

Friday Forum Faculty

F. Samuel Brainard, Ph.D.

Dr. Brainard has taught World Religions, Asian Religions and Buddhism at Rutgers and Temple Universities. He is the author of *Reality and Mystical Experience* published by Penn State Press and is currently working on a new book; *Reality's Fugue: an Introduction to Religion and Philosophy*. He has lectured on subjects related to inter-religious understanding and philosophy.

Jean Hollander

Jean Hollander has taught literature and writing at Princeton University, Brooklyn College, Columbia University and The College of New Jersey, where she was the director of Writers' Conferences for 23 years. Her verse translation of *Dante's Inferno* (with Dante Scholar Robert Hollander) garnered enthusiastic literary reviews. The Hollanders also translated *Purgatory* and their 2007 translation of *Il Paradiso* has been labeled "the translation of our time" in the *The New Yorker*.

James Kelly

Jim is an Associate Professor of Music and coordinator of the music program at MCCC. He holds a BA in Music from Swarthmore College and an MM in classical guitar performance from the New England Conservatory of Music. He is a jazz guitarist and composer and has performed in the Trenton-Philadelphia area for 30 years.

Stephen Litwok

Stephen Litwok graduated from Massachusetts Institute of Technology with a BS in Mathematics. He received his MS in Computer Science from Fairleigh Dickinson University. Mr. Litwok has his Registered Options Principal License from the NASD (National Association of Security Dealers). He has over 17 years of experience in trading options and has taught options seminars for over 7 years.

Anne Chan Mandel

Ms. Mandel is currently the Associate Director of Career Services at Rider University, and an Adjunct Professor for the College of Business Administration mentoring Chinese exchange students. She has created a number of joint ventures between U.S. and Chinese entities and coached managers of multinational firms on Chinese business etiquette. Anne studied medicine for two years in China and is fluent in four Chinese dialects.

Terri McNichol

Terri McNichol is an Asian arts specialist who has studied Chinese language and calligraphy. She teaches watercolor and a survey of Indian, Chinese, Japanese and Pre-Columbian art at MCCC. She has presented symposiums and contributed to scholarly publications internationally. Her essay on Appreciative Inquiry will be included in the forthcoming field book on *The Sustainable Enterprise*.

Tami Jones

Ms. Jones will be graduating this spring with an AAS Degree in Ornamental Horticulture from MCCC. She has a BS in Animal Science from Cook College at Rutgers University and has developed her knowledge of horticulture to include the study of ornamental horticulture, herbaceous plants, plant propagation and the general study of plant science. She has been active in the MCCC Ornamental Horticulture Co-Op since spring 2006.

Jody P. Person

Jody received his M.F.A. in Directing from Rutgers University Mason Gross School of the Arts. NY directing credits include: *Writing Ground Zero*, *Mixed Up Molly Eden*, and *Radium*. Rutgers credits include: *Possible Worlds*, *Am I Blue*, *Necropolis* and *In the Blood*. Jody received a B.A. in Drama and Dance from SUNY Purchase and studied Southeast Asian Dance in Taiwan. He has taught acting for youth at the Harlem Children's Zone (TRUCE) and is currently the Program Coordinator for Theater and Dance at MCCC.

Rosalie Phelan

Rosalie P. Phelan is Executive Vice President and Chief Operations Officer of Corporate Wellness Consultants, Inc. She is a certified Wellness Consultant from the American Society of Drugless Practitioners and has designed health and wellness plans for many corporate clients. She speaks regularly on the importance of healthy lifestyle choices and consults with not-for-profit agencies.

Dr. Peter V. Plumb

Dr. Plumb is a cancer survivor who has been in private practice in Lawrenceville, New Jersey since 1983. A current member of the National Doctors Speakers Bureau, he became OSHA certified to teach ergonomics and has been president and co-founder of Ergonomic Life Consultants since 1987. He has provided over 100 training and wellness programs for colleges, corporations and government agencies and is now dedicated to helping his fellow survivors and their loved ones.

