



SHEPHERD
UNIVERSITY

LIFELONG LEARNING



Lifelong Learning Catalog FALL 2025

BE CURIOUS. STAY INFORMED. HAVE FUN.

www.shepherd.edu/lifelonglearning

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TO REGISTER FOR COURSES AND LECTURES

Download the registration form or register online at www.Shepherd.edu/lifelonglearning. Fall 2025 registration opens August 4!

Dear Lifelong Learners,



It is with deep gratitude and great excitement that I welcome you to the Fall 2025 season of the Shepherd University Lifelong Learning Program. This semester's catalog reflects the heart of our mission: to ignite curiosity, deepen understanding, and build community through a wide variety of thought-provoking, engaging, and timely offerings.

From explorations of neuroscience, opera, poetry, film, and visual art to dynamic discussions of public policy, world affairs, spirituality, and literature, our fall courses reflect the incredible range and depth of our faculty—and the passion of our participants. We're also offering field trips related to our courses, and community interest groups that provide meaningful connections beyond the classroom.

Our program has undergone a great deal of transition over the last few years, including welcoming a completely new staff to the Robert C. Byrd Center for Congressional History and Education this summer (aside from me!). The new staff bring a welcoming and fresh energy to the space—please don't hesitate to stop by and say hello. We're working hard to bring back more day trips and to expand our art classes and hands-on creative workshops in the FASTEnER Lab. To stay in the loop, we encourage you to join our email listserv or visit our website for ongoing updates.

Thanks to the generosity of our donors, we have replaced one of our Owl cameras and installed a water bottle filling station in the Byrd Center—improvements that enhance both access and comfort for all of our learners. Your continued support makes a true difference, and we are deeply thankful.

We are also delighted to share the re-launch of Shepherd University's Washington Gateway program. Committed to excellence, Shepherd University embraces its unique proximity to Washington, D.C. and the Mid-Atlantic region. Driven by the student affairs department, the Washington Gateway will offer a wide array of academic, cultural, and experiential opportunities—lectures, seminars, field trips, and transportation to events in the nation's capital and surrounding areas. Lifelong Learning participants will be among the first to benefit from these enriching excursions—join our listserv and stay tuned for more details!!

We invite you to check our website frequently for new day trips, and encourage you to visit our registration site to read more about our incredible instructors and guest speakers. I want to thank the Lifelong Learning Advisory Committee, instructors, lecturers, and volunteers who so generously offer their time, skills, wisdom, and support to make this program a success. This is a strong community program because of you!

We've made a small adjustment to our course and subscription pricing to make things even smoother for you—**there's no longer a credit card fee when you register online!** Now, no matter how you choose to register, everyone pays the same straightforward price. **Registration opens August 4**, and we encourage you to sign up online for the fastest and easiest way to secure your spot!

This fall, we continue our shared journey of discovery, reflection, and connection. Thank you for being a part of our vibrant Lifelong Learning community.

With Gratitude,

Lucinda "Cindy" Powers
Director of Continuing Education and Lifelong Learning

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.

COVER PHOTO

This cover photo was taken by Mark Nachtrieb and provided by Linda Tate.

MISSION

The Lifelong Learning Program at Shepherd University is a volunteer member-driven program dedicated to offering stimulating academic courses and activities to the community.

SUBSCRIPTION

You can simply pay for individual classes and lectures, or purchase a subscription for the semester.

Subscription: \$195

Includes all enrollment fees for unlimited classes and all lectures for the semester, as well as a free parking decal for lots on East and West Campus.

SCHOLARSHIPS

The Shepherd University Lifelong Learning Program is pleased to be able to provide a limited number of scholarships to participants who would not otherwise be able to attend a course. Inquire about a scholarship by emailing Cindy Powers at Lpowers@shepherd.edu.

All classes and lectures are free to Shepherd University staff, faculty, and students.

BECOME AN INSTRUCTOR

Do you miss teaching? Share your passion.

Inspire others to learn and explore. Interact and engage with peers and community members. The Shepherd University Lifelong Learning Program is looking for course instructors. Shepherd University's Lifelong Learning educational program is centered on classes developed and taught by volunteers who share their time and knowledge. The program is an academic cooperative that provides mature adults with opportunities for intellectual development, cultural stimulation, and social interaction. To show our appreciation, we are offering a free subscription to instructors.

Help develop innovative, interesting, and compelling learning experiences. Join a national movement of adult learners in West Virginia. To become an instructor, please email Cindy Powers at Lpowers@shepherd.edu.

BECOME A CLASSROOM

TECH ASSISTANT

The Shepherd University Lifelong Learning Program is looking for volunteers to be class assistants. Class assistants help the instructors to ensure that announcements are made, attendance is taken, hand-outs are distributed, and manages classroom technology (zoom, powerpoint, youtube, etc.). Class assistants are essential to the smooth functioning of the Lifelong Learning Program and enjoy the benefit of becoming better acquainted with both instructors and fellow class participants, as well as invitations to special events. If you would like to volunteer to be a class assistant in one or more of your classes, please email Cindy Powers at Lpowers@shepherd.edu. Thank you for volunteering!

REQUIRED TEXTBOOKS

Some of the courses require students to obtain books or material essential to the class. Four Season's Bookstore is offering our students a 15% discount on most course books. Mention the Shepherd University Lifelong Learning Program to receive a discount.

INCLEMENT WEATHER POLICY

Should an extreme weather emergency, power or water failure, or Executive Order from the Governor warrant the closing of offices, events will be cancelled for that day. Please refer to public notification via the Shepherd website. If this affects an event or course you have registered for, you will be updated via email from the director or course instructors/assistants.

REFUND POLICY

Refunds are available upon request, with the exception of a 6% administrative fee. For trips and events that involve reservations or pre-ordered materials, refunds may not be possible after a certain date. Please check with the director for details specific to your event.

Course Locations: All in-person courses (unless otherwise noted) take place in the Robert C. Byrd Center for Congressional History and Education, 213 N. King Street, Shepherdstown, WV 25443. Courses listed with the classroom “and Zoom” are hybrid, meaning they are held in person and participants can join the class remotely via Zoom. Please note that the course classrooms are subject to change.

HOW NEW NEUROSCIENCE RESEARCH CAN ELEVATE YOUR DAILY LIFE

MONDAYS: SEPTEMBER 8, 15, 22, 29; OCTOBER 6, 13, 20
(7 WEEKS)

INSTRUCTOR: Judith V.T. Wilson, NBCT

LOCATION: Multipurpose Room (in-person only)

TIME: 9 – 10:30 a.m.

COST: \$79 or free with the fall subscription

Nowadays we know so much more about our brains due to current neuroscience research and the internet. This research has yielded information that has value for not only our daily lives but also the field of education. By using these benefits of neuroscience, we can live better, teach better, and learn better. We will delve into the research on such topics as sleep, stress, perfectionism, mindfulness, memory, and other ways about how the brain learns best.

Our sessions will have an interactive format for open discussions on pertinent neuroscience research. Each week will offer an engaging different neuroscience topic with brain scans from various research when applicable. The goal is to pique your interest and be somewhat enlightened, so you will continue to pursue the latest neuroscience research in the future. The only homework will be to make connections to your daily life. No background knowledge is necessary. Just bring some curiosity and the desire to become more informed. Come join the fun as we explore together as “armchair neuroscientists” this growing field of educational neuroscience.



THE NAME OF THE ROSE

MONDAYS: SEPTEMBER 8, 15, 22, 29; OCTOBER 6, 13

INSTRUCTOR: Frank “Doc” McCluskey, Ph.D.

LOCATION: Multipurpose Room and Zoom (hybrid)

TIME: 11 a.m. – 12:30 p.m.

COST: \$79 or free with the fall subscription

RECOMMENDED TEXT: *The Name of the Rose* by Umberto Eco

Umberto Eco’s 1980 novel *The Name of the Rose* (*Il Nome Della Rosa*) caused a worldwide sensation. Come with me in the year 1327 to a haunted Italian monastery where a monk has been murdered. Our novel is a postmodern classic that includes semiotics, Biblical hermeneutics, corrupt Popes, witches, the Inquisition, catalogs of herbs and gems, and a Franciscan monk who will pay homage to Sherlock Holmes. It is a mystery, a history of philosophy and a text about libraries, books and reading. The question that will guide our reading is this: “Can we make sense of the grande libro del mondo (the great book of the world)?”

