

**FALL 2022    Week 1    Mon September 12    ZOOM****9:00 AM    The Aging Brain, Part 1    The Aging Mind: What Changes?    The Great Courses****Dr. Thad A. Polk, Professor of Psychology, Engineering & Computer Science, University of Michigan**

This is the first zoom lecture of a 12-lecture course (six this semester and six others in the Spring) that explains the biological functioning of the human brain, how it is influenced by genetics, how it changes due to aging, is susceptible to disease, affects our cognitive skills, and what we can do to help keep our minds as sharper and healthier as we get older. This lecture examines how fluid processing skills (such as episodic and working memory) tend to decline over time, whereas crystallized intelligence (how-to skills and accumulated knowledge) remains stable or even improves.

**Tue September 13    In-Person    Menno Haven Life Center****9:00 AM    Secession in the Border States****Leon Reed, Author, Retired Senate Staffer and U.S. History Teacher**

The story of possible secession to the Confederacy of the states bordering the Union involved high-stakes political maneuvering and military skirmishes. The outcome of the Civil War depended on the actions of these border states, forcing Lincoln in some instances to enact extraordinary measures. This lecture will explore the events of those uncertain times.

**10:30 AM    Proliferation Activities Due to Russian Tactical Nuclear Weapons Threat****John Ricca, Weapons of Mass Destruction & Counter-Terrorism Analyst**

This lecture will describe briefly how the international security community reacted to the words that Russian President Putin used in early 2022 concerning tactical nuclear weapons. It will also provide a brief description of each nation's nuclear capabilities and proliferation status.

**Wed September 14    ZOOM****9:00 AM    The Aging Brain, Part 2    Why Don't We Live Forever?    The Great Courses****Dr. Thad A. Polk, Professor of Psychology, Engineering & Computer Science, University of Michigan**

This is the second zoom lecture of a 12-lecture course (six this semester and six others in the Spring). It will examine how our genes influence the aging process, explore several theories for why we age and eventually die, delve into the genetic mechanisms involved in aging, and discuss how replication damages cells and why there is a limit to the number of healthy replications our cells can make.

**Thu September 15    In-Person    Menno Haven Life Center****9:00 AM    The Roberts' Court and Religious Freedom****Dr. Sara Grove, Professor of Political Science, Shippensburg University**

Since the Roberts' Court began in 2005, the U.S. Supreme Court has handed down significant decisions affecting religious freedom. This session will focus on the most significant cases and discuss the Court's opinions and their impact.

**10:30 AM    Issues with the Global Supply Chain****Great Decisions, Discussion Program of the Foreign Policy Association**

This video documentary discusses how the global supply system affects the U.S., the complexities added by the COVID pandemic, and the views of several subject matter experts about the immediate future.

## **IRP FALL 2022    Week 2    Mon September 19    ZOOM**

### **9:00 AM    The Aging Brain, Part 3 Is Aging a Disease?    The Great Courses**

**Dr. Thad A. Polk, Professor of Psychology, Engineering & Computer Science, University of Michigan**

This is the third zoom lecture of a 12-lecture course (six this semester and six others in the Spring). It will examine three major mechanisms behind these effects: energy consumption, free radicals, and damage to our DNA, and consider whether there could be a way to “cure” these effects.

## **Tue September 20    In-Person Menno Haven Life Center**

### **9:00 AM    Lincoln's Last Murder Trial**

**Larry Malone, Retired Financier and Economic Developer**

In September 1859, twenty-two-year-old “Peachy” Quinn Harrison was on trial for murder in Springfield, Illinois. His defense attorney was Abraham Lincoln. This would be Lincoln’s last major case, which posed painful personal challenges for Lincoln because he had known both the victim and the accused since they were children. This presentation will take you back to that hot September in a Springfield courtroom and ask you to reach a verdict in this complicated, emotional case which has many of the issues and legal arguments still resonating in today’s headlines.

### **10:30 AM    Modern Legends Of The Trail**

**Gary Johnson, Retired Aerospace Engineer & Manager**

Books and articles on the Appalachian, Pacific Crest, and Continental Divide Trails (AT, PCT, & CDT) will generally talk about the early pioneers who developed them or first walked them from end to end (like Benton MacKaye, Ed Garvey or Grandma Gatewood), but very little is written about the modern day legends like Bill Irvin (a blind hiker), the Barefoot Sisters (who actually walked the whole AT twice barefoot) or the speed merchants like Jennifer Pharr Davis, Joe (Stringbean) McConaughy, or Heather (Anish) Anderson who walked them in record setting time. This lecture will discuss these amazing people, and maybe a few more.

