

Fall 2016 Program



Active Adults - Inspired Learning
Travel - Friendship

Lifetime Learning Institute

NOVA Annandale Campus
Godwin Building (CG), Room 202
8333 Little River Turnpike
Annandale, VA 22003-3743
Phone / FAX: (703) 503-0600
Website: <http://lli.nova.org>
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Member of
**Road Scholar
Institute Network**

LLI's 2016 Holiday Party



Friday, December 2
Fairfax Country Club
11:00 a.m.

General Information

What Is LLI?

Sponsored by Northern Virginia Community College (NOVA), the Lifetime Learning Institute of Northern Virginia (LLI/NOVA) is a non-profit, member-run organization dedicated to providing continuing educational opportunities to older adults of all backgrounds and income levels. LLI/NOVA is a member of the Road Scholar Institute Network (RSIN) and benefits from the services RSIN provides in program development.

LLI membership is especially attractive to individuals 50 years old or older (retired or semi-retired) who are interested in pursuing intellectual enrichment and enjoying social interaction with their peers.

LLI:

- is governed and financed by members.
- is supported by member-led planning, administration, and instruction.
- provides non-credit, non-degree courses.
- offers educational, cultural, and social events.
- recognizes that physical and mental health are major elements of vital aging.

What Do We Have to Offer?

- Participation in courses and special interest groups throughout the year, usually without charge.
- Participation in day and overnight trips at the special membership rate.
- Participation in the group overseas Study/Travel program.
- Attendance at social events such as the winter holiday luncheon.
- Monthly newsletter.
- And hopefully, new friendships.

In addition, affiliation with both NOVA and RSIN means that, as a member of LLI/NOVA, you are entitled to a Community Patron card, obtained from the NOVA library by showing a picture ID. This entitles members to use the NOVA library, located on the third floor of the Godwin Building. Up to three books can be charged out for three weeks; they can be renewed online for an additional period. Go to <http://www.nvcc.edu/library> for more information. There is no cost for the card.

How Are the Courses Organized?

Courses generally consist of one to ten 90-minute sessions, are informal, and frequently include group discussion. They are taught by outside faculty and by your fellow LLI members. Most courses are free to members, but some include assigned reading and purchase of a textbook, or require a small materials fee.

When Are the Classes and Where?

Classes are offered throughout the year, subdivided into Winter/Spring, Summer, and Fall semesters. They are typically held on weekdays between the hours of 10:00 a.m. and 3:00 p.m. The courses are held on the NOVA Annandale campus and off-campus in churches, community centers, and other suitable locations. See full addresses of class locations starting on page 20.

How Do I Become a Member and What Is the Cost?

Complete the membership application form found on page 27, and mail with your check to the address shown. The current annual membership fee is \$110. The membership period is for 12 months beginning with the month in which dues are paid.

How Do I Register for Classes and Tours?

Complete the class registration form found on pages 23 and 25, listing the courses you wish to attend *in order of preference*. Mail to the LLI office with a self-addressed, stamped envelope and any applicable fees as soon as possible; *registration for classes closes Friday, August 12, 2016*. Your registration form will be mailed back to you in your self-addressed envelope shortly after the closing date, but in advance of the first class, indicating whether you have been accepted, wait-listed, or whether the class has been cancelled. **As a courtesy to other LLI members, please call the Coordinator listed in the specific course description if you will not be able to attend part or all of a course after you have been accepted. This will give members on a waiting list an opportunity to attend.**

As a general rule, LLI courses are open to LLI members only. However, there may be occasions when non-members may attend (or may be invited to attend). Course Coordinators are authorized to admit non-members when appropriate, and

when space is available. Please note that if you are wait-listed for a course, you are not “accepted” unless notified. The next time the course is offered, you must re-register but will be given priority acceptance.

What Is the Monthly Forum?

Members and non-members are warmly welcomed as guests to attend the Speakers Program and Open House Forum. The Forum is held monthly (except December and during the summer) at 10:00 a.m. in the Richard J. Ernst Community Cultural Center (see map on page 4) on the NOVA Annandale Campus (see page 5 for schedule). For more information, call the LLI office at (703) 503-0600 or check the website at <http://lli.nova.org>; also see information in the LLI monthly newsletter. Persons attending these Forums should park in the garage on Center Drive next to the Ernst Center. There is a \$2.00 per hour charge to park in the garage.

What Are the Cancellation Policies?

If the Fairfax County Public Schools (FCPS) cancel school for the day due to inclement weather, all LLI classes, special interest groups (SIGs), and Forums are cancelled regardless of location. LLI morning activities are cancelled if the FCPS announces a 2-hour delay in class openings; LLI afternoon activities are cancelled if the FCPS announces early dismissal. Trips and social events will take place unless cancelled at the leaders’ directions.

When Is the Registration Deadline?

The registration deadline for the courses in this catalog is *Friday, August 12, 2016*.

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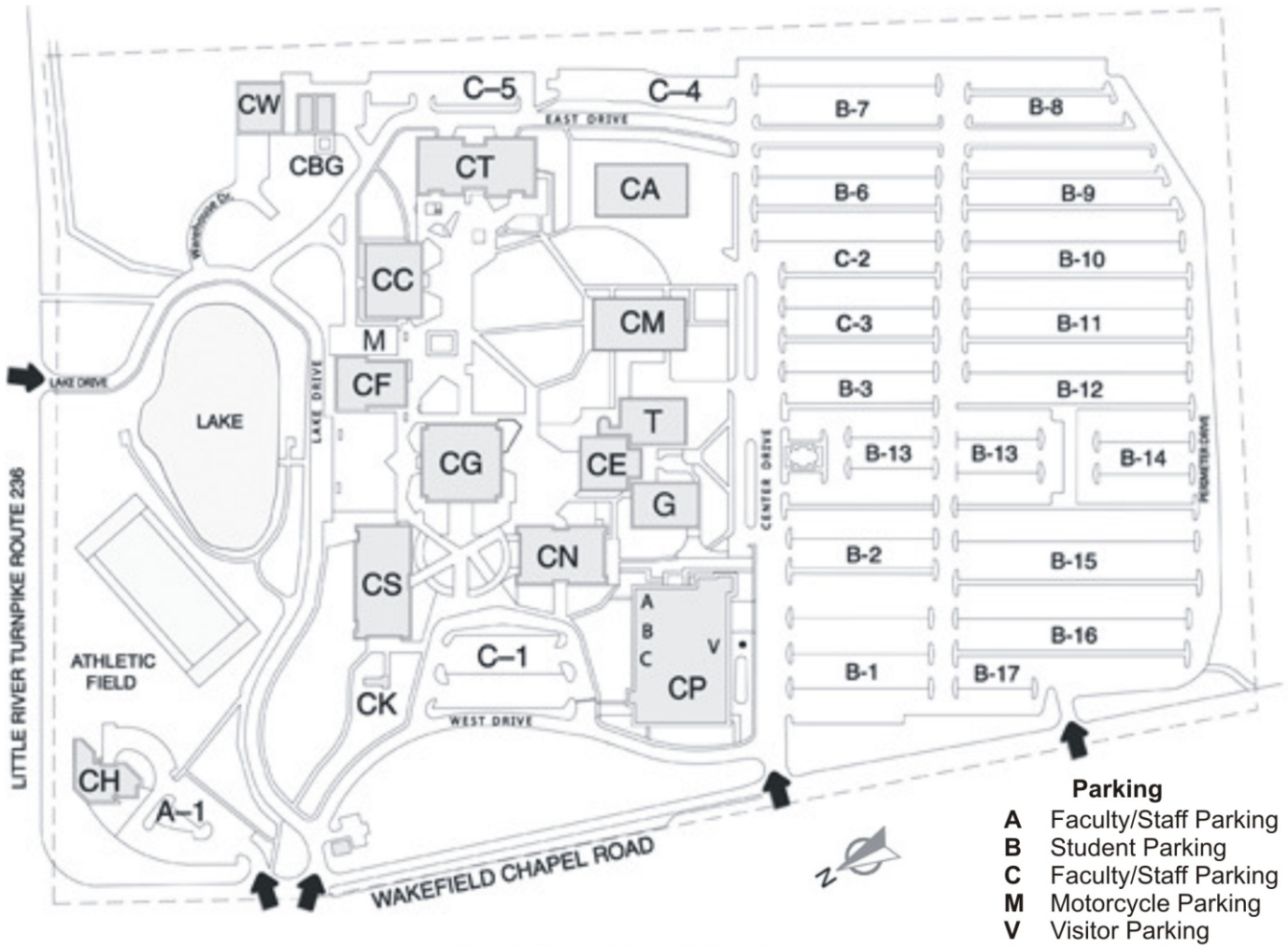
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NOVA Campus Map



Building Identification

CA Student Services Building Police	CN Nursing Building
CC Classroom Building	CBG Building and Grounds
CE Richard J. Ernst Comm. Cult. Ctr.	CP Parking Garage
CF Food Services Building	CS Shuler Building
CG Godwin Building	CT TV Tech. Building
CH Brault Building	CW College Warehouse Building
CK Greenhouse	G Gymnasium
CM McDiarmid Building	T Theater

LLI Fall Program 2016

Note: All programs are free to members unless otherwise specified. See full addresses of course locations starting on page 20.

Members must register for the courses prior to attending because of space constraints. If you are unable to attend after registering, please contact the Course Coordinator so that anyone on the waiting list can be given the opportunity to attend the course.

Remember that we are guests in the buildings where we attend courses; in some cases, these buildings are residents' homes. We need to be courteous to both the staff who work in these buildings as well as the residents. If we don't extend such courtesy, we run the risk of not being invited back.

LLI Forum and Open House

The "Forum" is a meeting that offers presentations by guest speakers on a variety of topics. It is open to both members and non-members. Following the presentations, brief announcements are made regarding LLI's activities. Light refreshments are available at 9:30 a.m. The meeting begins at 10:00 a.m. Refer to the LLI newsletter for details.

Upcoming Forum dates are: Wednesdays, September 7, October 5, November 2, and January 4, 2017. **No Forum in December.** Ernst Cultural Center (CE), NOVA Annandale Campus

ATTENTION! PLEASE WEAR YOUR LLI BADGE/LANYARD TO ALL LLI ACTIVITIES.

This is imperative. If you have lost your badge/lanyard, just contact Janice Viola in the LLI office and she will send you a new one (replacement cost is \$1.00).

Monday Mornings

Course 16F01A The Bible, Politics and the Good Life (NOVA Faculty) (3 Sessions)

This course will explore the manner in which the Bible is used in politics and also the manner in which politics is expressed in the Bible. We will look at the use and abuse of power in politics with particular attention to certain narratives of Kings David, Solomon, and Ahab, among others. In the midst of such politics, biblically and in contemporary society, how might we be guided to live the good life for ourselves, and for our neighbors?

Dates & Time: Mondays, September 12, 19, 26; 10:00 a.m. — 11:30 a.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Class Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net

Leader:

HEMCHAND GOSSAI is the Associate Dean of Liberal Arts at NOVA-Annandale. He has a B.A. from Concordia College, Moorhead, MN, graduating Summa Cum Laude with a triple major in English, Religion and Spanish. He earned his M. Div. from Luther Seminary, St. Paul, MN, and his Ph.D. in Biblical Criticism and Hebrew from the University of St. Andrews, Scotland.

Course 16F02A Understanding Opera (3 Sessions)

Discover the world's greatest art form or simply deepen your appreciation of it, guided by an operatic composer, singer and author. Students will gain appreciation and insight into operatic masterpieces. This class is designed to acquaint students with the first two productions of Virginia Opera's 2016-2017 season. These include the double bill of Kurt Weill's *The Seven Deadly Sins*, a short work combining elements of opera, ballet and cabaret, and Ruggero Leoncavallo's masterpiece *Pagliacci* and Rossini's immortal comedy *The Barber of Seville*. Class discussions are illustrated with audio and video excerpts. Recommended for beginners and aficionados alike.

