

Course Offerings **SPRING 2025**

ALFA

**Adult Learning
IN THE Fitchburg Area**



FITCHBURG STATE UNIVERSITY



Love of Learning Lasts a Lifetime!

fitchburgstate.edu/ALFA

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.

► Mission

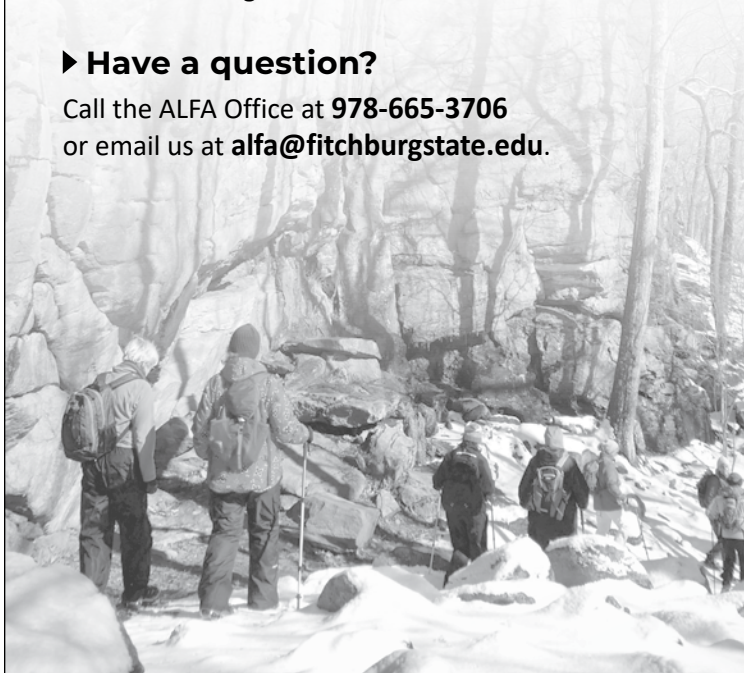
ALFA provides an opportunity for lifelong learners to meet and share interests in an informal setting and pursue learning for enrichment and personal growth.

► 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** or email us at alfa@fitchburgstate.edu.



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EASY
online registration



Know
INSTANTLY
if you got
into a course!

Registration opens Dec. 10th

marketplace.fitchburgstate.edu/ALFA

Instructor Biographies | SPRING 2025



Gail Allo grew up in Brooklyn, NY and obtained her B.A. from Brooklyn College. She began her Master's in English literature at New Paltz College and finished in Cambridge College in Boston. She owned and ran a local flower shop for 20 years before becoming a high school English teacher.



Bill Ayadi is a retired electrical engineer born in Tunisia. He was educated in both Tunisia and France. Arabic and French were his first languages, and he grew up immersed in its stories and traditions. He has forty years of experience in electrical power, controls, and automation, and Y2K manager. He worked in Europe, China, and the USA. He is a life-long student of history, literature, and art. **Bill is the organizer and facilitator for three of our 5-part series courses.**



Joyce Ayadi Hinckley's doctorate in Counseling Psychology has allowed her to be a practicing psychologist, a university professor, and an organizational executive and consultant. She has a lifetime of study in art, culture, history, and religion across the world. She is passionate about making connections across disciplines and empowering others to do the same. **In addition to co-teaching the library course, Joyce is teaching as part of two 5-part series courses.**



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.



William Cortezia is a Brazilian pedagogue and tenured faculty at the School of Education at Fitchburg State University. He works with higher education institutions, K-12 schools, and non-profit organizations helping them further develop and evolve their work with students and communities. Dr. Cortezia has extensive experience beyond the classroom including finance, government military service. He is fluent in three languages and shares his love of learning in all of them. William is teaching as part of one of the 5-week courses. **William is teaching as part of two of the 5-week courses.**



Martha Crawford is a retired consultant focusing on customer development in the banking and nonprofit arts 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. **Martha is the host, organizer, and facilitator of the free ALFA Salon discussion group.**



Samantha deManbey has worked for over eight years as a documentary filmmaker and theater artist. In June 2023, she completed her MFA in Documentary Media at Toronto Metropolitan University. From 2018 to 2021 she helped run The Forge Theater Lab, a company dedicated to developing and producing new plays. Her most recent short documentary, *One World is Writing*, about horror author Shirley Jackson, has screened at IFFBoston, NYC Indie Theatre Film Festival, and won Best Experimental Short at the Shawna Shea Film Festival.



Yasser Derwiche Djazaerly received a joint PhD in German Studies and Interdisciplinary Studies in the Humanities from Stanford University in 2004. He grew up in Syria and did his undergraduate studies in economics and European languages at the University of Wisconsin-Madison. **Yasser is teaching as part of a 5-part series course.**



Teresa Fava Thomas teaches courses in Modern Italian History, Italian Immigration History, and World Civilizations at Fitchburg State University and holds a doctorate in History from Clark University. She has written *The Reluctant Migrants Migration from the Italian Veneto to Central Massachusetts*; and *The Allied Bombing of Central Italy: The Restoration of the Nile Mosaic and Sanctuary of Fortuna at Palestrina*. She does research in archives in Venice and Rome, Italy; and has written about Venice and Rome for *World History Encyclopedia*.



Barbara Friedman is known to many ALFAs from the Reference Desk at the Fitchburg Public Library. She has been a reference librarian and a library director at university and public libraries since the 1970s, transitioning many libraries into the world of technology. She's enthusiastic about sharing what she knows about technology and learning from class participants through hands-on demonstration and discussion.



Tom Gaskill is an award winning retired high school Physics and Earth Sciences teacher with 32 years of experience. He holds a degree in Applied Physics concentrating in Earth Sciences, and a Masters in Curriculum and Instruction in Science and is a lifelong learner who isn't finished sharing his love of science with others. His specialty is taking difficult material and turning it into an accessible, inclusive, and digestible learning experience, a necessity in his extensive career working with students who are not served by traditional learning strategies.

INSTRUCTOR BIOGRAPHIES



Katharine Grubb is a novelist, author, poet, editor, and retired homeschooling mother. She earned a degree in Elementary Education from the University of Oklahoma in 1992 and taught public school long before she was a wife and mom. While homeschooling, she wrote novels, homeschooling curricula, short stories, and poems. Her most successful book is *Write A Novel in Ten Minutes A Day* (Hodder & Stoughton, 2015). In 2014, she launched *10 Minute Novelists*, an online writers forum where she held weekly instructional sessions on novel writing.



J. Stephen Heisel is a Board Certified Psychiatrist. He was Medical Director of Teamwork Mental Health in Brookline and a Staff Psychiatrist at Harvard Vanguard Medical Associates. Since retiring from full time clinical practice at HVMA and Harvard Medical School, he continues to teach, supervise, and participate in volunteer medical care in the Dominican Republic.