## **Wed September 21    ZOOM**

### **9:00 AM    The Aging Brain, Part 4 Aging and Brain Structure    The Great Courses**

**Dr. Thad A. Polk, Professor of Psychology, Engineering & Computer Science, University of Michigan**

This is the fourth zoom lecture of a 12-lecture course (six this semester and six others in the Spring). It will discuss why regions of the brain associated with processing speed, executive function, and episodic memory are more susceptible to aging (which may explain why these cognitive functions are particularly susceptible to decline) and tour the anatomy of the brain to see age-related differences in action via functional MRI technique.

## **Thu September 22    In-Person Menno Haven Life Center**

### **9:00 AM    Addressing the Needs of Pennsylvania's Veterans**

**Brigadier General Maureen Weigl, Deputy Adjutant General for Veterans Affairs**

This presentation will discuss the needs of Pennsylvania Veterans and what the Department of Military and Veterans Affairs is currently doing to meet those needs, including how PA VETConnect veterans make connections with the services that are needed in order for them to fulfill their needs both now and in the future.

### **10:30 AM    Do You Really Know Who is Calling You or Sending You Those Emails?**

**Mary Bach, Chairman, AARP Consumer Issues Task Force**

Do you trust caller ID? Are you aware of the federal Traced Act? Have “imposter scams” invaded your life? Receive emails about merchandise orders that you don’t know anything about? Do you ever use QR Codes? This lecture will provide information about protecting your money and your identity. If you can spot a scam, you can stop a scam!

**IRP FALL 2022    Week 3    Mon September 26    ZOOM**

**9:00 AM    he Aging Brain, Part 5    Aging and Brain Function    The Great Courses**

**Dr. Thad A. Polk, Professor of Psychology, Engineering & Computer Science, University of Michigan**

This is the fifth zoom lecture of a 12-lecture course (six this semester and six others in the Spring). It will show how brain activity changes as we age, how these changes impact our memory and our ability to multitask, and how the brain compensates for these changes.

**Tue September 27    In-Person    Menno Haven Life Center**

**9:00 AM    The Incredible Revolutionary War Adventures of Jeremiah Lott: Militiaman, Rifleman, Dragoon    Leon Reed, Author, Retired Senate Staffer and U.S. History Teacher**

This lecture will discuss Jeremiah Lott, who had some remarkable experiences serving in various capacities and locations in the Revolution. He was in the Pennsylvania Militia, the Pennsylvania Line (under General "Mad" Anthony Wayne), and in a cavalry troop in New Jersey. He then served under Lieutenant Colonel William Washington in the Carolinas and, finally, after Yorktown, was in Wayne's campaign to liberate Georgia. Unusual for a soldier, he left behind accounts of his service.

**10:30 AM    Influences on John Brown**

**Rev. Dr. Andrew Hart, FSA Scot, Pastor, PhD and Guthrie Scholar**

This talk will examine John Brown's life before events in Kansas and Chambersburg. It will address what influenced Brown's abolitionist views, including the influence of Calvinism.

**Wed September 28    ZOOM**

**9:00 AM    Original Intent in the 21st Century: Where is the Supreme Court Going?**

**Stephanie Jirard, J.D., Professor of Criminal Justice & Dean's Associate, Shippensburg University**

This zoom lecture will discuss what the Constitution says and how the US Supreme Court has carved out privacy as a constitutional right. Would this have happened under an originalist construction?

**Thu September 29    In-Person    Menno Haven Life Center**

**9:00 AM    General Samuel Sturgis: Commendations and Criticisms**

**Susan Lyons, Retired Public School Teacher**

Born in Shippensburg, Samuel Sturgis attended the U.S. Military Academy at West Point, served during the War with Mexico, the Civil War, and the American Frontier (aka Indian) Wars. His military career spanned more than forty years, and included some heroic acts, as well as much criticism from those with whom he served. Along the way, he also had the town of Sturgis, South Dakota (yes, that Sturgis) named for him.

**10:30 AM    Radon: Where Does It Come From? What Does It Do?**

**Dr. John Luetzelschwab, Professor Emeritus of Physics, Dickinson College**

Radon is an odorless, tasteless, radioactive gas, that has been in the news since the early 1980's. Many states require homeowners to test for radon when selling their houses. Why is radon a health risk, where does it come from, and how do we mitigate a radon problem? This talk will answer these questions and discuss how nature has produced a situation that is very efficient at producing a large health risk.