Dates & Time: Mondays, September 19, 26, October 3; 10:00 a.m. — 12:00 p.m. (**Note class time.**)

Place: Little River United Church of Christ (Choir Room), Annandale

Class Size: Min. 20, Max. 50

LLI Coordinator: Anna Dixon (703) 503-5463 (H), (703) 517-3556 (C); njoi2day@aol.com

Leader:

GLENN WINTERS, Ph.D. in music, Northwestern University; M.A. and B.A. in piano performance, Indiana University. Dr. Winters' background includes teaching at two universities, performing as a solo pianist and accompanist, and performing as an operatic baritone. He has sung principal roles with Virginia Opera, Opera Festival di Roma, and others. His compositions include eight children's operas commissioned by the Virginia Opera's Education Department. He authored the book, *The Opera Zoo: Singers, Composers, and Other Primates*. Dr. Winters joined the Virginia Opera's Education and Audience Development Department in 2004 as Community Outreach Musical Director.

Course 16F03A Mass Extinctions: Past, Present, and Future (1 Session)

Mass extinctions are periods in Earth's history when abnormally large numbers of species died out simultaneously. The Earth has undergone five such extinctions. Was there a common cause? Are we in the middle of the sixth?

DATE & TIME: Monday, November 7; 10:00 a.m. — 11:30 a.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Class Size: Min. 10, Max. 60

LLI Coordinator: Philippa Centini (703) 658-1545 (H), (703) 472-5269 (C); phil.centini@verizon.net

Leader:

BARRY CENTINI, Ph.D. in geology, University of North Carolina at Chapel Hill. Barry has been offering geology and science classes to LLI members for several years.

Course 16F04A Women in the Revolutionary War and During the Founding of the United States (NOVA Faculty) (1 Session)

This course will explore women's roles such as nurses and soldiers during the American Revolution. The course will also briefly explore how women used the "enlightenment" ideal of the Revolution to also push for equal rights and liberties during the creation of the United States Constitution.

Date & Time: Monday, November 28; 10:00 a.m. — 11:30 a.m.
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)
Class Size: Min. 10, Max. 60
LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net
Leader:

ALLISON MILLWARD holds a B.A. in government and international politics from George Mason University and an M.A. in history from the State University of New York (SUNY) Albany. Her research interests include New York State Revolutionary history and women's contributions to the Revolutionary War.

Monday Afternoons

Course 16F05P Should We Renovate or Relocate? Critical Aspects to Consider About Each (1 Session)

Living longer and more actively are benefits of our times. Ensuring that older adults have the housing needed to enjoy high quality, independent, and financially secure living has taken on a new urgency. Learn how the "universal design" concept factors into your future housing choices.

Date & Time: Monday, September 19; 1:30 p.m. — 3:00 p.m.
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)
Class Size: Min. 20, Max. 60
LLI Coordinator: Nickie Myers (703) 532-3726 (H), (703) 507-6645 (C); nickie@yoursbydesign.com
Leader:

LYNN HOOVER is a certified senior advisor (CSA), a senior real estate specialist (SRES), and an associate real estate broker with McEneaney Associates. She has spent over 40 years helping folks buy and sell real property. Assisting and counseling her many over-55 clients and exploring their options are a large part of Lynn's business, and one that she treasures with each relationship she and her clients build together.

Course 16F06P How the Brain Works (NOVA Faculty) (3 Sessions)

Your brain is the site of dreams, thinking, memory, muscle coordination, speech, learning, vision, heart rate, sleep cycle, and emotions. It is made up of over 100 billion neurons, all connected and "talking" to each other. How do they do that? How do they get

"wired" together in the first place? The brain communicates via both electrical and chemical impulses, and different parts of the brain are responsible for different functions.

Explore the vast maze that is the brain in three class sessions. We will learn the basic cellular biology of the brain, learn its basic anatomy and its functional arrangement. Various brain disorders will be discussed.

Dates & Time: Mondays, September 26, October 24, November 14; 2:15 p.m. — 3:45 p.m. (**Note class time.**)
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)
Class Size: Min. 10, Max. 60
LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net
Leader:

Dr. GILLIAN BACKUS, B.A., Mount Holyoke College; Ph.D. in toxicology, University of North Carolina (Chapel Hill). Dr. Backus is a professor of biology at NOVA-Loudoun. She teaches an honors level bio 101 course focusing on the potential role of food in influencing cancer, as well as the anatomy and physiology sequence required of all pre-nursing students.

Course 16F07P The History and Mystery of the Labyrinth (1 Session)

Learn "all you wanted to know but were afraid to ask" about labyrinths: the difference between a labyrinth and a maze, the etiquette and protocol for walking, and the long history of this archetypal form. In addition, you will hear stories of labyrinth experiences, learn how the labyrinth is used for rituals, and about the use of the labyrinth for meditation or as a spiritual practice. You will also have the chance to draw your own finger labyrinth to take home with you.

Date & Time: Monday, October 31; 1:30 p.m. — 3:00 p.m.
Place: St. Matthew's United Methodist Church (Room 304), Annandale
Class Size: Min. 10, Max. 40
LLI Coordinator: Judy Robison (703) 440-8479 (H), (703) 850-5795 (C); robisonja@gmail.com
Leader:

JEAN ANDO has pursued her interest in labyrinths since 1999, when she first learned about them from a friend. She did her facilitator training in 2004, was certified in 2005, and received her advanced certification in 2008. She was ordained in 2008 as an interfaith minister by One Spirit Interfaith Seminary in New York, and considers the labyrinth her ministry. She has walked labyrinths in locations and cathedrals around the world and has made labyrinths at dance camps she attends in the U.S. and Mexico, on the beach in Tortola, and in the desert in Morocco. Jean, a longtime resident of New York City, loves to share her knowledge and experience of the labyrinth and to introduce people to the labyrinth as a spiritual tool.

Course 16F08P Election of 2016: Results in Perspective (NOVA Faculty) (1 Session)

This course will analyze the results of the 2016 presidential election. It will (1) identify the patterns of support for the different candidates among key groups of voters, including racial and ethnic minorities, gender, age, and income; (2) assess the role of campaign financing; (3) contrast the different

policy positions of the candidates and identify which issues seemed to resonate most with voters; and (4) provide insight for how the presidential election results may have shaped congressional election results. There will be a discussion of the policy implications for 2017.

Date & Time: Monday, December 5; 1:00 p.m. — 2:30 p.m. (**Note class time.**)

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Class Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net

Leaders:

Dr. JACK LEHELDT, B.A., Kean University; M.A., Rutgers University; Ph.D., University of South Carolina

Dr. JENNIFER SAYASITSENA, B.A., Georgetown University; M.A., University of Southern California; Ph.D., George Washington University

Tuesday Mornings

Course 16F09A A Visit to the National Archives (1 Session)

Join us for a docent-led tour of our “treasure chest” of historical material that defines the United States. The tour will focus on the Rotunda for the Charters of Freedom and the Public Vaults. The Rotunda houses the Declaration of Independence, the Constitution, and the Bill of Rights. The Public Vaults showcase extensive exhibits that facilitate the understanding of what is in the Archives system and how one might make use of the holdings. On your own, you may visit the Lawrence F. O’Brien Gallery, the Boeing Learning Center, the David M. Rubenstein Gallery of Rights, and the William G. McGowan Theater. The Archives Shop has an excellent selection of relevant books and souvenirs. A cafe on the premises is available for lunch, snacks, or a break. (For more information, visit the Archives website at: www.archives.gov/museum/visit)

NOTE: The National Archives are located on Constitution Avenue between 7th and 9th Streets, NW. Take Metro’s Yellow or Green line to the Archives/Navy Memorial Station. The Archives/Navy Memorial stop is across Pennsylvania Avenue from the Archives building. The instructor will meet the group at 9:30 a.m. at the Special Events entrance under the east side (right-hand side) of the Constitution Ave. steps. The tour will be approximately 90 minutes in length.

Date & Time: Tuesday, September 20; 9:30 a.m. (**Note time.**)

Place: National Archives, Washington, DC

Class Size: Min. 10, Max. 25

LLI Coordinator: Doug Johnson (703) 628-3115 (C); llinovadoug@gmail.com

Leader:

DAVE HALL is a retired engineer/project manager who has been a docent at the National Archives since 1998, with shorter stints at the Supreme Court, and with the Capitol Guide Service. His special interest is the founding era.

Course 16F10A “And the War Came,” April 1940 to December 1941 (4 Sessions)

We will look at the fateful events following Hitler’s attack in the west in April 1940 through the entry of the United States into the European conflict in December 1941. Using memoirs, diaries, newspaper accounts, and some of the many military histories written about the period, we will relive the British defeat in Norway, German onslaught on the low countries and France, Dunkirk evacuation, Churchill’s coming to power, Battle of Britain, German invasion of the Soviet Union, escalating submarine war in the North Atlantic, and the Japanese surprise attack on Pearl Harbor followed a few days later by the German and Italian declarations of war on the United States.

This period of incredible tension and feverish decision-making tested the will of the democracies to stand up to Nazi aggression. We will explore how French defeatism, appeasement in Great Britain, and isolationism in the United States had unwittingly facilitated Hitler’s evil designs. How were these initial setbacks and weaknesses overcome to ensure final victory?

Note: Lecture notes and a list of suggested readings will be provided to class participants via email prior to the beginning of the course.

Dates & Time: Tuesdays, October 18, 25, November 1, 15; 10:00 a.m. — 11:30 a.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Class Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net

Leader:

MICHAEL ANDERSON, B.A., University of Illinois; M.A. and Ph.D. in history, University of Chicago. Dr. Anderson is a retired foreign service officer (1973-2002). Following retirement, he taught U. S. history and western civilization at NOVA and George Mason University (2002-2013). In addition to his long-term association with LLI teaching a variety of courses, he teaches courses at ENCORE (Arlington County adult learning program).

Course 16F11A How to Pack for a Move (1 Session)

Amy will provide time- and money-saving tips for homeowners about packing valued possessions prior to moving. She will also share other useful information that will make the process easier.

Date & Time: Tuesday, December 6; 10:00 a.m. — 11:30 a.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Class Size: Min. 20, Max. 60

LLI Coordinator: Nickie Myers (703) 532-3726 (H), (703) 507-6645 (C); nickie@yoursbydesign.com

Leader:

AMY POLLY is a certified moving consultant (CMC), a certification awarded by AMSA, the American Moving and Storage Association. Amy has 10 years experience in the moving industry, with an emphasis on downsizing and senior moving.

Tuesday Afternoons

Course 16F12P Philosophy Presentations (NOVA Faculty) (2 sessions)

Session 1: *Heraclitus and the philosophy of becoming, or the unity of opposites.* We will review and discuss a selection of the fragments attributed to this pre-Socratic philosopher of change, including: "All things flow"; "All things come out of the One and the One out of all things"; "I see nothing but Becoming"; "...the very river in which you bathe a second time is no longer the same one you entered before." We will also briefly consider how this "obscure" philosopher, known to the ancients as "the riddler," has influenced Western philosophy up to the present day.

Session 2: *Seneca and the ethics of lasting tranquility (Stoicism).* Seneca was a Roman statesman well trained in philosophy who became the first of the Roman Stoic philosophers. He was followed by Epictetus, a former slave, and Marcus Aurelius, an emperor. His career prospered with his appointment as tutor to the future emperor, Nero. His life ended when, as emperor, Nero ordered his suicide on suspicion of his involvement in a plot. We will consider some selections from Seneca's writings *On the Shortness of Life* and *On Tranquility of Mind*, and consider the soundness of such views as "life is long enough if you know what to do with it" and "the mind can follow a smooth and steady course...remaining in a state of peace...that will be tranquility."

