



COURSE CATALOG

FALL 2021



PRESIDENT'S LETTER

Veritas Members,

The last 18 months have been a time of change for Veritas. We've gone from in person classes, to total shut down, to virtual everything - classes, field trips and lectures - and now, this Fall, we are preparing to test hybrid classes. What a roller coaster it has been! The Fall Session will see us presenting 4 hybrid classes for our members, meaning we will have limited in-person seating on campus, along with unlimited virtual Zoom "seating" to watch live from your home. For those courses, you will have a chance at registration to choose either the in-person section or the virtual section. All other courses will remain on Zoom for the Fall term.

I have to say a huge heartfelt thank you to each of YOU, as our members, for hanging in there with us as we continue to navigate these transitions; to the members of the Veritas Board of Directors for helping to guide our decision making; to the Curriculum Committee for continuing to recruit great presenters with great course ideas; to the Production Team for stepping up to the plate in a major way as we adapt to change; to the Presenters for being willing to Zoom; and to the staff of the Veritas office - Abigail Walsh and Chelsea McCarty - for being willing to go the extra mile for us, scheduling virtual field trips, and arranging for the lecture series. Without the effort of these folks, Veritas would probably have been put on hold until the pandemic was totally over, and things could go back to normal.

The Fall Session has an excellent selection of courses planned, not only in number of courses offered, but also in the array of topics. We have a few brand-new presenters coming on board and many of our regulars are back for another session. It is going to be a great term! I certainly hope to see many of you enrolled this Fall!

See you "in" class!

Dennis R. Wiseman
President, Veritas Society
dennis.sinnedagain@yahoo.com

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Online Registration and Fees

STEPS TO REGISTER

Registration opens at 9:00 a.m. on Wednesday, September 8

- 1. Go to www.bellarmino.edu/ce/veritas and click on “ENROLL NOW.”** If you have a Bellarmine Login, press One Login and enter the credentials you have received. If you do not have a Bellarmine Login, press “Continue as a guest.”
- 2. Click on the “VERITAS” tab.**
 - You will automatically be charged the \$30 membership fee when you choose your courses. If you **do not** want to take courses, but want to maintain your membership, choose the 1st category – “Membership Only.”
 - Courses will be listed by category. Click on the category to find your course. Add the courses you want to your cart by clicking the “Add to Cart” that is **UNDER** the “seat count” for that course.
 - » **NOTE*:** The four hybrid classes will have two options – in-person or Zoom. Please pay attention to select the option you prefer.
 - When you put a course in your cart, one of the remaining spots is reserved for you. (If you do not complete the payment process within 45 minutes, your registration will be automatically canceled.)
 - Before proceeding to “payment,” double check that you’ve selected the courses/programs you actually want. You can look at the items in your shopping cart at any time by clicking “My Cart.”
 - If you logged in with your credentials, you will not be prompted to enter your personal information, as it is stored in the registration system. If you pressed “register as a guest,” you will be prompted to enter your personal information.
- 3. Payment**
 - Click “My Cart” to proceed to the “payment” page. After reviewing your course selections, click the “Check out” button to be sent to the CashNet payment system to complete your purchase.
 - Payment can be made with e-Check (no fee, use account and routing numbers on your personal check) or VISA, MasterCard, Discover or American Express (2.75% nonrefundable convenience fee). **If paying by credit card, please click the button to acknowledge the service charge.**
 - Before submitting payment, look at the email address in the box. If it is not your “preferred” address, change it.**
 - You will receive a payment confirmation via email.
- 4. To register another person, click on the name in the top right corner, then click “sign out.”** Enter the next person’s credentials.

Daily Schedule at a Glance



MONDAY

Cyrano de Bergerac in Life and in Fiction • McKay • 11 a.m. – 12:15 p.m.

History of the Supreme Court, Part II • Wiseman • 1:30 – 2:45 p.m.

KY Civil Rights Struggles during Antebellum Period • Williams • 3:15 – 4:30 p.m.

Northern Renaissance Art • Meckler • 4:45 – 6 p.m.

TUESDAY

The Chautauqua Lectures from Summer 2021 • Cherry • 11 a.m. – 12:15 p.m.

KY Opera 2021-22 Season • Jamison • 1:30 – 2:45 p.m.