THE OTHER GOSPELS

MONDAYS: SEPTEMBER 29, OCTOBER 6, 13 (3 WEEKS)

FACILITATOR: Eric Thompson

LOCATION: Multipurpose Room and Zoom (hybrid)

TIME: 1 – 2:30 p.m.

COST: \$45 or free with the fall subscription

The Christian Scriptures contain four Gospels, which are attributed to Jesus’ apostles or friends of apostles—Matthew, Mark, Luke and John. But early Christians wrote at least 30 that we know of. Fragments or whole copies of these other gospels have come to light thanks to archaeological discoveries. These other gospels are attributed to other apostles, including female ones. In this three-session class, we will discuss the process by which the four Gospels were chosen and why approximately 26 others were rejected. Then we will examine in a close reading the gospels of Mary Magdalene, reputed lover of Jesus; Thomas the Twin, the reputed twin brother of Jesus, and of Judas Iscariot, the betrayer. It should be super interesting.

MOUNTING WILLIAM BUTLER YEATS' STALLION WITH BIOGRAPHER ROY FOSTER

MONDAYS: SEPTEMBER 8, 15, 22 (3 WEEKS)

INSTRUCTOR: Jim Surkamp

LOCATION: Multipurpose Room and Zoom (hybrid)

TIME: 1 – 2:30 p.m.

COST: \$45 or free with the fall subscription

Monstrously good, awe-inspiring, bewildering, daring to delve anywhere for a better sighting of the real. A reality unknown to most of us — the greatest English poet since Shakespeare.

William Butler Yeats resurrected his beloved Ireland's withered soul and was awarded the Nobel Prize in Literature. In this class we'll explore Yeats through his poetry and his life documented by Roy Foster, the one person who would mount Yeats' wild stallion, ride him through all terrains, clutching to his mane and stayed on 'til the stable. Yeats awoke his ancient, downcast Ireland. We let Foster free us from the tabloid obsession with Maud Gonne.

We learn so much more in this three-class venue. This includes a documentary video and excerpts from "Celtic Twilight," a collection of real and strange peasants' tales. Class members are asked to bring a favorite or two.

AGNES VARDA COMES BACK TO SHEPHERDSTOWN!

MONDAYS: SEPTEMBER 8, 15, 22, 29; OCTOBER 6, 13

INSTRUCTOR: Mark Kohut

LOCATION: Multipurpose Room and Zoom (hybrid)

TIME: 3 – 4:30 p.m..

COST: \$79 or free with the fall subscription

This course is focused on the works of Agnes Varda, a quintessentially French filmmaker, photographer, and screenwriter who became a founder of the French New Wave. Discovering the humanity and artistry of Agnes Varda was a loved thing in this town, including two earlier courses that inspired constant quiet excitement, talking about her films beyond classes, and sharing meals to keep talking. Heaven. Join us to continue this exploration of her great work. In this class we'll be watching and discussing three of her films, starting with *Cléo from 5 to 7*, a movie that keeps rising higher in the greatest 500 films listing. Second, we'll watch *The Gleaners and I*, a first-seen favorite for some of us, including me. Then the ace in the hole, a movie I have been advised by the Agnes Varda Society not to mention too early or not to call its American Premiere (although they know of no previous showing of it). You'll have to attend the class to see this not-an-American Premiere!

CAFÉ SOCIETY DISCUSSION GROUP

EVERY TUESDAY EXCEPT HOLIDAYS

INSTRUCTOR: Daniel Bennett

LOCATION: On Zoom Only

TIME: 8:30 – 10:00 AM

COST: Free to 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 empower communities and individuals.

MOZART: THE OTHER OPERAS

TUESDAYS: SEPTEMBER 9, 16, 23, 30; OCTOBER 7, 14

INSTRUCTOR: David Rampy

LOCATION: Multipurpose Room and Zoom (hybrid))

TIME: 10:30 a.m. - 12:30 p.m.

COST: \$79 or free with the fall subscription

Mozart was the consummate opera composer. His "da Ponte" operas: Don Giovanni, The Marriage of Figaro, and Cosi fan tutte are well known and staples of the operatic repertoire. Before that he made his name with "Opera Seria" and German "Singspiel." We will explore, listen to, and watch performances of *Idomeneo*, *La Clemenza di Tito*, and his last opera, *The Magic Flute*. Mozart and opera are like cake and ice cream: a joy to the senses. Join us for great music and engaging theatre.

DEEP DIVES

TUESDAYS: SEPTEMBER 9, 16, 23, 30; OCTOBER 7, 14

INSTRUCTOR: Marty Amerikaner

LOCATION: Multipurpose Room and Zoom (hybrid)

TIME: 1 - 2:30 p.m.

COST: \$79 or free with the fall subscription

In this class, we use podcast episodes and other media sources for learning about and discussing recent research into and analysis of cutting-edge trends and controversies. We will focus on topics that reflect developing themes, issues and currents within our society, rather than the onslaught of daily headlines. The format for each class session is to listen to and/or watch source material, while stopping periodically to discuss and question what we've heard. Everyone is encouraged to participate- the discussions are what makes the class fun and engaging!

WHAT'S NEXT? CREATING THE NEXT CHAPTER OF YOUR LIFE

TUESDAYS: SEPTEMBER 9, 16, 23, 30; OCTOBER 7 (5 WEEKS)

INSTRUCTOR: David Borchard, EdD, BCC

LOCATION: Multipurpose Room (in-person only)

TIME: 3-4:30 p.m.

COST: \$79 or free with the fall subscription

Life disruptions, like becoming a senior citizen and reaching the retirement stage, involve life-changing challenges and exciting possibilities. Challenges include shedding outdated identities, letting go of familiar ways, and entering unfamiliar psychological territory. But the good news is that your next life chapter also provides the best chance you may ever have to bring forth dormant interests, let go of old baggage, find deeper meaning, and enjoy your authentic self.

In five 90-minute sessions we will:

- Use Frederic Hudson's "Cycle of Renewal" to help manage emotions and behaviors involved in major life changes such as job loss, relationship endings, and retirement.
- Use the Pro-Energy Profiler (PEP) assessment to clarify and apply your innate interests and special talents.
- Identify the values that provide meaning at this stage of your life.
- Create an inspiring vision for your next chapter of your life.

MINDFULNESS AND MEDITATION: STRATEGIES FOR LIVING IN UNCERTAIN TIMES

WEDNESDAYS: SEPTEMBER 10, 17, 24; OCTOBER 1, 8, 15

INSTRUCTOR: Michael P. Kemp

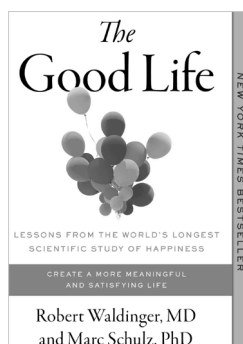
LOCATION: Multipurpose Room and Zoom (hybrid)

TIME: 9 – 10:30 a.m.

COST: \$79 or free with the fall subscription

There is an old Chinese proverb that says, "Beware of living in interesting times!" Few could deny that we are indeed living in interesting and trying times. We find ourselves constantly at odds with each other, unable to find common ground on which to stand, common beliefs and opinions to hold. We are surrounded today by uncertainty and chaos. We need to find our way back to that garden of respect and coexistence. In my opinion, Mindfulness and Meditation are two of the most powerful ways to achieve this goal. This class is intended as a collaborative venture in both discovering and learning how to utilize them as time-tested, gentle, and deeply powerful, spiritual tools. We'll also learn how they can serve as therapeutic devices to help heal the wounds of our past, guide us in our present lives and help ease us into the uncertainty of the future.

In this class we will practice Mindful Meditation, ask questions, seek answers and explore the means to apply those answers towards a compassionate, equitable and sustainable future.



YOUR GOOD LIFE AND HOW TO CREATE IT TODAY

WEDNESDAYS: SEPTEMBER 10, 17, 24; OCTOBER 1 (4 WEEKS)

INSTRUCTOR: Carol Richmond, Ph.D.

LOCATION: Room 164 and Zoom (Hybrid)

TIME: 10:30 a.m. – 12 p.m.