Katherine Rye Jewell, Ph.D. is Professor of History at Fitchburg State University and a historian of the business and politics of culture. She is the author of *Dollars for Dixie: Business and the Transformation of Conservatism in the Twentieth Century* (Cambridge University Press, 2017) and *Live from the Underground: A History of College Radio* (UNC Press, 2023).



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.



Richard Logan earned his PhD in Human Development from the University of Chicago. He was chair of the Human Department of the University of Wisconsin, Green Bay and a professor at the University of Nairobi. Extensive travel and teaching in East and Southern Africa allowed him to pursue a lifelong passion for appreciating the people and culture of the region and creating an environment in which others can do the same with insight, humanity, and joy. **Richard is teaching as part of a 5-part series course.**



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.



Barbara J. McGuirk, now retired, taught English and writing for forty-four years, and chaired the English Department at St. Bernard's High School for many years. One of her favorite subjects to teach was British literature, especially, Shakespeare. As department chair, she designed and implemented a writing program for the school. After retiring, she volunteered with ALFA in the Bridges Together Program for third graders at McKay Elementary and worked with students in a speech/communications program at St. Bernard's Elementary School. She has enjoyed taking many ALFA classes, and teaching courses on Shakespeare and Romantic poetry.



Joe Moser is a former Fitchburg State professor and has taught for ALFA since 2014. He lives in Vermont with his wife and two daughters.



Richard Ndi is from Cameroon where he received a PhD in History from the University of Yaounde 1 in Cameroon. He has international training in Peacebuilding and Conflict Management/Resolution. Dr. Ndi's work in this area has taken him to Africa and Europe to mediate community conflicts, advocate for good governance, and promote Human Rights. He also assisted African and European countries to train on conflict management/resolution and mediation in conflicts. He has been honored internationally for this work. Dr. Ndi brings his devotion to community and culture to his work as a trustee of the Fitchburg Art Museum, as part of the Bong Abi New England (an association of local Cameroonians), and within other outreach and educational activities. **Richard is teaching as part of a 5-part series course.**



Laurie Nehring is a former Science teacher and a former Environmental Science 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.

INSTRUCTOR BIOGRAPHIES



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.



Veda Ross was born in Maine and retired in South Carolina. She has held positions from Adjunct Faculty at Georgetown University to Senior Executive within the healthcare industry, in a career spanning the United States, the United Kingdom, and Australia. Veda is an avid lifelong learner and has a passion for learning about the history and culture of people from around the world. As an instructor in the ALFA program, Veda enjoys sharing her unique life experiences as well as the knowledge she has gained. **Veda is teaching as part of a 5-week course.**



Jim Wilkinson is a retired historian and educator. He received his BA, Master's, and Doctorate degrees from Harvard University, where he taught French, German, and Italian history and literature for many years. Among his publications are *The Intellectual Resistance in Europe* (1981), which deals with anti-Fascist writers during World War II, and *Contemporary Europe: A History* (10th edition, 2004). Dr. Wilkinson received Harvard's Phi Beta Kappa Teaching Prize and is past president of the non-profit International Conference on Improving University Teaching, now in its fiftieth year.



At-a-Glance: Session 3 | JANUARY – FEBRUARY

Times	Monday Jan. 27; Feb. 3, 10, 24; Mar. 3 (Snow Day: Mar. 10)	Tuesday Jan. 28; Feb. 4, 11, 18, 25 (Snow Days: Mar. 4, 11)	Wednesday Jan. 29; Feb. 5, 12, 19, 26 (Snow Days: Mar. 5, 12)	Thursday Jan. 30; Feb. 6, 13, 20, 27 (Snow Days: Mar. 6, 13)	Friday Jan. 31; Feb. 7, 14, 21, 28 (Snow Days: Mar. 7, 14)
8 - 8:30 AM					
8:30 - 9 AM					
9 - 9:30 AM					
9:30 - 10 AM	The Science of Psychiatric Medication Stephen Heisel	Naturally Curious: WINTER Nature Walks East of Fitchburg Laurie Nehring Various Locations		To Chair or Not to Chair Yoga Ann Marie LaBollita Hammond S08	New Prospective on Global Africa Bill Ayadi & Others ONLINE
10 - 10:30 AM					
10:30 - 11 AM					
11 - 11:30 AM			ALFA Salon: Continuing the Conversion Martha Crawford ONLINE (Across both sessions)		
11:30 AM - 12 PM					
12:20 - 1:50 PM	Going Nuclear: An Exploration Beyond Hysteria and Hearsay Tom Gaskill / CPS	Macbeth and Hamlet: A Contrast in Tragic Heroes Barbara McGuirk / CPS	Playing with Artificial Intelligence Barbara Friedman CPS	Henri Matisse and the Cut Outs Ann Marie LaBollita CPS	
2:30 - 4:00 PM			East Meets West: Exploring the Silk Roads Jim Wilkinson ONLINE	Modern Art Gall Allo ONLINE	

Session 3: Course Descriptions | JANUARY – FEBRUARY

► The Science of Psychiatric Medication

Mondays: 9:30 -11 AM Enrollment Limit: 15
Jan. 27; Feb. 3, 10, 24; Mar. 3 J. Stephen Heisel
ONLINE

Looking after one's medical health or that of a loved one can be daunting. Looking after mental health, especially if medication is involved (psychopharmacology) can be especially so. This course attempts to put psychiatric medication into perspective, and to dispel some of the myths often associated with its use. Instead of focusing on the classification of illnesses or the cause (aka nosology or etiology), we will focus on the pragmatic issues, such as the neuroscience behind what the body does to medication and what medications do to the body. This course encourages candid dialogue, but does not offer medical advice. On the first day of class, we will create a safe and intentional environment for these discussions.

► Going Nuclear: An Exploration Beyond Hysteria and Hearsay

Mondays: 12:20 - 1:50 PM Enrollment Limit: 30
Jan. 27; Feb. 3, 10, 24; Mar. 3 Tom Gaskill
(Snow Day: Mar. 10) CPS Classroom

Learn what we now know about the effects of radiation based on decades of experience and research without the 1950's hysteria and hearsay. This course will explain the nature of radiation, its uses, and how it affects the body. We will also explore the history of development and workings of nuclear weapons and nuclear power plants as technological applications of nuclear fission and fusion. It also includes a tour of the "subatomic zoo" explaining the basics of a cornerstone of physics called the "standard model of matter".

► Naturally Curious: Winter Nature Walks East of Fitchburg

Tuesdays: 2 Hours: 9:30 - 11:30 AM Enrollment Limit: 16
4 Dates: Jan. 28; Feb. 4, 11, 25 Laurie Nehring
(Snow Day: Mar. 4, 11) Various Outdoor Locations

Put on your warm hat, gloves, snow boots, and bring snowshoes if you have them (and we have enough snow)! Join us for refreshing morning walks along forested trails at different locations each week in Ayer, Groton, Littleton, Lunenburg, or Shirley. Together, we will explore new trails, looking for signs of winter wildlife following suggestions made by Mary Holland in her wonderful book, *Naturally Curious*. **PLEASE NOTE:** All hikes will be moderate level walking with some uneven terrain and expected elevation. Distances will be about 2-3 miles each week. Participants should be in reasonable shape for winter hiking. We will meet at the trailheads each week; locations will be provided to all registrants by email. **REQUIRED MATERIALS:** Warm boots, hat, gloves, winter jacket (dress in layers), water, light snack, outer orange vest (for hunting safety). **RECOMMENDED MATERIALS:** The book *Naturally Curious: A Photographic Field Guide* by Mary Holland, a camera, binoculars, cell phone for photographing, walking poles.

