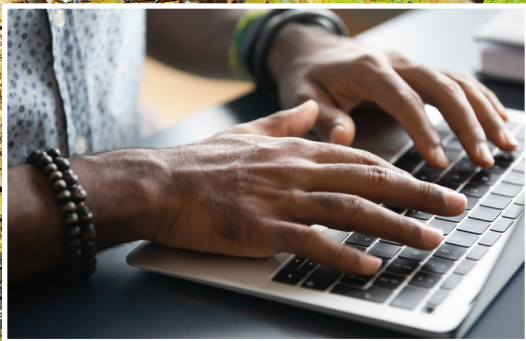


ALFA

Adult Learning
IN THE Fitchburg Area

FALL 2021



 FITCHBURG STATE
UNIVERSITY

fitchburgstate.edu/ALFA



**TO REGISTER ONLINE, VISIT:
marketplace.fitchburgstate.edu/ALFA**

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What is ALFA?

ALFA (Adult Learning in the Fitchburg Area) is a lifelong learning institute that serves adult learners in Fitchburg and the surrounding communities.

ALFA is sponsored by the School of Graduate, Online, and Continuing Education at Fitchburg State University in collaboration with volunteer members of the community.

We offer non-credit daytime classes, trips, special events, and a free speaker series. ALFA students are encouraged to volunteer and participate in program leadership and development, as well as social and recreational activities. A limited number of scholarships are available.

► Our Mission

ALFA provides an opportunity for lifelong learners to meet and share interests in an informal setting and pursue learning for enrichment and personal growth.

► Teach with ALFA!

Have a specialty that you think others would be interested in? We're always looking for new instructors and new subject areas to offer our ALFA's.

Contact us at alfa@fitchburgstate.edu for details about becoming an ALFA instructor.

► Have a question?

Call the ALFA Office at **978-665-3706**, email us at alfa@fitchburgstate.edu.

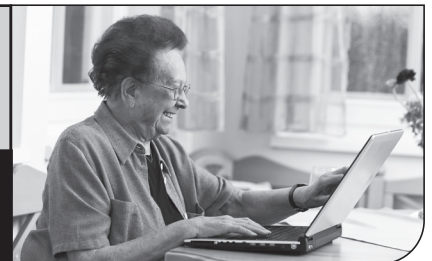
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EASY online registration

Know **INSTANTLY** if you got into a course!

REGISTRATION OPENS AUG. 4, 2021 AT:
marketplace.fitchburgstate.edu/ALFA



INSTRUCTORS



Arllen Acevedo is a retired certified art and English teacher and has over 16 years of teaching experience. She earned her B.A. from the Pontifical Catholic University of Puerto Rico and her M.F.A. in Education from Boston University. She is also a certified hypnotist and belongs to the National Guild of Hypnotists of MA and has been a member since 2011. She uses her knowledge as a hypnotist to teach people how to make more meaningful meditations by using the “guided meditation” method. Her purpose in life is to teach people how to empower themselves to lead more successful, healthier, and happier lives. She has been a volunteer, teaching guided meditation since 2011, at the Senior Center in Leominster, MA. She also teaches metaphysical classes at area colleges.

Course: *Learning About Your Chakras: Your Energetic System*, Pg. 9;



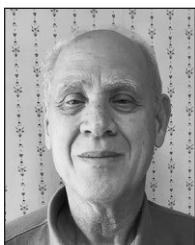
Gail Allo owned and ran a local flower shop for twenty years before becoming a high school English Teacher. She has also been an art and opera enthusiast for over 40 years..

Course: *The Hudson River School of Painting*, Pg. 9.



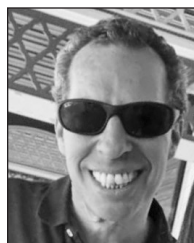
Bill Ayadi is a retired engineer born in Tunisia. He was educated in both Tunisia and Europe. Arabic was his first language and he grew up immersed in its stories and traditions. He is a life-long student of history, literature, and art.

Course: *Things to Know About History*, Pg. 13.



Aldo Bianco emigrated from Trieste, Italy in April of 1953 at the age of 6.5. He received his BA from Queens College in Geology and his Master’s Degree from Brooklyn College, with a concentration in geochemistry. Aldo taught high school and then became principal of the Yeshiva Academy in Worcester, for 28 years. After retiring, he accepted a position in the Math and Science department at Wachusett Community College, where he is still teaching as an Adjunct Professor.

Course: *Italian Café*, Pg. 11.



Eric Budd has taught at Fitchburg State since 1994. He is a full professor in the department of Economics, History and Political Science with research interests in the 3rd World, conflict resolution, democratization, etc. His book on the Israeli-Palestinian conflict was published in 2012.

Course: *The Human Life Cycle in Films from Around the World*, Pg.8.



Joe Choiniere has worked in the conservation field for over 40 years and taught numerous courses in all aspects of nature study. Joe is a lifelong naturalist and has a B.S. in Natural History from UMass/Amherst

Courses: *The Nature of Autumn*, Pg.7; *Evergreen Wild Plants*, Pg. 11.



Edward Cronin is a retired professor of English and Film Studies at Mount Wachusett Community College. He taught film for over thirty years and presented numerous film series, including both Russian and French movies.

Course: *American Movies and the Cold War*, Pg. 8.



Sally Cragin is an award-winning journalist (Boston Phoenix, Boston Globe) and the author of *The Astrological Elements*, and *Astrology on the Cusp* (Llewellyn Worldwide). Both books have been translated and sold in many countries including India, Russia, Canada, British Virgin Islands, the Czech Republic and Estonia.

Course: *Ancient Lore—Astrology and Tarot*, Pg. 12.



Martha Crawford is a retired consultant focused on customer development in the US and Europe. She has a background in political science and philosophy, and a long term appreciation of art, culture, and making connections.

Course: *ALFA Salon: Continuing the Conversation*, Pg. 15.

INSTRUCTORS



Retired librarian **Barbara Friedman** worked at Reference and Information Desks at public, special and university libraries in Wisconsin, New York and Massachusetts, including libraries of Fitchburg and Westminster, during a fifty-year career. She has taught tech skills since the 1990s and has taught both in-person and by Zoom for ALFA for the past seven years.

Courses: *Google Beyond the Basics*, Pg. 9; *Exploring Libraries for Writers, Researchers & Readers: Part 1*, Pg. 12; *Exploring the Special Collections of Local Libraries*, Pg. 14.



Anne Gilman is the author of the best-selling book *Doing Work You Love*, (Cheryl Gilman) McGraw-Hill/Contemporary Books, Barnes & Noble Books; Amazon/Create Space. Anne led career seminars across the country before she started offering creative writing workshops in New England. She also has over 20 years' experience writing and editing books, local

news, publicity stories, marketing & communications materials, proposals, and newsletters. Anne is also a visual artist and enjoys offering abstract drawing/painting courses. Her artwork has been exhibited at the Danforth Museum, Concord Art Assoc., Gardner Art League and the Lunenburg Library.

Courses: *Creative Writing & Memoir Workshop*, Pg. 7 & Pg. 13.



Joyce Ayadi Hinckley is a retired psychologist and educator. She is also a life-long student of history, religion, art, and culture. She is truly passionate about making connections across disciplines.

Courses: *Turbans, Tiles and Tulips: The Ottoman Empire*, Pg. 7.



Catherine Hunter was a museum curator, educator, and consultant for over twenty years. She received a B.A. in History of Art from Cornell University and began her career as a curator in the Department of Textiles at the Museum of Fine Arts, Boston. Catherine has a lifelong interest in studying the overlap of art, culture and science. Her current focus

is the study of birds in art and nature. In June 2021, she attended Hog Island Audubon Camp in Maine as a student in the "Arts and Birding" workshop led by Barry Van Dusen, an internationally recognized wildlife artist who was an Audubon artist-in-residence. The program included an excursion to the first restored Atlantic Puffin colony on Eastern Egg Rock Island.

Course: *The Wonder of Birds*, Pg. 8.