COST: \$60 or free with the fall subscription

RECOMMENDED TEXT: *The Good Life* by Robert Waldinger and Marc Schultz

This four-week course is for those interested in enjoyably exploring your current definition of a good life. What is most important in your life? Given our present culture and climate, what is science and research showing us about an evolving "New Good Life?" Humanity is raising its conscious awareness and increasing gratitude, which aligns beautifully with a new good life. We will discover what thinkers over time say about living a good life, look deeper into our own beliefs, and where they come from. There will be opportunities for self-reflection, meditation, resource sharing, small group discussions and fun activities. Finally, we will explore how we are living our good life now and what it would take to increase life satisfaction today by examining the idea of a "New Good Life."

LYRIC SONGS/POEMS

WEDNESDAY: SEPTEMBER 10, 17, 24; OCTOBER 1, 8, 15

INSTRUCTOR: Roger Bernstein

LOCATION: Zoom Only

TIME: 1:30 p.m. - 3 p.m.

COST: \$79 or free with the fall subscription

LYRIC SONGS BY: Fleetwood Mac, Eva Cassidy, Joni Mitchell, Paul Simon, Blind Faith

POEMS BY: Sharon Olds, Dana Gioia, Wislawa Szymborska, Charles Simic, Ada Limon, Linda Pasten, James Tate, W.B. Yeats, Naomi Nye.

This class introduces poems that tell a story. Our class reads aloud poems which charge emotion, humor, longing, and varied impressions. Discussions are not dogmatic, because poetry is the clear expression of mixed feelings. All comments add to further insights. You need only experience it.

FDR, AMERICA, AND THE HOLOCAUST

WEDNESDAYS: SEPTEMBER 10, 17, 24; OCTOBER 1, 8, 15

INSTRUCTOR: Wolfgang Pordzik

LOCATION: Multipurpose Room and Zoom (hybrid)

TIME: 3:30 – 5:00 p.m.

COST: \$79 or free with the fall subscription

Eighty years after the end of World War II, the debate about America's reaction to the Holocaust is met with renewed interest. This course will examine the domestic forces that shaped U.S. policies towards the rise of Nazi Germany and the Holocaust. We will investigate President Roosevelt's leadership during World War II, and to what extent his decisions were a reaction to internal political pressures. What were FDR's political priorities and strategies, and were there possibly missed opportunities? The historical context of racism and antisemitism in the U.S., the eugenics movement, and the tightened immigration policies by Congress will be evaluated, along with the administration's response to Jewish persecution in Europe. The course will deal with the controversial question posed by the renowned historian Yehuda Bauer: Could the U.S. government have rescued European Jewry? The debate over the bombing of the railroad tracks to Auschwitz remains controversial. The overriding question will be asked: what Americans — politicians, journalists, and civilians — did and did not know about the Holocaust, and how they responded to it while it was happening and after it was over.

CURRENT INTERNATIONAL ISSUES DISCUSSION GROUP

THURSDAYS: SEPTEMBER 11, 18, 25; OCTOBER 2, 9, 16

FACILITATOR: Fred Turco

LOCATION: Zoom Only

TIME: 9 – 10:30 a.m.

COST: \$79 or free with the fall subscription

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.

WALKING THE TALK: TIPS AND TECHNIQUES FOR WRITING DIALOGUE

THURSDAYS: SEPTEMBER 11, 18, 25; OCTOBER 2, 9 (5 WEEKS)

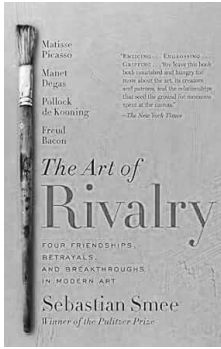
INSTRUCTOR: Pat Donohoe

LOCATION: Room 164 (In-person only)

TIME: 11 a.m. – 12:30 p.m.

COST: \$79 or free with the fall subscription

Join us for a fun, interactive writing workshop on how to create dialogue that keeps your story and reader moving along. With engaging examples from published writers, stimulating prompts that draw on our ear for dramatic interaction, and affirmative feedback from class members, we'll create provocative passages for fiction and creative nonfiction. This course is capped at 12 participants.



LOVE AND HATE IN THE ART WORLD

THURSDAYS: SEPTEMBER 11, 18, 25;
OCTOBER 2, 9, 16

INSTRUCTOR: Dianne L. Roman
LOCATION: Room 164 and Zoom (Hybrid)
TIME: 1 – 2:30 p.m.
COST: \$79 or free with the fall subscription

REQUIRED TEXT: *The Art of Rivalry: Four Friendships, Betrayals and Breakthroughs in Modern Art* by Sebastian Smee

The complicated aspects of friendship, mentorship, and competition make up the term frenemies. Art history is peppered with stories of rivalries; relationships that have had a major impact on the individuals involved and their creative output. Join me this fall in reading and discussing the Pulitzer Prize-winning art critic Sebastian Smee's 2016 book *The Art of Rivalry: Four Friendships, Betrayals and Breakthroughs in Modern Art*. The four pairs of artists discussed are Matisse and Picasso, Manet and Degas, Pollock and de Kooning, and Freud and Bacon.

One needs no prior art history to participate and enjoy this class. If you have memories of an Art Survey and History course cramming you with slide after slide to memorize with little personal information about the makers, put that aside. Smee is well-known for his clear writing and understanding of the human aspects of artistic personalities. In addition to these four pairs, we will look at a few pivotal earlier works and their creators that had significant influence on these artists. This class is capped at 16 participants.

SEPARATE CHURCH AND STATE: IT'S A GOOD IDEA AND WHY WE SHOULD TRY IT

THURSDAYS: SEPTEMBER 11, 18, 25; OCTOBER 2, 9, 16

FACILITATOR: Eric Thompson
LOCATION: Multipurpose Room and Zoom (hybrid)
TIME: 3 – 5 P.M.
COST: \$79 or free with the fall subscription

Building on last spring's class on Church/State relations in history, this class will delve deeper into the religion in politics at the founding of the U.S., the philosophical debates at the time of the writing of the Constitution, and the 250-year struggle to sort it all out. We will explore what freedom of religion, freedom of speech, and freedom of conscience mean, and how hard-fought a struggle it has been to establish and maintain them as rights.

PENCILS, PRINCIPLES, AND POSSIBILITIES

THURSDAYS: OCTOBER 23, 30; NOVEMBER 6, 13, 20 (5 WEEKS)

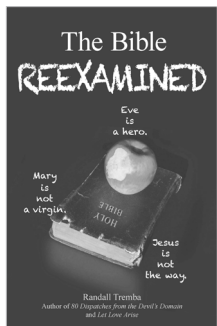
INSTRUCTOR: Kirsten Lee
LOCATION: Multipurpose Room (In-person only)
TIME: 1-4 p.m.
COST: FREE

Take a deep dive into drawing! Appreciate the offerings of ordinary life through the fresh eyes of an artist. Learn the classical techniques of representational drawing, the principles of design, and the development of a regular creative practice. Exercises are tailored to beginners and experienced artists alike, meeting individuals where they are in their artistic journey and encouraging ongoing growth. All materials are provided. This program is being presented with financial assistance from the West Virginia Department of Arts, Culture and History, and the National Endowment for the Arts, with approval from the WV Commission on the Arts. This course will be capped at 15 participants. Priority will be given to first-time students.



This project is supported with funding from
West Virginia Department of
ARTS, CULTURE & HISTORY
and West Virginia Commission on the Arts





THE BIBLE REEXAMINED

FRIDAYS: SEPTEMBER 12, 19, 26;
OCTOBER 3, 10 (5 WEEKS)

INSTRUCTOR: Randall Tremba

LOCATION: Multipurpose Room (In-person only)

TIME: 9 – 10:30 a.m.

COST: \$79 or free with the fall subscription

REQUIRED TEXT: *The Bible Reexamined* by Randall Tremba

A conversation around the themes of the book, *The Bible Reexamined*, which presents several counterintuitive interpretations of classical Biblical texts: Creation as a parable, not exposition. Eve as a hero, not a villain. Love, not Jesus, as “the way, the truth, and the life.” The Gospels as sectarian tracts, not history. Jesus as part fact, part fiction.