► Macbeth and Hamlet: A Contrast in Tragic Heroes

Tuesdays: 12:20 - 1:50 PM Enrollment Limit: 20
Jan. 28; Feb. 4, 11, 18, 25 Barbara McGuirk
(Snow Days: Mar. 4, 11) CPS Classroom

Shakespeare crafted his tragedies around very gifted yet flawed characters. Both Macbeth and Hamlet display the elements found in Shakespeare's tragic heroes, yet Shakespeare has developed each uniquely as a tragic hero. Taking a look at one act from each play every week, we will look at how each man fits into Shakespeare's notion of a tragic hero. Act I from each play will be discussed in the first class. **REQUIRED MATERIALS:** Text of *Macbeth* and of *Hamlet*, The Folger Shakespeare Library texts are recommended, but any text of the plays will do.

► Playing with Artificial Intelligence

Wednesdays: 12:20 - 1:50 PM Enrollment Limit: 15
Jan. 29; Feb. 5, 12, 19, 26 Barbara Friedman
(Snow Days: Mar. 5, 12) CPS Classroom

Put theory into practice and play with artificial intelligence using the most common platforms: Chat GPT, Google Gemini, Microsoft CoPilot and more. Discussion will center around the pros and cons of artificial intelligence and its emergence into the fields of health, architecture, education and almost every other discipline. **REQUIRED MATERIALS:** Laptop, iPad, or other Android Tablet Device **RECOMMENDED MATERIALS:** Suggested reading *Artificial Intelligence* Edited by Avery Elizabeth Hurt. NY, Greenhaven Publishing, 2024. (Opposing Viewpoints Series).



SESSION 3: COURSE DESCRIPTIONS | JANUARY – FEBRUARY

**► East Meets West:
Exploring the Silk Roads**

Wednesdays: 2:30 - 4 PM
Jan. 29; Feb. 5, 12, 19, 26

Enrollment Limit: 30
Jim Wilkinson

ONLINE

For fifteen hundred years, what we know as the “silk roads” linked East and West, providing a conduit for trade and art, culture and religion, disease and conquest. Several parallel routes passed from western China through the forbidding Pamir Mountains into the steppes of Central Asia before they reached the Levant and eastern Europe. The resulting movement and exchange of luxury goods, medicines, foods, fashions, and beliefs affected many kingdoms and peoples along the way. This five-part course will examine the history of the silk roads and the modes of cultural exchange they promoted, beginning at their origins and ending in the late fifteenth century CE, when the discoveries of Columbus and Magellan triggered their decline. Online lectures will be followed by class discussion. No prior knowledge of Asian or European history is presumed. **REQUIRED MATERIALS:** Peter Frankopan, *The Silk Roads: A New History of the World* (2015); Susan Whitfield, *Life Along the Silk Road* (2nd edition, 2015) **RECOMMENDED MATERIALS:** *Ennin’s Travels in T’ang China*, trans; Edwin O. Reischauer; *The Travels of Marco Polo*; Christopher Beckwith, *The Empires of the Silk Road: A History of Central Eurasia from the Bronze Age to the Present* (2009).

► To Chair or Not to Chair Yoga

Thursdays: 9:30 - 11 AM
Jan. 30; Feb. 6, 13, 20, 27
(Snow Days: Mar. 6, 13)

Enrollment Limit: 20
Ann-marie LaBollita
Hammond S08

Why do chair yoga? Perhaps you’ve had surgery, have vertigo or arthritis. The chair is a tool to help you stay fit and flexible. Many yoga poses can be modified to do in a chair. Using the chair for seated, balancing or standing poses, you can take advantage of the numerous benefits yoga provides. These include increased circulation; feelings of well-being; and decreases in blood pressure, anxiety, inflammation, and chronic pain. This class is geared towards beginners as well as experienced practitioners. We will begin class in the chair and move to standing poses, with or without the chair for support. We will use a resistance band for strength and flexibility. Class winds down with a few floor postures and a longer relaxation. **REQUIRED MATERIALS:** Yoga mat, 2 yoga blocks, and a resistance band.



RECOMMENDED MATERIALS: Water and a small hand towel to put under your neck during relaxation.

► Henri Matisse and the Cut Outs

Thursdays: 12:20 - 1:50 PM
Jan. 30; Feb. 6, 13, 20, 27
(Snow Days: Mar. 6, 13)

Enrollment Limit: 15
Ann-marie LaBollita
CPS Classroom

Modern artist Henri Matisse began working in the 1940’s with hand painted and cut paper as his primary medium, using scissors as his drawing tool. His collages became known as “cut outs”. His work grew from small pieces to mural size. This class begins with a class discussion and slideshow overview of Matisse’s work leading up to his cutouts. In classes two and three, we will paint papers in various colors and neutral values to build our materials stash. The



final two classes will involve experimentation using scissors as a drawing tool and making a final floral cut out image from a source photo. **REQUIRED MATERIALS:** 80lb weight drawing pad 12”x18” or larger to create 40-50 small painted pieces. Acrylic tube paint in primary or more colors, plus black and white. A plastic container to clean brushes. Acrylic paint brushes, paste or Modge Podge and glue brush. A palette for mixing color (whatever works) Sharp scissors. **RECOMMENDED MATERIALS:** A smock, something to cover your table space. **REQUIRED FEE:** \$5 fee to cover the cost of a 12” x 16” sheet of Bristol Board for the final artwork. Due in cash to the instructor at the first class meeting.



► Modern Art

Thursdays: 2:30 - 4 PM
Jan. 30; Feb. 6, 13, 20, 27
ONLINE

Enrollment Limit: 15
Gail Allo

What is Modern Art? The answer is complicated and there are many different perspectives on it. We will try to come to a consensus on what Modern Art is, when and where it began, AND our reaction to it. It is not necessarily important for us to like all art, but it is good to understand it, and we will work toward that aim.

SESSION 3: COURSE DESCRIPTIONS | JANUARY – FEBRUARY**► 5-PART SERIES: New Perspective on Global Africa**

Fridays: 2 Hours: 10AM - 12PM | Jan. 31; Feb. 7, 14, 21, 28

ONLINE course series facilitated by Bill Ayadi | Enrollment Limit: 20 | SPECIAL PRICE: \$60

In this interdisciplinary course, we explore the rich and diverse history, cultures, and contributions of the African continent. Join us in this 5-Part Series to explore topics from the time of slavery to contemporary issues.