Ann-marie LaBollita is an artist and teacher who believes in the transformational power of art and yoga. She has a BFA in painting and an MFA in studio teaching. Ann-Marie is also a Certified Yoga Instructor and a Let Your Yoga Dance instructor. She happily spends her time teaching, in her studio and on her yoga mat

Courses: *Plein Air Painting at Jewel Hill*, Pg. 8; *Gentle Yoga for Every Body*, Pg. 9 & Pg. 13; *Portrait in Stitch*, Pg. 11.



Sau-Mei Leung enjoys teaching and sharing her love of science, nature, and art. She has a Ph.D. in Biochemistry from the UCONN and is a graduate from the Natural Science Illustration Certificate from RISD CE. Mei is a scientific consultant and is currently studying Graphic Design at RISD CE.

Courses: *Creativity Workshop*, Pg. 13; *What is CRISPR?*, Pg. 14.



Paul Luria has been performing and teaching as a musician on guitar, banjo, mandolin, ukulele, and harmonica for fifty years. He is a retired public school teacher and administrator.

Courses: *The History of Jazz*, Pg. 9; *Ukulele—Next Steps*, Pg. 13.



Paula Cookson Luria is a retired ESL & Bilingual teacher of Kindergarten through graduate-level students. She loves to travel and frequently uses her Spanish skills while exploring the world.

Courses: *How to Survive Any Conversation in Spanish*, Pg. 8; *Kick Your Spanish Conversation to the Next Level*, Pg. 11; *Declutter Your Life*, Pg. 12.

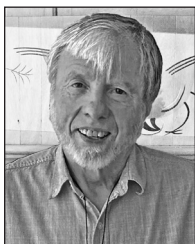


Carol P. McConnell is a graduate of Smith College, Northampton, MA. She has been studying and practicing breathwork for 15 years and has extensive experience and knowledge of the autonomic nervous system, its intimate connection to our breath, and the impacts on both physical and emotional health. Carol holds a certification in Breath-

Body-Mind and has completed training with Richard Brown MD and Patricia Gerbarg MD.

Course: *Breath-Body-Mind, Life-Altering Experience*, Pg. 9.

INSTRUCTORS



Terry McConnell spent 40 years in public education in secondary schools. He was a social studies and video production teacher, as well as a school librarian and special education liaison officer. After retiring from the public schools, he was trained in the Breath-Body-Mind program of Richard P. Brown MD and Patricia Gerbarg MD. He now teaches breathing techniques. Terry is currently pursuing a masters degree to become a certified clinical exercise physiologist at Springfield College.

Course: *Breath-Body-Mind, Life-Altering Experience, Pg. 9.*



Art Norman is a retired Fitchburg Public Schools teacher and administrator. He is a strong believer in life-long learning, loves to read, enjoys travel, history and gardening. Art was just elected President of the ALFA Board. "Education is not preparation for life; education is life itself."—John Dewey

Course: *ALFA Community Chat, Pg. 15.*



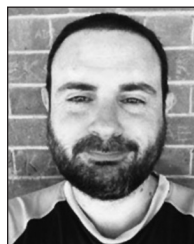
Laurie Nehring is a former Science teacher and former librarian. She now works as an independent naturalist, who is passionate about getting people outside to become 'naturally curious' about the world around them. She works with MassAudubon, North County Land Trust, Nashua River Watershed Assoc, and The Trustees. One of her favorite programs is leading night walks and searching for barred owls.

Courses: *Naturally Curious: Weekly Nature Walks East of Fitchburg, Pg. 10 & Pg. 14.*



Alison O'Hare began birding in 1998. She is a graduate of Mass Audubon's Birder's Certificate Program, has taught programs on Introduction to Birdwatching, Sparrow Identification, and Bird Banding, and has led many bird walks. She enjoys working with participants at all levels of experience, especially new birders or those looking to develop their birding skills. Alison currently leads birding programs at Mass Audubon's Wachusett Meadow Wildlife Sanctuary.

Course: *Fall Birding, Pg. 7.*



Ben Raiton is a Professor of English Studies and Coordinator of American Studies at Fitchburg State University. He is the author of six books, most recently *Of Thee I Sing: The Contested History of American Patriotism* (2020). He writes the daily AmericanStudies blog, contributes the monthly Considering History column to the *Saturday Evening Post*, and is a Boston Chapter leader for the Scholars Strategy Network.

Course: *Racism and Antiracism in American History, Pg. 14.*



John Ryan has been active in the field of cell culture and biotechnology for over 45 years. He has always enjoyed sharing his expertise and experiences by teaching cell culture and biotechnology programs to both scientists trying to improve their research skills, as well as to children and adults interested in exploring new and exciting topics. He can

easily adapt my teaching style to the level and interests of his students; all he requires is their natural curiosity and willingness to explore new areas and ideas.

Course: *How Cell Culture and the Polio Vaccine Started the Biotech Revolution, Pg. 14.*



J.J. Sylvia IV is an Assistant Professor of Communications Media at Fitchburg State University, where he teaches courses on human communication, communication law and ethics, data analytics, and digital humanities. His research focuses on the philosophy of communication and analyzing the impact of big data, algorithms, and other new media

on processes of subjectivation—how we are created as subjects. His academic training includes an M.A. in Philosophy and a Ph.D. in Communication, Rhetoric, and Digital Media.

Course: *From Writing to Blockchain: Five Moments in Media History, Pg. 12.*



Diego Ubiera is Assistant Professor of Latin American and World Literature at Fitchburg State University. Originally from the Dominican Republic, he earned his PhD in Spanish Literature at the University of California, San Diego. His teaching and research interests focus on Latin American Literature, Caribbean History, translation, critical pedagogy and poetry.

Courses: *Masterpieces of Latin American and Spanish Film, Pg. 11.*

INSTRUCTORS / AT-A-GLANCE | SESSION 1



Wafa Unus is an assistant professor of journalism at Fitchburg State University in Fitchburg, Massachusetts, where she also advises FSU's student-run newspaper, The Point. Dr. Unus is the author of "A Newsmen in the Nixon White House: The Enduring Conflict between Journalistic Truth and Presidential Image". Her research interests

include journalism history and the impact of pivotal figures in journalism that have contributed to contemporary practice, as well as local journalism, news deserts and their impact on civic engagement. Her second book, on Carr Van Anda, the first managing editor of the New York Times is under contract. Unus is currently working on research on the role of university news publications in filling gaps within emerging and existing news deserts.

Course: *The Minority Press: How Marginalized Voices Challenged American Journalism, Pg. 12.*



Paul I. Weizer is a Professor of Political Science at Fitchburg State University. During his more than twenty year tenure at the university, Dr. Weizer has taught courses in American government and politics and most of the university's law classes. In addition, he has coached the university's award winning moot court program. Dr. Weizer also served in a variety of leadership positions at the faculty and administrative level. Dr. Weizer served as president of the American Collegiate Moot Court Association and remains a member of its executive board. Dr. Weizer graduated from Temple University and holds a Master of Science degree in Public Administration and a Ph.D. in Political Science. He has published widely in the area of sexual harassment law, speech rights, and simulated legal education.