Ingrid W. Reed

Ingrid W. Reed directs The New Jersey Project, an initiative designed to reinforce and expand the contributions of Rutgers' Eagleton Institute of Politics to the governance and politics of New Jersey including; media coverage of campaigns and election and ethics reform. Ms. Reed is chair of the Capital City (Trenton) Redevelopment Corporation, founder and board member of New Jersey Future. Ms. Reed was vice president for public affairs of The Rockefeller University, and assistant dean of Princeton University's Woodrow Wilson School of Public and International Affairs.

Anastasia McLaughlin Slattery

Anastasia McLaughlin Slattery is co-founder of Corporate Wellness Consultants, Inc. and trained at the Institute for Integrative Nutrition in New York City. She serves corporations and individual clients and was a member of the nutrition committee at Princeton Day School. Before becoming involved in holistic health, Ms. Slattery practiced law on Wall Street for 12 years and received her law degree from New York Law School.

Donald Venezia

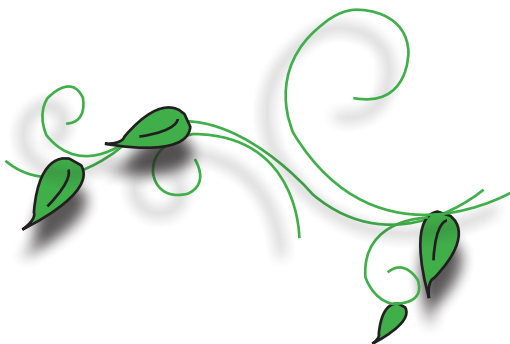
Mr. Venezia is an accomplished musician, his primary instrument is bassoon. He is a radio announcer and producer, music director and currently writes music/CD reviews for WWFM. He formerly worked at WNYC-AM in New York City. He has studied at the Manhattan School of Music and holds a BM in performance from Fredonia State University. He was an honorable mention winner at the Rome Festival Orchestra Concerto Competition.



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Dance
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8:30 AM	Continental Breakfast
9:00 – 10:30 AM	Session 1
10:45 – 12:15 PM	Session 2
12:15 – 1:00 PM	Lunch sponsored by Senior Living Institute
1:15 – 2:45 PM	Session 3



May 16 Session Details

Session 1 9:00 - 10:30 AM

Ingrid Reed
New Jersey: Looking Ahead to the Presidential and Senate Elections (2008)
The upcoming elections have ignited the passions of the American and International community. You will have the opportunity to learn and ask questions of an expert in state legislation and public policy.

Samuel Brainard, Ph.D.
Why do Religion and Philosophy Matter When Science Seems to Explain Everything?
Join us for a lively discussion exploring the intersection between science, religion and philosophy.

Terri McNichol
The Art of the Brush: Writing the Chinese Mind
The Chinese refer to both calligraphy and painting as the Twin Arts because they are executed with the brush. When poetry is included, the Chinese call them the Three Perfections. Through this brief overview of examples, participants can appreciate the unique cultural characteristics expressed by the Chinese brush.

Session 2 10:45 - 12:15 PM

Rosalie Phelan
Longevity through Food:
Primary food (lifestyle) and secondary food (the food we eat) have a profound impact on health and longevity. Learn the importance of primary food in our lives, sugar in the standard American diet (SAD), organic vs. conventional produce, and foods to boost your metabolism.

Anne Chan Mandel
Doing Business In China
How is doing business with Chinese corporations different? Learn about the challenges Americans face as they negotiate contracts. Take part in a simulated contract discussion and try to reach agreement.

Donald Venezia
The Natural World in Music
We've all heard a morning expressed in music, or the sea, rivers, birds....How does the composer make the music sound so real?

Session 3 1:15 - 2:45 PM

Dr. Peter V. Plumb
Surviving Cancer Part 1
Become more self-empowered using humor and positive mental attitude techniques; become your own best advocate; put life expectancy statistics into perspective; learn effective stress reducing exercises.