Dates & Time: Tuesdays, September 13, 20; 1:30 p.m. — 3:00 p.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Class Size: Min. 15, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net

Leader:

JOHN MCGUINNESS earned his M.A. in philosophy at the University of Chicago and worked for the federal government for 40 years as a Marine Corps officer, foreign service officer, intelligence officer, and finally (for 20 years) as a foreign affairs officer at the State Department. He is currently an adjunct professor at NOVA-Annandale.

Course 16F13P What Path Should We Take? Moving from Your Home to a Condo/Apartment/Retirement Community (1 Session)

Choosing the right place to live is, perhaps, the most critical decision we make in our older years. We will explore the pros and cons of the various options for your next home.

Date & Time: Tuesday, October 18; 1:30 p.m. — 3:00 p.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Class Size: Min. 20, Max. 60

LLI Coordinator: Nickie Myers (703) 532-3726 (H), (703) 507-6645 (C); nickie@yoursbydesign.com

Leader:

LYNN HOOVER is a certified senior advisor (CSA), a senior real estate specialist (SRES), and an associate real estate broker with

McEneaney Associates. She has spent over 40 years helping folks buy and sell real property. Assisting and counseling her many over-55 clients and exploring their options are a large part of Lynn's business, and one that she treasures with each relationship she and her clients build together.

Course 16F14P Cuba? It's Complicated (1 Session)

During the past 18 months Cuba has been in the news frequently. Thanks to recent changes in relations, Americans are now traveling there in record numbers. Join two travelers who will share information about their spring 2016 adventure, a people-to-people program with Road Scholar. The presentation will be organized thematically with emphasis on the people, life, and culture of our island neighbor. During the talk you may ask yourself how your preconceptions about this complicated country have been challenged or reaffirmed.

Date & Time: Tuesday, October 25; 1:30 p.m. — 3:00 p.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Class Size: Min. 15, Max. 60

LLI Coordinator: Philippa Centini (703) 658-1545 (H), (703) 472-5269 (C); phil.centini@verizon.net

Leaders:

CAROL JEFFORDS earned a B.A. in history at Washington State University. She is a former intelligence analyst at CIA and worked in the training offices of two major corporations, as well as at a small, woman-owned consulting company. She has taught two LLI classes related to the roles of women during the American Civil War. Carol's love of travel has taken her to 49 countries on five continents.

SARA SHOOB is a graduate of Boston University. She has a background in teaching and educational administration with an emphasis in history, social studies and the arts. She currently enjoys her work as a docent at the Smithsonian American Art Museum and Renwick Gallery. Sara has presented a number of classes for LLI. She, too, loves to travel and share her experiences.

Course 16F15P New Thinking and New Models: Housing Programs and Services for Older Adults (1 Session)

Innovative new models and concepts are influencing policymakers, researchers, industrial designers, architects, and others who develop housing programs and services for older adults. One or more of these innovations may broaden your housing choices.

Date & Time: Tuesday, November 15; 1:30 p.m. — 3:00 p.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Class Size: Min. 30, Max. 60

LLI Coordinator: Nickie Myers (703) 532-3726 (H), (703) 507-6645 (C); nickie@yoursbydesign.com

Leader:

LYNN HOOVER is a certified senior advisor (CSA), a senior real estate specialist (SRES), and an associate real estate broker with McEneaney Associates. She has spent over 40 years helping folks buy and sell real property. Assisting and counseling her many over-55 clients and exploring their options are a large part of Lynn's business, and one that she treasures with each relationship she and her clients build together.

Course 16F16P Chemistry for Those Who Hate or Flunked Chemistry (1 Session)

Chemistry dramatically impacts our daily lives. For many, chemistry has a bad reputation. Chemistry and chemicals can be used for both good and evil, but where would we be today without synthetic fertilizers, fuels, drugs, fibers, dyes, paints, cosmetics, iron, aluminum, other metals and alloys, plastics, explosives, papers, etc.? We (and all other creatures) are complex chemical plants “on the hoof.” What does “contains no chemicals” on a cereal box mean? What’s the difference between cane and beet sugar? What’s so special about water? How do soaps and detergents clean? What’s the difference between vitamin C from an orange and vitamin C manufactured in a chemical plant? What is synthetic rubber? How many chemicals are there? What food contains a poison 1200 times more toxic than cyanide? These and other “mysteries” will be addressed with emphasis on why it matters.

Date & Time: Tuesday, November 15; 1:30 p.m. — 3:00 p.m.
Place: The Virginian (Assembly Room), Fairfax
Class Size: Min. 10, Max. Unlimited
LLI Coordinator: Paul Hopley (703) 978-9381(H), (703) 409-8493 (C); phopley4@gmail.com

Leader:

LORRIN GARSON trained as an organic chemist. In 2002 he became a chief research scientist. For 30+ years he has been involved with the development of methods to acquire and disseminate chemical information electronically, including database development, traditional online systems, optical media, and the World Wide Web. He holds a B.A. in chemistry from the University of California at Riverside, and an M.S. and Ph.D. in chemistry from the University of Maine. In 2005 he was awarded the Herman Skolnik Award for his pioneering work to develop and enhance electronic editions of chemical journals. Following retirement, he co-edited the standard reference book *The ACS Style Guide: Effective Communication of Scientific Information* (3rd Ed., Oxford University Press, 2006).

Wednesday Mornings

Course 16F17A Zen Doodle I (1 Session)

This meditative art is a take-off on the Zentangle art form created by Rick Roberts and Maria Thomas. You do not need previous drawing experience to create intricate and lovely designs of repeating patterns, where the emphasis is on the journey, with results that are surprisingly beautiful. **NOTE: A \$6.00 materials fee (exact change please) will be collected at the beginning of class. However, if you have materials left over from a previous class, bring them and the fee will be waived. (This class is offered twice; please sign up for I or II, not both.)**

Date & Time: Wednesday, September 21; 10:00 a.m. — 12:00 p.m. (Note class time.)
Place: Spring Hill Club House, Lorton
Class Size: Min. 5, Max. 9
LLI Coordinator: Arline Sachs (703) 646-5606 (H); sachs@nova.org
Leader:

PAT DAVIDSON is an amateur artist working primarily in pencil, ink, and watercolors. She formerly taught English literature, was a floral designer, and did process redesign with the Fairfax County court system.

Course 16F18A A Wise Woman’s Guide to Financial Planning (1 Session)

Longevity, healthcare, earnings expectations, and life paths often mean that women should follow different rules when it comes to planning for and living in retirement. On average, women tend to live 2-3 years longer than men, spend 3 times as much as men on long-term care, and have about 50% as much in their retirement accounts as men. A one-size-fits-all approach to planning simply won’t work. In this class we talk about how to address healthcare planning, asset management, social security, and estate planning for women. This is a good class for women and anyone advising women on financial matters.

Date & Time: Wednesday, September 21; 10:00 a.m. — 11:30 a.m.
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.)
Class Size: Min. 10, Max. 60
LLI Coordinator: Scott Pinckney (703) 323-9361 (H); spinck3@aol.com
Leaders:

KELLY CAMPBELL is a Certified Financial Planner (CFP), Chartered Financial Consultant (ChFC), Chartered Mutual Fund Counselor (CMFC), and Accredited Investment Fiduciary (AIF). He is an investment adviser representative, and the founder and CEO of Campbell Wealth Management. Kelly has conducted classes at LLI NOVA for more than a decade.
EVAN BEACH is a Certified Financial Planner (CFP), and Accredited Wealth Management Advisor (AWMA). He is a wealth manager with Campbell Wealth Management.

Course 16F19A Next Level! Paint Along with Davi and Take Home Your Own Original I (1 Session)

Davi is “promoting” LLI NOVA participants by increasing the canvas from 8x10 to a larger 11x14! Class participants need no prior painting experience, as Davi D’Agostino will walk them through the process, step-by-step, to create their very own small masterpieces! Participants learn how to use acrylic paints, deal with composition, understand relationships between objects and perspective, and shade and highlight using paint. They will go home with their own signed originals — surprised at how well they can paint with this larger format. **Participants should bring an apron or old shirt to paint in. Acrylic paints, canvas, and brushes will be supplied. A \$10.00 materials fee (exact change please) will be collected at the beginning of class.**
NOTE: To attend this class, you must have a confirmed registration. (This class is offered twice; please sign up for I or II, not both.)

Date & Time: Wednesday, October 19; 10:00 a.m. — 12:00 p.m. (Note class time.)
Place: Spring Hill Club House, Lorton
Class Size: Min. 8, Max. 12
LLI Coordinator: Anna Dixon (703) 503-5463 (H), (703) 517-3556 (C); njoi2day@aol.com
Leader:

DAVI M. D’AGOSTINO began drawing and painting as a child and returned to painting in her retirement years. She has sold several of her works and won several awards, showing her oil and acrylics paintings throughout Northern Virginia in juried and judged shows. She is a member of the Vienna Arts Society, the

Art Guild of Clifton, and Springfield Art Guild. Her paintings have been exhibited at the Vienna Arts Center and Gallery, Green Spring Gardens, and the Fairfax Art League's Galleries. She was the Art Guild of Clifton's June 2015 and June 2016 Featured Artist at the Clifton Wine Shop and Tasting Room. Visit her website at www.davifineartsgallery.com and Davi Fine Arts on Facebook.

floral designer, and did process redesign with the Fairfax County court system.

Course 16F20A The Alaskan Tundra: Extreme Birding
(1 Session)

Remote, rugged, and potentially dangerous? Absolutely. Cold and uncomfortable? Sometimes. Desolate? Hardly! The Alaskan Tundra is teeming with wildlife of all varieties. Come along with Larry Cartwright as we explore the birdlife of the Alaskan Tundra, to include birds such as crested and parakeet auklets, spectacled and Steller's Eiders, bristle-thighed curlews, and bright pink little birds known as the Ross's Gull. We will discuss how they live and breed in this remote region of the world, and how they survive the long winters. We will also take a brief diversion to look at the life and culture of the native Aleut, Yupik, and Inupiat peoples and how they interrelate with the Alaskan wildlife.

Date & Time: Wednesday, October 26; 10:00 a.m. — 11:30 a.m.
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.)
Class Size: Min. 10, Max. 60
LLI Coordinator: Barry Centini (703) 658-1545 (H); barry.centini@verizon.net
Leader:

LARRY CARTWRIGHT has been a nature lover for most of his life. He is an avid recreational birder, and has birded several locations in the Alaskan Tundra from islands in the Bering Sea to the mainland north of the Arctic Circle. Larry also leads several avian related surveys, including the Dyke Marsh Breeding Bird Survey for the National Park Service, the winter waterfowl survey for the Audubon Society of Northern Virginia, and compiles the Washington, DC Christmas Bird Count sponsored by the Audubon Naturalist Society. Larry has received several awards from scientific and conservation based organizations, including the Virginia Society of Ornithology's Jackson M. Abbott Conservation Award for 2013.

Course 16F21A Zen Doodle II (1 Session)

This meditative art is a take-off on the Zentangle art form created by Rick Roberts and Maria Thomas. You do not need previous drawing experience to create intricate and lovely designs of repeating patterns, where the emphasis is on the journey, with results that are surprisingly beautiful. **NOTE: A \$6.00 materials fee (exact change please) will be collected at the beginning of class. However, if you have materials left over from a previous class, bring them and the fee will be waived. (This class is offered twice; please sign up for I or II, not both.)**

Date & Time: Wednesday, November 9; 10:00 a.m. — 12:00 p.m. (Note class time.)
Place: Spring Hill Club House, Lorton
Class Size: Min. 5, Max. 9
LLI Coordinator: Arline Sachs (703) 646-5606 (H); sachs@nova.org
Leader:

PAT DAVIDSON is an amateur artist working primarily in pencil, ink, and watercolors. She formerly taught English literature, was a

Course 16F22A Next Level! Paint Along with Davi and Take Home Your Own Original II (1 Session)

Davi is "promoting" LLI NOVA participants by increasing the canvas from 8x10 to a larger 11x14! Class participants need no prior painting experience, as Davi D'Agostino will walk them through the process, step-by-step, to create their very own small masterpieces! Participants learn how to use acrylic paints, deal with composition, understand relationships between objects and perspective, and shade and highlight using paint. They will go home with their own signed originals — surprised at how well they can paint with this larger format. **Participants should bring an apron or old shirt to paint in. Acrylic paints, canvas, and brushes will be supplied. A \$10.00 materials fee (exact change please) will be collected at the beginning of class.**

NOTE: To attend this class, you must have a confirmed registration. (This class is offered twice; please sign up for I or II, not both.)