Death, Dying, and Grief • Tudor • 3:05 – 4:20 p.m.

Tai Chi for Beginners • Carrington • 3:15 – 4:30 p.m.*

Are We Hooked on Processed Foods? • Spalding • 4:45 – 6 p.m.

WEDNESDAY

Christian Identity in the 21st Century • MacDonald • 10:35 – 11:50 a.m.*

What Can We Do about Today's Monopolies? • Spalding • 1:30 – 2:45 p.m.

The Federal Bureaucracy: Friend and/or Foe? • Sistarenik • 3 – 4:15 p.m.*

21st Century Documentaries • Spalding • 4:45 – 6 p.m.

THURSDAY

Poetry of Percy Bysshe Shelley • Smith • 10:35 – 11:50 a.m.*

The Best of France • Yates • 1:30 – 2:45 p.m.

Mindfulness for All Ages • Schaffer • 1:30 – 2:45 p.m.

Death, Dying, and Grief • Tudor • 3:05 – 4:20 p.m.

Notable Decisions of the Supreme Court • Williams • 3:15 – 4:30 p.m.

Life Transitions: Dynamics of Change • Tiell • 4:45 – 6 p.m.

The Cathedral • Wiseman • 4:45 – 6 p.m.

FRIDAY

Friday Speaker Series • Various • 11 a.m. – 12:15 p.m.

Modern Reimaginings of the Civil War • Jennings • 1:30 – 2:45 p.m.

Fridays at the Movies – Biographical Stories • Cherry • 1:30 – 3:30 p.m.

**Hybrid course with Zoom and in-person options*

World Religions

Christian Identity in the 21st Century - HYBRID*

We are in the midst of enormous paradigm shifts in religion and culture. It must be acknowledged that a growing number of people are reconsidering their religious beliefs and in doing so, are increasing their spiritual maturity, and transcending the traditional frame of teacher and pupil, or guru and disciple. This reversal of roles may seem strange, but it is the intuitive wisdom of older adults that is leading this trend.

In his book, *When the Disciple Comes of Age: Christian Identity in the 21st Century*, Diarmuid O'Murchu offers valuable insights as we engage a new understanding of inherited Christian beliefs. He interweaves thoughts on cosmology, anthropology, and quantum physics, with reflections on his own evolving spiritual journey.

We will learn together; therefore, the insights and wisdom of the class participants are encouraged as we continue our own spiritual journeys.

REQUIRED READING: *When the Disciple Comes of Age: Christianity Identity in the 21st Century*, Diarmuid O'Murchu

ASSIGNMENT FOR FIRST CLASS: Read pg. v – 30. The Introduction, Coming of Age: What is at Stake, and The Disappearing Guru: And What Then?

DISCUSSION LEADER: Barbara P. MacDonald holds an M.A. in religious studies. Barbara is a Veritas Board Member and frequent presenter. She is actively involved in several Interchurch Dialog groups and a Contemplative Living reflection series. "We are spiritual beings having a human experience," serves as a guiding belief in her teaching.

CATEGORY: World Religions

COURSE # CEVE 001-01

MEETS: 6 Wednesdays / 10:35 – 11:50 a.m.

October 6 – November 10

**This is a hybrid course. See box on page 5 for details.*

Hybrid Classes

- Hybrid classes have two options for enrollment: in-class or Zoom. Choose your option on the registration page.
- There will be two requirements for those enrolling in the in-person sessions this fall; both are efforts to keep people as safe as possible.
 - » You must wear a mask whenever you are indoors on campus; Bellarmine requires all students, faculty, staff, and visitors to wear masks.
 - » You must have received your COVID-19 vaccine and present your vaccination card to the instructor on the first day of class. This requirement was set by the Veritas Board of Directors at its August 23 meeting.
- Classrooms will have limited capacity to allow for distancing.
- In-class students will also receive the Zoom link in case they need to attend virtually at some point in the term.
- All Bellarmine faculty, staff, and students will be vaccinated per Bellarmine policy before Veritas classes begin.

