

**Penobscot Valley Senior College  
450 Essex St.  
Bangor, ME 04401  
Message phone: 992-0118**

## **Spring 2010 Class Schedule**

All Senior College class registrations are accepted in the order they are received and must be accompanied by a check. Some classes fill quickly, so we ask you to list a second choice. Registration for spring classes is first come, first served.

**Please register promptly!** That will enable you to get your first choice, and it will facilitate the ordering of books and the reservation of classrooms.

**Confirmation of your class assignment, with the room number, will be sent by postcard about two weeks prior to the beginning of the semester.**

If you have questions about how to register for a course, please call our message phone at **992-0118**. Someone will call you back.

If you have a class at the University of Maine in Orono, you will need a Campus Parking Permit to park on campus. Parking permits may be obtained by contacting the University of Maine Parking Services Office; 5702 DTAV Community Building – Room 532; Orono, ME 04469-5702; Telephone 207-581-4047. Even though there is no fee for a parking Permit, failure to use the permit may result in a parking ticket. No permit is required at University College in Bangor.

**If the weather is inclement, check local TV stations or call our message phone 992-0118 to see if classes have been canceled.**

**Classes on Fridays, March 5-April 9 (unless otherwise noted)**

**Location: University of Maine, Orono, and University College of Bangor**

**Morning classes, 10 a.m. to noon (unless otherwise noted)**

Maine's Wildlife Ecology	Orono
Ice Age Earth: Looking Back to Look Forward (5 weeks)	Orono
Islam – The Misunderstood Religion (hours 9-11 a.m.)	Bangor
The Best American Short Stories of 2009	Orono
The Current Supreme Court Term	Bangor

Analysis of Your Food Intake	Orono
Women in Afghanistan: Yesterdays and Tomorrows	Orono

### **Afternoon classes, 1:10-3:10 p.m.**

How Not to Draw an Egg	Bangor
Basic Fly Tying	Bangor
Education Then and Now	Orono
Basic T'ai Chi	Bangor
Ethics and Society	Orono
A Celebration of Darwin	Orono
The Arts and Sciences of Model Trains	Orono
Bangor Area Architecture (five weeks)	Bangor

### ***Morning classes***

#### **MAINE'S WILDLIFE ECOLOGY**

##### **Bucky Owen, Jerry Longcore and Bill Krohn**

The course will cover the past and current status, ecology, and management of selected Maine wildlife. Included will be a discussion of beaver and wetlands, Maine's carnivore community, seabirds, large raptors, and our own backyard. Ample time will be available for class input and discussion of other current wildlife issues.

Maximum 35. Morning. Orono campus.

**Bucky Owen** is professor emeritus of Wildlife Ecology at the University of Maine. He served as commissioner of the Maine Department of Inland Fisheries and Wildlife from 1993 to 1997 and has been active in promoting land and water conservation efforts such as the Penobscot River Restoration Project and the Caribou Bog Corridor Project.

**Jerry Longcore** is past leader of the Patuxent Wildlife Research Center's Field Station at the University of Maine. As wildlife research biologist with the U.S. Fish and Wildlife Service, he has done extensive work on wildlife, especially American Black Duck and American Woodcock, and lead shot. Also, he has been a leader in conservation work.

**Bill Krohn** is leader with the Maine Cooperative Fish and Wildlife Unit at the University of Maine. Currently a wildlife biologist with the US. Geological Survey at the University of Maine, he works on large carnivores and habitat evaluation. He has written several books on Maine's wildlife community.

## **ICE AGE EARTH: LOOKING BACK TO LOOK FORWARD** (5 weeks)

### **Gordon Bromley**

What causes ice ages? This question has driven much of the climate research at the University of Maine over the last few decades and has huge implications for the future evolution of our planet and our civilization. Topics to be covered include sea-level rise, shrinking glaciers and water availability, the facts vs. fiction of recent glacier retreat, and how paleoclimate research has shaped our understanding of Earth and life. Examples of real research experiences and findings will add depth to the class.

