



**ESI COLLEGE**

**Fall 2017**

September 11 – November 16

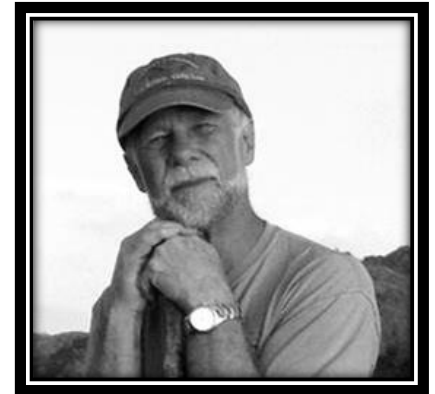
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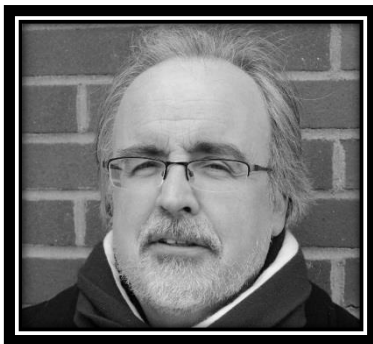
**VICTORIA RINEHART**

**New Instructors**

We welcome these new instructors who are offering classes in ***herbs, climate change, curing in the Adirondacks, a Civil War love story, and the Lao Tzu.***



**PETER GREGORY**



**KEVIN THORNTON**



**MARGI GREGORY**



**CAROL HARDEN**

ESI College offers lifelong learning for independent individuals ages 60 and over. If you need personal assistance, please call us about educational and social activities at Project Independence.

## ***The American Short Story: Truth or Fiction***

Time: 10:00-11:30 AM

Date: Mondays, September 11, 18, 25, October 2

Cost: \$85 (readings included)



**Description:** Katherine Anne Porter once said, "I will try to tell the truth but the result will be fiction." In determining the "truth" behind works of "fiction," this course will focus on four short stories: Edgar Allen Poe's "The Fall of the House of Usher," Stephen Crane's "The Open Boat," Porter's "The Jilting of Granny Weatherall," and F. Scott Fitzgerald's "Winter Dreams." In class discussions, we'll explore how each story exemplifies the author's view of society--and how relevant these "truths" are in today's world.

**Instructor:** Long fascinated by the queens of sixteenth-century Britain, **Carol Milkuhn** explored this interest through prose and poetry. Her novel, *A Tapestry of Queens*, grew out of a prize-winning poem, "Anne Boleyn's Dressmaker." A retired English teacher, Carol holds a Master's degree from the University of Michigan and studied at the University of Edinburgh in Scotland.

## ***Sonata Form Demystified***

Time: 10:00-11:30 AM

Date: Wednesdays, September 13, 20

Cost: \$40



**Description:** How is a piece of music put together so it can work its magic on us? What is the logic of the form? How does it work? What can we listen for to better understand the music? We will answer these questions by looking at a famous type of musical form – the sonata. Using examples from Mozart, and Beethoven to Ellington and Gershwin, students will learn about the mysteries and wonders of this remarkable musical structure. No musical background is required, just curiosity and a love of music.

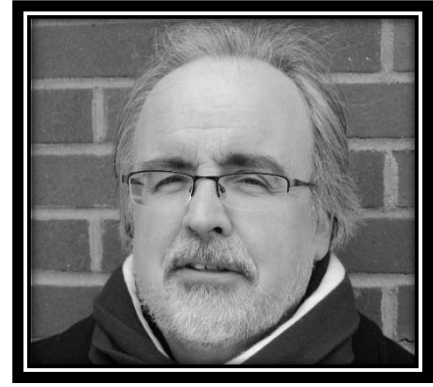
**Instructor:** **Peter Hamlin** teaches music theory, electronic music, and composition at Middlebury College, where he is the Christian A. Johnson Professor of Music. Peter has been a radio host and producer in San Diego and Iowa, hosted television programs on Iowa Public TV, and taught music at St. Olaf College before returning here to his alma mater in 2004. Peter is also active as a composer of choral, instrumental, chamber, and electronic music.