Courses: *A Review of the 2020-21 Supreme Court Term, Pg. 7.*

Session 1—At-A-Glance

Times	Monday	Tuesday	Wednesday	Thursday	Friday
9 - 9:30 am					
9:30 – 10 am					Naturally Curious: Weekly Nature Walks E. of Fitchburg. <i>Laurie Nehring</i>
10 – 10:30 am		Fall Birding <i>Alison O'hare</i>			
10:30 – 11 am	Turbans, Tiles and Tulips: The Ottoman Empire <i>Joyce Hinckley</i> (2 Hours)	Plein Air Painting at Jewel Hill <i>Ann-marie LaBollita</i> (2 hours)	How to Survive Any Conversation in Spanish <i>Paula Luria</i>	Gentle Yoga for Every Body <i>Ann-marie LaBollita</i>	Learning About Your Chakras: Your Energetic System <i>Arlen Acevedo</i>
11 – 11:30 am		The Human Life Cycle in Films from Around the World <i>Eric Budd</i> (2 Hours)	ALFA Salon: Continuing the Conversation <i>Martha Crawford</i>		
11:30 am – 12 pm					
12:20 – 1:50 pm	A Review of the 2020-21 Supreme Court Term <i>Paul Weizer</i>	The Wonder of Birds <i>Catherine Hunter</i>	American Movies and the Cold War <i>Edward Cronin</i>	Google Beyond the Basics <i>Barbara Friedman</i>	
			The History of Jazz <i>Paul Luria</i>		
2:30 – 4:00 pm	Creative Writing & Memoir Workshop <i>Anne Gilman</i> (2 Hours - 2:30 - 4:30)		Breath-Body-Mind, Life-Altering Experience <i>Carol and Terry McConnell</i>	The Hudson River School of Painting <i>Gail Allo</i>	
	The Nature of Autumn <i>Joe Choiniere</i>				

SESSION 1 / SEPTEMBER — OCTOBER 2021

► Fall Birding

Mondays: 9:00 – 10:30 a.m. IN-PERSON
 Sept. 20, 27; Oct. 4, 18, 25 Location: Outdoors
 Type: Outdoor walks Student Limit: 15
 Topics: Science; Environment; Ornithology
 Instructor: Alison O'Hare

If you are one of the many people who have recently started bird-watching and you're now ready to take the next step, then this course is for you. You'll take part in a walk each week to learn about the birds that migrate out of New England in the fall and those that stay through the winter. The leader is an experienced birder who enjoys working with new birders and helping those at an intermediate level improve their skills. The walks will be slow paced, and time will be provided during each session for questions and discussion. At the end of this course, you should feel more confident in your ability to go out birding on your own or with others.

LOCATION: Mass Audubon's Wachusett Meadow Wildlife Sanctuary. **REQUIRED MATERIALS:** Binoculars, field guide to birds of North America. Classes will be held outdoors. Participants should dress for cool/cold fall weather and wear comfortable walking shoes suitable for traversing uneven, sometimes rocky, or slippery terrain.

► Turbans, Tiles and Tulips: The Ottoman Empire

Mondays: 10:00 a.m. – 12:00 p.m. ONLINE
 Sept. 20, 27; Oct. 4, 18, 25 Location: ZOOM
 SPECIAL SCHEDULE: 2 hours Student Limit: 20
 Type: Lecture, Discussion, Demonstration
 Topics: Art, Music, History, Literature, Food, Culture, Language
 Instructor: Joyce Hinckley

The Ottoman Empire lasted from 1299 to 1922 and included territories in Asia, Africa and Europe. It was multilingual, religiously and racially diverse and ruled by the longest lasting dynasty in recorded history. It is also remembered with great animosity in many of the places it ruled. We will discover the factors leading to both Ottoman success and failure, meet some fascinating characters, see extraordinary art and explore its legacy in cuisine. **RECOMMENDED MATERIALS:** Bibliography will be provided

► A Review of the 2020–21 Supreme Court Term

Mondays: 12:20 – 1:50 p.m. ONLINE
 Sept. 20, 27; Oct. 4, 18, 25 Location: ZOOM
 Type: Lecture; Discussion Student Limit: 30
 Topics: Law; Government
 Instructor: Paul Weizer

This course will review the role of the Supreme Court in American Society and focus on the most significant decisions from the current term.

► Creative Writing & Memoir Workshop

Mondays: 2:30 – 4:30 p.m. ONLINE
 Sept. 20, 27; Oct. 4, 18, 25 Location: ZOOM
 SPECIAL SCHEDULE: 2 hours Student Limit: 12
 Type: Discussion; Participation
 Topics: Writing
 Instructor: Anne Gilman

Every life holds many stories. Whether your life is wildly unconventional or relatively normal, there is bound to be something fascinating about it. That is why the contemporary memoir—everyday people telling their stories—has become such a popular phenomenon. A memoir covers an aspect of a life, a theme, or an adventure. Whether it's a short piece about, say a bicycle ride with a friend, a book about your entire childhood, a marriage, growing older, spiritual beliefs, etc., you will jumpstart your creativity using short prompts for those stories that you want to focus on. You will discover a supportive group to help unleash and uncover your imaginative genies whether for memoir, fiction, poetry, non-fiction and/or essays. As a professional writer/author, I know the challenges of overcoming blocks and voices that say, "What do you mean you want to write (or paint, or sing, etc.), Who do you think you are?!" Here's an opportunity for people who have always wanted to write, to have a supportive, safe space in which to create. You must feel safe in order to create. **REQUIRED MATERIALS:** Notebook and pen/pencil, and/or laptop.

► The Nature of Autumn

Mondays: 2:30 – 4:00 p.m. HYBRID (online & in-person)
 Sept. 20, 27; Oct. 4, 18, 25 Location: ZOOM & Outdoors
 Type: Lecture; Discussion; Demonstration Student Limit: 12
 Topics: Science; Environment
 Instructor: Joe Choiniere

There's a lot going on in the world of nature in the fall. Color changes, migrating birds, a myriad of seeds and berries, late blooming wildflowers and shrubs, and mammals preparing for winter. This class will focus week by week on whatever is happening in nature. **LOCATION:** This course will be held over Zoom with the 3rd and 5th meeting in person at Barre Falls Dam in Barre, MA (weather permitting).

SESSION 1 / SEPTEMBER — OCTOBER 2021

▶ **Plein Air Painting at Jewell Hill**

Tuesdays: 9:30 – 11:30 a.m.

Sept. 21, 28; Oct. 5, 12

SPECIAL SCHEDULE: 2 hours—4 sessions

Type: Painting Outside with Guidance

Topics: Art

Instructor: Ann-marie LaBollita

IN-PERSON

Location: Ashby

Student Limit: 10

Paint together in the open air at Jewell Hill, a new Trustees of Reservations site on 296 acres in Central Ma! Participants should have experience painting outdoors in oil or acrylic and the necessary supplies and equipment. We will warm up with quick sketches and painting studies and then move on to small plein air paintings finished on site. Each class will end with a brief sharing of work. This program will meet for 4 classes at 2 hours each. If you work in a different medium but are interested in this class, please contact the instructor.

LOCATION: Jewell Hill—The Trustees of Reservations Site—Ashby, Massachusetts. At this time there are no bathroom facilities at Jewell Hill. **REQUIRED MATERIALS:** All necessary equipment and supplies to work outdoors (a list will be provided) and the ability to carry alone. **RECOMMENDED MATERIALS:** Umbrella for shade or good hat, sunscreen. Feel free to contact the instructor with any questions at AML1963@verizon.net.

▶ **The Human Life Cycle in Films from Around the World**

Tuesdays: 10:00 a.m. – 12:00 p.m.

Sept. 21, 28; Oct. 5, 12, 19

SPECIAL SCHEDULE: 2 hours

Type: Film Screening; Discussion

Topics: Psychology; Sociology; Culture

Instructor: Eric Budd

IN-PERSON

Location: CPS Classroom

Student Limit: 15

In this course we will watch films from around the world that address different phases in the human life cycle, from birth to death. After watching the film, we'll discuss some of the similarities and differences in the human experience. The professor promises these films will not be all dark and depressing like his usual films! **LOCATION:** Center for Professional Studies Classroom, Main Street, Fitchburg.

▶ **The Wonder of Birds**

Tuesdays: 12:20 – 1:50 p.m.

Sept. 21, 28; Oct. 5, 12, 19

Type: Lecture; Discussion

Topics: Art; Music; History; Literature; Science; Environment

Instructor: Catherine Hunter

ONLINE

Location: ZOOM

Student Limit: 20

Bird-watching has surged in popularity during the pandemic. It's easy to start, and you can do it anywhere—even from inside. Since the U.S. Fish and Wildlife Service estimates more than 45 million Americans are birdwatchers, it is clear that birding is the only national sport that is not televised! To learn more about birds, we look to scientists and artists. Scientists search for facts,

artists introduce visual and visceral components; both offer paths for the curious to learn. In this course a variety of topics will be presented with an emphasis on artwork including illustrations, murals, photography, sculpture, and music. You will hear directly from several artists who introduce their lives and work in short videos. Topics will include the Evolution of Field Guides, Nests and Eggs, Portraiture, Extinction and Species Recovery, the Impact of Climate Change, and the Role of Art in Advocacy for Birds.