Literature

Cyrano de Bergerac in Life and in Fiction

Cyrano de Bergerac, 1619-1655, was a Parisian who became known during his lifetime for his literary works and for his legendary swordsmanship. In 1897 Edmond Rostand wrote a play based in part on Cyrano's life that soon became a world classic. We will first read excerpts from Cyrano's *Voyages to the Sun and the Moon*, imaginary voyages to prove the realities of the new science. As philosophical voyages, they show life on earth from the perspective of inhabitants of another world, including talking birds, animals, and trees that reveal a nature critical of man's treatment of the earth and its beings. We will then read Rostand's play *Cyrano de Bergerac*, in which the great swordsman, who like the real Cyrano is self-conscious of his very large nose, lends his poetry to a handsome fellow cadet to woo the woman they both love in one of literature's most famous love triangles.

REQUIRED READING: An English translation of Edmond Rostand's play *Cyrano de Bergerac*. (Brian Hooker's translation, available in many editions, is preferred and will be used in class.)

NOTE: Handouts will be sent by e-mail for weeks one through three. Required text will be used for weeks four through six.

DISCUSSION LEADER: Carol MacKay, Ph.D., has taught French language and literature in four universities and is Associate Professor Emerita at the University of Southern Indiana. She has presented five Veritas classes.

CATEGORY: Literature
COURSE # CEVE 002-01
MEETS: 6 Mondays / 11 a.m. – 12:15 p.m.
October 4 – November 8

Romantic and Revolutionary: The Poetry of Percy Bysshe Shelley - HYBRID*

Like his contemporary John Keats, Shelley produced an amazing body of writing in the space of a short life (just under thirty years, in Shelley's case). A controversial person in his own time, he was an atheist and political radical, and yet, oddly, a very spiritual and musical poet. We will read together and discuss such poems as "Mont Blanc," "Hymn to Intellectual Beauty," "Ozymandias," "Song to the Men of England," "England in 1819," "Ode to the West Wind," "To A Skylark," and excerpts from his great essay of literary criticism, *A Defense of Poetry*.

NOTE: Reading assignments will be made available via email (with a few helpful notes).

PRESENTER: Jonathan Smith is Emeritus Professor of English at Hanover College, where he taught from 1974 to 2015. Jonathan is a Veritas Society member and a frequent leader of Veritas Discussion Groups.

CATEGORY: Literature
COURSE # CEVE 002-02
MEETS: 6 Thursdays / 10:35 – 11:50 a.m.
October 7 – November 11

**This is a hybrid course. See box on page 5 for details.*



History

History of the Supreme Court, Part II

This course is a continuation of the Great Courses class presented in the Spring of 2021. Part II will cover the Supreme Court from Chief Justice William Howard Taft to Chief Justice Earl Warren.

PRESENTER: Dennis Wiseman, M.Ed., University of Louisville, retired JCPS teacher, serves as President of the Veritas Board of Directors. Dennis also serves on the Production/A-V team, is a frequent course presenter, and a longtime Veritas member.

CATEGORY: History

COURSE # CEVE 003-01

MEETS: 6 Mondays / 1:30 – 2:45 p.m.

October 4 – November 8

Kentucky Civil Rights Struggles During the Antebellum Period

This course will study the period of our history between the end of the Revolutionary War and the Civil War, with emphasis on prominent Kentucky figures. The goal is to examine topics related to the tensions and struggles among Kentuckians on the Commonwealth's brand of slavery and emancipation as they occurred in the courts (freedom suits), in churches, and in Kentucky's General Assembly. Discussion will include the Colonization Society's efforts (both American and Kentucky's); profiles of Kentuckians on both sides of emancipation issues; and an exploration on the various perspectives surfacing during that time (e.g. the 1848-49 Ky.'s Constitutional Convention and its disappointing aftermath). We will explore both the successes and failures. Current ongoing ideological debates are not a part of this course. So, why did Kentucky take the position it did during and after the Civil War? You will find the answer to "why" in the antebellum years.

PRESENTER: Mike Williams, M.A., J.D., is a Veritas Lifetime member and frequent presenter.

CATEGORY: History

COURSE # CEVE 003-02

MEETS: 6 Mondays / 3:15 – 4:30 p.m.

October 4 – November 8

Northern Renaissance Art

This is an introduction to the rich and varied art of Northern Europe (Belgium, Netherlands, Germany and parts of France) between 1400 and 1600, a period of transition from the medieval world to the early modern era. Although the contributions of this region to a "renaissance" are less familiar than those of Florence and other Italian cities, the innovations and impact of the work was greatly admired and imitated at the time.

