

Spring 2019 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: (703) 503-0600
Website: <http://lli.nova.org>
E-Mail: llinova.admn@gmail.com

Member of the
Road Scholar
LLI Resource Network

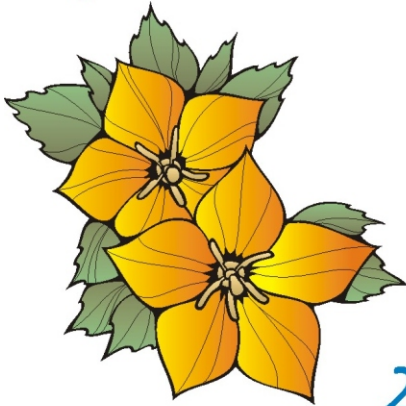
Flowers — Balloons

— Poetry — Friendship — Live Music

— Light Fare

*Come Celebrate
with Us!*

*It's Springtime,
a Time for
Renewal & Poetry*



*Sponsored by the
LL9 Poetry Class*

Friday, April 26

2:00 p.m. to 4:00 p.m.

*Little River United Church of Christ
Social Hall*



General Information

What Is LLI?

Associated with 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 classes.
- offers educational, cultural, and social events.
- recognizes that physical and mental health are major elements of vital aging.

We Offer:

- participation in classes 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, association 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 Classes Organized?

Classes 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 classes 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 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 classes 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 19.

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

Complete the membership application form found on pages 25 and 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 21 and 23, listing the classes 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 on Friday, November 30, 2018*. 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 canceled. **As a courtesy to other LLI members, please call the Coordinator listed in the specific class description if you will not be able to attend part or all of a class after you have been accepted. This will give members on a waiting list an opportunity to attend.**

As a general rule, LLI classes are open to LLI members only. However, there may be occasions when non-members may attend (or may be invited to attend). Class Coordinators are authorized to admit non-members when appropriate, and when space is available. **Please note that if you are wait-listed for a class you are not "accepted" unless notified.**

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. For persons attending these Forums, there is FREE parking in the designated B lot — Lanes 14 and 15. However, if you choose, you may park in the garage for the Forums at a \$2.00 per hour charge.

For LLI classes, park only in the parking garage next to the Cultural Center. There is a \$2.00 per hour charge to park in the garage.

What Are the Cancellation Policies?

The effect of inclement weather on events of the Lifetime Learning Institute is based on the location of the event — either OFF the NOVA-Annandale campus or ON the NOVA-Annandale campus.

OFF the NOVA-Annandale campus: If the Fairfax County Public Schools (FCPS) cancel school for the day due to inclement weather, all off-campus LLI classes and Special Interest Groups (SIGS) are cancelled. 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' discretion. When in doubt check the LLI website at <http://lli.nova.org>.

ON the NOVA-Annandale campus: If NOVA decides to cancel or delay operations due to inclement weather, all LLI classes and Forums are cancelled. The decision will be announced on the home page of NOVA's website (www.nvcc.edu) and on local TV and radio stations. A text alert will be sent to cell phones registered with NOVA Alert. Individuals may also call the College Call Center at (703) 323-3000. When in doubt, check the LLI website at <http://lli.nova.org>.

When Is the Registration Deadline?

The registration deadline for the classes in this catalog is *Friday, November 30, 2018*.

