

## LUNCH & LEARN

In November Garrison Nelson, Professor Emeritus of Political Science, spoke about the aftermath of the recent presidential election, and in December we took a look at several Jewish artists of the Weimar Republic in a presentation by Natalie Neuert, Director of the UVM Lane Series. Watch for a return engagement with Natalie to discuss the works of Stefan Zweig. Both programs were well attended and enjoyed over the Thursday noon hours.

Upcoming programs:

**Thursday, January 21** **Bruce Chalmer and Judy Alexander** present ***Be Kind, Don't Panic, and Have Faith: Couples Therapy in Seven Words***

Bruce, a psychologist and couples therapist, and Judy, the education director at Temple Sinai, are co-hosts of the podcast “Couples Therapy in Seven Words.” They’ll talk about the seven words – especially the part about faith – and how the formula can guide us not only in couple relationships, but also in healing the nation. And they’ll put in a plug for Bruce’s book that is based on the formula *“Reigniting the Spark: Why Relationships Lose Intimacy, and How to Get It Back.”*

### REIGNITING THE SPARK

Why Stable Relationships Lose  
Intimacy, and How to Get It Back



DR. BRUCE CHALMER



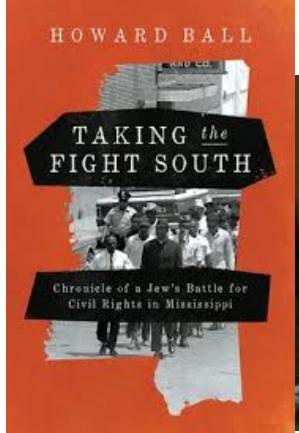
For the podcast: <https://couplestherapyinsevenwords.podbean.com>

For the book: <https://www.amazon.com/Reigniting-Spark-Stable-Relationships-Intimacy/dp/B084G8B3Y8/>

**Thursday, February 18** **Howard Ball** introduces us to his new book, ***Taking the Fight South: Chronicle of a Jew's Battle for Civil Rights in Mississippi***

Howard is Professor Emeritus of Political Science at UVM. He specializes in civil liberties, civil rights, constitutional law, and American government, and is the author or co-author of over 30 books. With breathtaking historical authority he narrates the experience of his family from 1976 to 1982 as Jewish outsiders in Mississippi, where Howard had received a tenured position at Mississippi State University. In the aftermath of the civil rights struggle, he, his wife and three daughters endured name-calling and receiving terrifying messages and life-threatening calls from the KKK in the middle of the night. Howard's book provides a timely and telling reminder of the vigilance democracy requires if racial justice is to be fully realized.

The Adult Education Committee will schedule a two-part series featuring Howard Ball as a follow-up to this Lunch & Learn in the spring.



You can order this book from Notre Dame Press by phone at: 800-848-6224 or online at <https://undpress.nd.edu/books/?keyword=taking+the+fight+south>. Use the family and friends discount code: 14FF20 to get a 20% discount from the publisher.

To join Lunch & Learn, go to [www.ohavizedek.org](http://www.ohavizedek.org) and click on weekly "Upcoming Events."