## **IRP FALL 2022    Week 4    Mon October 3    ZOOM**

### **9:00 AM    The Aging Brain, Part 6 Emotional Aging    The Great Courses**

**Dr. Thad A. Polk, Professor of Psychology, Engineering & Computer Science, University of Michigan**

This is the sixth zoom lecture of a 12-lecture course (six this semester and six others in the Spring). It will discuss studies showing that people older than 65 typically experience a greater sense of emotional well-being than younger people and the scientific research about our evolving emotional landscape. It will address depression as a problem for older adults, the most common causes, how symptoms differ from those of younger people, and matching the treatment to the situation.

## **Tue October 4    In-Person Menno Haven Life Center**

### **9:00 AM    Improving the Quality of Life for Those With Vision Loss**

**Gale S. Pollock, Retired Major General, Certified Registered Nurse Anesthetist and Founder of Overcome Vision Loss Foundation**

Few understand the magnitude of vision loss in America, where the Centers for Disease Control identified vision loss as one of the top ten American disabilities. Vision loss can occur from trauma or disease and there is little understanding about the variety of ways to sustain high quality life for those adults who struggle with it. This lecture will explain the top causes of vision loss, how they affect vision, and how to provide education to those with the challenge of vision impairment, their friends, families, and the health care team members. It will also discuss the stigma in America that if your vision fails, so did your brain, and why we need to stop treating vision-impaired persons like they are stupid.

### **10:30 AM    John Brown in Kansas and Chambersburg**

**Rev. Dr. Andrew Hart, FSA Scot, Pastor, PhD and Guthrie Scholar**

This discussion will focus on the critical events in Kansas and here in Chambersburg. John Brown walked the streets approximately 1.8 miles from Menno Haven. What did he do? What did he say?

## **Wed October 5    ZOOM**

### **9:00 AM    The Cold War: What We Knew Then and What We Know Now**

**Leon Reed, Author, Retired Senate Staffer and U.S. History Teacher**

This lecture discusses three Cold War milestones (the 1957 “bomber gap”, the 1962 Cuban Missile Crisis, and the 1976-1980 “Window of Vulnerability”), considers what was believed at the time, and what we know now. In the first and third case studies, estimates of Soviet capabilities and intentions were over-stated, and in the Missile Crisis, we underestimated the strength and rules of engagement of the Russian forces in Cuba. Had we gone ahead and invaded, as most of JFK’s advisors recommended, we learned later that the Russians short range nuclear weapons were not capable of hitting the U.S., but they would have been capable of hitting the invading US forces. NOTE: This lecture provides historical background information that enhances understanding of the lectures on 10 and 12 October about U.S. strategic forces.

## **Thu October 6    In-Person Menno Haven Life Center**

### **9:00 AM    From Rags to Riches: Jessie Mathews Vann**

**Debra McCauslin, Historian and Author**

This lecture will discuss the life of Jessie Mathews, the daughter of a U.S. Colored Troops veteran, who was born in Gettysburg and orphaned in the 1890s. Shunted between relatives, she was treated cruelly and was once even abandoned in the street. Against all odds, Jessie graduated with honors from Harrisburg High School and eventually became a frequent White House guest. Her remarkable story was featured on the '50s television show *This is Your Life*.

### **10:30 AM    My, My, My Generation**

**Tara Wenzel, Master Instructor, Department of Defense**

This lecture will be a lighthearted look at the significant signposts that shape each generation. By understanding these distinguishing signposts, we have the opportunity to bridge the generational gaps that separate us and thereby ease tensions across society, among family members, and in the workplace.

**IRP FALL 2022    Week 5    Mon October 10    ZOOM**

**9:00 AM    U.S. Strategic Forces: History, Current Status & Issues, Part 1**

**John Ricca, Weapons of Mass Destruction & Counter-Terrorism Analyst**

This is the first of two zoom lectures about the U.S. strategic deterrent. They will include the history of U.S. strategic forces, the current strategic force posture, cost and issues. Each presentation will be 60 minutes followed by questions, answers, and discussion.

**Tue October 11    In-Person Menno Haven Life Center**

**9:00 AM    Refugee Aid to Ukraine**

**Pastor Drahus Osliek, Associate Pastor, Evangelical Lutheran Church, Waynesboro, PA**

This presentation will discuss the speaker's experiences from his two trips to Slovakia where he traveled in March and August to help the Ukrainian refugees. It will address the challenges and struggles that the war in Ukraine brought upon its people as well as the incredible bravery of the persons crossing the border into safety and the compassionate response of those aiding and helping those fleeing affected areas. A picture slideshow will present the stories of many who have lost their homes but not their humanity and dignity.