REQUIRED MATERIALS: To participate in this course, you **MUST** have a computer or smartphone to log on to Zoom

The Impact of Colonialism in North Africa and Beyond | BILL AYADI

Prior to the Berlin Conference of 1884, which formalized the “Scramble for Africa,” European knowledge of North Africa’s geography was reasonably well-established since classical antiquity. However, understanding the interior geography of the African continent remained limited until the late 19th century. Few European trade posts and small colonies existed along the outlying coasts. The Berlin Conference aimed to resolve competition and conflicts among European powers by taking the wars to other foreign lands and establishing international protocols for colonization.

Imperialism, Colonialism, and Neocolonialism of Africa | RICHARD T. NDI

Imperialism, colonization, and neocolonialism systems were developed to perpetually weaken African and global South nations, rendering them dependent on the Global North politically, economically, and socio-culturally. Despite African countries’ efforts after World War I to break free from Western dominance through decolonization and independence, colonial powers devised subtle and indirect strategies to perpetuate the survival of the colonial system in independent African states. These strategies transformed these states into victims of political, mental, economic, social, military, and technical forms of domination.

A Brief Narrative on Africa-Brazil Relations | WILLIAM CORTEZIA

Major historical events have conditioned Africa-Brazil relations since the sixteenth century. Using data retrieved from Ambassador Rubens Ricupero (2024), as well as Gerard Serbert and Paulo Visentini’s research on the topic (2019), we will cover the significant shared history of the sociological components of Afro-Descendants in both regions ranging from its beginnings in slavery, then colonization, and now to the present Global South.

African Models for Peace and Community | JOYCE AYADI HINCKLEY

Enter the Circle of Justice and discover how the lives and work of three Nobel Peace Prize winners provide a framework for understanding a uniquely African view of the process. Meet Albert Luthuli (South Africa, 1960) and his stand for non-violence and inclusion, Kofi Annan (Ghana, 2001) and his decision to bring everyone to the negotiating table regardless of reputation or behavior, and Wangari Maathai (Kenya, 2004) and her work on environmental conservation and women’s rights.

The Timeless Wisdom of African Music | RICHARD LOGAN

Across Africa, music, drums and dance serve as a vehicle for communicating fundamental values and truths about life and the world. In African cultures, it conveys the importance of organic community within village life, emphasizing that everyone lives in a larger social reality by bringing people together through shared experiences. Music and dance reduce tension among individuals who might be at odds. It mobilizes communities toward common purposes when needed. It reminds them of the rhythms of the natural world, a vital connection for village societies to survive. Furthermore, African music provides healing beauty and serves as a potent reminder of shared cultural heritage.

At-a-Glance: Session 4 | MARCH – APRIL

Times	Monday Mar. 17, 24, 31 ; April 7, 14	Tuesday Mar. 18, 25; April 1, 8, 15	Wednesday Mar. 19, 26; April 2, 9, 16	Thursday Mar. 20, 27; April 3, 10, 17	Friday Mar. 21, 28; April 4, 11, 25	Saturday Mar. 22, 29; April 5, 12, 26
8 - 8:30 AM	Spring Birding Alison O'Hare Wachusett Meadow Wildlife Sanctuary					
8:30 - 9 AM						
9 - 9:30 AM						
9:30 - 10 AM		Spring Decluttering Paula Cookson Luria ONLINE	Naturally Curious: SPRING Nature Walks East of Fitchburg Laurie Nehring Various Locations 2 Hours	Libraries Near and Far Barbara Friedman & Joyce Ayadi Hinckley CPS	To Chair or Not to Chair Yoga Ann Marie LaBollita Hammond S08	
10 - 10:30 AM						
10:30 - 11 AM		Governing the U.S. in Crisis: The Great Depression and World War II Katherine Jewell McKay 143			ALFA Salon CONTINUED Martha Crawford ONLINE (Across both sessions)	
11 - 11:30 AM						
11:30 AM - 12 PM						
12:20 - 1:50 PM		Ukulele for the 21st Century Paul Luria CPS			Novel Writing Basics Katharine Grubb CPS	Mother-Daughter Films Joe Moser ONLINE 1 - 2:30 PM
2:30 - 4:00 PM						Vietnam: A Century of Conflict Teresa Fava Thomas McKay 143

Session 4: Course Descriptions | MARCH – APRIL



► Spring Birding

Mondays: 8 - 9:30 AM
Starting Early: Mar. 17, 24, 31; April 7, 14
Princeton, MA

Enrollment Limit: 15
Alison O'Hare

Learn how to look at and listen to birds, and how to use what you see and hear to help you identify them. For beginners, this class will be an introduction to birdwatching. For those with birding experience, it will be an opportunity to refresh and strengthen your skills in identification by sight and sound. There will be opportunities to practice what you learn and to ask questions during each class. Whatever your experience level, you are welcome to participate in this class. **REQUIRED MATERIALS:** Binoculars, field guide (hard copy or app) to birds of Eastern US or birds of North America. Loaners binoculars and hard copy field guides will be available. All classes will be outside so students should dress appropriately for the weather, wear sturdy walking shoes or hiking boots, and be prepared to walk over uneven and sometimes slippery terrain.

► Governing the United States in Crisis: The Great Depression & World War II

Mondays: 10:30 AM -12 PM
Mar. 17, 24, 31 ; April 7, 14
McKay 143

Enrollment Limit: 30
Katherine Jewell

This course explores the decisions, policies, and political coalitions built and broken in the process of governing the United States through two crises: a global economic depression and fighting a total war in two theaters. This course will explore behind-the-scenes of policy making and the effects felt by ordinary Americans as the nation transformed.

► Spring Decluttering

Tuesdays: 9:30 - 11 AM
Mar. 18, 25; April 1, 8, 15
ONLINE

Enrollment Limit: 15
Paula Cookson Luria

Are you buried in Treasures? Four groups of ALFA folks have taken this class and learned to trash, treasure, or give away items and enjoy their newly found space. Practicing skills like a reason for everything, one in - one out, everything in its place, setting limits, and everyday maintenance will keep everything tidy. The graduates of this class have let go of hundreds of bags and boxes of unwanted items. One of the best aspects of this class is accountability. The group will be very supportive when you state your decluttering goal for the week and happy to celebrate your success. This is a fun class to join with a buddy to be your personal accountability partner. **REQUIRED MATERIALS:** Please bring an old notebook and a pen. Don't buy anything new!

