAL TOURS

(Please visit our website at www.shepherd.edu/lifelonglearning for more information on these tours)

Colorful Costa Rica

Alaska: Call of the Wild

Utah's Mighty National Parks

Highlights of the Douro with Spain

Greece Island Hopper

Venice & the Italian Lakes

SHEPHERDSTOWN FILM SOCIETY SCHEDULE

- Rams – January 12
- Minari – February 16
- Can You Ever Forgive Me? - March 1
- American Conservation Film Festival – March 7 – 10
- In the Bedroom – April 5

ADVISORY COMMITTEE MEMBERS

Marcy Bartlett
Roger Bernstein
Jim Broomall, Ed.D.
Richard Casuccio, M.D.

Sandy Cavalier
Heidi Dobish, Ph.D.
Laraine Jimenez
Mark Kohut

Frank McCluskey, Ph.D.
Maylene Reisbig
Bob Smiles

COURSES

Courses are hybrid unless otherwise stated

AMERICA AND HER COLLEGES: THE BEGINNINGS

MONDAYS, JANUARY 22, 29, FEBRUARY 5

INSTRUCTOR

James Broomall, Ed.D.

LOCATION

Robert C. Byrd Center – Multipurpose Room

TIME

10:00 – 11:30 AM

COST

Free for Gold member; \$32 for Silver member

Through interactive discussion and short lectures, the course will examine the birth and evolution of American higher education. Beginning with the colonial colleges and ending with the passage of the Morrill Act in 1862, we will visit the foundations of one of the nation's most enduring and influential institutions. Along the journey, we will meet Puritans, pragmatists, protestors, and politicians.

HOW WOMEN CANDIDATES ARE WINNING AND IMPACTING LEGISLATION

MONDAYS, JANUARY 22, 29, FEBRUARY 5

INSTRUCTOR

Daryl Glenney

LOCATION

Robert C. Byrd Center – Multipurpose Room

TIME

1:00 – 2:30 PM

COST

Free for Gold member; \$32 for Silver member

A brief history of women as viable candidates, the feminist surge of the 1970s, and why so many women were successful in the 2022 midterms. Questions for the 2024 election cycle: Has the media changed how it covers women on the campaign trail? Can women candidates win by focusing on issues beyond abortion and parental rights? Will a Republican be our first woman President?

THE AMERICAN REVOLUTION: WHAT YOU DIDN'T LEARN IN SCHOOL

MONDAYS, JANUARY 22, 29

INSTRUCTOR

Blane Amphor

LOCATION

Robert C. Byrd Center – Multipurpose Room

TIME

3:00 – 4:30 PM

COST

Free for Gold member; \$32 for Silver member



Most Americans are familiar with key events from the American Revolution such as the Boston Massacre, the Declaration of Independence and Washington's crossing of the Delaware River. However, there are many fascinating details, personalities, and misconceptions about them that can alter our perception of these events. An examination of these aspects will enhance one's view of events that were key to our country's founding.

CAFÉ SOCIETY DISCUSSION GROUP

EVERY TUESDAY EXCEPT HOLIDAYS

FACILITATOR

Daniel Bennett

LOCATION

On Zoom

TIME

8:30 – 10:00 AM

COST

Free and open to the public

Designed to foster a more robust civil society, more cohesive and interactive communities, greater media literacy and a more informed and engaged public through “coffee shop” conversations about contemporary social and political issues. By engaging in a meaningful exchange of ideas and perspectives, these conversations can enliven the core of democracy and employer communities and individuals.

BUCEPHALUS, COPENHAGEN, AND CHARLEMAGNE - HOW THE HORSE DETERMINED HISTORY

TUESDAYS, JANUARY 23, 30, FEBRUARY 6

INSTRUCTOR

Michelle Casuccio

LOCATION

Robert C. Byrd Center – Multipurpose Room

TIME

10:30 AM – 12:00 PM

COST

Free for Gold member; \$32 for Silver member



Join us as we explore the many ways that our long and unique partnership with The Horse has shaped all facets of Western History - and the history of our own town and region. We will also learn the stories of individual horses who made contributions so great that they have been recognized and honored for centuries.