Date & Time: Wednesday, November 30; 10:00 a.m. — 12:00 p.m. (Note class time.)
Place: Spring Hill Club House, Lorton
Class Size: Min. 8, Max. 12
LLI Coordinator: Anna Dixon, (703) 503-5463 (H), (703) 517-3556 (C); njoi2day@aol.com
Leader:

DAVI M. D'AGOSTINO began drawing and painting as a child and returned to painting in her retirement years. She has sold several of her works and won several awards, showing her oil and acrylics paintings throughout Northern Virginia in juried and judged shows. She is a member of the Vienna Arts Society, the Art Guild of Clifton, and Springfield Art Guild. Her paintings have been exhibited at the Vienna Arts Center and Gallery, Green Spring Gardens, and the Fairfax Art League's Galleries. She was the Art Guild of Clifton's June 2015 and June 2016 Featured Artist at the Clifton Wine Shop and Tasting Room. Visit her website at www.davifineartsgallery.com and Davi Fine Arts on Facebook.

Wednesday Afternoon

Course 16F23P Popes of the Roman Missal
(2 Sessions)

Inside the Daily Roman Missal is the General Roman Calendar that lists the remembrances for many days of the year. Fifteen of these remembrances are for popes who became saints. This course briefly sketches the pontificates of each, starting from Clement I (r. 90-98) thru Pius X (r. 1903-1914). These men were worthy popes, although two will make you think twice. We've already met some of these popes during previous papal history courses: Leo I and Gregory I (the first popes dubbed "The Great"), Gregory VII (history's most important pope), and Pius X (the pope straight out of Hollywood central casting who lowered the age of communion to seven).

Dates & Time: Wednesdays, November 9, 16; 1:30 p.m. — 3:00 p.m.
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.)

Class Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net

Leader:

BRUCE COLLETTI is a retired Air Force officer, career operations research analyst, and was an adjunct professor of mathematics at NOVA-Alexandria from 2000-2015. He has been a student of papal history since 1978 (the “Year of Three Popes”). If he could spend just 10 minutes with anyone from history, that would be Pope John XXIII — Angelo Roncalli and not the 15th century antipope by the same name who was fired by the Council of Constance (1414-1418) that he had convoked!

Thursday Mornings

Course 16F24A Tea Tasting and Presentation: Global Teas, Techniques and Traditions (1 Session)

Every region has its own unique way of preparing and enjoying tea. From our familiar British style of tea and preparation to the Asian use of Yixing pots, gaiwans, chasens, and gongfu preparation, to the Eastern European samovars, we will “visit” many countries through their teas and particular preparation styles. Tea infused treats and take home tea sampler are included. Join Certified Tea Specialist and chef, Laurie Bell, who will prepare various teas using methods specific to these countries and will discuss the history and botanical aspects of the teas. **NOTE: Cost: \$25.00. Please enclose a check payable to Great Falls Tea Garden with your registration.**

Date & Time: Thursday, September 29; 10:30 a.m. — 12:00 p.m. (Note class time.)

Place: Great Falls, VA. Directions will be emailed to all those registered for the class.

Class Size: Min. 10, Max. 20

LLI Coordinator: Gina Trapp (703) 522-7528 (H), (571) 345-5897 (C); gtrapp_26@msn.com

Leader:

LAURIE BELL, a Certified Tea Specialist from the Specialty Tea Institute, chef, and educator is owner of Great Falls Tea Garden. She blends tea selections for several restaurants and retail sale. Her popular Educational Focused Tea Tasting Seminars not only inform the public about the myriad styles of premium teas from around the globe, but also showcase ways to cook with teas. Laurie has a culinary career spanning over 30 years. She lived in France for four years where she earned a *très bien Grand Diplôme* from *Le Cordon Bleu* in Paris. Returning to the U.S., Chef Bell founded the culinary company *À La Belle Cuisine*. Laurie has worked at the White House, has demonstrated various culinary talents on local television and has lectured at several industry conferences and culinary schools. She currently serves as Vice President for Education and Community Outreach for the local chapter of *Les Dames d'Escoffier*. A lifelong tea drinker, Laurie continues her quest for tea knowledge by attending the World Tea Expo and Conference every year.

Course 16F25A Risk Management and Asset Protection (1 Session)

After saving and investing for many years, people often have accumulated their largest amount of assets just prior to retirement. Suffering a large financial loss at this time or during retirement can be devastating. Along with establishing cash reserves and an estate

plan, a comprehensive review of risk management is one of the first issues that should be addressed when developing a financial plan. We will discuss risk management-related topics that will not only help protect your assets, but can also provide peace of mind for you and your family. *Note: This class was offered last February but was cancelled due to snow and could not be rescheduled.*

Date & Time: Thursday, October 6; 10:00 a.m. — 11:30 a.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.)

Class Size: Min. 10, Max. 60

LLI Coordinator: Scott Pinckney (703) 323-9361 (H); Spinck3@aol.com

Leader:

JOSHUA GOULDING is a 2016 Level III Candidate in the Chartered Financial Analyst Program and a First Vice President at the McLaughlin Ryder Firm in Alexandria, VA. He is a well-known and highly regarded financial professional who specializes in working with seniors, retirees, and those approaching retirement. He is a graduate of Georgetown University where he earned a B.A. in psychology and pre-med studies. Mr. Goulding also earned an Executive Certificate in Financial Planning from Georgetown University.

Course 16F26A Lincoln's 1860 Campaign (1 Session)

With the 2016 presidential election just a few weeks away, join John Elliff in a review of how Abraham Lincoln won the presidency in 1860 when there were four major candidates. Are there similarities between the two campaigns? How did Lincoln get the Republican nomination? What happened to the Democrats? What were the issues? How close was the outcome, particularly in the Electoral College?

Date & Time: Thursday, October 20; 10:00 a.m. — 11:30 a.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.)

Class Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net

Leader:

JOHN ELLIFF holds a B.A. from DePauw University and a Ph.D. from Harvard University. He taught American government at Barnard College and Brandeis University before serving in various federal government positions and retiring in 2010. His articles on Lincoln have appeared in the *Journal of the American Lincoln Association*, the *Lincoln Forum Bulletin*, and *The Lincolnian*. In 2016 he became president of the Lincoln Group of DC.

Course 16F27A Cross and Crooked Cross: Church and State in Nazi Germany (1 Session)

What was the status of church and state relations in Germany under the National Socialist regime? Our discussion will start with a brief look at church history beginning with the Reformation, the residual element of anti-Semitism, the Bismarckian *Kulturkampf*, and the Nazi program on religion. We will examine the reaction of the Roman Catholic and the Confessing (Protestant) German Churches to Nazism, the government's policies on religion, and the fate of various personalities offering resistance to nihilistic Nazi theories on faith and belief. We will

also explore the subsequent Christian views on the church-state experience under the Third Reich.

Dr. Beck will provide course attendees with a selected reading list for future use; however, should registrants wish to read about this topic in advance, he recommends John S. Conway's book *The Nazi Persecution of Churches, 1933-1945*. Vancouver, BC: Regent College Publishing, 2001.

Date & Time: Thursday, November 3; 10:00 a.m. — 12:00 p.m. (**Note class time.**)

Place: The Woodlands (Theater), Fairfax

Class Size: Min. 10, Max. 30

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net

Leader:

ALFRED M. "FRED" BECK received his Ph.D. in European history from Georgetown University with a dissertation on Lt. Gen. Friedrich von Boetticher, the military attaché in the German Embassy in Washington, DC, 1933 — 1941. Fred completed a 31-year federal government career in 1994 as a historian serving as chief editor and publisher of the Air Force History Program. Dr. Beck continues his active retirement with lectures, research, and publishing.

Thursday Afternoons

Course 16F28P You've Got Personality! (But What is it and Where Does it Come From?) (NOVA Faculty) (1 Session)

We'll take a mini personality test and examine personality and its origins, including a look at these questions and more:

- What is personality?
- Where does it come from?
- Is it fixed or flexible across time and situations?
- Why are siblings (including identical twins) so different?

Date & Time: Thursday, September 22, 1:30 p.m. — 3:00 p.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Class Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net

Leader:

DEANNA DEGIDIO is an associate professor of psychology at NOVA-Annandale. She has an M.A. in clinical psychology from Cleveland State University, and worked in that field for several years prior to teaching full time. She is currently working on another M.A. at New York University (Gallatin School) where she is studying morality and ethics across the disciplines of philosophy, psychology, sociology, and anthropology.

Course 16F29P iPhoneography (How to Use Your iPhone To Take Great Pictures) (1 Session)

"The best camera is the one you have with you."
Chase Jarvis

Did you know that your iPhone (most likely) has a better camera in it than the first digital camera you bought 5 years ago? It also has great native software

to edit those photos. In this class we will learn how to take a great photo, how to edit it on our phones and how to share those photos with friends and family. Want to print those photos? We'll cover that too.

NOTE: *This class will focus exclusively on iOS 9 and iOS 10 and iPhones and iPads. This is not a class on Android or Windows devices (like the Samsung Galaxy or Motorola Razr, the Amazon Fire or the Microsoft Surface).* If you have not updated your iPhone or iPad to the latest version of iOS, please contact Kyla Lupo at (571) 357-4022 prior to class so she can guide you through the steps, though if you don't want to update, that's fine. Some camera and editing options will not be available. **Registration priority for this class will be given to those on the wait list from the summer session.**

Date & Time: Thursday, October 6; 1:30 p.m. — 3:00 p.m.

Place: Mason District Governmental Center (Main Community Room), Annandale

Class Size: Min. 10, Max. 30

LLI Coordinator: Pat Daniels (703) 354-3792 (H), (703) 517-9725 (C); rwdaniels63@gmail.com

Leader:

KYLA LUPO has been teaching adults about the wonders of technology for almost 10 years. As the CEE (Chief Executive of Everything) at Smart Again!, she has been specially crafting classes and workshops for the technophobic, the impatient, and those who consider themselves lost causes. After spending 4 years teaching high school photography, Kyla set out on a new journey: empowering adults to conquer technology. She also consults with small businesses to help them maximize technology to increase profits, as well as working with individual students, or small groups, in their homes on independent projects.

Course 16F30P You Can Be an iPhone Guru (Intermediate iPhones and iPads) (1 Session)

Are you ready for even more exciting iPhone adventures? You've mastered the basics of your iPhone and you're ready to learn even more. In this class we'll cover the camera and photos, FaceTime, making conference calls, taking advantage of iCloud, Apple Music, creating a wifi hotspot and some really cool apps. Join Kyla Lupo for this fun and interactive class where we will take the next steps towards becoming iPhone gurus! Bring your questions and have your phones *fully charged*. It is expected that if you come to this class you've already taken iPhones and iPads for Beginners. If you have not, it is STRONGLY suggested that you do.

NOTE: *This class will focus exclusively on iOS 9 and iOS 10 and iPhones and iPads. This is not a class on Android Phones (like the Samsung Galaxy, Google Nexus 4 or Motorolas).* If you have not updated your iPhone to the most recent version, please contact Kyla Lupo at (571) 357-4022 prior to class so she can guide you through the steps.

Date & Time: Thursday, October 13; 1:30 p.m. — 3:00 p.m.