## ***Death in the Wilderness: A Love Story***

Time: 1:30-3:00 PM

Date: Thursday, September 14

Cost: \$20



**Description:** *Death in the Wilderness: A Love Story* is an historical documentary about a young Vermont Civil War widow's search for the body of her husband after he is killed in action in Virginia, and her efforts to preserve his memory after the war. It also examines why the Civil War is worth remembering. In this class, students will view the 40 minute film and discuss it with Kevin Thornton, who wrote, produced and directed it.

**Instructor:** **Kevin Thornton** holds a Ph.D. in American history from the University of Michigan and has taught at Michigan, Middlebury College and UVM. He lives in Brandon with his wife and son.

## ***Portrait of Healing: Curing in the Woods***

Time: 10:00-11:30 AM

Date: Tuesday, September 19

Cost: \$20



**Description:** *Portrait of Healing* chronicles the life and passions of the gifted and visionary physician, Edward L. Trudeau. Hope, courage, and unselfish devotion to others most certainly describes this man who founded the Adirondack Cottage Sanitarium, later to be renamed the Trudeau Sanitorium in Saranac Lake, New York. This sanitorium was the first of its kind in America and became the model for the cure and treatment of tuberculosis throughout the United States. This holistic approach to medicine was not only effective in its time but gives us a window into a broader approach to nursing and patient care that is starting to be embraced today.

**Instructor:** **Victoria Rinehart** (Ed.D., Columbia University) is an Associate Professor Emeritus from SUNY Utica/Rome where she was on the nursing faculty for fifteen years. She was awarded the Chancellor's Award for Excellence in Teaching by the State University of New York during her tenure at the University. Due to her long held interest in the TB cure in Saranac Lake, NY, she wrote *Portrait of Healing* in 2002.

## ***Herbs for Cognitive Enhancement: An Introduction***

Time: 10:00-11:30 AM

Date: Tuesday, September 26

Cost: \$20



**Description:** Drawing on traditional practices from Western, Chinese and Ayurvedic herbal traditions along with recent clinical research, this class explores a variety of herbs that can improve general cognitive performance and protect and support our minds during the aging process. This class touches briefly on basic physiology and phytochemistry, but spends most of the time presenting information specific to particular herbs, most of which can be grown in our Vermont gardens. We will cover how to use the herbs safely and learn about (and taste) a variety of herbal preparations.

## ***Herbal Tonics for a Healthy Cardiovascular System***

Time: 10:00-11:30 AM

Date: Tuesday, October 17

Cost: \$20

**Description:** Herbal tonics for the heart and blood vessels can play a role in preventing heart disease by addressing many of the chronic degenerative conditions of the cardiovascular system. This class will introduce the main herbal actions of the cardiovascular tonics (nutritive and regenerative, anti-inflammatory, hypotensive, vasodilative, circulatory enhancing, diuretic and cholesterol lowering) and the benefits of five very safe and accessible cardiac tonics and how to use them. The instructor believes in a healthy lifestyle and an open-minded approach to wellness that integrates the best of conventional and alternative medicine.

**Instructor:** A graduate of the Vermont Center for Integrative Herbalism, **Margi Gregory** is a clinical herbalist practicing in Starksboro, VT, where she tends a large apothecary garden. Before becoming an herbalist she worked as a special education teacher in public schools, tutored people with learning disabilities and coached children and adults with executive function challenges.

## ***Exploring Together How Vermont's Rural Culture Has Changed in Our Lifetime***

Time: 10:00-11:30 AM

Date: Thursdays, September 21, 28

Cost: \$40 (book included)



**Description:** Using Bill Schubart's latest novel *Lila & Theron*, we will discuss and explore Vermonters' 250 years of hardscrabble living, working the land, and building small communities. How has our past culture framed the present? How has more centralized policy control affected change? Together, we'll explore the cultural impacts of urbanization, rural job losses, changes in the land, and media to project a stronger future.

**Instructor:** **Bill Schubart** has served as Board Chair at Vermont Public Radio, UVM Medical Center, Vermont Digger, and Business Roundtable. Educated at Exeter, Kenyon, and UVM, he co-founded Philo Records and Resolution, Inc. Bill currently chairs the Vermont College of Fine Arts Board and has written 5 books of fiction.

## ***Necessary Losses in Life***

Time: 1:30-3:00 PM

Date: Wednesdays, September 27, October 4, 11

Cost: \$65 (including the book, *Necessary Losses*)



**Description:** The subtitle of Judith Viorst's book *Necessary Losses* is: "the loves, illusions, dependencies, and impossible expectations that all of us have to give up in order to grow." By popular demand, students will use selections from this book as the background reading for our discussions on life in the golden years.