POEMS AND LYRICS: A BRIDGE TO SPRING

TUESDAYS, JANUARY 23, 30, FEBRUARY 6

INSTRUCTOR

Roger Bernstein

LOCATION

On Zoom

TIME

1:00 – 2:30 PM

COST

Free for Gold member; \$32 for Silver member

We will offer a three week winter course selecting vivid poems that become an accessible experience for the reader. Poetry has been called life distilled. I've chosen poems that possess warmth and wit. Our best contemporary poets include Billy Collins, James Tate, Wislawa Szymborska, Dana Gioia, Ted Kooser, Kim Addonizio, and Linda Pastan. We will also hear from John Prine, one of our best creative singer/song writers. Class discussion enriches poems and text read aloud.



MINDFULNESS AND MEDITATION: STRATEGIES FOR LIVING IN UNCERTAIN TIMES

TUESDAYS, JANUARY 23, 30, FEBRUARY 6, 13

INSTRUCTOR

Michael Kemp

LOCATION

Robert C. Byrd Center – Multipurpose Room

TIME

3:00 – 4:30 PM

COST

Free for Gold member; \$32 for Silver member



This class will be an interactive format in which we can explore ways of coping with today's issues and crises, be they personal, familial or global within the context of Mindfulness and Meditation. Knowledge or practice of either is not required, while a certain amount of history and background on both will be provided. The approach is one of secular Vipassana Buddhism known as Mindfulness or Insight Meditation in the West, and spiritual in nature rather than religious, free of the dependence on nationality, sect, school, branch and/or attendant dogma. There will be a 20-30 minute presentation on that week's topic of discussion followed by a meditation of 20-30 minutes also based upon that topic. Afterward, a discussion/Q&A period will be held where class members may share their experience of the meditation if they care to do so and talk or ask questions about related phenomena. Sample topics to be discussed include, 'Mindfulness: Caring for the Soul', 'Re-Enchantment with the Natural World', and 'Learning to Control the Monkey Mind during Meditation'. I have a 45 year background in Mindfulness and Meditation study, research and practice. Owning a metaphysical bookstore back in the late 1980's and early 90's provided me a vast library of books from which I could draw for an insatiable desire for knowledge on world history, religions and philosophies as well as being able to meet and work with many of the "New Age" authors and practitioners of new and exciting modalities being developed and rediscovered at the time. I began a study of Vipassana Buddhist Mindfulness and Meditation under Jack Kornfield at his Spirit Rock Meditation Center in Marin County, California in 1993, where I was blessed to do workshops with Thich Nhat Hanh, Pema Chodron, Jack himself and others, and I have been active in practice and study ever since.

THE HISTORY & ORIGINS OF SHEPHERDSTOWN

WEDNESDAYS, JANUARY 24, 31, FEBRUARY 7, 14, 21

INSTRUCTOR

Jim Surkamp

LOCATION

Robert C. Byrd Center – Multipurpose Room

TIME

10:00 – 11:30 AM

COST

Free for Gold member; \$32 for Silver member



Mercurial, Loveable, Daft, Timeless. We relive through researched videos and discussion the Pack Horse Settlement & Mecklenburg (1709-1762); Shepherdstown's Patriots (1775-1789); Shepherdstown, where you could find a wedding dress or a church bell (1800-1860); Wartime Shepherdstown (1859-1872); Race Relations; Shepherdstown, (1905); Shepherdstown (September, 1921); Shepherdstown's Train Station Master (1920-1954); Shepherdstown (summer, 1987) and Shepherdstown (summer, 2000)

THE HISTORY OF MEDICINE AND OTHER STORIES RARELY TOLD

WEDNESDAYS, JANUARY 24, 31, FEBRUARY 7, 14

INSTRUCTOR

Richard Casuccio, M.D.

LOCATION

Robert C. Byrd Center – Multipurpose Room

TIME

1:00 – 2:30 PM

COST

Free for Gold member; \$32 for Silver member

The story of the Golden Proportion is not typically a medical topic; yet, it is a tale of a mathematically derived ratio that transcends both time and creation. I will reprise my previous lecture on the subject with a few additional observations. The history of pandemics and epidemics are stories poorly told but they have had profound implications for the times that followed, and that story continues into the present.