PRESENTER: Lynn Meckler, M.A., is a retired art historian who taught undergraduate classes at the University of Louisville and Bellarmine University for over 20 years and has continued teaching through Bellarmine's Veritas Society.

CATEGORY: History

COURSE # CEVE 003-03

MEETS: 6 Mondays / 4:45 – 6 p.m.

October 4 – November 22 (No class Oct. 11 or 18)

The Great Courses Presents: The Cathedral

House of worship, marvel of architecture, center of spiritual society, the cathedral has been a cultural centerpiece through the ages. This course features wonderful photography of the most famous Gothic cathedrals of Europe. Romanesque, early Gothic, high Gothic, late Gothic, and neo-Gothic architectural forms will be examined.

From The Great Courses, noted historian William R. Cook, Ph.D. delivers colorful and informative lectures describing some of the most important cathedrals of the world. Part One will begin with the Romanesque period and end with two lectures on the cathedral at Chartres.

PRESENTER: Dennis Wiseman, M.Ed., University of Louisville, retired JCPS teacher, serves as President of the Veritas Board of Directors. Dennis also serves on the Production/A-V team, is a frequent course presenter, and a longtime Veritas member.

CATEGORY: History

COURSE # CEVE 003-04

MEETS: 6 Thursdays / 4:45 – 6 p.m.

October 7 – November 11

History

Reviewing Notable Decisions of the Supreme Court: 2020- 2021

This Course will review some of the more notorious and controversial decisions of the United States Supreme Court during the past year. Health Care, Voting Rights, Religion, Free Speech, Death Penalty, Immigration, and other of the more “talked-about” holdings from the nation’s highest court will be on the agenda. The class will also delve into some of the issues the Court will confront beginning in October 2021, to the extent that the cases have been made public. As in the past, class members’ opinions and observations will be welcomed and encouraged. Unlike the media’s “talking heads,” this course will make the effort to explain the specific holdings as well as the factual and legal basis for them. When appropriate, the class will discuss any relevance the 2020-2021 decisions will have on pending cases.

PRESENTER: Mike Williams, M.A., J.D., is a Veritas Lifetime member and frequent presenter.

CATEGORY: History

COURSE # CEVE 003-05

MEETS: 6 Thursdays / 3:15 – 4:30 p.m.

October 7 – November 11

Modern Re-Imagings of the Civil War

This course will begin with an overview of historical events leading to the war, chief among them the failure of all efforts at compromise over slavery. Novels and other prose literature written during the Civil War period will be examined, with emphasis on the role of Stowe’s *Uncle Tom’s Cabin* in stoking abolitionist sentiment in the North and secessionist sentiment in the South. We will explore the idea that the best historical fiction is specific to the time it is written. That is, that it both convincingly dramatizes a chapter of the past and casts light on matters of concern in the present.

In addition, we will discuss six novels written in the 20th or 21st centuries that are set during the Civil War or postbellum period. Three of the authors are Black and three are white. We will discuss whether their perspectives are meaningfully shaped by their race.

SUGGESTED READING: Please read one of the following before class begins. All these books won a Pulitzer Prize, a National Book Award, or a National Book Critic Award: *The Confessions of Nat Turner* by William Styron (1967); *Beloved* by Toni Morrison (1988); *Cold Mountain* by Charles Frazier (1997); *The March* by E. L. Doctorow (2005); *The Good Lord Bird* by James McBride (2013); *The Underground Railroad* by Colson Whitehead (2016)

PRESENTER: Michael Jennings, M.A., is a North Carolina native, an Air Force veteran, and retired newspaper reporter. Michael worked as the Director of Communication for the Kentucky Cabinet for Families and Children and was an adjunct instructor at Bellarmine University.

CATEGORY: History

COURSE # CEVE 003-06

MEETS: 6 Fridays / 1:30 – 2:45 p.m.

