



COURSE CATALOG

Enriching lives through the joy of lifelong learning

FEBRUARY 2021

Set off this Spring



with Coastal Senior College

Online Registration opens Monday, March 8

9 Courses begin April 5

All courses held on Zoom

FMI: Visit coastalseniorcollege.org

Mail-in registration form inside this catalog

Coastal Senior College Course Offerings for Spring 2021

Of Wattle, Thatch, and Half-Timbers: Folk Architecture of the World

This course presents a visual exploration of the relationships between natural and cultural contexts and their influences on traditional ("folk") building forms throughout the world: from the crannogs of Ireland to the hilltop villages of Provence, from the stave churches of Norway to the shrines of Japan, from the kulas of Kosovo to the farmsteads of Estonia. This course focuses on the small but fascinating traditional structures built using "architecture without architects." (This course has new material this year and is intended to be a separate but complementary course to "Folk Architecture of America.") **Class limit: 15.**

Instructor Arnold J. Aho has taught architecture and basic design for more than forty years at North Carolina State U., Mississippi State U., and Norwich U., where he started the new Architecture Program and served as its first Director. He was educated at Rensselaer Polytechnic Institute and the University of Pennsylvania where he studied under Louis I. Kahn. He has many publications on materials and energies in design, vernacular (folk) architecture, and the relationships between natural and built environments. In addition to numerous design awards, he has received distinguished teaching recognition, including the Burlington Northern Outstanding Teacher Award (MSU) and the Dana Distinguished Professor (NU).

**6 Sessions by Zoom,
Tuesdays, 10:00 – 11:30
April 6 – May 11**

Living Well for Better Health

Do you want to feel better, increase your quality of life, and improve your experience with healthcare providers? The Living Well for Better Health program, brought to you by Spectrum Generations, is designed for people who may have chronic health conditions such as arthritis, heart disease, asthma, Lyme disease or COPD. This evidence-based workshop helps empower adults to address and better manage their health issues, to increase self-efficacy and knowledge, to develop positive behavioral change, and to improve self-management. Throughout these six sessions, you will hear from leaders who understand how challenging it can be to make your health and wellness a priority. You will learn proven strategies to promote your health and prevent disease, and you will learn how to boost your energy, improve your mood, and decrease fatigue. As

part of this course, you will receive, free of charge, the book - *Living a Healthy Life with Chronic Condition*; and the audio CD, *Relaxation for the Mind and Body, Pathways to Health*. **NOTE:** This course is offered free to CSC members. **Class limit: 8.**

Instructor Jen Paquet is the Healthy Living Program Coordinator at Spectrum Generations. She teaches a variety of evidence-based health promotion programs, including adult, child, and infant first aid, CPR and AED, chronic disease and pain self-management, diabetes prevention and self-management, and falls prevention programs.

**Six Sessions by Zoom,
Tuesdays, 10:00 – 12:00
April 6 – May 11**

The Traditional Stories of Faust and Goethe's Faust

Stories of a medieval alchemist and necromancer known as Johann George Faust developed in the late middle ages and were first published in the Faust Book of 1587. Christopher Marlowe developed a play from an English translation of this work, *The Tragical History of Dr. Faustus*, which was then taken by English actors to the continent and became the basis for plays put on by traveling troupes of German actors and puppeteers. Johann Wolfgang Goethe drew on this material for the two parts of his Faust, the iconic masterpiece of German literature, comparable to the Iliad and the Odyssey in classical Greek literature, Virgil's Aeneid in Latin literature, Dante's Comedy in Italian literature, and the plays of Shakespeare in English literature. Goethe continued to work on Faust from his early twenties until the year of his death at age 82. We will begin by tracing the development of the legend in the Faust Book, Marlowe's play, and one of the puppet plays. We will then look at the various versions of Part I of Goethe's Faust, and conclude by looking at the very different character of Part II. The recommended text, which we will use in class, is David Luke, Goethe. Faust: Part I and Goethe. Faust: Part II (two volumes, Oxford World's Classics), ISBN 978-0199536214 and 978-0199536207. This is a revised version of the fall 2019 course. **Class limit: 15**

Instructor Byron Stuhlman is a retired Episcopal minister with a doctorate in theology and the author of six books. He was a member of the faculty of Ham-

Coastal Senior College does not share or sell members' names, email or U.S. Mail addresses, or telephone numbers.