The book also includes an account of the gradual formation of the Bible from an assorted collection of ancient Jewish scrolls into a single book format and its eventual weaponization by Protestants as THE WORD OF GOD in the sixteenth century. Tremba debunks that notion.

The Bible is a human, not a divine product. We may take it into account, but we are not bound by it.

The book acknowledges the morally deplorable parts of the Bible—its condoning of slavery, genocide, and subjugation of women, and its condemnation of homosexuality—while acknowledging it as a treasure chest of wisdom and inspiration. It’s “a bony fish.”

Underneath its complexity lies a simple admonition: Love kindness. Do justice. Walk humbly. Mend creation.

GEAR UP! A FUN GUIDE TO CARS, CARE, AND CLASSICS

FRIDAYS: SEPTEMBER 12, 19, 26; OCTOBER 3, 10, 17

INSTRUCTOR: William Martien

LOCATION: Multipurpose Room (In-person only)

TIME: 11 a.m. – 12:30 p.m.

COST: \$79 or free with the fall subscription

Learn all about your vehicle and its many safety features. We’ll also go over best practices to buy or lease a car. This course will go over 200 features found on most vehicles. We’ll also study interesting characteristics of 1960s and 1970s cars for a nostalgic look back. Finally, the course will reveal numerous ways to care for your Crossover including ways to handle repair shop scams. The course will encourage class contribution.

SHORT STORIES INTO FILMS

FRIDAYS: SEPTEMBER 12, 19, 26; OCTOBER 3, 10, 17

INSTRUCTOR: Pam Clark

LOCATION: Multipurpose Room and Zoom (hybrid)

TIME: 1 – 2:30 p.m.

COST: \$79 or free with the fall subscription

What do *All About Eve*, *Bringing Up Baby*, and *Rear Window* all have in common? Yes, they all premiered in the ‘50s; and yes, their directors were master filmmakers (Joseph Mankiewicz, Howard Hawks, and Alfred Hitchcock). However, you might not know that all of those movies were based on short stories that appeared in magazines such as *Collier’s Weekly* and *Cosmopolitan* during the 30s and 40s. Hitch’s film, *Rear Window*, began life as “It Had to Be Murder,” by Cornell Woolrich and first appeared in *Dime Detective Magazine*.

In this class we will read and discuss the short stories (emailed to you beforehand as PDFs), then watch DVDs of the movies, and finally chat about salient similarities and gob stopping differences.

DEMOCRACY AND DEVELOPMENT IN AMERICAN HISTORY

FRIDAYS: SEPTEMBER 12, 19, 26; OCTOBER 3, 10, 17

INSTRUCTOR: Michael T Rock, Samuel and Etta Wexler

Emeritus Professor of Economic History, Bryn Mawr College

LOCATION: Multipurpose Room and Zoom (hybrid)

TIME: 3 – 4:30 p.m.

COST: \$79 or free with the fall subscription

REQUIRED READING: *The Rise and Fall of the Neoliberal Order*. By Gary Gerstle (2022), New York: Oxford University Press & *How Democracies Die* by Steven Levitsky and Daniel Ziblatt (2018), New York: Crown.

Conventional wisdom suggests that America’s democratic capitalism has ushered in prosperity (development) and freedom (democracy). The aim of this course is to test this hypothesis by examining the nature of democracy and development throughout American history. Particular attention will be paid to the period of the Great Exception (1936–1979), the era of neoliberalism (1980–2008), and the rise and consolidation of Trump’s populist authoritarianism.

RETIREMENT PLANNING TODAY

SESSION I: THURSDAYS: OCT. 2 & 9 TIME: 6 – 9 p.m.
OR
SESSION II: SATURDAYS: OCT. 4 & 11 TIME: 9 a.m. – Noon

INSTRUCTOR: Matthew Kradel, CFP®

LOCATION: Byrd Center for Congressional History and Education

COST: \$49

Learn how to: manage investment risks, use new tax laws to your advantage, make informed decisions about your company retirement plan, and adjust your estate plan to function properly under the new laws. Money is only one aspect of retirement planning. This course blends financial education with life planning to help you build wealth, align your money with your values, and achieve your retirement lifestyle goals. The goal is to provide high-quality, generic education without any mention of specific financial products or services. Couples may attend together for a single registration fee. Class sizes are limited so register today.

FASTeNER OPEN LAB

SEPTEMBER 2 – DECEMBER 19

INSTRUCTOR: Mike Mendez

LOCATION: FASTeNER Lab

TIME: Open Lab Hours

COST: \$266; or \$206 with a fall subscription

This open lab is for individuals intending to use the FASTeNER Lab to work on a self-directed project over the course of the semester during open lab hours. The instructors will provide instruction and advisement in areas of casting, digital fabrication, woodworking and metalworking. Participants 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 participant may be asked to purchase additional consumables for the lab. All registrants for open lab will be required to complete a lab safety overview before using the lab.

WILD WRITERS RETREAT AT CAPON SPRINGS AND FARMS

OCTOBER 13-16

INSTRUCTOR: Denise Kupiszewski

LOCATION: Capon Springs and Farms

COST: \$498; or \$469 for fall subscribers

The retreat offers a getaway for writers at all levels interested in developing their craft and expanding their writing community. In October, the program will provide plenty of personal writing time bookended with a morning workshop led by award-winning authors and after-dinner critique sessions for those interested in giving and receiving feedback on their work. Not only will writers have uninterrupted time to write among supportive fellow writers in a peaceful environment, the low-key mountain resort at Capon Springs and Farm is the perfect location for serious hiking, swimming, golfing, stargazing, fishing, and eating.

Don't forget the enjoyable cocktail hour on the writers' porch, where lively discussions prevail and close friendships begin. Please contact Denise at dehermannbooks@gmail.com for a detailed schedule of the retreat.



Dr. Mary J.C. Hendrix, president of Shepherd University, has created this distinguished lecture series for the campus and community, and it has become part of the Lifelong Learning Program. All lectures, which are free and open to the public, take place in the Robert C. Byrd Center for Congressional History and Education auditorium. These lectures will also be livestreamed on the Shepherd University Youtube channel (find the livestream link at [shepherd.edu/president /presidents-lecture-series](http://shepherd.edu/president/presidents-lecture-series)).



DARE TO DREAM

TUESDAY, SEPTEMBER 30

SPEAKER: John Gilstrap, Author

TIME: 6:30 p.m.

LOCATION: Auditorium

COST: FREE

If New York Times bestselling author John Gilstrap had listened to the advice he received from parents, teachers and friends, he never would have published a thing. As it is, he listened to the naysayers for at least 20 years too long. In this moving, inspirational presentation, John decodes the culture of negativity that keeps artists of all stripes from achieving the dreams they were born to live, and gives people the tools to turn it all around. It's never too early, and it's never too late to dare to dream.



REVOLUTIONIZING HEALTH WITH LIGHT

MONDAY, OCTOBER 27

SPEAKER: The Honorable Scot Faulkner

TIME: 6:30 p.m.

LOCATION: Auditorium

COST: FREE

Photobiomodulation (PBM) is changing everything we know about our bodies and our health.

This presentation will be an overview of this 21st Century health revolution and Shepherd University's leadership role in making it happen. It will explain how PBM can improve your health and what scientists and practitioners are doing to make it mainstream medicine.

HOW WELL DO WE UNDERSTAND THE AMERICAN REVOLUTION?

WEDNESDAY, SEPTEMBER 10

SPEAKER: Nancy Spannaus

LOCATION: Robert C. Byrd Center, Multipurpose Room

TIME: Noon - 1:30 p.m.

COST: \$15; Free for fall subscribers, Shepherd students and employees

America's 250th birthday is July 4, 2026, but do we know what we are celebrating? How many of us are deluded into thinking our independence was a tax revolt? How many think our stated ideals are a sham, and we shouldn't have split at all? Come to this presentation and book-signing by public historian Nancy Spannaus on her new book, *From Subject to Citizen: What Americans Need to Know about Their Revolution*, and get a deeper understanding of the American Revolution and how to preserve it.

THE CONSTITUTION, THE WEST VIRGINIA JUDICIARY, AND THE INTERMEDIATE COURT OF APPEALS

WEDNESDAY, SEPTEMBER 17

SPEAKER: Intermediate Court of Appeals – Chief Judge Dan Greear and Chief Deputy Clerk Ashley Deem

LOCATION: Robert C. Byrd Center, Multipurpose Room

TIME: Noon - 1:30 p.m.