IT'S ALWAYS SHAKESPEARE SEASON!

WEDNESDAYS, JANUARY 24, 31, FEBRUARY 7, 14

INSTRUCTOR

Pam Curtis

LOCATION

Robert C. Byrd Center – Multipurpose Room

TIME

3:00 – 4:30 PM

COST

Free for Gold member; \$32 for Silver member

Shepherdstown may be cold, but it's summer in Shakespeare's green world—come and enjoy love stories, both human and fairy in *A Midsummer Night's Dream*. We will read the play aloud, discussing as we go, and maybe you'll be inspired to see the play at the American Shakespeare Center in Staunton, Virginia, where it's playing at the Blackfriars Playhouse from March to June.

CURRENT INTERNATIONAL ISSUES DISCUSSION GROUP

THURSDAYS, JANUARY 25, FEBRUARY 1, 8, 15, 22, 29

INSTRUCTOR

Fred Turco

LOCATION

On Zoom

TIME

9:00 – 10:30 AM

COST

Free for Gold member; \$32 for Silver member

The discussion group will cover current events around the world. Participants are expected to provide their understanding of the current discussion subjects. Materials will be sent for extra reading however more information is welcomed.

PSYCHOLOGY OF AGING

THURSDAYS, STARTING JANUARY 18

INSTRUCTOR

Heidi Dobish, Ph.D.

LOCATION

On Zoom

TIME

11:00 AM – 12:15 PM

COST

Free and open to the public

This course explores the theories, concepts, and issues related to biological, cognitive, social, and emotional development throughout emerging, younger, middle and older adulthood. It examines life transitions, stress-related growth, optimal aging, wisdom, and developmental research methods. Community discussion dates will be held on 1/18, 2/01, 2/15, 2/29, 3/21, 4/04, and 4/11.

2024 ALREADY? BUT I HAVE NOT FINISHED MY 2023 TO-DO LIST!

THURSDAYS, JANUARY 25, FEBRUARY 1, 8, 15, 22

INSTRUCTOR

Dianne Roman

LOCATION

Robert C. Byrd Center –Room 164

TIME

12:30 – 2:00 PM

COST

Free for Gold member; \$63 for Silver member

REQUIRED TEXT

Get It All Done and Still Be Human by Tony and Robbie Fanning

COST

Free for Gold member; \$32 for Silver member

Is time flying by and you have not finished or maybe even started those must-do projects? Having a hard time deciding which project to do first, what to complete, and what to scrap? Did you plan on cleaning out the garage or basement, reducing the clutter in the closets, or better organizing your finances? Before you give up or start the 2024 list, a bit of time management tricks or skills might help you. Oh, you are sure you manage your time, but there are numerous ideas and tools available to assist you in increasing your productivity and reducing your stress. A massive number of tools, books, and apps are available, but not all are right for everyone. Even this requires a bit of time management. In this 4–5-week workshop, we will investigate a selection of these tools with a focus on personal time management, not business-related. To assist us, we will use the book *Get It All Done and Still Be Human* by Tony and Robbie Fanning. Come with an eager and open mind and a willingness to share any idea that you have found works for you. We all have the same amount of time, but some organize it to their benefit.

BALTIMORE-STYLE TRADITIONAL WINDOW SCREEN PAINTING

THURSDAYS, JANUARY 25, FEBRUARY 1, 8, 15, 22

INSTRUCTOR

Clare Chesnavage

LOCATION

Center for Contemporary Arts II,
Room 211

TIME

2:30 – 4:00 PM

COST

Free for Gold member; \$32 for Silver member

FEE

\$20 for art supplies



Painted screens are canvases with holes. Imagine a window or door screen with a picture painted on the exterior side only. The paint does not cover or clog the holes. The colorful image stops the gaze of people on the sidewalk from seeing inside the darkened room. The view to the street from the house is unobstructed. The screen still functions perfectly for ventilation and as a barrier to flying insects. The one-way effect does not work when a light source is in the room. You will create your own painting on a screen.