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ilton College and General Theological Seminary. Prior to moving to Maine, he taught at the Mohawk Valley Institute for Learning in Retirement (Utica, NY). Byron has served as the chair of the CSC board and chair of its curriculum committee as well as teaching a good number of courses.

**8 Sessions by Zoom,
Tuesdays, 10:00 – 12:00
April 6 – May 25**

Why Is It So Hard To Be Rational?

This course is based on the hypothesis that there are three general impediments to being rational: ignorance or unconcern for the basic rules of logic; whatever prevents us from believing what is true; and/or whatever prevents us from acting in good faith.

We will discuss these impediments in detail by trying to answer the following questions: What does the psychological view of the "self" reveal about impediments to being rational, knowing the truth, and acting in good faith? To what extent is rationality social? What trips people up in basic logic? And what is truth anyway? Can we know it, and can moral or value claims ever be said to be true? Prior knowledge of philosophy or logic is not required for this course. **Class limit: 15.**

Instructor Sara Shute received a Ph.D. in philosophy from Washington University in 1977. She was a professor of philosophy at Marietta College for most of her professional career. Since moving to Maine, she has taught philosophy at several U. Maine campuses and Colby College. She has also taught several philosophy courses at senior college in Belfast. Her main interests are in theories of knowledge and pragmatism. And, having taught introductory logic over 100 times, her interest in teaching good reasoning has been revived by the recent political discourse.

**6 Sessions by Zoom,
Wednesdays, 9:30 – 11:00
April 7 – May 12**

Chasing Utopia: Ideal Cities and New Towns

The pursuit of ideal forms of communal habitation in the Western tradition will be discussed and illustrated, beginning with the New Jerusalem described in the Book of Revelation and running up to today's retirement communities. Periodically, humankind has realized we have made a mess of things and has tried to start over. What lies behind the drive to "do better"? What ideas

fall away? What forms endure? How have we shaped our built environment and, in turn, how has it shaped us? What is the relationship between built environment and human behavior; do beautiful cities make better people? What do the shape of our cities and towns tell us about the people who created and originally lived in them? Are there lessons to be learned? We will examine examples from ancient Greece and Rome, Renaissance Italy, Colonial America, Enlightenment Europe, 1930's social experiments, post WW2 Nationalism, and late 20th Century economic expansionism. **Class limit 25.**

Instructor Brett Donham is an architect and planner who founded an award winning Boson-based firm. Over the years he has traveled extensively throughout the United States and Europe and is therefore in a unique position to ask the questions he is raising in this course as well as to attempt to answer them. The majority of Brett's practice has been committed to designing buildings in the public realm, always bearing in mind the social and cultural impact they had on their communities. These public buildings included churches, police and fire stations, town halls, multi-family housing, and waterfront redevelopment. Brett's first CSC course was *The Social History of Church Design*.

**5 Sessions by Zoom,
Wednesdays, 10:00 – 12:00
April 7 – May 5**

The U.S. and Maine Economies: Their Post-Pandemic Outlooks

The objective of this course is to generate a broad-based understanding of the U.S. and Maine economies' principal components and trends, how these have evolved since the Great Recession, the impacts of the severe contraction that resulted from the pandemic during 2020, and how these impacts have reshaped the economies' future trajectories going forward. Current policy prescriptions to mitigate the impacts of the pandemic on the U.S. and Maine economies will be discussed and evaluated, including discussion of strategies for surviving the pandemic and resultant short- and long-term outcomes. Long-term demographic and labor force trends and their impacts on Maine's future economic performance and competitive position in the U.S. economy will be included in the discussion of current and alternative forecasts. This course will consist of five sessions: (1) Understanding Today's U.S. Economy, (2) The U.S. Economy's Post-Pandemic Outlook, (3) Maine's Economy: Past, Present and Future, (4) the Future of Maine's Island Economies, and (5) Maine's

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The U.S. and Maine Economiescontinued

Economic Future in a Changing U.S. Economy. **Class limit: 20.**

Instructor Stephen S. Fuller received a B.A. in Economics from Rutgers University (1962) and his Doctorate in Regional Planning and Economic Development (1969) from Cornell University. Dr. Fuller was on the faculties at George Washington University and George Mason University each for 25 years and retired as University Professor Emeritus from George Mason. He has authored more than 900 articles, papers, and reports in the field of urban and regional economic development. He lived seasonally in Georgetown since 2012, keeping his sailboat at Robinhood Marine Center since 1987, and became a full-time resident in December 2019.