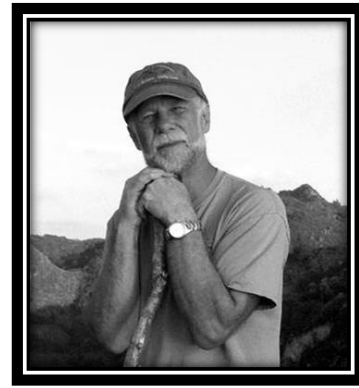
**Instructor:** **Elise Blair** trained and worked in the Netherlands as an industrial social worker. She became a psychoanalyst in Washington, D.C. and had a private practice for 30 years. She played a large role in the Washington Center for Psychoanalysis as a teacher, board member and president. She is a member of the American Psychoanalytic Association.

***A Daoist Prescription for Stopping the Escalating Spiral of Violence:  
An Introduction to the Lao Tzu***

Time: 1:30-3:00 PM

Date: Tuesdays, October 3, 17, 31, November 14

Cost: \$85 (includes book)



**Description:** Compiled during a time of political fragmentation, shifting alliances, treachery, and warfare, the *Lao Tzu* is part of an emerging discourse centered on the best way of restoring order to a fractured world. Unlike the Confucian call for the moral regeneration of society or the Legalist advocacy of the naked use of political and military power, Daoist thinkers proposed a course of action based on not countering force with force. We will examine the cosmic, social, and individual meaning of this “non-action” through the reading and discussion of the Daoist classic, the *Lao Tzu*.

**Instructor:** After receiving his Ph.D. at Harvard, **Peter N. Gregory** taught Buddhism and East Asian Religions at the University of Illinois at Champaign-Urbana for 15 years before joining the faculty as the Jill Ker Conway Professor of Religion and East Asian Studies at Smith College, where he also taught for 15 years.

***Middlebury as Mill Town***

Time: 10:00-11:30 AM

Date: Thursday, October 5

Cost: \$20



**Description:** Though much of the physical evidence is gone, Middlebury has a fascinating 19<sup>th</sup> century industrial history. Marble and textiles made it influential well beyond the bounds of the Green Mountains and that story can be told using historic photos and documentation from the Sheldon Museum.

**Instructor:** **Glenn Andres** taught History of Art and Architecture at Middlebury College from 1970 to 2015. He is a long-time member of the Vermont Advisory Council on Historic Preservation and co-author of the *Buildings of Vermont* (2014). Among many articles, lectures, exhibitions, and bicycle tours in which he has drawn upon Vermont history, Glenn’s *Walking History of Middlebury* is a popular, local favorite.

## ***Mindfulness Practice for Stress Reduction***

Time: 10:00-11:30 AM

Date: Fridays, October 6 & November 3

Cost: \$20 each session (you can register for either one or both)



**Description:** This course will introduce mindfulness practices that can help reduce stress and relieve unnecessary suffering. Through guided practices and dialogue, students will explore a way of being that is a practical antidote to the disconnected and distracted way of life that dominates our modern world. All are welcome; no experience necessary.

**Instructor: Zubin Mistri, M.Div.,** has been practicing mindfulness meditation for sixteen years. His formal training includes three years studying Buddhist psychology and contemplative practices at Naropa University. Zubin has a private psychotherapy practice in Middlebury focused on using mindfulness practice to help people discover and embody a deeper relationship with what's most important in their lives.

## ***Death Penalty:***

### ***Past, Present and Future***

Time: 10:00-11:30 AM

Date: Thursday, October 12

Cost: \$20



**Description:** This session will provide a brief history of the death penalty from ancient times through the modern era. From the Code of Hammurabi to 21st century America, the death penalty has always been a part of human history. We will survey its use, its methods, and current trends concerning its application in modern societies.

**Instructors: Hal Cohen** is a retired judge who sat on the County and Circuit Court in Palm Beach County, Florida from 1977 to 2004 after working as a prosecuting attorney. He received his law degree from George Washington University in 1971. **Barry Cohen** is a recently retired judge in Palm Beach County, Florida (from 1990 to 2016) with prior experience as a prosecuting attorney, public defender, and private criminal defense attorney. Barry received his law degree from the University of Miami, Florida, in 1974.