► Naturally Curious: Spring Nature Hikes East of Fitchburg

Tuesdays: 2 Hours: 9 - 11 AM
Mar. 18, 25; April 1, 8, 15
Various Outdoor Locations

Enrollment Limit: 16
Laurie Nehring
SPECIAL PRICE: \$60

Put on your hiking boots and join us for refreshing morning walks along forested trails at different locations each week in Ayer, Groton, Littleton, Lunenburg or Shirley. Together, we will explore new trails, looking for signs of spring with nature-based themes that will follow descriptions by Mary Holland in her wonderful book, *Naturally Curious*. **PLEASE NOTE:** All hikes will include a moderate level of walking with some uneven terrain and elevation. Distances will be about 2-3 miles each week. Participants should be in reasonable shape for hiking. We will meet at the trailheads each week; locations will be provided to all registrants by email. **REQUIRED MATERIALS:** Hiking boots, dress in layers for the weather, water, light snack. **RECOMMENDED MATERIALS:** Camera (or cell phone), hiking poles, ID books, and binoculars.



SESSION 4: COURSE DESCRIPTIONS | MARCH – APRIL



► Ukulele for the 21st Century

Tuesdays: 12:20 - 1:50 PM Enrollment Limit: 20
 Mar. 18, 25; April 1, 8, 15 Paul Luria
 CPS Classroom

Ukulele for the 21st Century is for both beginner (with basic chord and strumming knowledge) and more advanced players. This multi-leveled course will help you build upon existing knowledge and guide you through learning more intricate strums, sophisticated chords, and playing melodies. This course is run as a supportive cohort ensemble. Please consider joining this community of welcoming ukulele players! **REQUIRED MATERIALS:** A soprano, concert or tenor ukulele (a baritone ukulele will not suit your needs). A tuner or tuning app is very useful.

► Vietnam: A Century of Conflict

Wednesdays: 2:30 - 4 PM Enrollment Limit: 20
 Mar. 19, 26; April 2, 9, 16 Teresa Fava Thomas
 McKay 143

The ALFA course will examine conflict in Vietnam from a variety of perspectives: from the earliest Vietnamese resistance to Chinese colonialism, the origins of French colonialism in 1858, and the Japanese invasion during World War II; and the emergence of Vietnamese nationalism in the fight against France during the First Indochina War. Cold War era fears drove the origins of American during the Eisenhower years. Kennedy’s support for Diem, Johnson and escalation 1964-68, and Nixon’s “peace with honor” to the fall of Saigon in 1975. The course will conclude by exploring how the war was memorialized and its legacies.

► To Chair or Not to Chair Yoga

Thursdays: 9:30-11 AM Enrollment Limit: 20
 Mar. 20, 27; April 3, 10, 24 Ann-marie LaBollita
 Hammond S08

Why do chair yoga? Perhaps you’ve had surgery, have vertigo or arthritis. The chair is a tool to help you stay fit and flexible. Many yoga poses can be modified to do in a chair. Using the chair for seated, balancing or standing poses, you can take advantage of the numerous benefits yoga provides. These include increased circulation; feelings of well-being; and decreases in blood pressure, anxiety, inflammation, and chronic pain. This class is geared towards beginners as well as experienced practitioners. We will begin class in the chair and move to standing poses, with or without the chair for support. We will use a resistance band for strength and flexibility. Class winds down with a few floor postures and a longer relaxation. **REQUIRED MATERIALS:** Yoga mat, 2 yoga blocks, and a resistance band. **RECOMMENDED MATERIALS:** Water and a small hand towel to put under your neck during relaxation.

► Libraries Near and Far

Thursdays: 9:30 - 11 AM Enrollment Limit: 18
 Mar. 20, 27; April 3, 10, 17 Barbara Friedman
 CPS Classroom & Joyce Ayadi Hinckley
SPECIAL PRICE: \$60

This class will discuss and tour the libraries of the world via video and in-person visits. Two classes will be held in the classroom discussing the Great Library of Alexandria in Egypt, lost in antiquity and in contrast viewing the architecture of today’s modern library, Bibliotheca Alexandrina. Discussion and video of the Library of Congress will include an exploration of the physical and online collections. A train ride and tour of the Boston Public Library with a stop for lunch will take more than the usual 90 minute class but will allow us to see one of the great city libraries. The Fitchburg State University Library will be our example of a great university library, and lastly we will explore Fitchburg Public Library’s temporary location to hear about their journey from a leaky roof to nearing completion of a \$40,000,000 renovation project. The class must have a minimum of 14 people to run and is limited to 18 people. Transportation and meals are the responsibility of the participants. **FEE NOTE:** The \$60 fee for this course includes the cost of the Boston Public Library tour.



SESSION 4: COURSE DESCRIPTIONS | MARCH – APRIL



► **Creative Approaches to Documentary**

Thursdays: 2:30 - 4 PM
 Mar. 20, 27; April 3, 10, 17
 CPS Classroom

Enrollment Limit: 25
 Samantha deManbey

This course will focus on animation, performance, and experimentation within documentary filmmaking. In recent years there has been an increase in the number of documentaries using creative and stylistic elements traditionally associated with fiction. Students will be introduced to prominent contemporary documentaries taking this approach and how they connect to the history of artistic practices in documentary. The course will be part lecture and discussion.

► **Novel Writing Basics**

Fridays: 12:20 - 1:50 PM
 Mar. 21, 28; April 4, 11, 25
 CPS Classroom

Enrollment Limit: 15
 Katharine Grubb

Have you ever read a book and thought, “Hey! I could write better than this!” You probably can with the right instruction, tools, and method. This course equips you with everything you need to write a complete novel, maybe even a good one. During the course, we will discuss methods of composing, story structure, plot development, characterization, and imagery. We’ll also address big mistakes new novelists make in their compositions and how to avoid them. Most weeks there will be a fun homework assignment, like analyzing your favorite movie or collecting great first lines. Those discussions are the most fun. By the end of the course, potential novelists will have a solid understand of what it takes to write a novel and they’ll be ready to type out that first, “It was a dark and stormy night.” Ideally, over the summer, we can compose our first drafts and return in the fall to iron out all the wrinkles and celebrate what we’ve accomplished. This class is mostly lecture, but we will have lively discussions. **REQUIRED MATERIALS:** Bring a notebook and your favorite writing utensil.

► **Mother-Daughter Films**

Saturdays: 1-2:30 PM
 Mar. 22, 29; April 5, 12, 26
ONLINE

Enrollment Limit: 25
 Joe Moser

How far will a mother go to take care of her child? In this course, we’ll examine some classic films that focus on complex relationships between mothers and daughters. The assigned films will include *Stella Dallas* (dir. King Vidor, 1937), *Mildred Pierce* (dir. Michael Curtiz, 1945), and *Imitation of Life* (dir. Douglas Sirk, 1959). To enhance our discussions, we’ll read articles about motherhood in film and discuss conventions of melodrama and other relevant movie genres. **REQUIRED MATERIALS:** Students are required to access all the assigned films.



Stella Dallas
 (1937)



Mildred Pierce
 (1945)



Imitation of Life
 (1959)

SESSION 4: COURSE DESCRIPTIONS | MARCH – APRIL**► 5 PART SERIES: Things to Know About History**

Fridays: 2 Hours: 10AM - 12PM | March 21, 28; April 4, 11, 25

ONLINE course series facilitated by Bill Ayadi | Enrollment Limit: 20 | Special price: \$60

In this next iteration of our 5-Part Series: Things to Know about History, we will explore five brand new topics to discover some of the history that never made the front pages or the textbooks. Our journey will take us through the following five presentations/discussions.