▶ **How to Survive Any Conversation in Spanish**

Wednesdays: 9:30 – 11:00 a.m.

Sept. 22, 29; Oct. 6, 13, 20

Type: Lecture; Discussion; Demonstration;

Role Playing/Simulation

Topics: Language

Instructor: Paula Cookson Luria

ONLINE

Location: ZOOM

Student Limit: 20

If you want to have a basic conversation in Spanish, give this class a try! Every language has certain words and phrases that are used repeatedly. You will learn pronunciation, greetings, small talk, asking and answering questions, and verbs in the present tense. This knowledge will get you started on your path to fluency in Spanish. **REQUIRED MATERIALS:** *Easy Spanish Step-by-Step* by Barbara Bregstein and *101 Conversations in Simple Spanish* by Olly Richards.

▶ **American Movies and the Cold War**

Wednesdays: 12:20 – 1:50 p.m.

Sept. 22, 29; Oct. 6, 13, 20

Type: Lecture; Discussion

Topics: History; Literature; Sociology; Culture

Instructor: Edward Cronin

IN-PERSON

Location: CPS Classroom

Student Limit: 15

Some of the finest American films—all with political overtones—were produced during the period known as the “Cold War,” a time roughly from the end of World War II to the fall of the Berlin Wall. The best of these movies are not about the cold war as such, but are animated by the tensions, uncertainties, and—in some cases—the sheer paranoia of the times. We will look at some of these movies both from the cinematic point of view and as expressions of cold war politics. Such movies include “The Manchurian Candidate,” “Fail Safe,” “The Invasion of the Body Snatchers,” and “The Spy Who Came in from the Cold.”

LOCATION: Center for Professional Studies Classroom, Main Street, Fitchburg. **RECOMMENDED MATERIALS:** Please consider bringing a notebook.

SESSION 1 / SEPTEMBER — OCTOBER 2021

► The History of Jazz

Wednesdays: 12:20 – 1:50 p.m. ONLINE
 Sept. 22, 29; Oct. 6, 13, 20 Location: ZOOM
 Type: Lecture; Discussion Student Limit: 25
 Topics: Music; History; Sociology
 Instructor: Paul Luria

This course will explore the origins and evolution of jazz, both stylistically and geographically. The history will begin in 1895 and continue to the present day. The class will listen to recordings and see videos (where possible) of well known and not so well known musicians. **RECOMMENDED MATERIALS:** *Jazz: A Quick Immersion* by Joel Dinerstein

► Breath-Body-Mind, Life-Altering Experience

Wednesdays: 2:30 – 4:00 p.m. ONLINE
 Sept. 22, 29; Oct. 6, 13, 20 Location: ZOOM
 Type: Lecture; Discussion; Demonstration Student Limit: 15
 Topics: Wellness; Breathwork
 Instructors: Carol McConnell & Terry McConnell

Learn simple techniques to reduce stress and anxiety, enhance concentration and balance your emotions. Breath-Body-Mind practices will reacquaint your nervous system with a balance acuity unrealized before this class. Allow yourself a more focused life, generating energy, enhancing coping skills, and good health. You will learn awareness of how your breath can agitate or comfort you. Learn how to properly breathe, keeping the body and mind operating optimally. You will learn how trauma and emotional stress are maintained when breathing is not done properly. The way you breathe is connected to the way you feel, whether it is chronic pain, panic attacks, asthma, sinus issues, depression, heart disease, high blood pressure, mood swings, headaches, COPD, PTSD, etc. You will learn how improper breathing can cause a “fight or flight” response to stressful situations. Also, you will learn how to stay calm when under stress through proper breath. Take Breath-Body-Mind to improve your health and your life. **REQUIRED MATERIALS:** *The Healing Power of the Breath* by Richard Brown MD and Patricia Gerbarg MD, please note that it is important to have the CD which comes with the book.

► Gentle Yoga for Every Body

Thursdays: 10:00 – 11:30 a.m. ONLINE
 Sept. 23, 30; Oct. 7, 14, 21 Location: ZOOM
 Type: Movement; Demonstration Student Limit: 20
 Topics: Wellness
 Instructor: Ann-marie Labollita

Yoga is a healing practice that combines breath and movement to benefit both the mind and body. We will practice simple breathing and meditation exercises to help stimulate relaxation and calm in the muscles and nervous system. Gentle yoga postures, with longer restorative poses incorporated in each class, will provide all the benefits of deep, passive stretching. **REQUIRED MATERIALS:** yoga mat, small towel, pillow and 2 yoga blocks. **RECOMMENDED MATERIALS:** Water to drink.

► Learning About Your Chakras: Your Energetic System

Thursdays: 10:00 – 11:30 a.m. ONLINE
 Sept. 23, 30; Oct. 7, 14, 21 Location: ZOOM
 Type: Lecture; Demonstration; Student Limit: 12
 Role Playing/Simulation
 Topics: Wellness; Meditation
 Instructor: Arllen Acevedo

In this class you will learn about your seven main chakras: their names, where they are located, their specific colors and what part of the body they affect. You will also learn how to clear and strengthen them so that you can stay healthier. **REQUIRED MATERIALS:** notebooks and pens/pencils.

► Google Beyond the Basics

Thursdays: 12:20 – 1:50 p.m. ONLINE
 Sept. 23, 30; Oct. 7, 14, 21 Location: ZOOM
 Type: Lecture, Discussion, Demonstration Student Limit: 15
 Topics: Technology
 Facilitator: Barbara Friedman

Google is more than a search engine and Gmail. Learn the many facets of Google: Docs, Drive, Calendar, Translate, Meet, News, YouTube, Arts & Culture and more. **REQUIRED MATERIALS:** A Gmail account set up before the class begins would be helpful. This class would require a device with internet access. **RECOMMENDED MATERIALS:** Google Drive, Docs and Sheets for Beginners 2021; Google Apps for Seniors

► The Hudson River School of Painting

Thursdays: 2:30 – 4:00 p.m. ONLINE
 Sept. 23, 30; Oct. 7, 14, 21 Location: ZOOM
 Type: Lecture, Demonstration Student Limit: 15
 Topics: Art; History; Culture
 Facilitator: Gail Allo

The Hudson River School of Painting was a revolutionary movement starting in the first half of the 19th century in a country eager for an artistic identity of its own. This course will cover the backgrounds, the methods, and the artists involved.

SESSION 1 / SEPTEMBER — OCTOBER | AT-A-GLANCE / SESSION 2

► **Naturally Curious: Weekly Nature Walks East of Fitchburg**

Fridays: 9:30 – 11:00 a.m.
 Sept. 24; Oct. 1, 8, 15, 22
 Type: Hiking
 Topics: Science; Environment; Movement; Wellness
 Facilitator: Laurie Nehring

IN-PERSON
 Location: Outdoors, various
 Student Limit: 15

Put on our hiking boots and join us for a refreshing morning walk along a forested trail at a different location each week in Ayer, Shirley, Groton and Lunenburg. Together, we will explore new trails with nature-based themes that will often-times be based on Mary Holland’s amazing nature journal called “Naturally Curious.” We will strive to notice and learn about what is going on around us, as the season changes. Logistics: All hikes will be moderate level walking with some uneven terrain and may include some elevation. Distance will be about 3-4 miles each week. We will meet at the trailheads each week; locations will be provided to all registrants.

LOCATION: Meet outside at a different location each week. First class will meet at: 141 Washington St, Ayer (Ayer-Shirley regional High School). I will be waiting next to the gate to the football field, which is past the main entrance to the HS. The address is 141 Washington Street. Note, no bathroom facilities. Carpooling is encouraged! **REQUIRED MATERIALS:** Sturdy walking shoes or boots, dress in layers for the weather (including light rain), hat, gloves, tick prevention clothing or spray. **RECOMMENDED MATERIALS:** camera, binoculars, walking poles, ID books. Any nature books by David Stokes or Mary Holland, and more specifically, *Curious Naturalist* by Mary Holland.