**5 Sessions by Zoom,
Wednesdays, 1:30 – 3:00
April 7 – May 5**

Memoir Writing –Crafting Your Own Story

Do you have a story to tell? According to Flannery O'Connor, "Anyone who has survived childhood has enough material to write for his or her life." This course will provide a relaxed, entertaining, and supportive environment for memoir writing. No previous writing experience is needed, just the desire to peek into the corners of your life and write ten minutes a day about what you remember. The stories you tell will delight and enlighten your family and friends for generations to come. Preference will be given to those new to this course. **Class limit: 10.**

Instructor Caroline Davis Janover is an award-winning author of four novels and a play for children and young adults. A winner of the New Jersey Governor's Outstanding Teacher Award, Caroline has spent her professional career in public and private school education. Caroline has dyslexia and has lectured nationally on the creative strengths and academic challenges of children who grow up with learning and attentional differences. She is currently working (slowly) on a memoir.

**6 Sessions by Zoom,
Wednesdays, 3:00 – 4:30
April 7 – May 12**

*"CSC is not an advocacy organization
and does not affiliate itself
with advocacy organizations
or take a stand on public issues."*

20th Century America: Hub of Modern Art

Colonial and early postcolonial painting in America was basically British in style. Then the Hudson River School discovered the American outdoors, followed by the realization by the Ashcan school that urban slums and taverns have a mystique of their own. The 20th century was marked by the exploration of techniques and procedures of artistic expressiveness, and it was in New York where a profound transformation of artists and collectors' approach to art took place and totally transformed public perception. Up until then, American artists went to Europe, notably Paris, to make art. Now, Europeans come to New York.

Trends in American "modernism" did not yield one coherent style, but aroused the desire for trials and challenges. Modernism was essentially conceived as a rebellion against academic and historicist traditions and against cultural absolutism. Superb works of art are made, albeit in a fluid variety of styles and aesthetic approaches. In this course we will examine the different trends and forms of modern art. Will any of them stand the test of time?

Instructor Antoinette Pimentel has a degree in biochemistry, but grew up among pigments, easels, and brushes, since her father was an artist, a printer, and an engraver. Her travels made her turn to art, as science requires a more sedentary life. She attended the Kunstnernes hus in Oslo, Norway, and the Volk-suniversiteit in Amsterdam, Nederland. Antoinette has taught courses in art history and art appreciation for CSC as well as other settings. **Class limit: 20.**

**8 Sessions by Zoom,
Thursdays, 9:30 – 11:00
April 8 – June 3, (No Class May 20)**

Once Again, Middlemarch

It's time to revisit George Eliot's *Middlemarch*, last offered in 2014. In eight sessions we will read the novel, book by book, discovering the degree to which it deserves its reputation as the greatest British novel. We will explore the historical context within which Eliot places her narrative, assess her famous habit of authorial intrusions, as well as analyze the familiar issues of plot, characterization, and the challenge of its conclusion. We have both taught the novels separately to college students and enjoyed teaching it as a team, seven years ago, to a group of wise seniors. We propose to teach this course twice, one in the AM and one in the

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PM to allow for maximum participation. Read the first Book, chapters 1-12, for the first session.

Instructor John Ward has been professor and chair of Kenyon College English Department and has served as Dean of Centre College. He earned his B.A. from Amherst College and Ph.D. from the University of Virginia, and has taught courses in 18th and 19th century British literature and the history of the British novel. He has published on 18th and 19th century British works as well as those of Vachel Lindsay and Robert Lowell

Class limit: 15.

Instructor Maryanne Ward is retired after a 40-year career in small college education. She chaired Kenyon College Humanities program and served as academic dean until moving to Centre College as professor of English and chair of the Humanities program. Her area of special interest and scholarship is 19th century British literature. Among other topics, her publications have examined the relationship between literature, landscape, and painting. **Class limit: 15.**

**Two 8 Sessions by Zoom,
Thursdays, 10:00 – 11:30 or 1:30 – 3:00
April 8 – May 27**

A History of Rug Hooking

(for those who want to hook, those who want to collect hooked rugs, or those who just want to understand a bit about the rug your grandmother hooked)

What is Rug Hooking? How did it begin? What are the various traditions? We will look at rug hooking history in Nova Scotia (Cheticamp, Grenfell), Maine (Waldoboro) and New England. Famous rug collectors and designers such as William Kent, Pearl McGown, Patty Yoder, Molly Nye Tobey, Magdalena Briner Eby and James & Mercedes Hutchinson will be discussed. New trends in modern rug hooking will finish off the course. "Hooked Rug Treasury" by Jesse Turbayne, Schiffer Press, 1997, is a good resource for background information.