REQUIRED MATERIALS: To participate in this course, you MUST have a computer or smartphone to log on to Zoom.

The Plight of Second-Fourth Generation Descendants of Emigrants | BILL AYADI

Over the last two decades, sporadic outbreaks of rioting have plagued the suburban cities, or tenements, in France. These areas once inhabited by immigrants, now house second - fourth- generation of French citizens. Despite their French citizenship, they are often treated as immigrants. Typically, these riots erupt following the accidental death or injury of young resident, which are often attributed to police actions. However, the rallying cries of protesters extend beyond these immediate incidents, encompassing broader issues of social neglect, racial discrimination, and police brutality. These riots are not isolated incidents; they reflect deep-rooted issues. Approximately 57% of children in these communities live in poverty. Unemployment, drugs, and discrimination persist, and isolation remains a major grievance by residents.

Through the Looking Glass: Black Aristocracy in the Gilded Age | VEDA ROSS

We each know a little about the gilded age, and some of us have watched several great PBS productions. Occurring from 1870 to 1896, the period was marked with Great Wealth (Robber Barons), Tumultuous Politics (sometimes called the Third-Party System), Widespread Poverty (NY Tenements), and Technological Milestones. Come along for the adventure and discover some of the history that never made the front pages or the textbooks.

The 'Mis-Education' of Historical Racism in The U.S.: The American Nadir | WILLIAM CORTEZIA

The Nadir, was the lowest point of America's racial history. James W. Loewen (2010) refers to this term/systematic racial segregation existing in the United States from 1890-1940. This period was marked by racial violence in **ALL** of the United States (not only the south), focusing solemnly in increasing white superiority. During this period, white Americans went more racist in their thinking than any other time in our history. Most Americans today, do not even learn the name of this period in school, much less are educated in such an important and violent epoch. During this time, race relations in the United States worsened most specifically for Blacks, but not excluding Indigenous people and People of Color (BIPOCs). The Nadir has left the United States of America with two important legacies that will be discussed in this course that directly affects us today.

Creating Caste | JOYCE A. HINCKLEY

The children of British men and Hindu women were accepted by neither group. Discover how Anglo-Indians created a unique identity and community by working for the railways before and after Indian independence. It's a wild ride involving love, loyalty and inspiring acts of courage and compassion.

The Cause of the Decline of Muslim Civilizations | YASSER D DJAZAERLY

This topic is a fascinating explanation of dynamics of civilizations, and it offers valuable lessons for the present and future. In the first part of the class, the students will brainstorm about what they believe makes countries decline. In the second part, the instructor will present explanations given by scholars. In the third part, the instructor will offer his own interpretation. This could be based on research, personal insights, or a mixture of various theories presented.

SESSION 4: COURSE DESCRIPTIONS | MARCH – APRIL



▶ ALFA Salon: Continuing the Conversation



Wednesdays: 10:30 AM - 12 PM
Jan. 29; Feb. 12, 26; Mar. 19; Apr. 2, 16
Martha Crawford | Enrollment Limit: 30
ONLINE | FREE Discussion Group

ALFA Salon is an informal gathering held every-other-week throughout the ALFA sessions. Host presenters lead engaging discussions on a variety of topics and issues. ALFA Salon is a collaborative effort. Participants may receive pre-readings and video viewing material for some sessions and/or be asked for their suggestions on works-in-progress for other sessions.

2025 Spring Salon will be hosting Fitchburg State professors and guests from the local community as elsewhere throughout the country. The topics that will be covered will include:

- Faraway is Near at Hand in Images of Elsewhere: The Art of Mapping the World
- Housing Challenges Facing an Aging Population
- Ecology and Epidemiology of Vector-borne Infections
- Play Development from Submission to the Stage
- A Snapshot of the Art of Sub-Saharan Africa
- Critical Media Literacy and Education

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!



The following presenters will join us:

- **Jerry Brotton, PhD**, Professor of Renaissance Studies, Queen Mary University of London
- **Samara Scheckler, PhD**, Senior Research Associate, Joint Center for Housing Studies, Harvard University
- **Sam Telford III ScD**, Adjunct Asst. Professor of Medicine, Dept. of Infectious Disease and Global Health, Cummings School of Veterinary Medicine, Tufts University
- **Kelly Morgan**, Professor of Communications Media, Fitchburg State University and Theater Director; **Peter Anderegg**, Playwright; **Denise Alexander**, Producer; and **Cast Members**
- **Gail Hoar**, Artist
- **Noah Asher Golden, PhD**, Assoc. Professor, California State University, Long Beach



**ALFA GROUP TRIP:
Newport Playhouse, Cabaret, and Buffet**

Trip Coordinators: Gail Allo & Carol DeCarolis



Scene from "Blithe Spirit"

Thursday, May 22

TIME: 8:45 AM

(Bus available for boarding at 8:45 AM)
Pick up will be at BJ's Wholesale Club,
115 Erdman Way in Leominster. Park as
far away from the store as you can. Go left
to the back section upon entering their lot.

COST: \$145 | **NOTE:** Limited to 55 people.
Must have 45 registered to run.

*No refunds unless the trip is canceled.
Your registration may NOT be transferred to
another person if you are unable to attend.*

We are excited to offer a trip to The Newport Playhouse & Cabaret Restaurant in Newport, Rhode Island on Thursday May 22. We will meet at BJ's Wholesale parking lot and enjoy a carefree ride to Newport R.I. where we will begin with a wonderful and hearty buffet that does not skimp on quality or selection. Everything is prepared on the premises. They offer a large variety of hot and cold foods, main entrees, side dishes, beverages, and homemade desserts. You will not be disappointed! Then we will take a short stroll over to their intimate theater. There you will have reserved seating to enjoy some of the finest entertainment available. Professional actors will delight you with a wonderful play of Broadway quality.



Scene from "Run For Your Wife"

Then back to the dining room which will be transformed into a delightful Cabaret where the company members will continue to entertain you with song and laughter. You may have noticed that we didn't mention the specific play and that is because that information will not be out until January. However, we planned the trip anyway because all of their offerings are terrific and we are sure you will be happy with the play.



Scan to learn more about
The Newport Playhouse
newportplayhouse.com

Registration Information | SPRING 2025

REGISTRATION OPENS DECEMBER 10, 2025 AT 9:00 AM

All courses are \$45 a course unless otherwise indicated. 10-Week courses are typically \$90.

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 contact the ALFA office to ensure you are registered.