Session 2—At-A-Glance

Times	Monday	Tuesday	Wednesday	Thursday	Friday
9 - 9:30 am					
9:30 – 10 am	Kick your Spanish Conversation to the Next Level <i>Paula Luria</i>		Declutter Your Life <i>Paula Luria</i>		
10 – 10:30 am					
10:30 – 11 am	Masterpieces of Latin American and Spanish Film <i>Diego Ubiera</i>	Ancient Lore -- Astrology and Tarot <i>Sally Cragin</i>	The Minority Press: How Marginalized Voices Challenged American Journalism <i>Wafa Unus</i>	Gentle Yoga for Every Body <i>Ann-marie LaBollita</i>	Naturally Curious: Weekly Nature Walks E. of Fitchburg <i>Laurie Nehring</i>
11– 11:30 am					
11:30 am – 12 pm				(2 Hours)	Racism and Antiracism in American History <i>Ben Railton</i>
12:20 – 1:50 pm	Italian Cafe' <i>Aldo Bianco</i>	Exploring Libraries for Writers, Researchers & Readers: Part 1 <i>Barbara Friedman</i>	From Writing to Blockchain: Five Moments in Media History <i>JJ Sylvia</i>	What is CRISPR? <i>Sau-Mei Leung</i>	Exploring the Special Collections of Local Libraries <i>Barbara Friedman</i>
			Ukulele - Next Steps <i>Paul Luria</i>		
2:30 – 4:00 pm	Evergreen Wild Plants <i>Joe Choiniere</i>		Things to Know About History <i>Bill Ayadi</i>	How Cell Culture and the Salk Polio Vaccine Started the Biotech Revolution <i>John Ryan</i>	
	Portrait in Stitch <i>Ann-marie LaBollita</i> (4 Wks @ 2 hours 2-4 pm)		Creativity Workshop <i>Sau-Mei Leung</i>		

SESSION 2 / NOVEMBER — DECEMBER 2021

► Kick Your Spanish Conversation to the Next Level

Mondays: 9:30 – 11:00 a.m. ONLINE
 Nov. 1, 8, 15, 22, 29 Location: ZOOM
 Type: Lecture, Discussion, Demonstration, Student Limit: 20
 Role Playing/ Simulation
 Topics: Language
 Instructor: Paula Cookson Luria

This course will briefly review chapters 1-5 in *Easy Spanish Step-by-Step* by Barbara Bergstein. You will move on to develop your language skills to describe your interests, surroundings, families, and learn Spanish that will help you with travel. You will learn some irregular verbs, -ir and the future, adjectives, adverbs, negatives, prepositions, and lots more vocabulary. All of this in a lighthearted and supportive environment where you will experience the joy of learning to speak Spanish. **REQUIRED MATERIALS:** *Easy Spanish Step-by-Step* by Barbara Bergstein and *101 Conversations in Simple Spanish* by Olly Richards.

► Masterpieces of Latin American and Spanish Film

Mondays: 10:30 a.m. – 12:00 p.m. IN-PERSON
 Nov. 1, 8, 15, 22, 29 Location: CPS Classroom
 Type: Discussion Student Limit: 15
 Topics: Art; Literature; Film
 Instructor: Diego Ubiera

This course will introduce students to film in Spain and Latin America. Through collaborative discussion, we will explore the history of this filmic tradition and enjoy critically-acclaimed masterpieces. Films by Fabian Bielinsky, Pedro Almodóvar, Juan Jose Campanella, Fernando Meirelles, Alejandro Gonzalez Iñárritu, Luis Puenzo, Celina Murga, Maria Luisa Bemberg and others will be considered for the course.

LOCATION: Center for Professional Studies Classroom, Main Street, Fitchburg. **REQUIRED MATERIALS:** Access and the ability to watch the following films: *La Historia Oficial*, directed by Luis Puenzo; *Nostalgia for the Light*, directed by Patricio Guzman; *Nueve reinas*, directed by Fabian Bielinsky; *Flores de otro mundo*, directed by Iciar Bollain; *All about my mother*, Pedro Almodovar

► Italian Cafe'

FREE: Sponsored by the Center for Italian Culture
 Mondays: 12:20 - 1:50 p.m. ONLINE
 Nov. 1, 8, 15, 22, 29 Location: ZOOM
 Type: Discussion Student Limit: 12
 Topics: Language
 Instructor: Aldo Bianco

This is a participatory group discussion class that will incorporate general everyday conversations, including discussions on Italian culture, Italian literature, and current topics in the Italian news. Participants should have at least a modest fluency in conversational Italian and basic reading comprehension. Our goal is to improve one's fluency in the Italian language, both verbal and reading as well as safeguarding the Italian tradition in our community. **RECOMMENDED MATERIALS:** Italian Dictionary.

► Evergreen Wild Plants

Mondays: 2:30 – 4:00 p.m. HYBRID (online & in-person)
 Nov. 1, 8, 15, 22, 29 Location: Zoom
 Type: Lecture; Discussion; Demonstration Student Limit: 18
 Topics: Science; Environment
 Instructor: Joe Choiniere

Late fall is perfect for spotting the remaining green in the woods. Evergreen plants include trees, shrubs, vines, groundcovers and range across flowering plants, ferns, club mosses and true mosses. Some of our evergreen plants are completing important parts of their annual life cycles in fall. This course will be held over Zoom with the 3rd and 5th meeting in person at Barre Falls Dam (weather permitting).

► Portrait in Stitch

Mondays: 2:00 – 4:00 p.m. IN-PERSON
 Nov. 1, 8, 15, 22 Location: CPS Classroom
 SPECIAL SCHEDULE - 2 Hours Student Limit: 15
 Type: Demonstration
 Topics: Art
 Instructor: Ann-marie LaBollita

Creating a portrait in stitch is like painting with thread! Learn how to transfer a drawing onto fabric using tissue paper and simple embroidery stitches. The image can be either a self portrait or portrait. We will practice basic and fun embroidery stitches and learn to incorporate those in our finished stitched portrait. We will also look at our favorite artists and paintings to inspire both style, color and composition.

LOCATION: Center for Professional Studies Classroom, Main Street, Fitchburg. **REQUIRED MATERIALS:** fabric from stash, embroidery floss, thread, tissue paper, scissors - a detailed list will be provided before the class begins. **RECOMMENDED MATERIALS:** any additional threads on hand, other embellishments.

Are you 90 or over?

Classes are free for those who are 90 or above.
 If over 90, please email the ALFA office so that
 we can get you registered free of charge!

alfa@fitchburgstate.edu

SESSION 2 / NOVEMBER — DECEMBER 2021

▶ Ancient Lore—Astrology and Tarot

Tuesdays: 10:30 a.m. – 12:00 p.m. IN-PERSON
 Nov. 2, 9, 16, 23, 30 Location: CPS Classroom
 Type: Lecture, Discussion, Student Limit: 15
 Demonstration, Reflection
 Topics: Art, History, Science, Wellness, Psychology, Sociology,
 Culture
 Instructor: Sally Cragin

This five-week class will present the basics of sun sign astrology (which dates to Classical-era Greece), lunar phases (pan cultural) and provide the basics for anyone interested in learning more about Tarot cards (which date to the Renaissance), including how to give a reading.

LOCATION: Center for Professional Studies Classroom, Main Street, Fitchburg. **REQUIRED MATERIALS:** The Rider-Waite Tarot deck. **RECOMMENDED MATERIALS:** Participants may want to print out a copy of their natal chart—email sallycragin@verizon.net for how you can do this for free.

▶ The Minority Press: How Marginalized Voices Challenged American Journalism

Tuesdays: 10:30 a.m. – 12:00 p.m. ONLINE
 Nov. 2, 9, 16, 23, 30 Location: ZOOM
 Type: Lecture; Discussion Student Limit: 20
 Topics: History, Journalism, Press, Media
 Instructor: Wafa Unus

Minority-owned and ethnic newspapers have a rich history in Massachusetts. We will look at minority-run newspapers that lead conversations on racial and social justice, and that took on institutional racism within the news industry at the time.