COST: \$15; Free for fall subscribers, Shepherd students and employees

The WV ICA opened on July 1, 2022. To help students and the public understand the judicial process, twice each year appropriate court cases are argued in sessions of the court hosted at educational institutions around the state. This September, cases will be argued in the Shepherd University Frank Arts Center. Between cases, the chief deputy clerk and participating attorneys provide a question and answer session with students and other members of the public in attendance. The public will have the opportunity on Tuesday, September 16 to observe the WV Intermediate Court of Appeals and then engage with court staff and the attorneys arguing the cases. This brown bag lecture will follow the September 16 public event, with a focus on the state and federal Constitutions.

THE CLASHING EGOS, HOPES, AND INTERESTS ON THE FLOOR OF THE CONSTITUTIONAL CONVENTION - SUMMER, 1787 PHILADELPHIA

WEDNESDAY, SEPTEMBER 24

SPEAKER: Jim Surkamp

LOCATION: Robert C. Byrd Center, Multipurpose Room

TIME: Noon - 1:30 p.m.

COST: \$15; Free for fall subscribers, Shepherd students and employees

Drawing from the materials created for the OPM's Eastern Management Development Center we will assign a delegate(s) to each class member with a briefing sheet of their specific state's aims amid the convention's frayed nerves, bad behavior, wise behavior, last-minute breakthroughs, creating a final product that William Ewart Gladstone, Britain's prime minister, famously called "the most wonderful work ever struck off at a given time by the brain and purpose of man." We do not parse legal fine points, but rather look closely and understand about seven (two overlooked by many) key moments, votes and subtle word changes by the authors that made all the difference.

THE DREYFUS AFFAIR: A WATERSHED MOMENT IN MODERN EUROPEAN HISTORY

WEDNESDAY, OCTOBER 1

SPEAKER: Claudine Lebeau

LOCATION: Robert C. Byrd Center, Multipurpose Room

TIME: Noon - 1:30 p.m.

COST: \$15; Free for fall subscribers, Shepherd students and employees

The Dreyfus Affair stands as one of the most consequential political scandals of the late 19th century, forever altering the landscape of justice, nationalism, and civil rights. When Captain Alfred Dreyfus was wrongfully convicted of treason, what began as a military trial evolved into a twelve-year saga that would expose the deep fractures within French society. Set against the backdrop of rising antisemitism and lingering resentment from the French defeat in the Franco-Prussian War, the affair divided the nation. The scandal gave birth to a new form of intellectual activism. The affair's resolution in 1906 with Dreyfus's exoneration represented a triumph for republican values over authoritarianism. In this lecture, we will chart the complete timeline of the affair, analyze the pivotal role played by both the French and international press in shaping public opinion, and examine how this single case of injustice catalyzed movements that would reshape European politics for decades to come.

JAPANESE AMERICAN EXPERIENCES DURING WORLD WAR II: INCARCERATION CAMPS AND BEYOND

WEDNESDAY, OCTOBER 8

SPEAKER: David Gordon, Ph.D.

LOCATION: Robert C. Byrd Center, Multipurpose Room

TIME: Noon - 1:30 p.m.

COST: \$15; Free for fall subscribers, Shepherd students and employees

Following Japan's attack on Pearl Harbor, Japanese Americans fell under popular suspicion, particularly when it appeared plausible in 1942 that Japan might invade California. Responding to an atmosphere awash in false rumors, President Roosevelt signed Executive Order 9066, which removed all ethnic Japanese from the U.S. West Coast and transferred them without due process to hastily built incarceration camps in remote areas. Meanwhile, ethnic Japanese in other parts of the U.S. faced harsh discrimination but were not removed from their homes. Some Japanese Americans, particularly from Hawaii, went on to serve with great distinction in the 442nd Central Postal Directory in Italy once this option became available. Others translated Japanese communications for U.S. forces in the Pacific and Southeast Asia. A comparison with the circumstances of Japanese Canadians shows that in certain respects the latter faced even worse treatment during the war than Japanese Americans did.

LIVING EVERY DAY WITH AWE

WEDNESDAY, OCTOBER 15

SPEAKER: Carol Richmond, Ph.D.

LOCATION: Robert C. Byrd Center, Multipurpose Room

TIME: Noon - 1:30 p.m.

COST: \$15; Free for fall subscribers, Shepherd students and employees

Accessing awe is a way to help people to reduce stress in these troubled times, and reduce loneliness as we age, while improving overall well-being. Walking in AWE can lower anxiety about time, connection and can ease chronic pain. The session will describe new research, practices and reflections to find awe throughout the day. Practicing AWE less than 1 minute per day can help you to find clarity and purpose. Ideas and practices are based on *The Power of AWE* by Jake Eagle, LPC and Michael Amster, MD, and the book *Approaching AWE* by Dacher Keltner and Jonathan Haidt and my own study.

LUDWIG WITTGENSTEIN: GREATEST PHILOSOPHER OF THE 20TH CENTURY-- BECAUSE HE DESTROYED PHILOSOPHY

WEDNESDAY, OCTOBER 22

SPEAKER: Mark Kohut

LOCATION: Robert C. Byrd Center, Multipurpose Room

TIME: Noon - 1:30 p.m.

COST: \$15; Free for fall subscribers, Shepherd students and employees

Ludwig Wittgenstein has been described as one of the greatest philosophers of the 20th century. Because of his unique approaches, his breakthrough originality, the successful trashing of so many past historical directions, he forged unforgettable insights into how the human community knows itself, and how we communicate, including about the ultimate things. He wanted to solve problems, not learn and teach "philosophy".

Wittgenstein, born into immense wealth, gave it all away; a volatile friend and a moody genius who once left Cambridge to teach elementary school; raised in a family so cultured that music was a second language and so tormented that three of his brothers committed suicide young. His sexuality was tortured and largely repressed. You might have encountered his name or one of his famous lines: "The limits of my language are the limits of my world" or "If a lion could speak, we wouldn't understand it." I'll try to unpack what such lines really mean—without philosophical jargon, as students never got jargon from him.

Wittgenstein was sure he had eliminated many, many former philosophical questions. So, if no one asks too many philosophical questions, we'll learn a lot.

THE MUSIC OF KINDNESS: THERAPEUTIC MUSIC AT THE THRESHOLD OF LIFE AND DEATH

WEDNESDAY, OCTOBER 29

SPEAKER: Tracy Seffers

LOCATION: Robert C. Byrd Center, Multipurpose Room

TIME: Noon - 1:30 p.m.

COST: \$15; Free for fall subscribers, Shepherd students and employees

"Sound healing" is all the rage these days, in every yoga studio from San Diego to Shepherdstown. But is there science behind it?

Well, in fact -- there is.

Tracy Seffers -- Shepherd University registrar, Certified Music Practitioner (CMP), Threshold Singer, and end-of-life doula -- will explore what can happen when music, science, and compassionate presence intersect at the thresholds of life and death. Learn about the research being collected and supported in clinical spaces where CMPs are practicing; experience the music itself; and consider what kind of music might most powerfully support recovery from illness as well as the transition into death and dying.

THE TAROT IN HISTORY AND MYTH

WEDNESDAY, NOVEMBER 5

SPEAKER: Frank "Doc" McCluskey, Ph.D.

LOCATION: Robert C. Byrd Center, Multipurpose Room

TIME: Noon - 1:30 p.m.

COST: \$15; Free for fall subscribers, Shepherd students and employees

How did a deck of Italian playing cards end up in the hands of mystics and spiritualists? What are the ancient claims that these cards make? We will spend a hilarious and fact filled 90 minutes unveiling the secrets of the pyramids, the fortune telling tricks of the Gypsies (now called Romani) a French nobleman who claimed to be 500 years old and the wickedness of Alister Crowley. Along the way we will also encounter Houdini, Arthur Conan Doyle and Led Zeppelin.

SUN TZU AND THE ART OF WAR

WEDNESDAY, NOVEMBER 12

SPEAKER: Gerald Collins

LOCATION: Robert C. Byrd Center, Multipurpose Room

TIME: Noon - 1:30 p.m.