October 8 – November 12

Entertainment

Kentucky Opera 2021-22

Here's a chance to get a first peek at Kentucky Opera's new season. Guided by experts from the Kentucky Opera we will discuss the upcoming schedule:

- **December 16:** A Holiday Celebration concert featuring the Kentucky Opera Chorus and soloists.
- **February 11 & 13:** Gluck's famous early opera *Orfeo* in collaboration with Louisville Ballet and Bourbon Baroque.
- **April 8 & 10:** A Louisville premier of Jack Perla's *An American Dream* which was commissioned by the Seattle Opera in 2014.
- **June 10 & 11:** *Robin Hood* written by Ben Moore and Kelly Rourke for Kentucky Opera's Youth Opera.

Learn more about opera as an art form through a discussion of historical context, character analysis and, to quote Barbara Lynne Jamison, "how the past year may have influenced our perspectives on the treasure of family and friendships, the value of belonging, and the importance of justice."

PRESENTER: Barbara Lynne Jamison is the General Director and CEO of the Kentucky Opera. She has served the Opera in this role since 2018. Jamison will be assisted by other Kentucky Opera employees.

CATEGORY: Entertainment

COURSE # CEVE 004-01

MEETS: 6 Tuesdays / 1:30 – 2:45 p.m.

October 5 – November 9

21st-Century Documentaries

This six-session course will feature outstanding documentaries that are meant to provoke discussion.

- **October 6** (Brief history of documentary films), ***On the Wings of the Monarch (2001)***: 50 minutes, How Monarch butterflies migrate over 2500 miles each year.
- **October 13, *The Fog of War (2003)***: 107 minutes, Former Defense Secretary McNamara's concession that he was wrong about Vietnam, and 10 other lessons from his life. Oscar-winner, Philip Glass score.
- **October 20, *Won't You Be My Neighbor? (2018)***: 93 minutes, Fred Rogers' story about hosting the kids' show, "Mr. Rogers' Neighborhood." Multiple awards winner.
- **October 27, *Amazing Grace (2018)***: 90 minutes, Aretha Franklin, "the queen of soul," at the height of her powers in a Sidney Pollack film from 40+ years ago.
- **November 3, *Fight the Power: The Movements that Changed America* (2021)**: 60 minutes, Kareem Abdul-Jabbar hosts a look at how protests have improved the country.
- **November 10, *The Hidden Life of Trees (2020)***: 85 minutes, German forester Peter Wohlleben shares the science, his curiosity, and his reverence for trees' capacity to mitigate heat islands, nurture each other, and be beautiful and essential to humans.

PRESENTER: J. B. (Bud) Spalding, Ph.D., Professor Emeritus, Bellarmine University, is a frequent Veritas presenter.

CATEGORY: Entertainment

COURSE # CEVE 004-02

MEETS: 6 Wednesdays / 4:45 – end of film

October 6 – November 10

Entertainment

“The Best of France”: Exploring the Culture, Cuisine, Couture, Commerce, and Conversation of La Belle France

Join me on a six-week adventure of “The Best of France” – or what I believe to be the best! We will explore Culture, Cuisine, Couture, Commerce, and Conversation of La Belle France. The class will be presented through video clips, photos, music, and general discussion. Each week we will focus on 2 specific topic areas:

- Week One: Introduction; Geography, Statistics, and Fun Facts; The French Language; Common French Words Used in the English Language.
- Week Two: Historic Landmarks and Attractions; National Events, Sports, Pastimes.
- Week Three: Museums and Art; French Literature.
- Week Four: Entertainment: Movies, Musicals, TV, and Music; French Celebrities.
- Week Five: French Foods and Dining; Wines and Other Beverages.
- Week Six: French Fashion and Haute Couture; The Euro and Shopping.

NOTE: This course will be presented in English. No background in the French culture or language is required.

PRESENTER: Rocky L. Yates, M.A. in French and English, is a retired JCPS teacher. Rocky holds his Rank I from the University of Louisville. He is a longtime member of Veritas and a past class presenter.

CATEGORY: Entertainment

COURSE # CEVE 004-03

MEETS: 6 Thursdays / 1:30 – 2:45 p.m.

October 7 – November 11

Friday Afternoons at the Movies: True Biographical Stories

Your Friday afternoons will be well spent with biographies that are undoubtedly inspirational and thought provoking.

FRIDAY, OCTOBER 8: FANNY’S JOURNEY (2017)

In 1941, 13-year-old Fanny and 11 other Jewish foster children fled France, then Italy, on foot to reach the Swiss border to freedom.