▶ Exploring Libraries for Writers, Researchers & Readers: Part 1

Tuesdays: 12:20 – 1:50 p.m. ONLINE
 Nov. 2, 9, 16, 23, 30 Location: ZOOM
 Type: Discussion, Demonstration Student Limit: 15
 Topics: Art, History, Literature, Technology, Culture
 Instructor: Barbara Friedman

Explore via Zoom the online resources of libraries. Explore the alphabet soup of apps: BPL to go, C/W MARS, Hoopla, Kanopy, Libby, LOC Collections, Novelist, Wowbrary and the websites of FSU Library, the Digital Commonwealth, NEHGS and the MBLC databases. Students should be technologically comfortable and be able to download apps onto their devices. **REQUIRED MATERIALS:** A laptop or tablet, a smartphone, a valid library card, password(s) to download apps.

▶ Declutter Your Life

Wednesdays: 9:30 – 11:00 a.m. ONLINE
 Nov. 3, 10, 17; Dec. 1, 8 Location: ZOOM
 Type: Lecture, Discussion, Reflection Student Limit: 20
 Topics: Wellness
 Instructor: Paula Cookson Luria

Take an introspective journey and choose freedom from clutter. Learn why we have problems with clutter. Think about why it is so hard to let go of things. Explore how clutter affects our wellbeing. Develop and carry out the decluttering of at least one area of your home. Warning, once you start to declutter your life, you may not be able to stop! This is a fun class to take with someone living in your home or a friend because you can support and challenge yourselves to see how you can declutter and then create the beautiful space that you envision.

▶ From Writing to Blockchain: Five Moments in Media History

Wednesdays: 12:20 – 1:50 p.m. ONLINE
 Nov. 3, 10, 17; Dec. 1, 8 Location: ZOOM
 Type: Lecture; Discussion; Reflection Student Limit: 20
 Topics: History; Technology
 Instructor: J.J. Sylvia IV

Philosopher Friedrich Nietzsche once said that our writing tools help shape our thoughts. In this course, we'll explore this power of writing tools and other media technology. Technological advances can change not only the way we understand the world, but also how we understand what it means to be human. Together, we'll analyze five of these moments in media history, including the invention of alphabetic writing, the printing press, the telegraph, broadcast media, and blockchain. We'll discuss how each of these technological advances has opened new opportunities and challenges for civic participation, especially as they relate to democratic forms of government. How does the invention of writing challenge existing notions of truth? Why did the telegraph lead to a growing distinction between facts and values? How is blockchain technology ushering in an era of abundant trust? We'll look for answers to these and other questions as we examine paradigm shifting moments in media history.

SESSION 2 / NOVEMBER — DECEMBER 2021

► Ukulele—Next Steps

Wednesdays: 12:20 – 1:50 p.m. IN-PERSON
 Nov. 3, 10, 17; Dec. 1, 8 Location: CPS Classroom
 Type: Lecture, Demonstration, Participation Student Limit: 12
 Topics: Music
 Instructor: Paul Luria

This course is meant for people who are familiar with the ukulele and some knowledge of basic chords.

LOCATION: Center for Professional Studies Classroom, Main Street, Fitchburg. **REQUIRED MATERIALS:** *Ukulele Method Book 1* by Lil' Rev published by Hal Leonard & A ukulele: soprano, concert or tenor. Not a baritone—they are tuned differently. It is strongly recommended that you buy one from a local store where the instrument will be correctly strung and tuned.

► Things to Know About History

Wednesdays: 2:30 – 4:00 p.m. ONLINE
 Nov. 3, 10, 17; Dec. 1, 8 Location: ZOOM
 Type: Lecture; Discussion Student Limit: 20
 Topics: History
 Facilitator: Bill Ayadi

History is full of fascinating people, events, issues, and cultures. Our presenters have selected topics that are important, overlooked but have connections to understanding our world today. Join Eric Budd-The Philippine-American War, Bill Ayadi-The Cold War Between Iran and Saudi Arabia, Joyce Ayadi Hinckley-“The Catastrophe” that created modern Turkey, Veda Ross-Gullah Geechee History and Culture, Joe Moser-The Dark Side of Charles Lindberg to discover and discuss how each still resonates within current events.

► Creativity Workshop

Wednesdays: 2:30 – 4:00 p.m. IN-PERSON
 Nov. 3, 10, 17; Dec. 1, 8 Location: CPS Classroom
 Type: Lecture, Discussion, Demonstration Student Limit: 16
 Topics: Art
 Instructor: Sau-Mei Leung

Where does creativity come from, how does it work, and how can we deepen its role in our own lives? Exploring creativity takes us into the very question of what makes us human, and how it can help us to live a better life. This course will help students to tap into their own creative process through discussion, videos and a series of hands-on exercises such as collage, sketching, coloring, printing, origami, writing, wire work, and book binding. This class will open you to create in ways that you have never tried before and you will have a deeper sense of where creativity belongs in your own life. Whether you are an artist or non-artist, if you want to find out how exciting and productive a freer, more intuitive approach to the creative process can be, don't miss this fun class. There will be new exercises added for repeated students.

LOCATION: Center for Professional Studies Classroom, Main Street, Fitchburg. **REQUIRED MATERIALS:** A notebook (any size), pencil, white paper (e.g. 8.5x11 copy paper), one piece of white card stock, thick paper or cardboard (8.5x11), ruler, markers (any colors), scissor, glue, 20 images (photographs, magazine images, drawings, etc), 4-5 feet flexible wire, scotch tape, three folders and a box to collect all your artwork. **ADDITIONAL MATERIALS FEE:** A \$6 materials fee is payable to the instructor at the first class.

► Gentle Yoga for Every Body

Thursdays: 10:00 – 11:30 a.m. ONLINE
 Nov. 4, 18; Dec. 2, 9, 16 Location: ZOOM
 Type: Movement; Demonstration Student Limit: 20
 Topics: Wellness
 Instructor: Ann-marie Labollita

Yoga is a healing practice that combines breath and movement to benefit both the mind and body. We will practice simple breathing and meditation exercises to help stimulate relaxation and calm in the muscles and nervous system. Gentle yoga postures, with longer restorative poses incorporated in each class, will provide all the benefits of deep, passive stretching. **REQUIRED MATERIALS:** yoga mat, small towel, pillow and 2 yoga blocks. **RECOMMENDED MATERIALS:** Water to drink.

► Creative Writing & Memoir Workshop

Thursdays: 10:00 a.m. – 12:00 p.m. IN-PERSON
 Nov. 4, 18; Dec. 2, 9, 16 Location: CPS Classroom
 SPECIAL SCHEDULE: 2 hours Student Limit: 10
 Type: Discussion; Participation
 Topics: Writing
 Instructor: Anne Gilman

Every life holds many stories. Whether your life is wildly unconventional or relatively normal, there is bound to be something fascinating about it. That is why the contemporary memoir – everyday people telling their stories – has become such a popular phenomenon. A memoir covers an aspect of a life, a theme, or an adventure. Whether it's a short piece about, say a bicycle ride with a friend, a book about your entire childhood, a marriage, growing older, spiritual beliefs, etc., you will jumpstart your creativity using short prompts for those stories that you want to focus on. You will discover a supportive group to help unleash and uncover your imaginative genies whether for memoir, fiction, poetry, non-fiction and /or essays. As a professional writer/author, I know the challenges of overcoming blocks and voices that say, “What do you mean you want to write (or paint, or sing, etc.), Who do you think you are?!” Here's an opportunity for people who have always wanted to write, to have a supportive, safe space in which to create. You must feel safe in order to create. **REQUIRED MATERIALS:** Notebook and pen/pencil, and/or laptop.

SESSION 2 / NOVEMBER — DECEMBER 2021

▶ **What is CRISPR?**

Thursdays: 12:20 - 1:50 p.m.

Nov. 4, 18; Dec. 2, 9, 16

Type: Lecture, Discussion

Topics: Science

Instructors: Sau-Mei Leung

ONLINE

Location: ZOOM

Student Limit: 27

CRISPR is the latest cutting-edge life science tool that is revolutionizing gene (code of heredity) editing. In this class, you will learn its history, basic science behind CRISPR and its potential to change our future. You will learn what are DNA, RNA, proteins, genes and how they function in cells, bacteria, and viruses to create CRISPR. From yogurt making, to CRISPR-based COVID-19 home diagnostic tests, to treating sickle-cell disease patients, CRISPR is transforming medicine and beyond. By studying these fascinating stories on how we have seized control of our own evolutionary destiny, you may also see how it could affect your future. This course is great for students who have no science background but who are curious about the latest scientific advances.