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 a separate registration form for each person taking classes. DO NOT try to register two or more people on the same form. We will not be able to complete your registration. If you need additional registration forms, please visit our website to download and print one at: www.fitchburgstate.edu/alfa.
- 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

- **We accept credit/debit cards (PREFERRED) and E-Checks/ACH Debit payments.** Please pay by debit or credit card if you can. It makes both processing and refunding easier for all involved, including you.
- **If you choose to pay by E-Check**, all check payments (both online and paper) are processed electronically and will appear as "ACH DEBIT" on your checking account statement. Checks that are returned for insufficient funds or incorrect banking information will cause a \$30 fee to be assessed to the student.
- **Refunds** are only issued if a course is canceled or when you register by paper and the course is full when we receive your registration.

- **For Credit/Debit Payments:** Refunds are issued right away and you should see that money back in your account in a few days. If a course is full and you registered by paper, we simply won't register you for that course and will put you on the waiting list.
- **E-Check Payments:** If a course is canceled, we will contact you to fill out an I-9 tax form in order to process the refund.

Paper Registrations paid with an E-Check: If a portion of the courses you are registering for are full, we must process the full amount written on the paper check. We will then issue a refund for the amount of the full courses. To be issued a refund, you will be asked to submit an I-9 tax form.

- **If you are sending in registration forms for multiple people**, please pay by credit/debit or submit a separate check for each person you are registering. If you combine payment for two separate registration in one check, we will not be able to process your payment or registration and will either shred it or return it to you in the mail.
- **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 your first choices are not available. **If no alternatives are listed it will be assumed that none are desired.**

CONFIRMATION: **If you register online**, you will receive an order number when you complete your registration. Please make sure to write down this order number. If you have an order number, you have successfully registered, Congratulations! You should also receive a confirmation email within a few minutes of registering. If you do not remember seeing an order number and you don't receive a confirmation email, please reach out to the office to make sure your registration was completed successfully. **If you register 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, unless otherwise noted.

PARKING AND TRANSPORTATION: Parking rules and permits may be different depending on where you are taking courses. The information below will help you obtain the correct parking permit for the on-campus courses you are registered for. For all parking passes, please make sure to put the parking pass on your driver's side dashboard to avoid being ticketed.

• **Center for Professional Studies (CPS) Classroom:** Please fill out your car information on your registration form. The Center for Professional Studies is located at 150B Main Street in Fitchburg (we are located directly across from Dunkin' Donuts, in the Intermodal Station).

- Your parking pass will be emailed to you about a week before class starts. Please print and display on your dashboard.
- Please only park, where it is designated for Fitchburg State University or on the 3rd floor (or as directed if the 3rd floor is still under construction). If you park in other places in the parking garage, you could get a ticket.

• **Other ON-CAMPUS Courses:** Please make sure to fill out your car information on your registration form. Our office will notify you when your campus visitor parking permit is ready for pick up.

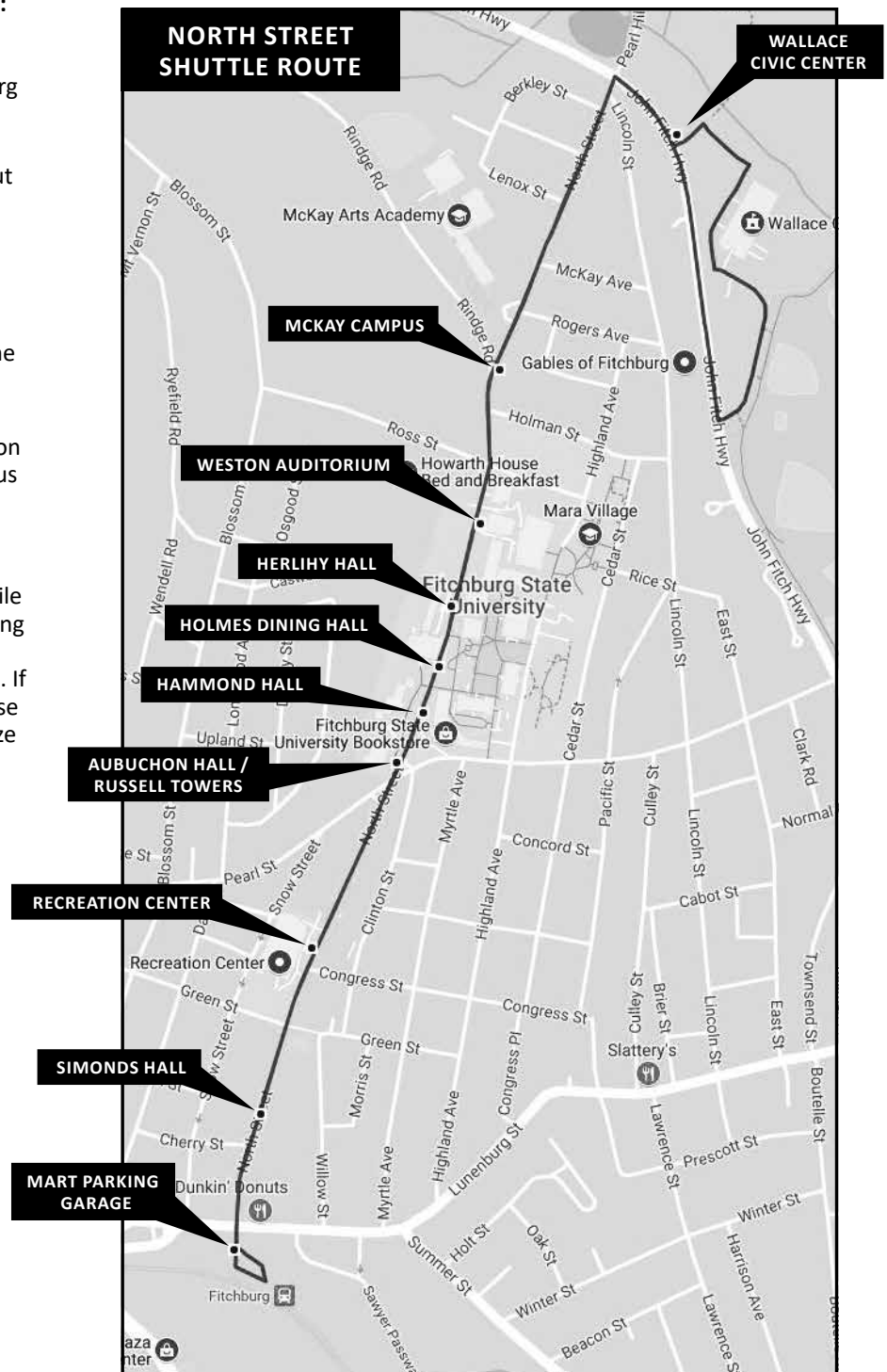
- Please make sure you are parking in the commuter parking lots. These are the lots marked in red on the Parking Lot Map (PDF) file found here: fitchburgstate.edu/parking. Parking in any other lots, or in places that are not parking spaces will result in a parking citation. If parking in Commuter lots is unavailable, please park your vehicle at the Civic Center and utilize the free shuttle to get to campus.