Maximum 30. Morning. Orono campus. **Please note that this will be a five-week class, ending on April 2.**

A candidate for a Ph.D. in Earth Sciences at the University of Maine, **Gordon Bromley** has been the author of numerous peer-reviewed publications. He was a field geologist in Antarctica for several years, and at Cordillera Darwin in Chile in 2007. He was principal investigator in the southern Peruvian Andes since 2005 and has done outreach work at Acadia National Park and Dirigo Pines Retirement Community. He is also an exceptional photographer.

## **ISLAM – THE MISUNDERSTOOD RELIGION**

### **Eaman Attia**

One of the world's major religions, observed by many millions, Islam is rapidly growing and is often in the headlines, yet most of us know very little about it. This course will provide a thorough grounding in Islam – codes of belief, Sunni and Shiite sects, women in Islam, Jesus in Islam and the concept of jihad in Islam. There will be a guest speaker and a visit to the Muslim House of Worship in Orono.

Maximum 35, minimum 5. Morning. Bangor campus.

**Please note that the hours for this class are 9-11 a.m.**

**Eaman Attia** has a degree in pharmacy from the University of Toronto. Since January 2009 she has been head of the Outreach and Education Committee at the Islamic Center of Maine in Orono and since 2006 has been principal of the Islamic Center's Maine Weekend School.

Her columns have been published in the Bangor Daily News, and she has given numerous lectures on Islam at the University of Maine in Orono, Dirigo Pines Retirement Community in Orono, Husson University in Bangor and various churches

## **THE BEST AMERICAN SHORT STORIES OF 2009**

### **Barbara Wicks**

What do *The Best American Short Stories of 2009* tell us about our culture, ourselves? What do they ask of us? What makes a short story effective? Considering these and other questions, we'll read several selections from the anthology guest-edited by novelist Alice

Sebold. Responding to the range of voices, topics, and styles, we'll discuss reader-generated responses, observations, and questions to find meaning on, between, and beyond the lines.

Maximum 20, minimum 5. Morning. Orono campus.

**Barbara Wicks** has taught writing and literature at the University of Chicago Lab Schools, the University of Maine, Husson College (now University), and local secondary schools. She has been generous in sharing her talents with PVSC, teaching Write Now each year from 2003 to 2008 and The Best American Short Stories of 2008 last spring. In addition, she has helped edit volumes of *Passages*, a publication of writing by PVSC members, in 2004, 2006 and 2008.

### **THE CURRENT SUPREME COURT TERM**

#### **Solomon Goldman**

Once again, Sol Goldman will turn a sharp eye on what U.S. Supreme Court Justices are up to this term – what decisions they have made and which ones they're likely to make, and why. This time a new justice – Sonia Sotomayor – will add her style to the mix. Senior College members have taken this course several times, but the issues are always different, and the course's popularity never wanes.

Maximum 35. Morning. Bangor campus.

With a law degree from George Washington University, **Sol Goldman** has been a lawyer in Maine since 1980. He has taught a variety of law classes at Beal College, Husson University and the University of Maine since 1989. Penobscot Valley Senior College has had the good fortune to offer his talents in 2004, 2005, 2007, 2008 and 2009.

### **ANALYSIS OF YOUR FOOD INTAKE**

#### **Katherine O. Musgrave**

Participants will analyze their diet intakes to identify the adequacy of nutrients and the balance of energy intake, making use of an electronic assessment card. Principles of sound nutrition will be discussed with emphasis on disease prevention. Critical reviews of advertisements for functional foods and supplements should enliven the discussion.

Maximum 25. Morning. Orono campus.

**Katherine Musgrave** is the author of two books and 15 journal articles, as well as bulletins, study guides and a training manual on nutrition and diet. Her many honors include a Maryann Hartman Award from the University of Maine in 1994 and an honorary degree from the University of Maine in 2006. As professor emerita of Human Nutrition and Foods, she continues to teach at UMaine, and works as a dietitian in several doctors' offices.

## **WOMEN IN AFGHANISTAN: YESTERDAYS AND TOMORROWS**

### **Dair Gillespie**

Women's varying fates in Afghanistan have been shaped by historical, political, social, economic and religious forces. As the United States ratchets up its presence in Afghanistan, we will examine the modern history of Afghani women and possibilities for the future. Class discussions will provide an opportunity to reflect on gender in the U.S. and in Afghanistan.