▶ **How Cell Culture and the Polio Vaccine Started the Biotech Revolution**

Thursdays: 2:30 - 4:00 p.m.

Nov. 4, 18; Dec. 2, 9, 16

Type: Lecture; Discussion

Topics: Science; Technology

Instructor: John Ryan

IN-PERSON

Location: CPS Classroom

Student Limit: 15

The development of techniques to grow human and animal cells in vessels outside of the body (called cell culture) has now led to a revolution in biotechnology that is impacting our lives in a big way. In just over a hundred years, cell culture technology has moved from an interesting but minor research tool to a major source of cell culture manufactured vaccines, drugs, clinical diagnostics and stem cell-based therapies. It has also greatly helped researchers study cancer, human genetics, aging and viral diseases. Virtually all of us have used products produced by cultured animal or human cells. This course will explore how we grow and use cultured cells to make these life changing products. A background in science is not needed for this program, just your natural curiosity and desire to learn about an exciting technology that is already impacting your life. **LOCATION:** Center for Professional Studies Classroom, Main Street, Fitchburg.

▶ **Naturally Curious: Weekly Nature Walks East of Fitchburg**

Fridays: 9:30 - 11:00 a.m.

Nov. 5, 12, 19; Dec. 3, 10

Type: Hiking

Topics: Science; Environment; Movement; Wellness

Facilitator: Laurie Nehring

IN-PERSON

Location: Outdoor, Various

Student Limit: 15

Put on our hiking boots and join us for a refreshing morning walk along a forested trail at a different location each week in Ayer, Shirley, Groton and Lunenburg. Together, we will explore new trails

with nature-based themes that will often-times be based on Mary Holland's amazing nature journal called "Naturally Curious." We will strive to notice and learn about what is going on around us, as the season changes. Logistics: All hikes will be moderate level walking with some uneven terrain and may include some elevation. Distance will be about 3-4 miles each week. We will meet at the trailheads each week; locations will be provided to all registrants.

LOCATION: Meet outside at a different location each week. First class will meet at: Mass Audubon Rocky Hill Wildlife Sanctuary; Cardinal Lane, Groton (near Shaws). Note, no bathroom facilities. Carpooling is encouraged! **REQUIRED MATERIALS:** Sturdy walking shoes or boots, dress in layers for the weather (including light rain), hat, gloves, tick prevention clothing or spray. **RECOMMENDED MATERIALS:** camera, binoculars, walking poles, ID books. Any nature books by David Stokes or Mary Holland, and more specifically, *Curious Naturalist* by Mary Holland.

▶ **Racism and Antiracism in American History**

Fridays: 10:30 a.m. - 12:00 p.m.

Nov. 5, 12, 19; Dec. 3, 10

Type: Lecture; Discussion

Topics: Music; History; Literature; Sociology; Culture

Instructor: Ben Railton

ONLINE

Location: ZOOM

Student Limit: 30

Racism, and concurrent racist policies, laws, events, and histories, has been a defining feature of American history. But so has been antiracism, figures and communities that challenge those racist trends and push for an alternative vision of America. In this class we'll trace five case studies in both racism and antiracism in American history, from sports and music to literature, law, and activism.

▶ **Exploring the Special Collections of Local Libraries**

Fridays: 12:20 - 1:50 p.m.

Nov. 5, 12, 19; Dec. 3, 10

Type: Lecture; Discussion; Demonstration

Topics: Art; History; Literature; Culture

Instructor: Barbara Friedman

IN-PERSON

Location: Various Libraries

Student Limit: 12

This course will visit local libraries to see and hear about the special collections of rare books, historical artifacts, paintings and more. Each class visits a different site. PLEASE NOTE: Students need to have their own transportation or carpool with other students. Most libraries are wheelchair accessible. **LOCATION:** Various Library Locations—The first class will meet at Forbush Memorial Library in Westminster, MA.

SPECIAL COURSES AND PROGRAMMING

▶ **ALFA Community Chat**

Thursdays: 9:00 – 10:00 a.m. ONLINE
 Every other week starting in mid September. Location: Zoom
 This program is offered free of cost! No Student Limit
 Type: Casual Community Building; Social Discussion
 Topics: The sky's the limit!
 Host and Facilitator: Art Norman

Welcome to ALFA's newest initiative, ALFA COMMUNITY CHAT. This free, biweekly program is designed simply to promote camaraderie and good conversation. Each session will revolve around an open ended theme in order to generate friendly discussion. Interested in joining the conversations? Meeting fellow ALFA members in a safe and casual environment? And, most of all, share, smile, laugh and reminisce?

Please sign up on our website at fitchburgstate.edu/alfa.
 Questions? Contact Art Norman at t2wildflower@aol.com.

▶ **ALFA Salon: Continuing the Conversation**

FREE | Participant-Led Discussion Group ONLINE
 Wednesdays: 10:30 a.m. – 12:00 p.m. Location: ZOOM
 Sept. 22; Oct. 6, 20; Nov. 3, 17; Dec. 1 Student Limit: 30
 Type: Lecture; Discussion; Demonstration
 Topics: Varied
 Facilitator: Martha Crawford

ALFA Salon is an informal gathering held every-other-week throughout the ALFA sessions. Host presenters lead an engaging discussion and question and answer session on a variety of topics and issues. Salon is a collaborative effort, so participants can expect to receive pre-reading and video viewing material for the sessions.

2021 Fall Salon will host both Fitchburg State professors and community guests lecturers covering topics including:

- ▶ Everything you need to know about the Internet that Gen Z wouldn't tell you.
- ▶ Explore how a restored film document of Fitchburg's landscape and its inhabitants, at the threshold of WWII, can be both totally alien and yet instantly recognizable. (including some of the technical processes and challenges involved in the restoration)
- ▶ What makes us laugh? We'll examine types of humor and have a few laughs together.
- ▶ Understand the realities of climate change, recognize the impact it is having everywhere on our planet, and embrace the urgent action needed to safeguard the future of life on Earth.
- ▶ How does building thinking machines raises profound philosophical Conceptual/Metaphysical, Ethical, and Existential Risk questions?
- ▶ What is the role of the news media? Why can't journalists just tell us the truth?

The following presenters will join us: Elissa Ayadi, Warner Records—Senior Vice President of Digital Marketing & Fan Engagement; Professor Charles Roberts, Fitchburg State University & Director Susan Navarre, Fitchburg Historical Society; Paul Luria, Musician/Performer/Instructor; Dave McGlinchey J.D., Woodwell Climate Research Center—Chief of External Affairs; David Svolba, Fitchburg State University; and Wafa Unus, Fitchburg State University.

If you are interested in any of the topics being covered, sign up. You might be surprised by what you will learn about a topic you have not thought of.

Food for Thought Lecture and Group Trips

There are no trips or Food for Thought Lectures being held for the Fall 2021 season.

REGISTRATION INSTRUCTIONS AND INFORMATION

Registration opens at 8:30 a.m. on August 4, 2021

All ALFA courses are \$40 a course unless otherwise indicated.

WAYS TO REGISTER

■ ONLINE (PREFERRED)

You can register for ALFA courses online by going to: marketplace.fitchburgstate.edu/alfa.

- Make sure to **complete your registration** by hitting the final SUBMIT button. You will receive a **confirmation email** immediately following.
- **IF YOU DO NOT RECEIVE A CONFIRMATION EMAIL**, please connect with the ALFA office to ensure you are registered.

Need help with online registration?

Visit fitchburgstate.edu/alfa for complete a complete-step-by-step tutorial.

■ BY MAIL: We will continue to accept paper registrations by mail. However, we are strongly encouraging everyone who can to use the online course registration system.

- Please complete one registration form for each person taking classes. If you need additional registration forms, please visit our website: fitchburgstate.edu/alfa to download and print one.
- Registrations must be **MAILED**. No phone-in or hand-delivered registrations will be accepted.
- Any incomplete component may delay the processing of the registration form.
- All registrations are processed in the order in which they are received.
- Please make a copy of the completed registration form for personal records.