**10:30 AM    John Brown at Harpers Ferry and His Legacy**

**Rev. Dr. Andrew Hart, FSA Scot, Pastor, PhD and Guthrie Scholar**

This lecture will discuss the events in Harpers Ferry and afterwards. Time will be given for a general discussion of whether John Brown was a hero, a fanatic, or both.

**Wed October 12    ZOOM**

**9:00 AM    U.S. Strategic Forces: History, Current Status & Issues, Part 2**

**John Ricca, Weapons of Mass Destruction & Counter-Terrorism Analyst**

This is the second of two zoom lectures about the U.S. strategic deterrent. They will include the history of U.S. strategic forces, the current strategic force posture, cost and issues. Each presentation will be 60 minutes followed by questions, answers, and discussion.

**Thu October 13    In-Person Menno Haven Life Center**

**9:00 AM    Living Life to the Fullest: Past, Present and Future**

**John Wardle, Retired Teacher, Coach Driver and School Board Director**

In this presentation, the speaker will share some stories about his many varied experiences and offer insights into his personal philosophy of life, maintaining a positive, can-do attitude which has served him well regardless of the circumstance. His goal is to inspire and motivate others to live life to the fullest, especially during retirement, and reach out and help others, particularly veterans and young people.

**10:30 AM    The Victorian Historian: A Unique & Strange Look at America's 19th and Early 20th Centuries    Adam Shefts, The Victorian Historian**

History can be amusing, comical and downright bizarre! This presentation will provide a unique insight into the obscure history of America's 19th and early 20th century. It will feature short stories, footage, audio and live demonstrations which will make you laugh, cringe and perhaps scratch your head in disbelief. Come experience strange and forgotten American history, dug up and presented by The Victorian Historian!

## **IRP FALL 2022    Week 6    Mon October 17    ZOOM**

### **9:00 AM    A Very Deep Dive Into the Highly Watched Senate & Gubernatorial Races in PA**

**Dr. Alison Dagnes, Professor of Political Science, Shippensburg University**

In this zoom lecture, Dr Dagnes and selected students from her Honors Elections class will present their analysis of the 2022 elections for Pennsylvania Governor and for the U.S. Senate Seat. These students have been amassing and analyzing a tremendous amount of data in order to provide an impartial and substantiated evaluation of this year's midterm elections. They will offer their findings and answer questions about these important races.

## **Tue October 18    In-Person Menno Haven Life Center**

### **9:00 AM    Midterm Election 2022 Preview: Prognostications and Prudence**

**Dr. Alison Dagnes, Professor of Political Science, Shippensburg University**

Additional information is not available.

### **10:30 AM    911: What Happens When You Call?**

**Bryan Stevenson, Communications Coordinator, Franklin County Dept. of Emergency Services**

So many of us are apprehensive about the idea of calling 911. This discussion may ease many concerns. It will use role-playing to address the kinds of questions the 911 operator would be asking.

## **Wed October 19    ZOOM**

### **9:00 AM    The Power of Words: Lessons from Franklin D. Roosevelt**

**Antigoni Ladd, Adams County Historical Society & Curriculum Director, Tigrett Leadership Academy**

When FDR took office in March 1933, the U.S was in the midst of the Great Depression, with millions unemployed and banks closing. In his first inaugural address, FDR reached out directly to the American people, acknowledging their problems and rallying them to work toward the nation's healing. He used words that exuded optimism and confidence and followed them with swift action. This lecture focuses on his first 100 days in office when he set the country on a new path. Through his powerful words, FDR helped people feel that they were part of the solution, that he listened to them, and that they had a champion in Washington.

## **Thu October 20    In-Person Menno Haven Life Center**

### **9:00 AM    The Civil War Diary of Miss Mary Clara Forney of Waynesboro**

**Todd Dorsett, Executive Director, Antietam Historical Association**

This lecture will discuss life in a border town during and after the War between the States from the perspective of a young lady from a prosperous family. The diary takes the reader from September 1862 to November 1869, memorializing her experiences during and immediately following the American Civil War. Aged sixteen years when she commenced her diary, Miss Forney recorded the everyday experiences of her family, their friends, and their neighbors as well as the extraordinary events of the conflict as both soldiers and civilian refugees visited the town.

### **10:30 AM    IRP Members Meeting    IRP Director Dr. Kathy Worthington**

This members meeting will discuss the IRP's financial and membership status, planning for the 2023 semesters, new business actions, and the election of IRP executive officers.

Note: Changes from the previous version are **highlighted in yellow**.