FRIDAY, OCTOBER 15: THE ATTIC (2014)

The story of Otto Frank’s family told through the eyes of his trusted secretary.

FRIDAY, OCTOBER 22: BEYOND THE BLACKBOARD (2011)

The story of an enthusiastic first-year teacher assigned to the School With No Name, which is a space in a warehouse homeless shelter.

FRIDAY, OCTOBER 29: SAME KIND OF DIFFERENT AS ME (2017)

The relationship of a white family working at a food pantry for the homeless and a simple act of kindness to a black man.

FRIDAY, NOVEMBER 5: JUST MERCY (2019)

Recent Harvard law graduate passes up lucrative jobs to defend a wrongly condemned death-row inmate in Alabama in a fight for civil rights.

FRIDAY, NOVEMBER 12: FLORENCE FOSTER JENKINS (2016)

A lovable New York socialite dreams of becoming a great opera singer despite having a hilariously awful singing voice.

PRESENTER: Sandra Cherry, M.A. in Math and Education, is a Veritas Society Lifetime Member and a frequent presenter.

CATEGORY: Entertainment

COURSE # CEVE 004-04

MEETS: 6 Fridays / 1:30 – 3:30 p.m.

October 8 – November 12

General Topics

The Chautauqua Lectures from Summer 2021

Chautauqua Institution is a community on the shores of Chautauqua Lake in Southwestern New York State. The Institution has a unique mix of fine and performing arts, morning and afternoon lectures, interfaith worship and programs, and recreational activities. Their nine-week themed summer lecture series studied the critical conversations of today in order to advance understanding through civil dialogue. The lectures chosen for our Veritas six weeks are:

- Amanda Ripley: “The Conflict Trap on a Divided America”
- R. Alta Charo: “Genome Editing”
- Meredith D. Clark: “The Time is Now”
- Heather McGhee: “What Racism Costs Everyone and How Can We Can Prosper Together”
- Mei Fong: “Long Term Consequences of China’s One-Child Policy”
- Eboo Patel: “Interfaith America”

PRESENTER: Sandra Cherry, M.A. in Math and Education, is a Veritas Society Lifetime Member and a frequent presenter.

CATEGORY: General Topics

COURSE # CEVE 007-01

MEETS: 6 Tuesdays / 11 a.m. – 12:15 p.m.

October 5 – November 9

Tai Chi for Beginners: Dr. Paul Lam’s Forms for Arthritis and Fall Prevention - HYBRID*

Tai Chi is a form of gentle exercise that experts say can help improve your mood, reduce stress levels, and help keep your heart healthy. It can also benefit your bones through weight-bearing aspects and weight awareness. The slow, even, and continuous movements promote relaxing, calmness and mindfulness. Studies have associated Tai Chi with better balance and coordination, stronger bones, improved immunity, relief from pain, and lower blood pressure.

The Sun Style (pronounced “soon”) is gentle and easy to learn. It can be practiced by anyone regardless of age, even those recovering from illness. It is gentle and flowing blending breathing and movement to promote better health. It is practiced by millions of people around the world.

This class is designed to teach the forms to beginners and to have others with more experience follow along.

NOTE: Loose clothing is required and comfortable shoes.

PRESENTER: Nancy Carrington has been practicing Tai Chi for three years. She is certified through Dr. Paul Lam’s Tai Chi for Health Institute in Tai Chi for Arthritis, Tai Chi for Arthritis for Fall Prevention, and seated Tai Chi for Arthritis.

CATEGORY: General Topics

COURSE # CEVE 007-02

MEETS: 6 Tuesdays / 3:15 – 4:30 p.m.

October 5 – November 9

**This is a hybrid course. See box on page 5 for details.*

General Topics

Are We Hooked on Processed Foods?

There is growing concern that fast food restaurants' success has inspired food companies (notably Nestle, Philip Morris' food division, and many others) to employ tactics that take advantage of humans' basic food needs, as well as how we are wired. These companies have painstakingly engineered processed foods to hijack our brains' reward circuitry to make foods addictive. Cheeseburgers, potato chips, and ice cream may be for many people more addictive than alcohol, tobacco, and drugs. Obesity, a host of related illnesses, and shorter life spans are among the consequences.