PAYMENT INSTRUCTIONS / REFUND POLICY

- We accept credit/debit cards (PREFERRED) and check payments.
- If you choose to pay by check, all check payments (both online and paper) are processed electronically as E-Checks and will appear as "ACH DEBIT" on your checking account statement.
- If you submit a PAPER REGISTRATION and pay with a CHECK, but are WAITLISTED for a **portion of your order**, we will process the full payment in the amount entered on the check. We will then issue a refund for the surplus amount.
- Payment is due upon submission of registration.
- **Course, Trip, and Special Event payments are not refundable or transferable unless canceled.**

PLEASE NOTE: Some classes have additional expenses including required materials you will need to purchase prior to the course starting, recommended materials, and sometimes a required materials fee (cash only) that is due to the instructor at the first class. These additional materials and fees are indicated in the course description.

GENERAL INFORMATION & POLICIES

ENROLLMENT: Prompt return of forms will facilitate early processing and improve the chances of getting preferred classes. Due to space limitations and instructor requests, class size varies. It is important to list alternatives in the event that first choices are not available. **If no alternatives are listed it will be assumed that none are desired.**

CONFIRMATION: If registering online, You will receive a confirmation email immediately following your completed submission. (If you do not receive this, you are NOT registered and it probably means that you didn't click the final submission button.). **If registering by paper,** you will receive a confirmation by email if you provided an email address, or by mail if you did not.

LOCATION OF COURSES: ALFA classes will be held in-person on-campus in the CPS classroom, in-person in an outdoor location in the surrounding community, or online.

ALFA ONLINE: All of our online courses will be held over Zoom.

Equipment and Tech Requirements: You will need some basic equipment to participate. To fully participate in the video based online classroom, you will need:

- Computer (Laptop or Desktop), Tablet, or Smartphone.
- Microphone, Speakers, and webcam. Most laptops, tablets and smartphones have these features already built in. If you are using a desktop computer, please make sure you have all of these elements.
- Internet/Wifi access

Note: You may also participate with a landline phone but you will only be able to hear the audio and will not be able to gain the full benefits of the course.

ALFA IN-PERSON: If you are taking an in-person course, please know that we are adhering to all state and federal guidance around efforts to minimize the spread of Covid-19. At the time of this publication, these are the guidelines that we ask you to follow.

- If you are taking an in-person course through ALFA, we expect that you are fully vaccinated.
- If you are not fully vaccinated, it is recommended by the Massachusetts DPH and the CDC that you continue to wear a mask in indoor settings.

—Please note that these guidelines are subject to change—

ALFA INCLEMENT WEATHER POLICY: **Online courses** will NOT be canceled due to inclement weather. **In-person** courses will be canceled if the University is closed or delayed to do inclement weather.

OVER 90: Are you 90 or over? Classes are free for those who are 90 or above. If over 90, please email the ALFA office so that we can get you registered free of charge!



Try our online registration option at:
marketplace.fitchburgstate.edu/alfa

MAIL-IN REGISTRATION FORM – FALL 2021

Please complete ONE registration form
 for EACH person taking classes.

Please make sure to read the description for each class that you register for.
 Check the dates, and schedule information for each class to make sure there are no conflicts.

COURSES ARE \$40 UNLESS OTHERWISE INDICATED.

Courses in **bold** will be held in-person

Courses marked with ** will be hybrid, with both online and in-person sessions

All other courses will be held online

SESSION 1: SEPTEMBER – OCTOBER

MONDAY

- Fall Birding**
- Turbans, Tiles and Tulips: The Ottoman Empire (2 hrs)
- A Review of the 2020-21 Supreme Court Term
- Creative Writing & Memoir Workshop (2 hrs)
- The Nature of Autumn**

TUESDAY

- Plein Air Painting at Jewel Hill (2 hrs)**
- The Human Life Cycle in Films from Around the World (2 hrs)**
- The Wonder of Birds

WEDNESDAY

- How to Survive Any Conversation in Spanish
- American Movies and the Cold War
- The History of Jazz
- Breath-Body-Mind, Life-Altering Experience

THURSDAY

- Gentle Yoga for Every Body
- Learning About Your Chakras: Your Energetic System
- Google Beyond the Basics
- The Hudson River School of Painting

FRIDAY

- Naturally Curious: Weekly Nature Walks East of Fitchburg.**

SESSION 2: NOVEMBER – DECEMBER

MONDAY

- Kick your Spanish Conversation to the Next Level
- Masterpieces of Latin American and Spanish Film**
- Italian Cafe' – FREE
- Evergreen Wild Plants**
- Portrait in Stitch (2 hrs)**

TUESDAY

- Ancient Lore -- Astrology and Tarot**
- The Minority Press: How Marginalized Voices Challenged American Journalism
- Exploring Libraries for Writers, Researchers & Readers: Part 1

WEDNESDAY

- Declutter Your Life
- From Writing to Blockchain: Five Moments in Media History
- Ukulele—Next Steps**
- Things to Know About History
- Creativity Workshop**

THURSDAY

- Gentle Yoga for Every Body
- Creative Writing & Memoir Workshop (2 hrs)**
- What is CRISPR?
- How Cell Culture and the Salk Polio Vaccine Started the Biotech Revolution**

FRIDAY

- Naturally Curious: Weekly Nature Walks East of Fitchburg**
- Racism and Antiracism in American History
- Exploring the Special Collections of Local Libraries**

SPECIAL PROGRAMS

ALFA COMMUNITY CHAT

ONLINE
 FREE | Open-Ended Social Chat
 Thursdays: 9:00 - 10:00 a.m.
 Every other week starting in mid-September
 Register Online @ www.fitchburgstate.edu/alfa.
 Questions? Contact Art Norman at t2wildflower@aol.com

ALFA SALON: CONTINUING THE CONVERSATION

ONLINE
 FREE | Participant-Led Discussion Group
 Wednesdays: 10:30 a.m. - 12:00 p.m.
 Sept. 22; Oct. 6, 20; Nov. 3, 17; Dec. 1

PLEASE SEE REVERSE SIDE FOR PAYMENT INFORMATION ►

All paper registration forms and payment must be MAILED.

REGISTRATION OPENS AUGUST 4, 2021 — PLEASE CONSIDER REGISTERING ONLINE!

All paper registration forms and payment must be **MAILED**.

Mail to: ALFA Office, Fitchburg State University, 160 Pearl Street, Fitchburg, MA 01420

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip Code: _____

E-mail: _____ Date of Birth: _____

Have you taken ALFA classes before? Yes No Are you an Alum of Fitchburg State? Yes No

How do you get your ALFA Brochure? Mail Email Website I pick it up at: _____ Other: _____

How did hear about ALFA? _____

ALTERNATE CHOICES — Due to space limitations and instructor requests, class size varies. It is important to list alternatives in the event your first choice classes are unavailable. If no alternatives are listed, it will be assumed that none are desired.

1. _____ 2. _____ 3. _____

If you register online at: marketplace.fitchburgstate.edu/alfa you will know INSTANTLY if you got into a course!

I AM SENDING PAYMENT FOR

_____ **Course(s) @ \$40/course*** unless otherwise indicated
(Example: FREE, \$60 10-week courses, etc.) Limit 6** per SEMESTER = \$ _____

_____ Discussion Group - ALFA Salon: Continuing the Conversation = **FREE**

TOTAL = \$ _____

PAYMENT INFORMATION

Credit Card (**PREFERRED**): MasterCard Visa Discover

Credit Card #: _____

Exp. Date: _____ CVC (3 digit code): _____

Signature: _____

Check (made payable to Fitchburg State) amount enclosed: \$ _____

Please note—**We do not process as a paper check.** We enter your account and routing number into the online system to debit the charge from your account. It will show up as an **ACH debit** on your statement. Please see "Payment Instructions" on page 16 for what we do if the amount on your check does not match the order total (for example: A class is full, etc.).

Shirley Pick Scholarship Program (call the ALFA Office for details at 978-665-3706)

* Courses are free for members over 90 years of age. If over 90, please send verification of age with your registration.

** Students may initially register for up to six classes. After **August 11, 2021**, students may select additional courses if seats are still available.