***Climate Change:  
Causes, Consequences, Choices***

Time: 1:30-3:00 PM

Date: Fridays, October 13, 20, 27, November 3

Cost: \$80



**Description:**

What should everyone know about the causes and projected effects of climate change to avoid the most negative consequences and adapt to changing climate patterns, locally and globally? How can individuals assess the reliability of information about climate change? In four sessions we will explore what is known (and not known) about climate change and consider ways in which personal, national, or international choices made now (or not) could affect the future.

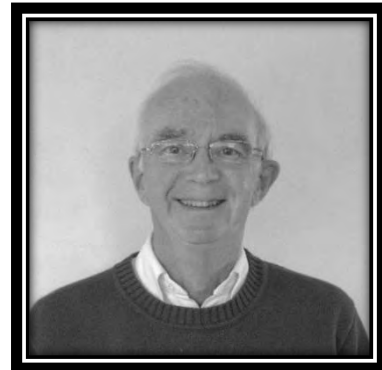
**Instructor: Carol Harden** (B.A. Middlebury College; M.A., Ph.D. University of Colorado) is Professor Emerita of Geography at the University of Tennessee, where she taught courses in physical geography, water resources, climate change, and natural hazards. In “retirement,” she is editor-in-chief of the international journal, *Physical Geography*, and chair of the Geographical Sciences Committee of the U. S. National Academies of Sciences.

***Book Group: The Scarlet Letter***

Time: 10:00-12:00 noon (note ending time)

Date: Thursdays, October 19, 26, November 2, 9, 16

Cost: \$105 (including book)



**Description:** After reading the conclusion to *The Scarlet Letter* to his wife Sophia, Hawthorne wrote that she “was sent to bed with a grievous headache.” Hoping to avoid this, we’ll take a careful look at this great novel and consider Hawthorne’s place among such contemporaries as Melville, Emerson, Thoreau and within the New England Transcendentalist movement.

**Instructor: Charles (“Chuck”) Burdick** earned his B.A. in English from Middlebury College and his M.A. from Rutgers. He taught English and writing at Milton, Exeter, and Princeton Day School, and has led numerous book discussion courses for ESI College.



## ***Smart Driver***

Time: 8:30 AM-1:00 PM

Date: Saturday, October 21

Cost: \$15 AARP members; \$20 non-members



**Description:** This AARP course covers defensive driving techniques as well as normal changes in vision, hearing, and reaction time associated with aging. It provides practical techniques and adjustments to ensure your own safety and that of others. We'll learn about current rules of the road and how to operate vehicles more safely in today's challenging driving environment: proper following distance, dangerous blind spots, driver distractions, car features, medications and driving, maintaining physical flexibility, as well as monitoring your own skills and the capabilities of others.

**Instructor: Baird Morgan** is former president of Vermont Tubbs, manufacturer of snowshoes and furniture. Currently, he is a much sought-after AARP Safe Driving instructor and a volunteer bill payer with the Southwestern Vermont Council on Aging.

## ***British Maritime History and the U-Boat Attack on Scapa Flow***

Time: 1:30-3:00 PM

Date: Tuesday, October 24

Cost: \$20



**Description:** This talk will take you under the London Bridge and all the way around the wild islands of Britain stopping off to explore some historically important and exciting places. It will show how British maritime history spanned the period from 2500 years BC to the present and bring the incredible wartime story of Scapa Flow and the U-Boat attacks to life.

**Instructor: Tom Perera** is a retired Columbia University Professor of Neuroscience who specialized in research on the coding of information in the human brain and nervous system. He has been hunting for, collecting, researching, restoring and writing about Enigma machines, used on German U-boats, and their history for over 25 years.

## ***Does Self-Help Help?***

Time: 10:00-11:30 AM

Date: Wednesdays, November 8, 15

Cost: \$40



**Description:** We live in an era of "self-help" books and advice on every topic, from de-cluttering to living a more satisfying life. We'll discuss what motivates us, why we think we need self-help, our experiences with what works and what doesn't, and our drive for perfection. We will also practice a variety of meditation techniques that can enable us to become "unstuck".

**Instructor:** Marcy Covey is a wellness educator who has taught for 35 years in community organizations throughout Vermont and Maine. She is also a certified and registered yoga instructor through Phoenix Rising Yoga Therapy and a practitioner of Thai Yoga Bodywork, or Thai Massage.