Maximum 35, minimum 6. Morning. Orono campus.

With a Ph.D. in sociology from the University of California at Berkeley, **Dair Gillespie** has held administrative positions and taught at the University of Utah, offering courses on international gender systems at both the graduate and undergraduate levels. She has taught Women of the Middle East, Women of Africa, Women of China and Women of India for Penobscot Valley Senior College.

## *Afternoon classes*

### **HOW NOT TO DRAW AN EGG**

#### **Lola Bullion**

Using pencils and charcoal, participants will learn to create form through shadows. Exercises will include looking at the work of old masters, drawing our hands, examining light sources and shadows when drawing an egg, and applying that to drawing a variety of vegetables and a self-portrait. The class is intended to be fun, with no right or wrong, just a freeing of the mind.

Maximum 12, minimum 6. Afternoon. Bangor campus.

**Lola Bullion** studied art at the University of Kentucky. Her stone sculpture placed first at a three-state (Kentucky, Illinois and Indiana) all-medium exhibition. Her skills are in pottery, drawing, clay modeling, and painting with oils and watercolor. A member of the Penobscot Valley Senior College Curriculum Committee, she was a coordinator for classes on environmental awareness and the Maine Legislature in the fall of 2009.

### **BASIC FLY TYING**

#### **Joe Bertolaccini**

Just in time for spring fishing, this course will discuss the basic equipment, materials and techniques used in tying flies with hands-on tying of at least one fly per session. Categories of flies will include streamer flies (baitfish imitations), wet flies (drowned insects), nymphs/larvae (first stage of aquatic insects), dry flies (adult stage of aquatic insects), and terrestrials (grasshoppers, ants, etc.).

Maximum 8, minimum 2. Afternoon. Bangor campus.

Teaching for Penobscot Valley Senior College for the first time, **Joe Bertolaccini** has had 55 years of experience tying flies and fly fishing. He is a Registered Maine Guide

and is registered as a professional engineer in Maine and Massachusetts, with training in civil engineering and hydrology.

## **EDUCATION THEN AND NOW**

**Stanley Freeman**, coordinator

Participants will recall the elementary and secondary schools they attended, and guest speakers will describe today's public schools. Speakers will include a superintendent, several principals, a special education teacher, counselor, athletic director and teacher-educator.

Maximum 35, minimum 10. Afternoon. Orono campus.

After a year as a high school teacher, **Stan Freeman** taught at the College of Education, University of Maine, from 1952 to 1991. He served as vice chancellor for academic affairs at UMaine from 1970 to 1975, and as acting chancellor in 1975. He has been a student at Penobscot Valley Senior College since it started in 2002.

## **BASIC T'AI CHI**

**Barbara Steller** and **Martha Eastman**

For the first two sessions, March 5 and 12, Martha Eastman, a registered nurse, will teach the history and benefits of T'ai Chi, including therapeutic uses for chronic illness, stress reduction and improved balance. For the remaining four sessions, Barbara Steller, also a registered nurse, will teach the flowing, energizing set of gentle movements that will enable participants to reduce stress, improve health and gain longevity. Many of the movements can be performed using a chair as an assist.

Maximum 10, minimum 6. Afternoon. Bangor

**Martha Eastman** has a Ph.D. in American history from the University of Maine, and has degrees in nursing and community health. She does consultation and care management for Pro-Elder Consulting LLC.

**Barbara Steller** has been executive director of Dirigo Pines Retirement Community and administrator at Ross Manor, Stillwater Health Care, and Dexter Health Care. Her interest in T'ai Chi developed before she went to China and has continued to the present.

## **ETHICS AND SOCIETY**

**John Alexander**

In recent years our business, financial, political, military and religious institutions have been guilty of gross ethical failures that have had major economic and human costs. Why have our leaders repeatedly failed to act ethically, and what changes would help? After a brief introduction to four moral theories often used as a basis for ethical reasoning, we will discuss approaches to reducing unethical behavior.

Maximum 15, minimum 10. Afternoon. Orono campus.