COST: \$15; Free for fall subscribers, Shepherd students and employees

In *The Art of War*, written over 2,000 years ago, the Chinese general Sun Tzu (Sunzi), asserts that "The supreme art of war is to subdue the enemy without fighting." Is that true? If so, how would it work? Over the years, military theorists in Asia and the West have studied this and similar ideas contained in Sun Tzu's concise treatise on military strategy and tactics. In recent times, his ideas have even become popular with Wall Street analysts who try to apply them to the market. This is what Charlie Sheen's character in "Wall Street" told his boss he had done --- not long before he was hauled off to jail!!! In the more serious realm of international relations and modern warfare, are Sun Tzu's ideas relevant? Do they tell us anything about the adversarial relationship that now exists between the United States and the People's Republic of China? The presentation will include time for questions and a discussion of such issues.

CONFUSED ABOUT MEDICARE?

WEDNESDAY, NOVEMBER 19

SPEAKER: Judie Marshall

LOCATION: Robert C. Byrd Center, Multipurpose Room

TIME: Noon - 1:30 p.m.

COST: FREE

Come learn the Medicare alphabet of parts A, B, C, and D. Detailed descriptions will be discussed for each part, eligibility, and how it applies to you or someone in your family. Handouts will also be available.

Interest groups are an integral part of lifelong learning programs, providing opportunities to learn and socialize outside the classroom. Types of groups could include hiking, reading, sewing, dancing, photography, to name a few. We would like to incorporate additional interest groups in the Shepherd University Lifelong Learning Program. If you would like to volunteer to facilitate an interest group, please contact Cindy Powers at Lpowers@shepherd.edu.

ACTIONS FOR HAPPINESS

CONTACT: Carol Richmond

carolrichmond@ymail.com

Happiness is what we all want but it often seems difficult to find. We will share what's good in our lives, our wins, renew our commitment to ourselves, connect with like-minded people, practice 21 keys to happiness, commit to happiness actions, have fun and focus on optimism in the days ahead. Meetings can be on Zoom if requested.

IN CONVERSATION WITH CREATIVITY

CONTACT: D.L. Roman

romandl@alumni.vcu.edu

This informal once-a-month gathering is for all artistic thinking individuals. Both visual and verbal creators need a space to share ideas, discuss techniques, and receive encouragement and motivation from likeminded others. As an outgrowth of the Fall 2024 "Striding Along with Julia Cameron" class, this group is open for continual discussion of the artist's needs. Having worked with any of Cameron's methods is not important, so join in whether you have read any of her books or not. Come willing to discuss your ideas, needs, successes, and set-backs. Each meeting will evolve due to the participants. Days and times to be arranged.

'READING PHILIP ROTH'S READING' INTEREST GROUP

CONTACT: Mark Kohut

mark.kohut@gmail.com

The legendary-in-their-own-minds Philip Roth Special Interest Group finished all 31 of his works last year. As acclaim keeps building, we will read some authors Philip loved most: maybe Chekhov, maybe a surprise. Mondays at 9 AM, on Zoom.

SHERLOCK HOLMES SOCIETY

CONTACT: Frank McCluskey

Frankmccluskey11@gmail.com

Around the world, the hundreds of Holmes societies have been beloved for their mix of scholarship with tongue-firmly-in-cheek (as Dorothy Sayers said of her Holmes associations). We hope to meet four times a year for a spirited discussion of Holmes, Victorian literature, and all things London of 1895. We will toast, have a short presentation, and good fellowship.

MINDFUL MEDITATION GROUP

CONTACT: Michael P. Kemp

jmk369k@gmail.com

In this group, we explore strategies for coping with personal, social and global issues within the context of Mindfulness and Meditation. No prior knowledge or practice necessary. The approach is secular in nature and based upon Vipassanā Buddhism known as Mindfulness or Insight Meditation in the West. A different topic is covered each week followed by a meditation of 20/30 minutes also based upon that theme. Group members then discuss that week's topic and the meditation. Led by Michael Kemp with a 45 year background in mindfulness and meditation, the group meets every Tuesday evenings at 6:30pm over Zoom. Free and open to the public.

ARTFUL CODGERS

CONTACT: John Spears

jnsiii125@gmail.com

This group is a spinoff group from Lifelong Learning's spring 2024 Improv Course. We were having too much fun to stop. We're working on one act plays and stories. Come and join our magic carpet ride. Contact John Spears for more details.

GUITAR INTEREST GROUP

CONTACT: Marty Amerikaner

marty.amerikaner@gmail.com

This is a group for guitarists who enjoy (or think they might enjoy) getting together with others as we strum our way through favorite tunes. We meet every Thursday afternoon at 3:00. The format is simple: we take turns "calling" songs from our list of tunes- classic rock, folk, pop, etc- and we play through them. Lots of laughs, nothing too hard and we learn from each other along the way- if you know the basic major, minor and 7th chords, you're right with us. We keep our tunes in an app called Songbook Pro, so access to a tablet is useful.

Day Tours: Please check the website (www.Shepherd.edu/lifelonglearning) for updated day trip information. For email notifications of new day trips being offered, emailing continuing-education@shepherd.edu with a request to add you to the Lifelong Learning listserv.



DAY VISIT TO THE HOLOCAUST MUSEUM IN WASHINGTON, DC

TUESDAY, OCTOBER 21 | 7:30 a.m. - 5:30 p.m.

COST: Prices will be listed online on September 1 and online registration will be available at that time. For questions and more information, please email continuing-education@shepherd.edu or call 304-876-5313

The United States Holocaust Memorial Museum was opened in 1993 to inspire citizens and leaders worldwide to confront antisemitism and hatred, prevent genocide, and promote human dignity. The Museum provides a powerful lesson in the fragility of freedom, the myth of progress, and the need for vigilance in preserving democratic values. It teaches millions of people each year about the dangers of unchecked hatred and the need to prevent genocide. Our day trip includes a visit to the Museum and a briefing by the Museum's staff afterwards about the work of the Institute for Holocaust Education and the Museum's Holocaust Encyclopedia, the world's leading online authority on the Holocaust. The visit to the Holocaust Museum will be joined by Lifelong Learning instructor Wolfgang Pordzik and will follow thematically with his the six-week course "FDR, America, and the Holocaust" starting on September 10. Transportation included.



SACRED TEXTS, MODERN MYTHS: EXPLORING THE MUSEUM OF THE BIBLE WITH A SCHOLAR

FRIDAY, NOVEMBER 7 |
8 a.m. - 5:30 p.m.

COST: Prices will be listed online on September 1 and online registration will be available at that time. For questions and more information, please email continuing-education@shepherd.edu or call 304-876-5313

The Museum of the Bible in Washington D.C. opened in 2017. The museum is the product of the Green family, owners of Hobby Lobby. In 2018, two scholars wrote a book on the museum titled *Bible Nation: The United States of Hobby Lobby* (authors Candida Moss and Joel S. Baden). The Greens, funders and overseers of the museum, have no higher education in the Bible, but they are fundamentalist Christians, whose mission is to use Biblical antiquities to promulgate their fundamentalist views in the culture and in the nation's capitol, in part because they see themselves as part of the movement to advance the notion of the U.S. as a Christian nation. In this field trip, instructor Eric Thompson, who is a biblical scholar, will guide attendees through the exhibits in the museum, explain the artifacts, such as Dead Sea Scrolls, and analyze the way they are displayed and the message they are advancing. Transportation and lunch are included.



A GUIDED DAY TRIP TO AMERICAN INDIAN BURIAL SITES

FRIDAY, NOVEMBER 21 |
9 a.m. - 3 p.m.

COST: \$75

Join us for a rare and meaningful day trip to a sacred American Indian burial ground nestled in the mountains of Hampshire County, West Virginia—just about an hour's drive from Shepherd University, where we will depart together.

Our guide for the day is Matthew "Maasaw" Howard, an Independent American Indian Field Researcher and author of *Adonvdo Yona (Bear Spirit) Mountain: An Ancestral Awakening* and *As I Rest, Let My Face Touch Heaven*. Of Cherokee, Choctaw, Lenape, and Tuscarora heritage, and a member of the Echota Cherokee Tribe, Maasaw's Indigenous name means "protector of sacred land." He has identified dozens of ancient Indigenous sites throughout the Eastern U.S. and works through his nonprofit, Bear Spirit Mountain, Inc., to help landowners protect these sites from development through land trusts.