Place: Mason District Governmental Center (Main Community Room), Annandale

Class Size: Min. 5, Max. 30

LLI Coordinator: Pat Daniels (703) 354-3792 (H), (703) 517-9725 (C); rwdaniels63@gmail.com

Leader:

KYLA LUPO has been teaching adults about the wonders of technology for almost 10 years. As the CEE (Chief Executive of

Everything) at Smart Again!, she has been specially crafting classes and workshops for the technophobic, the impatient, and those who consider themselves lost causes. After spending 4 years teaching high school photography, Kyla set out on a new journey: empowering adults to conquer technology. She also consults with small businesses to help them maximize technology to increase profits, as well as working with individual students, or small groups, in their homes on independent projects.

Course 16F31P Weaving 101 (1 Session)

Weaving cloth is among the oldest of the handicrafts, with evidence of early woven cloth dating back 35,000 years. The clothes you wear, the fabric for curtains and couches, placemats, and napkins, all are from woven fabric. Hand-woven garments are among the most highly prized pieces in most craft sales. In this class, Connie Diamant will provide a very brief history of weaving, and then class members will experience weaving firsthand on each of five different types of looms. Participants will be guided in weaving techniques and experience the joy of hand weaving.

Date & Time: Thursday, November 10; 1:30 p.m. — 3:00 p.m.

Place: Spring Hill Club House, Lorton

Class Size: Min. 8, Max. 12

LLI Coordinator: Judy Robison (703) 440-8479 (H), (703) 850-5795 (C); robisonja@gmail.com

Leader:

CONNIE DIAMANT teaches Saori style free weaving in her home studio in Fairfax Station. She became a hand weaver after retiring as the registrar at then Mary Washington College (now University of Mary Washington) and has 17 years of weaving experience. Connie was trained as a traditional weaver. She is also an avid knitter and crocheter, and has added Japanese temari ball making to her repertoire.

Course 16F32P The Founding of the National Gallery of Art, The Mellon Legacy (1 Session)

Andrew Mellon began collecting art in the 1910s. During years of great instability in Europe, he acquired a remarkable number of masterpieces, including at one point, a group of Rembrandts, Van Dycks, and Botticellis from Josef Stalin himself. Mellon donated the paintings to his own foundation, with the stated intent of starting a national museum. In 1934 he hired architect John Russell Pope (with whom Mellon had already worked on construction of the National Archives) to design a museum building located in Washington, DC. Mellon stipulated that the National Gallery accept art of similar masterpiece quality of that provided in his initial contribution of 126 paintings and 26 sculptures. This proviso and the requirement that his name not be attached to the name of the institution were the stimulants for other collectors to compete to donate their collections. This class will walk through the National Gallery of Art's amazing Mellon legacy.

Date & Time: Thursday, November 17; 1:30 p.m. — 3:00 p.m.

Place: Spring Hill Club House, Lorton

Class Size: Min. 20, Max. 55

LLI Coordinator: Judy Robison (703) 440-8479 (H), (703) 850-5795 (C); robisonja23@gmail.com

Leader:

ANNA DIXON is a retired senior executive (federal and corporate) who has a long-held passion for visual art. She has almost 20

years of experience serving as a docent at the National Gallery of Art where she is certified in a host of disciplines (e.g., 18th and 19th century French, 17th century Dutch, American, Renaissance, Modern and Contemporary art and sculpture, and general sculpture). Besides fulfilling duties as a member of LLI's Board of Directors, Anna paints and travels when not serving as a district or civil court mediator in the DMV region.

Friday Mornings

Course 16F33A It's A Matter of Time — In Art (1 Session)

We've all used these expressions: "Time flies!"; "There's never enough time!"; "Time Out!" Time is certainly an integral part of our lives. Join our presenter as she explores how artists featured at the Smithsonian American Art Museum and Renwick Gallery incorporate the concept of time in their work. We will look at various art mediums and examine examples of still lifes, landscapes, cityscapes, and people.

Date & Time: Friday, October 7; 10:00 a.m. — 11:30 a.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Class Size: Min. 15, Max. 60

LLI Coordinators: Philippa and Barry Centini (703) 658-1545 (H), (703) 472-5269 (C); phil.centini@verizon.net

Leader:

SARA SHOOB has a background in teaching and educational administration with an emphasis in history, social studies and the arts. She currently enjoys her work as a docent at the Smithsonian American Art Museum and Renwick Gallery. Sara has presented a number of other art-related courses for the LLI program.

Course 16F34A Easy, Inexpensive Ways to Update Your Home Decor (1 Session)

Using current trends doesn't mean throwing out all your furnishings. There are dozens of easy, quick, and inexpensive tips to create a fresh new look in any room.

Date & Time: Friday, October 21; 10:00 a.m. — 11:30 a.m.

Place: St. Matthew's United Methodist Church (Room 304), Annandale

Class Size: Min. 15, Max. 40

LLI Coordinator: Gina Trapp (703) 522-7528 (H), (571) 345-5897 (C); gtrapp_26@msn.com

Leader:

NICKIE MYERS retired from teaching and opened her own interior design business. She specializes in working with the homeowner's furnishings. Over the past 16 years Nickie has helped many clients downsize their homes.

Course 16F35A FDR And Stalin's Partnership (NOVA Faculty) (1 Session)

This course will explore the complex partnership and relationship that developed between Franklin Delano Roosevelt and Josef Stalin during World War II. Their personal diplomacy cemented the "Grand Alliance" enabling the defeat of Nazi Germany. How did Stalin view FDR upon his death? We will also examine the

consequences of the end of this partnership for the postwar world.

Optional advance reading: Susan Butler, *Roosevelt and Stalin: Portrait of a Partnership*. New York: Alfred A. Knopf, 2015.

Date & Time: Friday, October 28; 10:00 a.m. — 11:30 a.m.
Place: St. Matthew's United Methodist Church (Room 304) Annandale Campus
Class Size: Min. 10, Max. 40
LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net
Leader:

MICHAEL MCGREGOR works at Fannie Mae and teaches the History of Western Civilization at NOVA as an adjunct professor. He earned his B.A. at the University of Northern Iowa, and his M.A. in history at George Mason University. He has been researching the history of the Lend Lease Program for the past several years.

Course 16F36A Oliver Cromwell and the Forging of Two Constitutions (NOVA Faculty) (1 Session)

This course places the famous Puritan general within the contexts of both British and American constitutional thought. Through leading a successful social revolution against both monarchy and episcopacy, Cromwell served as the central figure in the development of the English Constitution of the seventeenth century. Yet by executing a king, and by exemplifying Calvinist-democratic theology, he also foreshadowed the American Revolution of the next century. This course will be of particular interest to those who enjoy trans-Atlantic history and the history of Anglo-American political thought.

Date & Time: Friday, November 11; 10:00 a.m. — 11:30 a.m.
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)
Class Size: Min. 10, Max. 60
LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net
Leader:

MARK R. ROYCE, Ph.D., examined the English Constitution for his dissertation, "The Political Theology of European Integration," at George Mason University and has taught political science for two years at NOVA. His research interests include Anglicanism, the British Empire, and religion in international politics. His articles have appeared in *The European Legacy*, *International & Comparative Law Quarterly*, and *Providence: A Journal of Christianity and American Foreign Policy*.

Course 16F37A Lifting the U.S. Trade Embargo on Cuba: Opportunities and Costs (NOVA Faculty) (1 Session)

Professor Heslop will present a critical analysis of the economic impact that the 50-year-old trade embargo has had on Cuba, as well as what it would mean for both countries if it is lifted. The following issues will be discussed: (1) political and economic objectives of the U.S. in imposing the embargo; (2) economic costs experienced by both countries and their people; (3) potential economic benefits (e.g., commodities and services available for trading, potential annual market value); and (4) obstacles and opportunities for both countries (e.g., political, social, cultural, delivery systems).

Date & Time: Friday, November 18; 10:00 a.m. — 12:00 p.m. (**Note class time.**)
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)
Class Size: Min. 10, Max. 60
LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net
Leader:

MICHAEL HESLOP is an associate professor of economics at NOVA-Annandale. He holds M.S. degrees from Iowa State University and the University of the West Indies. He has made several presentations for LLI, including "Super Rich and Super Poor: The Case of the Growing Income and Wealth Inequality in America" on November 11, 2014.

Course 16F38A The Reality of Witches in the Early Modern Atlantic World (NOVA Faculty) (1 Session)

This course will explore the cultural and social dynamics of the prevalent beliefs in witchcraft and the supernatural in the Early Modern Atlantic World. Relying on both primary and secondary sources, we will review the appearance and disappearance of the period's fascination with and fear of those believed to be working *maleficia* (literally, doing harm).

Date & Time: Friday, December 16; 10:00 a.m. — 11:30 a.m.
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)
Class Size: Min. 10, Max. 60
LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net
Leader:

THOMAS RUSHFORD, M.A. and Ph.D., University of Massachusetts-Amherst. He has been a full-time member of the NOVA-Annandale history department faculty since 2012. Prior to NOVA, Dr. Rushford worked for two years as the first Digital Historian/Projects Director for the Office of the House Historian, the United States House of Representatives. Following completion of his Ph.D., he had a three-year post-doctoral teaching fellowship at George Mason University. Dr. Rushford's dissertation, *Burnings and Blessings: The Cultural Reality of the Supernatural Across Early Modern European Spaces*, was done under the direction of Dr. Brian Ogilvie and focuses on the cultural and social dynamics of supernatural beliefs in the 17th century Atlantic world. He presents regularly at various national and international academic conferences, most recently at the annual World Historical Association meeting in Savannah, Georgia and the Society for Sixteenth Century Studies in Geneva, Switzerland.

Course 16F39A Seed and Blood: Slavery and American Capitalism (NOVA Faculty) (1 Session)

This course will explore the entwined historical origins of American slavery and American capitalism. We will discuss the reasons for the forced migration of a million African Americans from the "Tobacco South" to the "Cotton South." We will reflect on the conventional dogma that American slavery was an inefficient relic of older labor systems that did not fit within the modern, free market enterprise system that developed in early 19th-century America. Instead, the enslavement of African Americans was driven by transformed free market forces and, in turn, shaped a capitalist system that was increasingly dependent on the productive power of unfree labor and violence.

September 2016

LLI Fall Program 2016

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

	1	2	3
4	5	6	7 LLI Forum & Open House
11	12 I6F01A—Bible, Politics, the Good Life	13 I6F12P—Philosophy Presentations	14
18	19 I6F01A—Bible, Politics, the Good Life I6F02A—Understanding Opera I6F05P—Renovate/Relocate?	20 I6F09A—National Archives I6F12P—Philosophy Presentations	21 I6F17A—Zen Doodle I I6F18A—Wise Woman's Guide—Financial Planning
25	26 I6F01A—Bible, Politics, the Good Life I6F02A—Understanding Opera I6F06P—How the Brain Works	27	28
1	2	3	4
8	9	10	11
15	16	17	18
22 I6F48A—Orienteering for Seniors I6F28P—You've Got Personality!	23	24	25
29 I6F24A—Tea Tasting	30	31	32

Remove this calendar to use as a handy reference.

October

2016

LLI Fall Program 2016

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

2 16F48A—Orienteering for Seniors	3 16F02A—Understanding Opera	4	5 LLI Forum & Open House	6 16F25A—Risk Management 16F29P—iPhoneography	7 16F33A—It's a Matter of Time 16F40P—Conscience vs. Law 16F41P—Poetry and You	1 8
9	10	11	12	13 16F30P—iPhone Guru	14 16F41P—Poetry and You 16F42P—Create Beautiful Floral Arrangements 16F43P—The Gut Microbiome	15
16	17	18 16F10A—And the War Came 16F13P—What Path to Take?	19 16F19A—Paint w/Davi I	20 16F26A—Lincoln's 1860 Campaign	21 16F34A—Easy Ways to Update Home Décor 16F41P—Poetry and You	22
23	24 16F06P—How the Brain Works	25 16F10A—And the War Came 16F14P—Cuba? Complicated	26 16F20A—Alaskan Tundra: Extreme Birding 16F49P—Park Ranger Grab Bag	27 16F48A—Orienteering for Seniors	28 16F35A—FDR and Stalin's Partnership 16F41P—Poetry and You 16F49P—Park Ranger Grab Bag	29
30 16F48A—Orienteering for Seniors	31 16F07P—History/Mystery of the Labyrinth					

Remove this calendar to use as a handy reference.