**John Alexander** has had a long-time interest in the importance of ethics to business and political decisions, and taught classes on the subject for PVSC in the spring of 2007 and 2009. He has taken several ethics courses and taught professional ethics to undergraduate engineering students for over 25 years. He has served as vice president for academic affairs and provost at the University of Maine.

### **A CELEBRATION OF DARWIN**

**François G. Amar**, coordinator

Based on a series of lectures given at the University of Maine in the fall of 2009 in honor of the bicentennial of Charles Darwin's birth, this course will explore Darwin's groundbreaking work, *On the Origin of Species by Means of Natural Selection*, published in 1859.

Maximum 35, minimum 10. Afternoon. Orono campus.

**François Amar**, associate professor of physical chemistry at the University of Maine, has brought together UMaine faculty to give the following lectures, providing an exceptional opportunity for members of Penobscot Valley Senior College:

March 5:

François Amar, Getting Started With *On the Origin of Species*.

March 12:

Mike Kinnison, Natural and Unnatural Selection.

March 19:

Larry Smith, Charles Darwin, Reluctant Revolutionary?

March 26:

Kristin Sobolik, Human Evolution.

March 2:

Carol Kim, Evolution of Human Responses to Diseases, Vaccines.

March 9:

Paul Roscoe, Origins of Warfare.

### **THE ARTS AND SCIENCES OF MODEL TRAINS**

**Bill Soule**

"Electric trains" have come a long way since Joshua Lionel Cowan's creations circled Depression-era Christmas trees. This course tracks the history and development of toy and model trains through today's astonishing examples of realism in appearance and operation. The course will reveal the variety of artistic and technical disciplines applicable to this hobby, by way of demonstrations, audio-visuals and hands-on activities.

Maximum 25, minimum 6. Afternoon. Orono campus.

**Bill Soule** received his first Lionel train at age six or seven and played with that train

until he exchanged it for the more realistic HO-scale models. A life member of the National Model Railroad Association, he has a large collection of trains, mostly second-hand. He is a member of the Eastern Maine Model Railroad Club and for about twenty years has been the “Train Doctor” at the club’s annual show, held each November in the Bangor area.

**BANGOR AREA ARCHITECTURE** (5 weeks)

**John Rohman, coordinator**

Architects from WBRC Architects-Engineers in Bangor will lead site visits to buildings they are knowledgeable about, such as the new Orono Public Library, the rehabbed Merrill Bank building in Bangor, and the new Police Station in Bangor.

Maximum 25, minimum 8. Afternoon. Bangor campus. **Please note that this class will begin March 12 and run for five sessions.**

**John Rohman** is CEO and president of WBRC Architects-Engineers. With a background in civil engineering, business administration and architecture, he has also developed a strong interest in the arts.

Besides serving on various boards, he is chairman of the Maine Arts Commission. Formerly city councilor and mayor of Bangor, he was instrumental in bringing the National Folk Festival to Bangor.

**\*\*\*Important Notice\*\*\***

Although there is minimal personal risk in participating in a Senior College activity, all program participants will be required to sign a Release and Assumption of Risk Form to acknowledge you, and not Senior College or the UMaine System, are responsible for your own safety.

**Please return this form & retain the course listing  
Spring 2010 Registration Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City and State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail \_\_\_\_\_

Please enroll me in the following courses:

Morning: 10:00 - noon

#1 Choice: \_\_\_\_\_

#2 Choice: \_\_\_\_\_

Afternoon 1:15 - 3:15

#1 Choice: \_\_\_\_\_

#2 Choice: \_\_\_\_\_

Amount Due: \$30/Course x \_\_\_\_\_ = \$ \_\_\_\_\_

I am currently a Senior College member 2009/2010 \_\_\_\_\_

I am adding the **required** dues  
(\$25 for one/\$40 for two at same address.) \$ \_\_\_\_\_

Total amount due: \$ \_\_\_\_\_

Make checks payable to: PVSC

Mail to: **PVSC, 450 Essex St., Bangor, ME 04401**

\_\_\_\_ Yes, I am willing to be a classroom assistant to manage classroom activities and learn about building amenities and emergency safety procedures. (I can attend a required 30-minute training session immediately before the first class meets.)

*If special accommodations are required to participate in programming due to a disability, call the message line 992-0118, at least a week before classes start.*

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