Maasaw will lead us across both sides of a mountain he stewards. On one side lies a quiet valley with hundreds of ancient stone burial mounds. On the other side, you'll encounter a striking array of ceremonial features: serpent walls, base stone structures, split stones, petroglyphs, pictographs, and sacred stone circles—each a testament to the ceremonial and spiritual life of the Indigenous peoples of this region.

Maasaw shares his deep knowledge as an individual, speaking only on behalf of his personal heritage and experience. He is a member of the Virginia Archaeological Society, the United Tribes of the Shenandoah Valley, the American Indian Society, and the Appalachian American Indian Society of West Virginia.

Important Information: This respectful journey into a sacred landscape does require some light hiking. While the terrain is not steep, it is uneven and requires that participants be in good physical condition. Long pants, sturdy hiking boots, and a walking stick are strongly recommended. This trip is not suitable for those with mobility concerns. Transportation from Shepherd University to Bear Spirit Mountain is included, but please bring a packed lunch for this outing!

International & National Tours: To access the full brochures and registration forms, please go to the “Tours” section of our website: <https://www.shepherd.edu/lifelonglearning/lifelong-learning-tours>. PLEASE NOTE: Shepherd University travel insurance is required for all national and international tours. Premier World Discovery or Collette travel protection plans are also available.

TROPICAL COSTA RICA

*A PERFECT BLEND OF ADVENTURE, ECOLOGY, AND
RELAXATION IN CENTRAL AMERICA*

MARCH 9-17, 2026

RESERVATION DEADLINE: Deposit of \$698 per person
due by September 9, 2025

DEPARTURE FROM: Washington, D.C.

PRICING (PER PERSON – IF BOOKED BY SEPT 9, 2025):
Double \$2,999 | Single \$3,499 | Triple \$2,969

INCLUDED MEALS: 8 Breakfasts, 1 Lunch, 5 Dinners

TRAVEL PROTECTION (OPTIONAL): \$549

TRIP HIGHLIGHTS:

- San José & Coffee Plantation
- Arenal Volcano & Cano Negro Wildlife Refuge
- Organic Farm Experience & Lake Arenal Cruise
- Monteverde Cloud Forest
- Choice of Zipline or Hanging Bridges
- Beachfront stay in Guanacaste

For more info and booking: <https://gateway.gocollette.com/link/1360782>



SUNNY PORTUGAL: LISBON, THE ALGARVE & BEYOND

*FROM COBBLESTONE CHARM TO COASTAL BEAUTY, IMMERSE
YOURSELF IN THE SOUL OF PORTUGAL WITH CULTURAL
EXCURSIONS, FLAVORFUL CUISINE, AND BREATHTAKING
HERITAGE SITES*

MAY 17-26, 2026

RESERVATION DEADLINE: Deposit of \$698 by November
18, 2025 to save \$200 per person

DEPARTURE FROM: Washington, D.C.

**PRICING (PER PERSON – IF BOOKED BY NOVEMBER 18,
2025):** Double \$2,999 | Single \$3,499 | Triple \$2,969

INCLUDED MEALS: 8 Breakfasts, 1 Lunch, 5 Dinners

DEPOSIT: \$698 per person

TRAVEL PROTECTION (OPTIONAL): \$549

TRIP HIGHLIGHTS:

- San José & Coffee Plantation
- Arenal Volcano & Cano Negro Wildlife Refuge
- Organic Farm Experience & Lake Arenal Cruise
- Monteverde Cloud Forest
- Choice of Zipline or Hanging Bridges
- Beachfront stay in Guanacaste

For more info and booking: <https://gateway.gocollette.com/link/1360782>



SPOTLIGHT ON SOUTH DAKOTA

DISCOVER SOUTH DAKOTA: NATIVE VOICES, HISTORIC TOWNS,
WILD BEAUTY, AND MONUMENTAL LANDSCAPES

JULY 17 – 23, 2026

RESERVATION DEADLINE: Deposit due by January 17, 2026

DEPARTURE FROM: Washington, D.C.

PRICING (PER PERSON IF BOOKED BY JANUARY 17, 2026):
DOUBLE: \$3,399 | SINGLE: \$4,199 | TRIPLE: \$3,369

INCLUDED MEALS: 9 meals – 6 Breakfasts, 3 Dinners

DEPOSIT: \$698 per person

TRAVEL PROTECTION (OPTIONAL): \$429

TRIP HIGHLIGHTS:

- Mount Rushmore
- Badlands National Park
- Wall Drug
- Deadwood
- Off-Road Jeep Safari at Custer State Park
- Crazy Horse Memorial
- Devils Tower National Monument

For more details and booking: <https://gateway.gocollette.com/link/1362990>



ISLANDS OF NEW ENGLAND

A QUINTESSENTIAL AUTUMN JOURNEY THROUGH CHARMING
SEASIDE TOWNS AND HISTORIC AMERICAN LANDMARKS

OCTOBER 9 – 16, 2026

RESERVATION DEADLINE: Deposit due by April 9, 2026

DEPARTURE FROM: Washington, D.C.

PRICING (PER PERSON – IF BOOKED BY APR 9, 2026):
DOUBLE \$3,999 | SINGLE \$4,899 | TRIPLE \$3,949

INCLUDED MEALS: 7 Breakfasts, 3 Dinners

DEPOSIT: \$698 per person

TRAVEL PROTECTION (OPTIONAL): \$429

TRIP HIGHLIGHTS:

- Providence & Newport Mansion Tour
- Plymouth Harbor Lobster Trap Cruise
- Cape Cod, Nantucket & Martha's Vineyard
- Kennedy Memorial, Whaling Museum
- Traditional New England Lobster Dinner

For more details and booking: <https://gateway.gocollette.com/link/1360738>



THE CIVIL RIGHT'S MOVEMENT: ATLANTA, MONTGOMERY, SELMA, BIRMINGHAM

AN EXCLUSIVE LEARNING ADVENTURE FOR THE SHEPHERD UNIVERSITY LIFELONG LEARNING COMMUNITY

SUNDAY, OCTOBER 25 – SUNDAY, NOVEMBER 1, 2026

PROGRAM OVERVIEW:

Journey south into the heart of the civil rights movement to gain a deeper understanding of the historic and continued struggle for racial equality in the United States. Follow in the footsteps of the venerable Dr. Martin Luther King Jr. and his legendary marches, and hear the moving story of Rosa Parks and the Montgomery bus boycott. Walk across the Selma Bridge with an activist who took part in the peaceful protest that devolved into unforgivable violence known as “Bloody Sunday.” Pay homage at the Sixteenth Street Baptist Church as you learn the story of the victims of the 1963 KKK bombing. Study how these catalysts ignited a movement that would define this pivotal moment in American history.

PROGRAM HIGHLIGHTS:

- Commemorate the central figures of civil rights on field trips to the Rosa Parks Museum, Georgia State Capitol and the Martin Luther King Jr. National Historic Site.
- Follow the path of heroic marches through Atlanta and Birmingham and from Selma to Montgomery, now a National Historic Trail.
- Learn from an activist who was a witness and participant in some of America's most significant civil rights battles.

ACTIVITY LEVEL: ON YOUR FEET – This program involves walking up to two miles daily over uneven terrain. Standing for lectures in museums up to an hour. Some historical structures have stairs/no elevator.

PROGRAM ONLY PRICES: Double Occupancy: \$3,499** | Single Occupancy: \$4,299**

***Please note that these prices do not include airfare to Atlanta.*

PROGRAM PRICES INCLUDE:

- 7 nights of accommodations
- 17 meals (7 Breakfast, 5 Lunch, 5 Dinner)
- 4 expert-led lectures
- 12 expert-led field trips
- 1 performance
- Group travel and transfers throughout the program
- A Group Leader to accompany you throughout the program to handle all logistics
- Customary gratuities, taxes and destination fees
- The Road Scholar Assurance Plan, including 24-hour assistance for medical and other emergencies

Deadline to express interest is Monday, September 1, 2025 -Space is limited to 24 people

To learn more and/or reserve your spot, please fill out the online form at:

www.shepherd.edu/2026-civil-rights-tour/

Questions about the trip?