Instructor Janet Williams has been rug hooking for over 40 years. She is a certified McGown Rug Hooking Teacher and has taught rug hooking at various adult schools and in her studio. She has been published in "Rug Hooking Magazine" and the "Pearl McGown Newsletter" as well as having her work included in books.

Class limit: 20.

**4 Sessions by Zoom,
Fridays 9:30 – 11:30
April 9 – April 30**

"Sweet lovers love the spring": love and change in Shakespeare's As you Like it

Spring is traditionally a time of lovers as well as of rebirth and change. Poets often associate love with the beauty and apparent simplicity of nature, while the idealized natural setting can be used as a contrast to the vices and machinations of the "real" external world. In the comedy *As you Like it*, Shakespeare both uses and gently mocks the pastoral and courtly traditions. He exposes family jealousies, particularly that jealousy of goodness that seems to afflict certain Shakespearean characters, but he also demonstrates the strength of good and loyal bonds. Through the setting of the forest of Arden, Shakespeare contrasts the corrupt world of the court with the natural world while also exploring the excesses of love, lust, and melancholy present even in the forest. He plays with disguises, reveals truth, and offers chances of redemption as assorted lovers indulge in folly and confusion and eventually sort themselves out with reasonable success. The poetry and songs of the play add to its richness. Escape reality to greet the spring with Rosalind, Orlando, Jaques, Touchstone, and others. Although we will access some samples of performances of the play, I hope you will be willing to read aloud as we discuss the play. The Pelican edition of *As you Like it* by William Shakespeare has good footnotes without telling you what to think, and I strongly recommend it, but other editions are fine as long as they indicate the lines of the play. **Class limit:19.**

Instructor Ann Nesslage is a graduate of Vassar with a masters in British literature from Bryn Mawr. Ann retired from Choate Rosemary Hall where she taught different levels of literature including British Studies and world literature. She also created electives in fantasy literature, satire, Early Irish and Welsh literature, and other topics. Ann lives in Bremen where she enjoys reading and gardening and serves on the Bremen Conservation Commission and the library board. She is also a member of the CSC board and the Curriculum Committee.

**8 Sessions by Zoom,
Fridays, 1:30 – 3:00
April 9 – May 28**

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Coastal Senior College
is to enrich the lives of its members
through the joy of lifelong learning*

Coastal Senior College

Mail-in Registration Form

Spring 2021 Courses

Note: This form cannot be used to register for the Spring Lunch Series. Online registration only for Spring Series at coastalseniorcollege.org; specifics about the Series coming soon.

Welcome! Before you register for classes, you must be a 2021-2022 Coastal Senior College member. If you are not, then please add the \$25 annual membership dues to the check that accompanies this mail-in form. PLEASE NOTE: Mail-in registration is payable by check ONLY. If you wish to pay by credit card, please go to the CSC website and follow the instructions to register online. Thank you!

Registration opens **Monday, March 8, 2021**. PLEASE NOTE: Courses tend to fill quickly. We encourage you to use our new online registration system, which will register you immediately for open seats in the classes you choose. Mail-in registrations will not be opened prior to March 8. Unavoidably, mail-in registration will be a slower process.

Mail the completed class registration form with check to: Coastal Senior College
P. O. Box 385
Newcastle, Maine 04543

NAME _____

MAILING ADDRESS _____

CITY/TOWN _____ ZIP _____

EMAIL _____ PHONE _____

Check all that apply:

____ One Year Rolling Membership (begins upon enrollment) \$25.00

____ Course Title: _____ \$35.00

____ Course Title: _____ \$35.00

____ Course Title: _____ \$35.00

____ Course Title: LIVING WELL FOR BETTER HEALTH _____ \$00.00

TOTAL PAYMENT \$ _____

Thank you for joining our Spring Term. We'll see you in class!