## ***Gift Certificates for ESI College Classes*** ***Make the Perfect Gift!***

**Feeling stuck for gift ideas? An ESI College gift certificate gives a wide-open choice for all tastes and talents. The gift certificate can be purchased for any amount.**

**To order your gift certificate, call 388-3983 and talk to Jeff.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>SEPTEMBER</b>				
<b>11</b> 10:00 Amer. Sh. Story	<b>12</b> <b>X</b>	<b>13</b> 10:00 Sonata Form	<b>14</b> 1:30 <i>Death in Wilderness</i>	<b>15</b> <b>X</b>
<b>18</b> 10:00 Amer. Sh. Story	<b>19</b> 10:00 <i>Portrait of Healing</i>	<b>20</b> 10:00 Sonata Form	<b>21</b> 10:00 VT Rural Culture	<b>22</b> <b>X</b>
<b>25</b> 10:00 Amer. Sh. Story	<b>26</b> 10:00 Herbs: Cognitive	<b>27</b> 1:30 Necessary Losses	<b>28</b> 10:00 VT Rural Culture	<b>29</b> <b>X</b>
<b>OCTOBER</b>				
<b>2</b> 10:00 Amer. Sh. Story	<b>3</b> 1:30 <i>The Lao Tzu</i>	<b>4</b> 1:30 Necessary Losses	<b>5</b> 10:00 M'bury: Mill Town	<b>6</b> 10:00 Mindfulness
<b>9</b> <b>X</b>	<b>10</b> <b>X</b>	<b>11</b> 1:30 Necessary Losses	<b>12</b> 10:00 Death Penalty	<b>13</b> 1:30 Climate Change
<b>16</b> <b>X</b>	<b>17</b> 10:00 Herbs: Cardio 1:30 <i>The Lao Tzu</i>	<b>18</b> <b>X</b>	<b>19</b> 10:00 Scarlet Letter	<b>20</b> 1:30 Climate Change <b><u>SAT. OCT. 21, 8:30-1:00</u></b> <b>SMART DRIVER</b>
<b>23</b> <b>X</b>	<b>24</b> 1:30 Brit. Maritime	<b>25</b> <b>X</b>	<b>26</b> 10:00 Scarlet Letter	<b>27</b> 1:30 Climate Change
<b>NOVEMBER</b>				
<b>30</b> <b>X</b>	<b>31</b> 1:30 <i>The Lao Tzu</i>	<b>1</b> <b>X</b>	<b>2</b> 10:00 Scarlet Letter	<b>3</b> 10:00 Mindfulness 1:30 Climate Change
<b>6</b> <b>X</b>	<b>7</b> <b>X</b>	<b>8</b> 10:00 Self-Help	<b>9</b> 10:00 Scarlet Letter	<b>10</b> <b>X</b>
<b>13</b> <b>X</b>	<b>14</b> 1:30 <i>The Lao Tzu</i>	<b>15</b> 10:00 Self-Help	<b>16</b> 10:00 Scarlet Letter	<b>17</b> <b>X</b>

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ESI College *Fall 2017 Course Offerings*

- ❖ **Amer. Short Story** ..... **September 11, 18, 25; October 2**
- ❖ **Sonata Form Demystified**..... **September 13, 20**
- ❖ ***Death in Wilderness: A Love Story***..... **September 14**
- ❖ ***Portrait of Healing***..... **September 19**
- ❖ **VT's Rural Culture: Changes**..... **September 21, 28**
- ❖ **Herbs: Cognitive Enhancement**..... **September 26**
- ❖ **Necessary Losses in Life**..... **September 27; October 4, 11**
- ❖ **Intro to the *Lao Tzu***..... **October 3, 17, 31; November 14**
- ❖ **Middlebury as Mill Town**..... **October 5**
- ❖ **Mindfulness: Stress Reduction**..... **October 6/ November 3**
- ❖ **Death Penalty**..... **October 12**
- ❖ **Climate Change**..... **October 13, 20, 27; November 3**
- ❖ **Herbs: Healthy Cardio**..... **October 17**
- ❖ **Book Group: *The Scarlet Letter***..... **October 19, 26; November 2, 9, 16**
- ❖ **Smart Driver**..... **October 21**
- ❖ **British Maritime History**..... **October 24**
- ❖ **Does Self-Help Help?**..... **November 8, 15**