Stephen Litwok
Stock Options 1: What to do in a volatile market, including information on Exchange Traded Funds. Learn about creating a stock options strategy to help you ride out today's instabilities.

Jean Hollander
Dante's Inferno: Join us on a trip through the deepest, darkest pit of Hell, its punishments and revelations, its drama and poetry.

Tuition Rates

One Full Day Choose Either - Friday, May 16 or Friday, May 23

Standard Rate	\$70 per person (tuition: \$44; fees \$26)
Groups of Five or More	\$60 per person (tuition: \$34; fees \$26)
Attend Both Days - Friday, May 16 and Friday, May 23	
Standard Rate	\$110 per person (tuition: \$58; fees \$52)
Groups of Five or More	\$90 per person (tuition: \$38; fees \$52)



May 23 Session Details

Session 1 9:00 - 10:30 AM

Ingrid Reed
New Jersey: Looking Ahead to Getting our Budget and Finances in Order
Budget deficits are bad news both nationally and locally. Learn what we can do to balance our state budget.

Tami Jones
Container Gardening
Practice container gardening with herbs and annuals; then apply the techniques to any group of plants that strikes your fancy. All necessary materials will be provided - please bring your own gardening gloves.

Donald Venezia
The Rise of America and American Music
As America rose as a world power throughout the 20th Century, so did American music. We will explore the different streams of music that burst on the scene and captured the imagination of world composers.

Session 2 10:45 - 12:15 PM

Jim Kelly
Echoes of Africa
From field hollers to work songs to blues and jazz, The African American journey and triumphant struggle for survival have always found their profoundest utterance in song. The resonant song of Africa has been preserved—in today's music and in all of us.

Stephen Litwok
Stock Options 2: More Detail on the Alternatives available to Investors in today's Volatile Markets including stock options and Exchange Traded Funds – these techniques work in a variety of market conditions.

Anastasia Slattery
Chocolate
Premium chocolate has a depth and complexity similar to fine wine, and recent research indicates it may actually be good for your health. Discussion will explore scientific fact or wishful thinking. And there will be lots to taste too!

Session 3 1:15 - 2:45 PM

Dr. Peter V Plumb
Surviving Cancer Part 2
Holistic modalities and self-help techniques that can ease pain and help through difficult, yet necessary Western medical treatments.

Jody Person
Dramatizing Your Story
Spice up any story with dramatic storytelling tools and techniques used by performers to engage their listeners. Every story is worth telling, and if you've ever doubted your ability to tell a good story, this workshop will show you how.

Jean Hollander
Dante's Paradiso
Ascend through the heavenly spheres to the joy of Dante's Paradise and his poetic vision of God – an enduring classic.

Registration Form Friday Forums at the Conference Center

Last Name _____ First Name _____ MI _____
Address _____
City _____ State _____ Zip _____
Home Phone _____ Business Phone _____
E-mail Address _____ FAX Number _____

Please indicate your first and second choice for each session

May 16	May 23
Session 1	Session 1
<input type="checkbox"/> New Jersey: Elections	<input type="checkbox"/> New Jersey: Finances
<input type="checkbox"/> Religion and Philosophy	<input type="checkbox"/> Container Gardening
<input type="checkbox"/> Art of the Brush	<input type="checkbox"/> American Music
Session 2	Session 2
<input type="checkbox"/> Longevity through Food	<input type="checkbox"/> Echoes of Africa
<input type="checkbox"/> Doing Business in China	<input type="checkbox"/> Stock Options 2
<input type="checkbox"/> Natural World in Music	<input type="checkbox"/> Chocolate
Session 3	Session 3
<input type="checkbox"/> Surviving Cancer Part 1	<input type="checkbox"/> Surviving Cancer Part 2
<input type="checkbox"/> Stock Options 1	<input type="checkbox"/> Dramatizing your Story
<input type="checkbox"/> Dante's Inferno	<input type="checkbox"/> Dante's Paradiso



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