In addition, food companies have compounded the damage by acquiring the companies offering diet remedies (such as Weight Watchers, SlimFast, and Jenny Craig) so that grocery stores' offering of diet foods are hardly different from the engineered-to-be-addictive foods that caused us to gain weight.

It has been charged that our meats and milk contain toxic materials, and that over half of supermarket offerings have genetically modified ingredients that have not been proven safe.

The course draws considerably on the investigations of Michael Moss, the Pulitzer-Prize-winning author of *Hooked and Salt Sugar Fat*.

PRESENTER: J. B. (Bud) Spalding, Ph.D., Professor Emeritus, Bellarmine University, is a frequent Veritas presenter. Nutritionist Marilyn Schorin will be a guest lecturer.

CATEGORY: General Topics

COURSE # CEVE 007-03

MEETS: 6 Tuesdays / 4:45 – 6 p.m.
October 5 – November 9

What Can We Do about Today's Monopolies?

For much of the 21st century, large technology companies like Google, Amazon, and others have grown to dominant positions by satisfying customers and overpowering competitors. They have generally been given a free pass by regulators and legislative bodies.

In the late 19th and early 20th centuries, similar successful concentrations were achieved in the railroad, coal, meatpacking, sugar, tobacco, liquor, and other industries. Their practices in pricing and stifling competition aroused enough concern that government stepped in, notably with the Sherman Antitrust Act of 1890 and the 1914's Clayton Act. Over 100 anti-monopoly suits were launched by the government between 1901-14, including the breakup of Standard Oil. By the end of the 20th century, worries about the big trusts had declined dramatically.

Excerpts from Senator Amy Klobuchar of Minnesota's new book, *ANTITRUST: Taking on Monopoly Power From the Gilded Age to the Digital Age* will guide our class discussion. Klobuchar, now chair of the Senate's subcommittee on antitrust, has written that the time has come to revive anti-monopoly regulation. Present laws need to be more vigorously enforced, new regulations should be passed, and more funding should go to the various regulatory agencies, she believes. The final two sessions will center on critically assessing her proposed 25-point action plan for reinvigorating antitrust policy.

REQUIRED READING: *ANTITRUST: Taking on Monopoly Power From the Gilded Age to the Digital Age*. Reading assignments will be given ahead of time.

ASSIGNMENT FOR FIRST CLASS: Please read the Introduction and Chapter 1.

PRESENTER: J. B. (Bud) Spalding, Ph.D., Emeritus Professor, Bellarmine University, is a frequent Veritas presenter.

CATEGORY: General Topics

COURSE # CEVE 007-04

MEETS: 6 Wednesdays / 1:30 – 2:45 p.m.
October 6 – November 10

General Topics

The Federal Bureaucracy: Friend and/or Foe? - HYBRID*

In the current contentious political environment, the role, functions, and existence of government have been challenged. The political appointees and civil servants who constitute the federal bureaucracy have been seen by some as the deep state enemy of democracy and by others as the beneficial servants who implement public policy. By focusing on the organization, staffing, powers, and limitations of the federal bureaucracy, this class will attempt to shed some light on these issues.

PRESENTER: John Sistarenik, M.A., is a retired Professor of Political Science from Jefferson Community and Technical College, where he taught American Government and World Politics for over 30 years. He is a Veritas member and a frequent presenter.

CATEGORY: General Topics

COURSE # CEVE 007-05

MEETS: 6 Wednesdays / 3 - 4:15 p.m.

October 6 - November 10

**This is a hybrid course. See box on page 5 for details.*

Mindfulness for All Ages

During this course, the practice of mindfulness and meditation will be introduced. You will learn various breathing, mindfulness, and meditation techniques that will help you manage stress and make your life calmer and more peaceful. Mindfulness is about developing the ability to be fully attentive to all the moments of your life, reducing the amount of time you spend worrying about the future or fretting about the past. An important aspect of mindfulness is developing a non-judgmental, accepting, even curious, attitude about your moment-to-moment experience. The more you develop this attitude, the less you will feel overwhelmed by changes and challenges in your life. This class will enrich your physical, mental, and spiritual life.