ADVANCED OPEN LAB

JANUARY 16 – APRIL 26

INSTRUCTOR

Kay Dartt; Mike Mendez

TIME

Open FASTEnER Lab Hours

COST

Free for Gold member; \$60 for all others
\$200 Lab Fee

This course is for returning students who have already taken a class in the FASTEnER Lab and are looking to continue learning a process through a self-directed project over the course of the semester. Instructors Kay Dartt and Mike Mendez will provide instruction and advisement in areas of casting, digital fabrication, woodworking and metalworking. Students may use the lab during open hours and receive training from instructors during scheduled lab times. Lab fees go towards a variety of consumables and maintenance costs for a student to use the lab for the entire semester. Depending on the depth and duration of the project, a student may be asked to purchase additional consumables for the lab.

PRESIDENT'S LECTURE SERIES

RESTORING THE BALANCE BETWEEN AI AND HUMANITY: CAN WE WORK IN HARMONY?

MONDAY, JANUARY 29

SPEAKER

Art Murray, Ph.D.

LOCATION

Robert C. Byrd Center for Congressional History and Education auditorium

TIME

6:30 p.m.

COST

Free and open to the public

As technology evolution continues to accelerate, it raises the question: "What about us humans?" In this talk, you'll gain unique insights into two important dimensions that make up our world today, the artificial and the human, and how we can bring them together in new and extraordinary ways. On the artificial side, we'll examine two key aspects: Runaway information-flation: The Five V's; and Are you data-centric or knowledge-centric? The dangers of devolving into the primordial ooze of big data. On the human side, topics will include why we need a Great Knowledge Reset, starting today; re-energizing human evolution: body, mind, and spirit; and blending human and machine intelligence – it's not what you think... Finally, the session will wrap up with a call to action – the great University pivot: are you up to the challenge?

NOBEL PRIZE TOPICS

TUESDAY, FEBRUARY 20

SPEAKERS

Shepherd Faculty

LOCATION

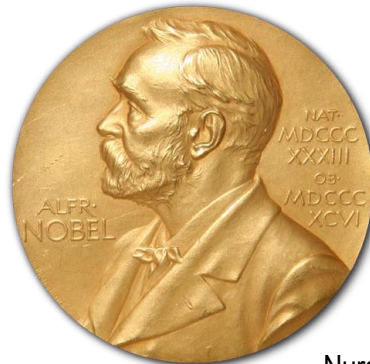
Robert C. Byrd Center for Congressional History and Education auditorium

TIME

6:30 p.m.

COST

Free and open to the public



Shepherd University faculty will discuss the topics of the 2023 Nobel Prize winning awards:

- **The Nobel Prize in Physics 2023** “for experimental methods that generate attosecond pulses of light for the study of electron dynamics in matter” – Dr. Sytil Murphy (Physics) – Associate Professor of Physics
- **The Nobel Prize in Chemistry 2023** “for the discovery and synthesis of quantum dots” – Dr. Jacquelyn Cole, Associate Professor of Chemistry, Co-Chair of the Department of Natural and Physical Sciences
- **The Nobel Prize in Physiology or Medicine 2023** “for their discoveries concerning nucleoside base modifications that enabled the development of effective mRNA vaccines against COVID-19” – Dr. Robert Warburton, Dean, College of Science, Technology, Engineering, Mathematics, and Nursing and Professor of Biochemistry
- **The Nobel Prize in Literature 2023** “for his innovative plays and prose which give voice to the unsayable” – Dr. Rachel Krantz - Associate Professor of French
- **The Nobel Peace Prize 2023** “for her fight against the oppression of women in Iran and her fight to promote human rights and freedom for all” – Dr. Stephanie Slocum-Schaffer – Professor of Political Science
- **The Sveriges Riksbank Prize in Economic Sciences in Memory of Alfred Nobel 2023** “for having advanced our understanding of women’s labour market outcomes” – Dr. Robert Szarka – Assistant Professor of Business, Accounting, Economics, and Finance

MASS SHOOTINGS: NO END, NO WONDER

TUESDAY, MARCH 26

SPEAKER

David Cariens

LOCATION

Robert C. Byrd Center for Congressional History and Education auditorium

TIME

6:30 p.m.