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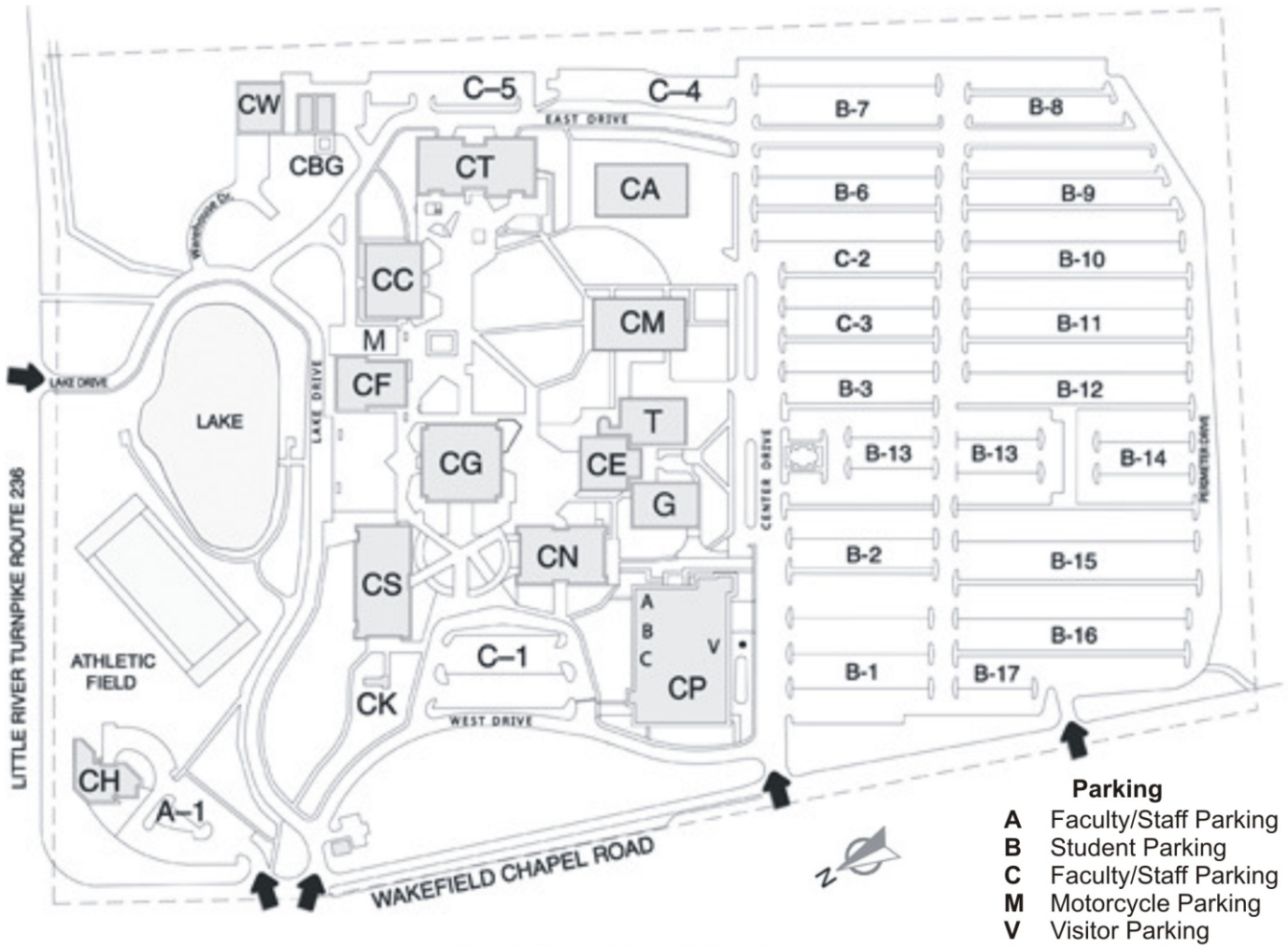
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NOVA Campus Map



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 Spring Program 2019

Note: All programs are free to members unless otherwise specified. See full addresses of course locations starting on page 19.

Members must register for the classes prior to attending because of space constraints. If you are unable to attend after registering, please contact the Class Coordinator (NOT the LLI Administrator) so that our members who are on the waiting list can be given the opportunity to attend the class.

Remember that we are guests in the buildings where we attend classes; 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, January 9, February 6, March 6, April 3, May 1, and June 5. 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, contact Janice Viola in the LLI office and she will send you a new one.

Monday Mornings

Class 19SP01A When Worlds Collide: The Columbian Exchange (1 Session)

The Columbian Exchange refers to a period of biological and cultural exchanges between the Old and New Worlds after the voyages of Columbus in 1492. Among the changes wrought were the introduction of new diseases against which the indigenous people were defenseless, the imposition of cultural and religious ideas, and the theft of precious metals, i.e., gold and silver. In this class, we will also discuss the reverse exchange of ideas and practices from the New to Old World.

Date and Time: Monday, January 28; 10:00 a.m. — 11:30 a.m.
Place: Greenspring Village (Village Square Theater), Springfield
Class Size: Min. 25, Max. 65
LLI Coordinator: Doug Johnson (703) 628-3115 (C); llinovadoug@gmail.com
Leader:

CHARLES McCLELLAND grew up in the Panama Canal Zone and has traveled extensively throughout Latin America and the Caribbean. He has studied in Mexico and was a Peace Corps volunteer in Colombia. Charles is a professional instructor and adjunct professor at Georgetown University. In his spare time he is a guest lecturer on several cruise lines.