November

2016

LLI Fall Program 2016

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

		1 I6F10A—And the War Came	2 LLI Forum & Open House I6F49P—Park Ranger Grab Bag	3 I6F27A—Cross/Crooked Cross: Nazi Germany	4 I6F44P—Poetry Writing	5
6	7 I6F03A—Mass Extinctions	8	9 I6F21A—Zen Doodle II I6F73P—Popes of Roman Missal I6F49P—Park Ranger Grab Bag	10 I6F31P—Weaving I01	11 I6F36A—Oliver Cromwell I6F44P—Poetry Writing	12
13	14 I6F06P—How the Brain Works	15 I6F10A—And the War Came I6F15P—Housing Programs I6F16P—Chemistry	16 I6F23P—Popes of Roman Missal	17 I6F32P—Founding of the Nat'l Gallery of Art	18 I6F37A—Lifting U.S. Trade Embargo on Cuba I6F44P—Poetry Writing I6F45P—The 21st Century	19
20	21	22	23	24	25	26
27	28 I6F04A—Women in Revolu- tionary War	29	30 I6F22A—Paint with Davi II			

Remove this calendar to use as a handy reference.

December

2016

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

January 2017						
Wed., Jan. 4: LLI Forum & Open House Fri., Jan. 13: I6F39A—Seed & Blood: Slavery & American Capitalism Fri., Jan. 27: I6F47P—Colonial Plants of Virginia						
4	5 I6F08P—Election of 2016	6 I6F11A—Pack for a Move	7	8	9	10
11	12	13	14	15	16 I6F38A—Reality of Witches I6F46P—Native Americans and Their Plight	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

LLI Fall Program 2016

Remove this calendar to use as a handy reference.

There will be an opportunity to discuss the critical market mechanisms that drive economic growth today (e.g., property ownership, capital investment, debt, and credit access) which are rooted in the horrors of racial slavery.

Date & Time: Friday, January 13, 10:00 a.m. — 12:00 p.m. (Note class time.)

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.)

Class Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net

Leader:

NOAH CINCINNATI received his Ph.D. in history from the Johns Hopkins University in 2012. He is a specialist in modern American history, environmental history, the history of capitalism, and the U.S. and the world. He is particularly interested in how Americans have reacted to capitalism and modernity, especially in the realm of environmental change. He is currently transforming his dissertation into a book manuscript that unearths the history of zoos, wildlife trafficking, and global conservation through the lens of the early 20th century struggles of concerned conservationists to rationalize and regulate global capitalism and imperialism. Dr. Cincinnati has served as an assistant professor at NOVA since 2012.

Friday Afternoons

Course 16F40P Conscience Versus Law: The Tainted Legacy of Chief Justice Roger Brooke Taney (NOVA Faculty) (1 Session)

"The Hon. Old Roger B. Taney has earned the gratitude of his country by dying at last. Better late than never!"

These words were written by New York writer George Templeton Strong upon hearing the news on October 12, 1864 that the second longest tenured Chief Justice of the Supreme Court in US history had passed away. After 28 years as the top judge in the highest court in the land, Taney died broke and without a single personal friend in Washington, DC. This course will examine his background and his jurisprudence when he came to succeed the legendary John Marshall as Chief Justice. We will examine the controversies regarding Taney including a very in-depth look at the infamous Dred Scott decision in 1857.

Date & Time: Friday, October 7; 1:00 p.m. — 3:00 p.m. (Note class time.)

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.)

Class Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net

Leader:

THOMAS COGLIANO, B.S., University of Mary Washington; M.A., George Mason University, has been an instructor at NOVA-Annandale since 2009. While serving as an adjunct professor he was nominated twice for "Adjunct of the Year." He is now a full-time faculty member teaching U.S. history and western civilization courses.

Course 16F41P Poetry and You (4 Sessions)

Join us for one of LLI's long-time favorite courses. Learn more about how poetry can change your life. We will read and talk about the work of contemporary poets as well as our favorite classics.

Dates & Time: Fridays, October 7, 14, 21, 28; 1:30 p.m. — 3:30 p.m. (Note class time.)

Place: Little River United Church of Christ (Room 8), Annandale

Class Size: Min. 10, Max. 30

LLI Coordinator: Marianne Moerman (703) 751-0523 (H); marianne.c.moerman@gmail.com

Leader:

RICHARD RISK, B.S., University of Missouri. Richard is retired from the Environmental Protection Agency and is a founding member of LLI.

Course 16F42P How to Create Beautiful Floral Arrangements (1 Session)

Join Alisa Rabinovich as she demonstrates and oversees hands-on practice in the basics of floral care and arrangement. **NOTE: Participants should bring a medium-sized vase to class. A \$10.00 materials fee (exact change please) will be collected at the beginning of class.**

Date & Time: Friday, October 14; 1:30 p.m. — 3:00 p.m.

Place: St. Matthew's United Methodist Church (Room 304), Annandale

Class Size: Min. 15, Max. 20

LLI Coordinator: Nickie Myers (703) 532-3726 (H), (703) 507-6645 (C); nickie@yoursbydesign.com

Leader:

ALISA RABINOVICH is the owner of Galleria Floral Shop in Falls Church, VA, which has been serving the area for over 20 years. The shop's staff prides itself on the ability to accommodate all tastes, styles, and budgets. Alisa and her team of talented designers create floral art to help convey that which words cannot.

Course 16F43P The Role of the Gut Microbiome in Health and Disease (NOVA Faculty) (1 Session)

Recent studies have demonstrated the important role that our intestinal (gut) microbiota play in our health. There is evidence they assist in preventing diseases and keeping individuals at a healthy weight, while other studies have demonstrated that changing the balance of microbiota in our systems may actually promote disease. This course will highlight studies pertaining to the role of microbes in the human intestinal tract. Several diseases will be discussed.

Date & Time: Friday, October 14; 1:30 p.m. — 3:00 p.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.)

Class Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net

Leader:

KAREN BUSHAW-NEWTON received her B.S. with honors in microbiology and her Ph.D. in ecology from the University of Georgia. Her research in microbial ecology and the structure and function of bacterial communities has taken her from the Beaver Ponds in northern Canada to the coastal and inland waters of Georgia and the mid-Atlantic, including the Patuxent and Anacostia Rivers. She was a Knauss Sea Grant Policy Fellow and

did her postdoctoral work at the Academy of Natural Sciences in Philadelphia. Most recently she worked as a researcher at the U.S. Geological Survey studying pathogens of amphibians. She has taught undergraduate and graduate microbiology courses for over ten years. Her research has been published in several journals including *Nature*, *BioScience*, the *Journal of the Northern American Benthological Society*, and the *Journal of Environmental Pollution Research*.

Course 16F44P Poetry Writing — Let's Make it Happen (3 Sessions)

Join us to discover or re-visit the poet within! From the beatific to the bawdy, we will write, share and cheer each other on.

Dates & Time: Fridays, November 4, 11, 18; 1:30 p.m. — 3:00 p.m.

Place: Little River United Church of Christ (Room 8), Annandale

Class Size: Min. 8, Max. 20

LLI Coordinator: Marianne Moerman (703) 751-0523 (H); marianne.c.moerman@gmail.com

Leaders:

ED SADTLER has been reading and writing poetry for many years. He is a long-time member of LLI and attendee of Richard Risk's Poetry and You classes and of the Poetry Workshop at George Mason University's Osher Lifelong Learning Institute. He also is the co-leader of the OLLI Writer's Workshop.

CAROLYN WYATT is a retired federal information officer who has traveled widely in that position. She has an M.A. in Spanish from Indiana University and aspires to be a poet and wise woman.

Course 16F45P The 21st Century: Boon, Bane or Both? What Does the Future Hold? (1 Session)

Have you ever wondered what life will be like toward the end of the 21st century? Join us in our "time machine" for a prospective on the future as we travel forward to explore a new and exciting world as it unfolds before us. Ray Bednarsky will highlight the beneficent expectations of science and technology, and Ken Kornher will discuss daunting problems and constraints, followed by a lively discussion that will add insights and weigh the possibilities.

Date & Time: Friday, November 18; 1:30 p.m. — 3:00 p.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Class Size: Min. 15, Max. 60

LLI Coordinator: Ray Bednarsky (703) 455-3999 (H), (703) 407-1990 (C); rbednarsky@earthlink.net

Leaders:

RAY BEDNARSKY, M.B.A., business and electrical engineering, Marymount University and the University of Hawaii. Ray was a U.S. Marine Corps aviator for 26 years with 300 combat missions. He prepared and conducted reviews of joint operation plans for the Chief of Naval Operations, and performed strategic studies for amphibious operations and military issues for the Commandant of the Marine Corps. As Vice President/PRC, Ray formed a healthcare division that developed the electronic patient record for the DoD, VA, and IHS. As Vice President/Northrop Grumman, he developed aerospace, combat and healthcare systems.

KEN KORNHER, Ph.D., international relations and governance, Georgetown University; Colonel, USAFR (retired), intelligence officer. Ken supervised eight long-term institutional development and management projects for the U.S. Agency for International Development, serving over 65 countries. As a senior international

management consultant he provided design and operational analysis and oversight for one Micronesian finance project, three Eastern European local government projects, and one evaluation contract.

Course 16F46P Native Americans and Their Plight With U.S. Government Settlements (NOVA Faculty) (1 Session)

This course covers the political history of Amerindian and Anglo-American conflicts from the colonial era to the development of the AIM organization.

It begins with Virginian and New Englander colonial conflicts, and continues with the establishment of the United States of America in conflict with British imperial alliances with the native peoples. Highlights include the pan-tribal alliances during the War of 1812, the consequences of the Mexican War, and the post-Civil War consolidation of West Central North America. The lecture ends with an examination of U.S. citizenship for Amerindians and the 20th century emergence of an American Indian rights movement.

The recurring theme is the repeated failed treaties and settlements. In particular, we will look at whether the "Trail of Tears" was a continuation of previous behavior or the establishment of a new paradigm.

Notes: AIM is the American Indian Movement, an advocacy group for Native Americans founded in 1968. Amerindian is an anthropological term found in English and French scholarship referring to the pre-Columbian inhabitants of the Western Hemisphere and their descendants.

Date & Time: Friday, December 16; 1:30 p.m. — 3:00 p.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Class Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net

Leader:

ALBERT THOMPSON is a military and conflict historian with particular interests in medieval Europe, the American South, the British Empire and the Middle East. Professor Thompson has a B.A. from Oral Roberts University and an M.A. from Norwich University. He is a Fellow of the Royal Society for the Encouragement of the Arts, Manufactures and Commerce, and an amateur photographer. His blog can be found at noircurations.worldpress.com.

Course 16F47P Colonial Plants of Virginia (NOVA Faculty) (1 Session)

Learn about plants brought to the New World, mainly from England, during the American colonial period. Uses of these plants and native plants in cooking and for medicinal purposes will be discussed. Examples of plants (live and preserved) will be displayed and several prepared foods will be available for sampling.

Date & Time: Friday, January 27; 1:30 p.m. — 3:00 p.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Class Size: Min. 10, Max. 30

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@verizon.net

Leader:

LISA WILLIAMS is an assistant professor of biology at NOVA-Annandale where she teaches botany, general biology, and human anatomy and physiology. She earned B.A. and M.S. degrees in biology (botany focus) from George Mason University and an M.S. in Science Education from the University of Montana (Bozeman). She has surveyed wetlands in Fairfax County, carried out several floral surveys in Loudoun County, and carries out long-term research on plant community interactions. Working with faculty at Montana State University and her NOVA students, professor Williams recently completed research on college student attitudes towards plants and the effectiveness of teaching botany from a plant-people perspective.