REQUIRED READING: *The Mindful Twenty-Something* by Holly Rogers. Don't let the title fool you! Mindfulness is for all ages, whether you are 20 or 60+ years. This book is based on the Koru Mindfulness Program developed for students and used by over 100 colleges and universities around the world. The program has also been used successfully with faculty, staff, and other groups. The text is strongly recommended since it includes and expands upon each of the lessons.

ASSIGNMENT FOR FIRST CLASS: Read Parts 1-2 of *The Mindful Twenty-Something* prior to class.

PRESENTER: Cathy Schaffer is a Registered Yoga Teacher (RYT), Holden QiGong instructor, and KORU Mindfulness instructor. She has taught this program to staff and faculty while employed at the University of Louisville, and customized it for Veritas. Since retiring, she has continued to offer the mindfulness class and teach various yoga classes, specializing in the 50+ population.

CATEGORY: General Topics

COURSE # CEVE 007-06

MEETS: 6 Thursdays / 1:30 - 2:45 p.m.

October 7 - November 11

General Topics

Life Transitions: Dynamics of Change

Transitions are a key dynamic that impact us at every stage of life, but probably present more unique challenges at what is termed the “third stage of life” when folks begin to encounter situations not previously experienced. These new challenges can include changes in health, shifts in friends, unexpected grand parenting or caretaker roles, cognitive adjustments, divorce, pandemic pressures, the aging process, or the passing of loved ones. These are topics that will be covered and shared through instructor presentation as well as class interaction and discussion.

ASSIGNMENT FOR FIRST CLASS: Consider the biggest positive adjustment you’ve made during the pandemic and what helped you most to make that positive adjustment.

PRESENTER: Robert “Bob” Tiell has a wealth of experience in the behavioral sciences field and has assisted many clients over the years on a variety of life and work transitions. He has worked with individuals and organizations; has led workshops; has served on various task forces; and has been an adjunct instructor in higher education.

CATEGORY: General Topics

COURSE # CEVE 007-07

MEETS: 6 Thursdays / 4:45 – 6 p.m.

October 7 – November 11

Friday Speaker Series

FRIDAY, OCTOBER 8

“Improving Louisville’s Tree Canopy and ‘Heat Island’ Reputation” Cindi Sullivan, President, Trees Louisville, Inc.

FRIDAY, OCTOBER 15

“Bringing Shakespeare to Louisville – and Kentucky” Matt Wallace, Director, Shakespeare in the Park

FRIDAY, OCTOBER 22

“Haunted Louisville at Hallowe’en Time” Robert Parker, Louisville Ghost Walks

FRIDAY, OCTOBER 29

“Louisville’s Growing, and Beautiful, Botanical Gardens” Kasey Maier, President, Waterfront Botanical Gardens

FRIDAY, NOVEMBER 5

“Expanding KET’s Programming and Coverage” Julie Schmidt, Public Relations, KET

FRIDAY, NOVEMBER 12

“The Many Forms of Guitar Music” Pat Lentz, Guitarist

CATEGORY: General Topics

COURSE # CEVE 007-08

MEETS: 6 Fridays / 11:00 a.m. –12:15 p.m.

October 8 – November 12

Gerontology

Death, Dying, and Grief*

Veritas members will be joining this undergrad class for an intergenerational learning experience. Join us for an affirming journey through issues related to aging, grief, and the dying process. Class participants will consider such topics as generational issues, including the recent “OK Boomer” controversies; the psychosocial and physical stages we experience as we age; the widely different experiences of grief and mourning; near-death experiences; and Nearing Death Awareness in the dying. Veritas members will also have the opportunity to complete a Life Story Project with the younger members of the class.

PRESENTER: Amy Tudor, Ph.D., has been teaching at Bellarmine since 2008 and is a member of the Department of Health & Aging Services Leadership. She holds a doctorate in Interdisciplinary Humanities from the University of Louisville, where her scholarship centered on thanatology and the intersection of death, landscape, and art. In addition to her academic work, Dr. Tudor is a graduate of the University of Vermont’s Larner College of Medicine’s End-of-Life Doula program and volunteers in this capacity in Louisville.

CATEGORY: Gerontology

COURSE # CEVE 023-01

MEETS: 6 Tuesdays & Thursdays / 3:05 – 4:20 p.m.

October 5 – November 11

*This class will meet in-person on Bellarmine’s campus.