• **Shuttle Service:** Parking on campus can be quite difficult, but there is always ample, free parking at the Civic Center. Fitchburg State provides free campus shuttle transportation, serviced by MART. It is easy to use and gets you from your car to your destination without much walking. Two shuttles run on a continuous loop which usually means there is one every 10 minutes.

- **ROUTE:** Civic Center along North Street to Main Street, Fitchburg Intermodal Center and return to Civic Center. The shuttle runs continuously during posted hours.
- **HOW TO RIDE:** Wait at a designated shuttle stop (there will be a sign) OR flag the shuttle to stop at any safe location along the route. Signal the driver by raising your arm as the shuttle approaches. Once on board, let the driver know where you are going on campus.

• **MART Transportation**

- Do you need a ride to class? All seniors who live in Fitchburg can call the Fitchburg Senior Center to register for MART Transportation Services 978-829-1790.
- Once registered, the Senior Center calls in the information to MART. You can then call the MART to schedule transportation.
- Go to the MART website: mrta.us/services/coa-services for information and about service to other communities beyond Fitchburg.



ALFA ONLINE: All of our online courses will be held over Zoom. Please make sure to download the most recent version of 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

Please note: You may also participate with a landline phone (unless indicated otherwise) but you will only be able to hear the audio and will not be able to gain the full benefits of the course.

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 due to inclement weather.

PICTURES: Please note that the University photographer and/or instructor may be taking photos for use for marketing purposes in newsletters, brochures, etc. If you do not want photos taken of you, please tell the photographer.

REFUND POLICY: Courses, trips, and special events are NOT refundable or transferable (to another course OR another person) unless they are canceled.

CLASS GREETERS

The ALFA "Meet and Greet" Committee is looking for Class Greeter volunteers for in-person Spring ALFA classes.



A Class Greeter will:

- Introduce the instructor
- Greet the class
- Welcome new ALFA students

By indicating your interest through the form or on your course registration form, you are saying that you want to learn more about volunteering to be an ALFA Class Greeter. Someone from the "Meet and Greet" committee will reach out to you, in advance of the fall semester, to answer questions and invite you to a brief "greeter" training. The commitment is "light" and is a great way for you to get to know more ALFAs and make them feel welcomed into our educational community.



Are you
90
or over?

Then your ALFA classes are FREE!

Please email the ALFA office so that we can get you registered free of charge!

alfa@fitchburgstate.edu

Registration Form* | SPRING 2025



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

Please complete **ONE** registration form for **EACH** person. All courses are \$45 unless otherwise indicated.

Please **HIGHLIGHT** in color, or **CIRCLE** the courses below for which you would like to register.

SESSION 3: JANUARY – MARCH

MONDAY

- The Science of Psychiatric Medication
ONLINE
- Going Nuclear: An Exploration Beyond Hysteria and Hearsay

TUESDAY

- Naturally Curious: Winter Nature Walks East of Fitchburg
- Macbeth and Hamlet: A Contrast in Tragic Heroes

WEDNESDAY

- Playing with Artificial Intelligence
- East Meets West: Exploring the Silk Roads
ONLINE

THURSDAY

- To Chair or Not to Chair Yoga
- Henri Matisse and the Cut Outs
- Modern Art
ONLINE

FRIDAY

- 5-Part Series: New Perspective on Global Africa
ONLINE

SESSION 4: MARCH – APRIL

MONDAY

- Spring Birding
- Governing the United States in Crisis: the Great Depression and World War II

TUESDAY

- Spring Decluttering
ONLINE
- Naturally Curious: Spring Nature Walks East of Fitchburg
- Ukulele for the 21st Century

WEDNESDAY

- Vietnam: A Century of Conflict

THURSDAY

- Libraries Near and Far
- To Chair or Not to Chair Yoga
- Creative Approaches to Documentary

FRIDAY

- 5-Part Series: Things to Know About History
ONLINE
- Novel Writing Basics

SATURDAY

- Mother-Daughter Films
ONLINE

SPECIAL PROGRAMMING

- ALFA SALON:**
Continuing the Conversation
 Jan. 29; Feb. 12, 26; Mar. 19; Apr. 2, 16
ONLINE / FREE Discussion Group
- ALFA GROUP TRIP:**
Newport Playhouse, Cabaret, and Buffet
 Thursday, May 22 at 8:45 AM
Cost: \$145

Please see reverse side for payment information

*Students may initially register for up to six classes. After the first day of registration, students may select additional courses if seats are still available.

Registration Opens December 10, 2024 at 9:00 AM – please register ONLINE, if possible!

Paper registration forms & payment must be **MAILED** to: **ALFA Office, Fitchburg State University, 160 Pearl Street, Fitchburg, MA 01420**

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip Code: _____

E-mail: _____ Year of Birth: _____

I am **NEW!** This is my first ever ALFA class.

I am interested in being a **Class Greeter** and would like more information. I am an **Alum** of Fitchburg State

CAR INFORMATION FOR PARKING PERMIT (This is REQUIRED for On-Campus and CPS Courses)

Make/Model: _____ Color: _____ Year: _____ Plate #: _____ State: _____

WANT TO KNOW INSTANTLY IF YOU GOT INTO A COURSE? REGISTER ONLINE AT: marketplace.fitchburgstate.edu/alfa

I AM SENDING PAYMENT FOR:

_____ **Regular Schedule Course(s) @ \$45/course** = \$ _____
(All courses unless otherwise indicated, for example: FREE, 10-week courses, etc.)

_____ **2-Hour / 5-Week Courses @ \$60/course** = \$ _____
(Things to Know about History, Global Africa, and Naturally Curious)

_____ **Libraries Near and Far (Includes BPL tour cost) @ \$60 /person** = \$ _____

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

_____ **ALFA GROUP TRIP: Newport Playhouse, Cabaret, and Buffet** = \$ _____
Thursday, May 22 at 8:45 AM @ \$145 /person

TOTAL = \$ _____

PAYMENT INFORMATION:

CREDIT CARD (PREFERRED): MasterCard Visa Discover

Credit Card #: _____ Exp. Date: _____ CVC (3 digit code): _____

Signature: _____

ACH DEBIT (use a check made payable to Fitchburg State) amount enclosed: \$ _____

Please note that we **DO NOT deposit paper checks**. We use your account and routing number to debit the charge from your account. It will show up as an **ACH debit** on your statement. Please see "Payment Instructions" on what we do if the amount on your check does not match the order total (for example: A class is full, etc.). **Please note that if you need a refund** using this option, you will be asked to fill out an I-9 which asks for your social security number. **We HIGHLY recommend paying by credit or debit card above.**

Shirley Pick Scholarship Program (contact the ALFA Office for details: alfa@fitchburgstate.edu or **978-665-3706**)

PLEASE NOTE: By filling out this registration form, I acknowledge that all ALFA course, trips, and special events are NOT refundable or transferable (to another course OR another person) unless they are canceled.





Love of
LEARNING
Lasts
a Lifetime!



REGISTER
ONLINE ▶

JOIN OUR COMMUNITY!

marketplace.fitchburgstate.edu/ALFA