Various Days

Course 16F48A Orienteering for Seniors (4 Sessions)

If you are you interested in an activity that is both a physical and mental challenge, then join us for this local orienteering course. Orienteering involves reading detailed maps to complete a course in point-to-point order. It is a fun way to learn land navigation using topographical maps and can be enjoyed as a walk in the woods or a competitive sport.

There will be 4 sessions in total: 2 weekday classes at Spring Hill Club House on Thursdays and 2 field trip classes on Sundays in regional parks, each one following the classroom session.

NOTES for field trip sessions: Field trips take place rain or shine. Participants may walk alone or in groups. Groups can include fellow classmates or family and friends. Duration of the walk is approximately 1 hour. Participants should bring a compass, if available; otherwise one will be provided on loan. Detailed information about follow-up field trips, including directions to the parks, will be addressed during classroom sessions.

NOTE: Cost is \$5.00 for maps and materials to be paid to the instructor (exact change please).

Dates & Time for Classroom Sessions at Spring Hill Club House, Lorton:

Thursday, September 22; 10:00 a.m. — 11:30 a.m.

Thursday, October 27; 10:00 a.m. — 11:30 a.m.

Dates & Time for Field Trip Practice Sessions:

Sunday, October 2; 11:30 a.m. — 12:30 p.m. (Fountainhead Regional Park)

Sunday, October 30; 11:30 a.m. — 12:30 p.m. (Hemlock Overlook Regional Park)

Class Size: Min. 10, Max. 40

LLI Coordinator: Sidney Sachs (703) 646-5606 (H); sidneysachs@juno.com

Leader:

DAVID ONKST is a long-time coach for the junior members of the Quantico Orienteering Club and teaches orienteering for the REI sporting goods store.

Course 16F49P Park Ranger Grab Bag (4 Sessions)

As we celebrate the centennial of the National Park Service in 2016, it is fitting to showcase the versatility of the rangers who work in the DC Metro area. Park Rangers from National Mall and Memorial Parks return for a four-session course highlighting three separate topics. Subjects include a two-part study on presidential inaugurations, the rise of the Smithsonian on the Mall, and a discussion of what it was like to work in one of our nation's more picturesque parks, Golden Gate National Recreation Area. The stories to be told are legion!

Dates & Time: Wednesdays, October 26, November 2, 9; 1:30 p.m. — 3:00 p.m.

Friday, October 28; 1:30 p.m. — 3:00 p.m.

Place: Mason District Governmental Center (Large Conference Room), Annandale

Class Size: Min. 25, Max. Unlimited

LLI Coordinator: Rick and/or Pat Daniels (703) 354-3792 (H), (703) 517-9725 (C); rwdaniels63@gmail.com

Leaders:

BRAD BERGER, B.A. in European history; M.A. in American colonial history. Brad served in the Federal Republic of Germany as a security specialist in the U.S. Air Force, and interned for the National Park Service at Harpers Ferry National Historic Park. Ranger Berger currently serves as a Park Ranger at the National Mall and Memorial Parks in Washington, DC where he helps coordinate operations for presidential inaugurations, annual National Independence Day celebrations, and National Cherry Blossom Festivals.

Rangers JENNIFER EPSTEIN, BETHANY BAGENT, and LAURA ABBOTT will also be instructors.

While the activities of LLI Special Interest Groups (SIGs) are first and foremost for the benefit of LLI members, the Board recognizes that there may be occasions when non-members may be invited to participate. The Board supports the SIG coordinator's flexibility to invite non-LLI members to participate in an activity whenever the objectives of the SIG would be enhanced by non-member participation.

Special Interest Groups

BRIDGE GROUP



The LLI Bridge Group meets twice monthly to play social, i.e., not duplicate, bridge. We are always looking for new players, and all levels of players are welcome in this very friendly game. You do not need a partner because we rotate partners, so you will play with everyone. If there are "extra" players, bridge play is rotated among all present. Please feel free to

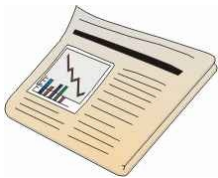
bring a brown bag lunch. Specific play dates are published in the Newsletter. Please contact the coordinators before you attend so that we can confirm the play date and ensure that we have sufficient card tables for attendees.

Dates & Time: Usually the second and fourth Wednesdays of each month; 10:00 a.m.—2:00 p.m., September 14 and 28 (Wednesdays), October 12 (Wednesday) and October 27 (Thursday), November 9 (Wednesday) and 17 (Thursday), December 1 and 15 (Thursdays). Occasionally, scheduling conflicts require that we play on a different day, so please always call ahead to ensure the date is correct.

Place: Mason District Governmental Center, Annandale

Coordinators: Bob and Merry Huley, (703) 534-4819 or roberthuley@cox.net.

CURRENT EVENTS GROUP



Given the excitement and fluidity of changes in current political and worldly events, the Current Events Group will meet the first Friday of each month for continued interesting and educational discussions. Topics reflect the current events surrounding the time of the

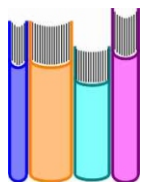
meeting. We welcome all to share your ideas and/or learn more about current events—whatever is your pleasure.

Dates & Time: First Friday of each month; 10:00 a.m.—11:30 a.m., September 2, October 7, November 4, December 2, January 6.

Place: Mason District Governmental Center (Small Conference Room), Annandale

Contact Information: LLI members can receive reminder notices by contacting Peter Schwarzkopf (703) 998-0769 or pschwarzkopf@verizon.net.

FAVORITE BOOKS CLUB



The Favorite Books Club meets monthly to discuss books the group has identified for review. The members select from a variety of genres, e.g., fiction, non-fiction, historical, contemporary, best sellers, classics, etc. We try to select only books available in paperback. Information on each selected

book is published in the monthly LLI Newsletter prior to discussion.

Dates & Time: Third Thursday of each month; 11:30 a.m.—1:00 p.m., September 15, October 20, November 17, January 19. **No meeting in December.**

Place: Braddock District Government Center (Kings Park Library, Braddock Hall), Burke

Coordinator: Lynne Smaldone, (703) 525-9623 or smaldonega@hotmail.com.

FINANCIAL DISCUSSION GROUP



Would you like to join a lively group of LLI members who talk about the fascinating and frustrating world of finance and investments? Whether you are a neophyte looking for some answers or Warren Buffet's "secret advisor," we think you will find us enjoyable and informative.

Dates & Time: Second Friday of each month; 1:30 p.m.—3:00 p.m., September 9, October 14, November 11. **No meeting in December.**

Place: Braddock District Government Center (King's Park Library, Braddock Hall), Burke

Coordinator: Doug Johnson, (703) 628-3115 or llinovadoug@gmail.com.

FRENCH CONVERSATIONALISTS



Under the expert guidance of Al Brothers, we will continue to strive to improve our French language skills. We are currently working our way through the well-known language series, *French in Action*.

Dates & Time: First & third Tuesdays of each month; 10:00 a.m.—12:00 p.m., September 6 and 20, October 4 and 18, November 1 and 15, December 6.

Place: Goodwin House (Top of the West), Falls Church

Coordinators: Patty and Richard Steelman,

(703) 504-6866 or richardsteelman@hotmail.com;
pattysteelman@gmail.com.

GOURMAND GROUP



The Gourmand Group meets monthly. If you have ever been curious about what our group does, please join us at one of our monthly outings which can run the gamut from a wine pairing lunch, a weekend brunch, ethnic cuisine explorations, an afternoon tea or just

good food. We encourage members to think outside the box since none of us has the corner on food opportunities in the Washington area. Each month a member volunteers to plan and manage the event. The Gourmand Group has been very active through the years and we think you'll find it a lot of fun.

Contact Patti Volz at (703) 892-6124 or pattivolz@verizon.net, or Lynda Cyr at (703) 750-1257 or linda.cyr@verizon.net for further information

Dates & Time: No fixed dates.

PHOTOGRAPHY GROUP



LLI members have a wide range of photographic abilities and interests and share a common desire to hone existing skills or learn new ones. Meetings of this SIG will focus on a specific topic or area of interest decided by the group. Topics to date have included "Sorting and Filing Your Digital Pictures" and "Understanding Exposure." New members are always welcome.

Dates & Time: Third Friday of each month; 10:00 a.m.—12:00 p.m., September 16, October 21, November 18 and December 16.

Place: Braddock District Government Center (King's Park Library, Braddock Hall), Burke

Coordinator: Buck Myers (703) 532-3726 or hbm@hbmphoto.com.

WALKABOUTS



Weather permitting, the Walkabouts Group meets twice each month, usually on the 2nd and 4th Fridays, for an outdoor walk for fun and health. Each walk begins at noon and lasts about one hour. Dates and locations for scheduled walks are listed in the LLI Newsletter and on the LLI web site. Notifications of any changes or special details not included in the published schedule are coordinated through Merry Macke. She can be reached at (703) 451-3248 or by e-mail at merry.macke@verizon.net. Members may sign up to receive notifications by contacting the coordinator.

Dates & Time: No fixed dates.

Please register as soon as possible, but not later than Friday, August 12, 2016.

Directions to Class Locations — Fall 2016

Little River United Church of Christ, 8410 Little River Turnpike, Annandale.

Directions from the Beltway

Go west on Little River Turnpike (Route 236) to the second traffic light (you will see the NOVA campus on the left). Turn right at the light and follow the road to the church parking lot.

Directions from Wakefield Chapel Road

Turn right onto Little River Turnpike (Route 236) and get into the left lane. Turn left at the first traffic light and follow the road to the church parking lot.

Mason District Governmental Center, 6507 Columbia Pike, Annandale.

Directions from the Beltway

Go east on Little River Turnpike (Route 236). Turn left onto John Marr Drive (next light after passing Giant Food on the left). Turn right at the next light, which is Columbia Pike. Go through several traffic lights. Following the traffic light at the intersection with Whispering Lane, there is a sign in the median reading "Fairfax County Police Station." Proceed a short distance and turn right into the parking lot of the Center.

NOVA Campus Buildings
(Refer to campus map on p. 4.)

Parking for all Campus Classes and Activities:
USE THE PAY PARKING GARAGE NEXT TO THE CULTURAL CENTER. THERE IS A \$2.00 PER HOUR CHARGE TO PARK IN THE GARAGE.

Ernst Community Cultural Center (CE), also called the NOVA Cultural Center, Annandale Campus. The Forum is the large open space (with fireplace) on the mezzanine level. Seminar rooms are on the mezzanine level adjacent to the Forum.

Spring Hill Club House, Lorton.

Directions from I-395 South (I-395 becomes I-95 south of the Beltway)

Take I-395 South to I-95 South and then take Exit 163 for Lorton. Turn right onto Lorton Road. At the very next traffic light (just a few feet ahead) turn right onto Silverbrook Road. Continue on Silverbrook to the next traffic light and turn left onto Laurel Crest Drive. Turn left onto Mountain Larkspur Drive (about 500 feet).

** At this point, there is a gate. The gate does not open until 10:00 a.m. Enter through the gate. Go to the second street. Turn right. Go one block to the club house, just past the stop sign. (In case you are late you might have to knock on the door or go around the back to knock on a door.)*

Directions from the Fairfax County Parkway (old Route 7100 – new Route 286)

Take the Hooes Road south exit. After approximately 1.3 miles, turn left at the second traffic light onto Silverbrook Road. Continue on Silverbrook to the next traffic light and turn right onto Laurel Crest Drive. Turn left onto Mountain Larkspur Drive (about 500 feet). Continue at * above.