COST

Free and open to the public

David Cariens, a retired CIA political analyst, has been writing and analyzing mass shootings for over 20 years. He has written three books on the subject and is working on a fourth. His talk will examine the epidemic of mass shootings in this country, centering on his work dealing with shooting rampages in Virginia. He served over two years on the *Governor's Commission to Investigate the May 31, 2019 Virginia Beach Mass Shooting*. His comments on that Commission's failure are central to his thoughts about why nothing significant has been done to prevent mass shootings.

DAY TOUR

NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY AND CULTURE, NATIONAL MUSEUM OF WOMEN IN THE ARTS - WASHINGTON, D.C.

FRIDAY, FEBRUARY 9

The National Museum of African American History and Culture is a place where all Americans can learn about the richness and diversity of the African American experience; what it means to their lives and how it helped us shape this nation. A place that transcends the boundaries of race and culture that divide us, and becomes a lens into a story that unites us all. The museum was established by an Act of Congress in 2003, following decades of efforts to promote and highlight the contributions of African Americans. The National Museum of Women in the Arts is "the first museum in the world solely dedicated" to championing women through the arts. The museum seeks to inspire dynamic exchanges about art and ideas. NMWA advocates for better representation of women artists and serves as a vital center for thought leadership, community engagement, and social change. The museum addresses the gender imbalance in the presentation of art by bringing to light important women artists of the past while promoting great women artists working today. We will travel by MARC train to Union Station. Our first tour will be at the National Museum of African American History and Culture. We will have lunch at Sweet Home Café where locally sourced ingredients are used then visit the National Museum of Women in the Arts.

TIME: 6:25 a.m. train at Martinsburg; 6:42 a.m. train at Duffield's Station

COST: \$109; \$99 for members. Train ticket, museum tour and lunch are included.



Rina Banerjee, *Lady of Commerce*—wooden



Cool Films Cool Fans Shepherdstown Film Society

For over a decade, the Shepherdstown Film Society has brought exceptional cinema to our local community, providing free admission to a thoughtfully curated collection of films. Our selections have encompassed hidden gems, timeless classics, and compelling narratives—movies that whisked you away to different eras and locales and left a lasting imprint on your thoughts. In addition, our spirited post-screening discussions have further enriched these cinematic experiences.

For the Shepherdstown Film Society to continue, we need your help!

Licensing fees have increased threefold over the past few years and our longstanding sponsor, the Scarborough Society, has regrettably had to discontinue its support. This has placed Shepherdstown Film Society at a critical juncture, without vital funding. To keep the reels rolling, we are thrilled to introduce a new avenue of support—the **Cinephile Circle of Friends of Shepherdstown Film Society**. This presents a unique opportunity for you to become an inaugural-season supporter. You can select the level of commitment that works best for you!

Cinephile Circle of Friends of Shepherdstown Film Society

Directors: \$500/season

Producers: \$250/season

Show Runners: \$100/season

Rising Stars: \$25/season

It's easy to join the Cinephile Circle of Friends. Just check the box on the Lifelong Learning registration form in the catalog and include your donation with your Lifelong Learning classes and tour fees. **Make checks payable to Shepherd University Foundation.** Or join over the phone by calling Cindy Powers at 304-876-5135. **All donations are 100% tax-deductible.**

On behalf of the Shepherdstown Film Society, we give you a big round of applause for ensuring the continuity of this cultural treasure. Take a bow and thank you for your support!

Marellen Aherne, Marty Amerikaner, Marcy Bartlett, Steve Bartlett, Winnie Bernat, Roger Bernstein, Elliot Kirschbaum, Rachel Krantz, Sheila Vertino, Howard Wachtel and founding member Lisa Welsh.

MOVIE SCHEDULE

January 12 "Rams"
7PM (2020; PG-13) by Jeremy Sims; 118 min. Discussion led by Dr. Rachel Krantz

February 16 "Minari"
7PM (2020; PG-13) by Lee Isaac Chung; 115 min. Discussion following

March 1 "Can You Ever Forgive Me?"
7PM (2018; R) by Marielle Heller; 107 min. Discussion following

March 7 – 10 American Conservation Film Festival (various films at various locations)
Visit <https://conservationfilmfest.org/> for more information

April 5 "In the Bedroom"
7PM (2001; R) by Todd Field; 131 min. Discussion led by Shannon Holliday