Contact Cindy Powers at LPOWERS@shepherd.edu

THANKS

Many thanks to our Shepherd University Lifelong Learning Program volunteer course instructors, lecturers, class assistants, advisory committee, and donors. Our hats are off to those individuals who have generously donated their money, time, and talent in 2025 to the Shepherd University Lifelong Learning Program. Please join me in thanking them:

Heather Addison	Michael Kemp	Michael T. Rock
Marty Amerikaner, Ph.D.	Mark Kohut*	Dianne Roman
Blane Ampthor	Matthew Kradel	Susan Roza
Stephen & Rebecca Ayraud	Rachel Krantz, Ph.D.	Mary Ruos
Phil Baker-Shenk	Matthew J. Kushin, Ph.D.	T. Irene Sanders
Hillary Banachowski	Denise Kupiszewski	John Keith Schwarz
Marcele Bartlett*	Claudine Lebeau	Tracy Seffers
Stephen Bartlett	Gregory Leck	Nicole Smith
Daniel Bennett	Kirsten Lee	Nancy Spannaus
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Becki S. Hill, MD	David Rampy	Judy L. Wolf
Matthew "Maasaw" Howard	Joanie Raisovich	Robert C. Byrd Center for Congressional History and Education
Mary Logan Hoxton	Maylene Reisbig	Contemporary Arts Theater Festival
Laraine Jimenez*	Carol Richmond, Ph.D.	American Conservation Film Festival
Anne Jones, MSW, Ph.D.	Lynne D. Riley	

*denotes Advisory Committee member

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 SEPTEMBER 9 a.m. Neuroscience 11 a.m. The Name of the Rose 1 p.m. Yeats 3 p.m. Agnes Varda	9 8:30 a.m. Café Society Group 10:30 a.m. Mozart 1 p.m. Deep Dives 3 p.m. What's Next?	10 9 a.m. Mindfulness & Meditation 10:30 a.m. Your Good Life Noon Brown Bag Lecture 1:30 p.m. Lyric Songs/Poems 3:30 p.m. FDR, America, The Holocaust	11 9 a.m. International Issues 11 a.m. Walking the Talk 1 p.m. Love and Hate 3 p.m. Separate Church & State	12 9 a.m. The Bible Reexamined 11 a.m. Gear Up! 1 p.m. Short Stories into Films 3 p.m. Democracy & Development
15 9 a.m. Neuroscience 11 a.m. The Name of the Rose 1 p.m. Yeats 3 p.m. Agnes Varda	16 8:30 a.m. Café Society Group 10:30 a.m. Mozart 1 p.m. Deep Dives 3 p.m. What's Next?	17 9 a.m. Mindfulness & Meditation 10:30 a.m. Your Good Life Noon Brown Bag Lecture 1:30 p.m. Lyric Songs/Poems 3:30 p.m. FDR, America, The Holocaust	18 9 a.m. International Issues 11 a.m. Walking the Talk 1 p.m. Love and Hate 3 p.m. Separate Church & State	19 9 a.m. The Bible Reexamined 11 a.m. Gear Up! 1 p.m. Short Stories into Films 3 p.m. Democracy & Development
22 9 a.m. Neuroscience 11 a.m. The Name of the Rose 1 p.m. Yeats 3 p.m. Agnes Varda	23 8:30 a.m. Café Society Group 10:30 a.m. Mozart 1 p.m. Deep Dives 3 p.m. What's Next?	24 9 a.m. Mindfulness & Meditation 10:30 a.m. Your Good Life Noon Brown Bag Lecture 1:30 p.m. Lyric Songs/Poems 3:30 p.m. FDR, America, The Holocaust	25 9 a.m. International Issues 11 a.m. Walking the Talk 1 p.m. Love and Hate 3 p.m. Separate Church & State	26 9 a.m. The Bible Reexamined 11 a.m. Gear Up! 1 p.m. Short Stories into Films 3 p.m. Democracy & Development
29 9 a.m. Neuroscience 11 a.m. The Name of the Rose 1 p.m. The Other Gospels 3 p.m. Agnes Varda	30 8:30 a.m. Café Society Group 10:30 a.m. Mozart 1 p.m. Deep Dives 3 p.m. What's Next? 6:30 p.m. Presidents Lecture	1 OCTOBER 9 a.m. Mindfulness & Meditation 10:30 a.m. Your Good Life Noon Brown Bag Lecture 1:30 p.m. Lyric Songs/Poems 3:30 p.m. FDR, America, The Holocaust	2 9 a.m. International Issues 11 a.m. Walking the Talk 1 p.m. Love and Hate 3 p.m. Separate Church & State 6 p.m. Retirement Planning I	3 9 a.m. The Bible Reexamined 11 a.m. Gear Up! 1 p.m. Short Stories into Films 3 p.m. Democracy & Development
6 9 a.m. Neuroscience 11 a.m. The Name of the Rose 1 p.m. The Other Gospels 3 p.m. Agnes Varda	7 8:30 a.m. Café Society Group 10:30 a.m. Mozart 1 p.m. Deep Dives 3 p.m. What's Next?	8 9 a.m. Mindfulness & Meditation Noon Brown Bag Lecture 1:30 p.m. Lyric Songs/Poems 3:30 p.m. FDR, America, The Holocaust	9 9 a.m. International Issues 11 a.m. Walking the Talk 1 p.m. Love and Hate 3 p.m. Separate Church & State 6 p.m. Retirement Planning I	10 9 a.m. The Bible Reexamined 11 a.m. Gear Up! 1 p.m. Short Stories into Films 3 p.m. Democracy & Development
13 9 a.m. Neuroscience 11 a.m. The Name of the Rose 1 p.m. The Other Gospels 3 p.m. Agnes Varda	14 8:30 a.m. Café Society Group 10:30 a.m. Mozart 1 p.m. Deep Dives	15 9 a.m. Mindfulness & Meditation Noon Brown Bag Lecture 1:30 p.m. Lyric Songs/Poems 3:30 p.m. FDR, America, The Holocaust	16 9 a.m. International Issues 1 p.m. Love and Hate 3 p.m. Separate Church & State	17 11 a.m. Gear Up! 1 p.m. Short Stories into Films 3 p.m. Democracy & Development
20 9 a.m. Neuroscience	21 8:30 a.m. Café Society Group	22 Noon Brown Bag Lecture	23 1 p.m. Pencils, Principles, & Possibilities	24
27 6:30 p.m. Presidents Lecture	28 8:30 a.m. Café Society Group	29 Noon Brown Bag Lecture	30 1 p.m. Pencils, Principles, & Possibilities	31
3	4 8:30 a.m. Café Society Group	5 Noon Brown Bag Lecture	6 1 p.m. Pencils, Principles, & Possibilities	7
10	11	12 Noon Brown Bag Lecture	13 1 p.m. Pencils, Principles, & Possibilities	14
17	18	19 Noon Brown Bag Lecture	20 1 p.m. Pencils, Principles, & Possibilities	21

Lecture Dates

BROWN BAG LECTURES

September

- 9/10 How Well Do We Understand the American Revolution?
- 9/17 The Constitution, The West Virginia Judiciary, and the Intermediate Court of Appeals
- 9/24 The Clashing Egos, Hopes, and Interests on the Floor of the Constitutional Convention, 1787

October

- 10/1 The Dreyfus Affair: A Watershed Moment in Modern European History
- 10/8 Japanese American Experiences during World War II: Incarceration Camps and Beyond
- 10/15 Living Every Day with AWE
- 10/22 Ludwig Wittgenstein: Greatest Philosopher of the 20th Century-- because he destroyed Philosophy
- 10/29 The Music of Kindness: Therapeutic Music at the Threshold of Life and Death

November

- 11/5 The Tarot in History and Myth
- 11/12 Sun Tzu and *The Art of War*
- 11/19 Confused About Medicare?

PRESIDENT'S LECTURES

September

- 9/30 Dare to Dream

October

- 10/27 Revolutionizing Health with Light

SATURDAY	SUNDAY
13	14
20	21
27	28
4 9am. Retirement Planning II	5
11 9am. Retirement Planning II	12
18	19
25	26
1 NOVEMBER	2
8	9
15	16
22	23



Robert C. Byrd Center for Congressional
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THURSDAY, AUGUST 14

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History and Education, auditorium
213 North King Street, Shepherdstown, WV

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the instructors, and register for
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