Directions from Route 123

From Route 123 heading south, go to Silverbrook Road and turn left onto Silverbrook. Continue on Silverbrook to the second light. Turn right onto Laurel Crest Drive. Turn left onto Mountain Larkspur Drive (about 500 feet). Continue at * above.

St. Matthew's United Methodist Church, 8617 Little River Turnpike, Annandale.

Directions from the Beltway

Drive west on Little River Turnpike (Route 236). Pass the NOVA campus and Wakefield Chapel Road (second and third traffic lights). Take the next left (which does not have a traffic light) onto Wakefield Drive; immediately turn right and then left into the church parking lot.

Directions from Braddock Road going East

Turn left onto Wakefield Chapel Road. Continue for approximately 1.3 miles (passing NOVA on the right) and turn left onto Virginia Avenue. At the stop sign turn right onto Wakefield Drive and then turn left into the church parking lot.

Classroom: Enter the classroom on the far left-hand side of the building through a basement door. However, if this side basement door is not yet open, enter the church through the main doors in the center. Follow the signs to the main church office. Right before the office is a stairwell on your left. You need to open the door to see the stairwell. Walk down one level and the classroom is a few feet from the foot of the stairs.

The Virginian, 9229 Arlington Boulevard (Route 50), Fairfax.

Directions from the Beltway and Little River Turnpike (Route 236)

Drive west on Little River Turnpike to Pickett Road. Turn right on Pickett Road and drive to Arlington Boulevard. Turn right onto Arlington Boulevard and then turn right at the first traffic light which will take you into The Virginian's driveway.

Directions from the Beltway and Arlington Boulevard (Route 50)

Drive west on Arlington Boulevard. Turn left at the first traffic light* after Nutley Street into The Virginian's driveway.

Parking is permitted in any vacant slot that is not designated as handicapped or employee parking.

** Landmark at this traffic light: Stonehurst Drive is on the right. Be sure to take a left at the traffic light into The Virginian complex.*

The Woodlands, 4320 Forest Hill Drive, Fairfax.

Directions from the Beltway

Take the Braddock Road West exit and go west on Braddock Road (approximately 7 miles) to Shirley Gate Road (Route 655). Turn right onto Shirley Gate Road and proceed to the first traffic light at Lee Highway. Turn left onto Lee Highway and then turn left at the next traffic light (Forest Hill

Road). Continue to the second entrance on your right at The Woodlands sign. See * below.

Directions from I-66

Take I-66 to the exit for Route 50 East (Fairfax). Go right at the first traffic light (Waples Mill Road). Turn right onto Lee Highway, and then turn left at the first light (Forest Hill Drive). Take the second entrance on the right into The Woodlands on the left. See * below.

** Parking is permitted at The Woodlands as well as at the first building, The Gardens, next door. If both parking lots are full, street parking is permitted on Forest Hill Drive.*

LLI Course Registration Form – Fall 2016

*****Please use one form per person*****

Name: _____ Telephone: _____

Email: _____

Date: _____

Return Form to:

LLI/NOVA
Godwin Building (CG), Room 202
8333 Little River Turnpike
Annandale, VA 22003-3743

In the form's priority column, please number your class choices in **priority sequence**, e.g., 1=1st choice, 2=2nd choice, 3=3rd choice, etc. **Do not repeat a priority number.**

Priority	Class Number	Class Name	Fee	Date (s)	Office Use Only Action/ Comments
	16F01A	The Bible, Politics, and the Good Life		9/12, 19, 26	
	16F02A	Understanding Opera		9/19, 26, 10/3	
	16F03A	Mass Extinctions: Past, Present, Future		11/7	
	16F04A	Women in Revolutionary War and During the Founding of the U.S.		11/28	
	16F05P	Should We Renovate or Relocate?		9/19	
	16F06P	How the Brain Works		9/26, 10/24, 11/14	
	16F07P	The History & Mystery of the Labyrinth		10/31	
	16F08P	Election of 2016: Results in Perspective		12/5	
	16F09A	A Visit to the National Archives		9/20	
	16F10A	"And the War Came," 4/1940 to 12/1941		10/18, 25, 11/1, 15	
	16F11A	How to Pack for a Move		12/6	
	16F12P	Philosophy Presentations		9/13, 20	
	16F13P	What Path Should We Take? Moving to Condo/Apt/Retirement Community		10/18	
	16F14P	Cuba? It's Complicated		10/25	
	16F15P	Housing Programs and Services for Older Adults		11/15	
	16F16P	Chemistry for Those Who Hate/Flunked Chemistry		11/15	
	16F17A	Zen Doodle I	\$6	9/21	
	16F18A	Wise Woman's Guide to Financial Planning		9/21	
	16F19A	Next Level! Paint Along with Davi I	\$10	10/19	
<i>Continued on next page</i>					

To be completed by LLI Office. A = registration accepted; C = course canceled; W = wait listed (you will be notified if space becomes available).

Reminders:

1. Have you listed all your class choices by your priority sequence?
2. Have you enclosed separate checks, payable as stated in the catalogue's class description, for any class with a required fee?
3. Have you enclosed a stamped, self-addressed envelope (preferably business size)?

Priority	Class Number	Class Name	Fee	Date (s)	Office Use Only Action/ Comments
	16F20A	The Alaskan Tundra: Extreme Birding		10/26	
	16F21A	Zen Doodle II	\$6	11/9	
	16F22A	Next Level! Paint Along with Davi II	\$10	11/30	
	16F23P	Popes of the Roman Missal		11/9, 16	
	16F24A	Tea Tasting and Presentation (send check payable to Great Falls Tea Garden)	\$25	9/29	
	16F25A	Risk Management and Asset Protection		10/6	
	16F26A	Lincoln's 1860 Campaign		10/20	
	16F27A	Cross/Crooked Cross: Church & State, Nazi Germany		11/3	
	16F28P	You've Got Personality!		9/22	
	16F29P	iPhoneography		10/6	
	16F30P	iPhone Guru-Intermediate iPhones/iPads		10/13	
	16F31P	Weaving 101		11/10	
	16F32P	Founding of the National Gallery of Art		11/17	
	16F33A	It's A Matter of Time – In Art		10/7	
	16F34A	Easy Ways to Update Your Home Decor		10/21	
	16F35A	FDR and Stalin's Partnership		10/28	
	16F36A	Oliver Cromwell: Forging Two Constitutions		11/11	
	16F37A	Lifting U.S. Trade Embargo on Cuba		11/18	
	16F38A	Reality of Witches/Early Modern Atlantic World		12/16	
	16F39A	Seed and Blood: Slavery & American Capitalism		1/13	
	16F40P	Conscience vs. Law: C.J. Roger Taney		10/7	
	16F41P	Poetry and You		10/ 7, 14, 21, 28	
	16F42P	Create Beautiful Floral Arrangements	\$10	10/14	
	16F43P	The Role of the Gut Microbiome in Health and Disease		10/14	
	16F44P	Poetry Writing – Let's Make it Happen		11/ 4, 11, 18	
	16F45P	The 21st Century: Boon, Bane or Both?		11/18	
	16F46P	Native Americans & Their Plight with U.S. Government Settlements		12/16	
	16F47P	Colonial Plants of Virginia		1/27	
	16F48A	Orienteering for Seniors	\$5	9/22, 10/27, 10/2, 30	
	16F49P	Park Ranger Grab Bag		10/26, 28, 11/2, 9	

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	16F05P	Should We Renovate or Relocate?		9/19	
	16F06P	How the Brain Works		9/26, 10/24, 11/14	
	16F07P	The History & Mystery of the Labyrinth		10/31	
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	16F10A	“And the War Came,” 4/1940 to 12/1941		10/18, 25, 11/1, 15	
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	16F14P	Cuba? It's Complicated		10/25	
	16F15P	Housing Programs and Services for Older Adults		11/15	
	16F16P	Chemistry for Those Who Hate/Flunked Chemistry		11/15	
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	16F23P	Popes of the Roman Missal		11/9, 16	
	16F24A	Tea Tasting and Presentation (send check payable to Great Falls Tea Garden)	\$25	9/29	
	16F25A	Risk Management and Asset Protection		10/6	
	16F26A	Lincoln's 1860 Campaign		10/20	
	16F27A	Cross/Crooked Cross: Church & State, Nazi Germany		11/3	
	16F28P	You've Got Personality!		9/22	
	16F29P	iPhoneography		10/6	
	16F30P	iPhone Guru-Intermediate iPhones/iPads		10/13	
	16F31P	Weaving 101		11/10	
	16F32P	Founding of the National Gallery of Art		11/17	
	16F33A	It's A Matter of Time – In Art		10/7	
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LLI / NOVA Membership Form

Phone: (703) 503-0600

E-Mail: llinova.admn@gmail.com

Title: Mr., Mrs., Ms., Dr., Other _____ (circle one)

Name _____

Address _____

City _____ State _____ ZIP _____ - _____

Phone Number(s): Home () _____ Other () _____

E-Mail Address _____

Please indicate if any information above differs from latest LLI Directory.

Where did you hear about LLI? _____

Briefly tell us about your career, expertise, or skills _____

Fee: \$110 per year for individual membership. Checks should be made payable to **LLI/NOVA**.

Send to: LLI / NOVA
Building CG, Room 202
8333 Little River Turnpike
Annandale, VA 22003-3743

As a general practice LLI does not refund membership dues. Under extenuating circumstances LLI will consider requests for refunds if they are made in writing within 30 days of joining the Institute.

Please also complete the following:

Date _____	Renewal <input type="checkbox"/>
Amount Paid _____	New <input type="checkbox"/>
Check # _____	

LLI is operated by volunteers. This is part of our education as well as an opportunity to meet other people and be involved. If you are willing to help in some area, please indicate in which area(s) below.

- | | | | |
|------------------------------------------------------|---------------------------------------------|----------------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Present a Course | <input type="checkbox"/> Plan a Course | <input type="checkbox"/> Coordinate a Course | <input type="checkbox"/> Serve on the Board |
| <input type="checkbox"/> Serve on a Committee | <input type="checkbox"/> Help in the Office | <input type="checkbox"/> Assist with A/V equipment | |
| <input type="checkbox"/> Assist with Travel Planning | <input type="checkbox"/> Other _____ | | |

Would you like for someone to contact you to answer any questions or provide additional information? _____

Program Compiled by the Curriculum Committee

Doug Johnson – Chairperson

(c) (703) 628-3115 (email) llinovadoug@gmail.com

Moe Moser – Space Coordinator

Barry Centini

Philippa Centini

Pat Daniels

Lorin Goodrich

Roger Hill

Paul Hople

Carol Jeffords

Nickie Myers

Scott Pinckney

Kim Rendelson

Judy Robison

Gina Trapp

LLI President — Scott Pinckney

(h) (703) 323-9361

(email) spinck3@aol.com

The Curriculum Committee is charged with identifying a wide range of appropriate courses, arranging for the course instructors and locations, and publishing the Program Catalogue with the required information.

If you would like to participate on the Committee to help develop plans for future semesters, please contact the Chairperson.

For suggestions for courses to be included, contact any of the above members.

LLI reserves the right to deny a request for participation in any of its sponsored courses, programs and tours, or to terminate participation therein if, as determined by LLI, such participation would substantially impede its operation or diminish the enjoyment of other participants.

*LLI is an equal opportunity institution and does not discriminate on the basis of race, color, or ethnic origin.
It is a 501 (c) (3) organization and contributions are deductible to the extent allowed by law.*



Active Adults - Inspired Learning
Travel - Friendship

Established 1996

Member of
Road Scholar
Institute Network

Lifetime Learning Institute
NOVA Annandale Campus
Godwin Building (CG), Room 202
8333 Little River Turnpike
Annandale, VA 22003-3743
Phone / FAX: (703) 503-0600 / E-Mail: llinova.admn@gmail.com

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**Reminder:
Registration closes
August 12, 2016**