Class 19SP02A Understanding Opera: Part II (3 Sessions)

This class completes a survey of productions from Virginia Opera's 2018-2019 season including Donizetti's bubbling comedy, *The Elixir of Love*, and Puccini's classic tragedy, *Madam Butterfly*. Musical and dramatic discussions are illustrated with audio and video excerpts. This class is recommended for beginners and opera lovers alike. Attendance at Part I is not a prerequisite.

Dates and Time: Mondays, January 28, February 4, 11; 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: June Chalou (703) 573-7769 (H), (571) 314-7264 (C); chaloujune@gmail.com

Leader:

GLENN WINTERS has a Ph.D. in music from Northwestern University and an M.A. and a B.A. in piano performance from 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.

Class 19SP03A A Travelogue of the Canadian Maritime Provinces (1 Session)

Visit the Canadian Maritime Provinces of Nova Scotia, New Brunswick, and Prince Edward Island. Learn how the French and Micmac Indians interacted before the British arrived. See beautiful and very unusual sights such as the Bay of Fundy with its 40-foot tides, the Reversing Falls with their series of rapids, and endangered finback whales that spout as they surface for air.

Date and Time: Monday, February 25; 10:00 a.m. — 11:30 a.m.

Place: Spring Hill Club House, Lorton

Class Size: Min. 10, Max. 75

LLI Coordinator: Arline Sachs (703) 971-2092 (H); sachs@nova.org

Leader:

ARLINE SACHS loves to travel and has offered numerous travelogues to LLI. She is an LLI member.

Class 19SP04A Hands-Only CPR for Adults

(1 Session)

This class covers the basic guidelines for administering hands-only CPR (cardio-pulmonary resuscitation) to adults, techniques for choking relief, and general awareness of automated external defibrillators (AEDs). The content is basic in nature and does not provide certification. For the comfort of attendees instruction will be conducted on waist-high tables.

Date and Time: Monday, April 8; 10:00 a.m. — 11:30 a.m.

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

Class Size: Min. 10, Max. 30

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

Leaders:

Dr. JYOTI AMIN holds a medical degree from Vadodara, India, with residency and fellowship at New York Medical College. She also earned a master's in health administration from the University of Colorado. Dr. Amin is board certified in pediatrics and neonatology, practiced neonatology at Alexandria Hospital, and directed the NICU (Neonatal Intensive Care Unit) at Mary Washington Healthcare until her retirement in 2012. She is an LLI member.

Dr. LEWIS SUSKIEWICZ received both his undergraduate and medical degrees from Georgetown University. He began private practice in internal medicine in Springfield, VA, where he spent his entire professional career until retirement in 2013. During that period Dr. Suskiewicz was often fortunate to care for generations of the same family. He is an LLI member.

Class 19SP05A Volcanoes: The Fire Next Time

(1 Session)

James Baldwin wrote: "God gave Noah the rainbow sign, no more water, the fire next time!"

This class examines the worldwide threat to civilization from volcanic eruptions. We will look at types of eruptions, their potential for air travel, GPS disruption, and the possibility of the planet's outright destruction. Also covered will be the significant role that volcanic eruptions may play in climate change.

Date and Time: Monday, May 20; 10:00 a.m. — 11:30 a.m.

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

Class Size: Min. 10, Max. 90

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

Leader:

BARRY CENTINI has a Ph.D. in geology from the University of North Carolina, Chapel Hill. He has been offering geology and science classes to LLI members for several years and is also an LLI member.

Monday Afternoons

Class 19SP06P Fairfax County Services for Seniors

(1 Session)

Fairfax County provides a wide variety of services to help older adults. Information about them is available to you at the click of a button! You may benefit from a

little help in navigating the Fairfax County website with its growing list of services. This class will show you how to find information on caregiving, transportation, taxes, home modifications, parks, libraries, and FREE computer assistance. Also learn about the 50+ Community Action Plan that establishes initiatives to provide solutions for seniors' needs.

Date and Time: Monday, April 15; 1:30 p.m. — 3:00 p.m.

Place: Lincolnia Senior Center, Alexandria

Class Size: Min. 15, Max. 80

LLI Coordinator: Cathy Becker (703) 354-6337 (H), (703) 505-9821 (C); cz.becker@verizon.net

Leader:

JACKIE RICH is an information technology educator with Fairfax County and specializes in working with older adults. With a graduate degree in education from Old Dominion University and an undergraduate degree in behavior science from California State University, she enjoys assisting people to incorporate technology into their everyday lives and to navigate through the tremendous amount of online resources that are available. Jackie thoroughly enjoys her unique position and embraces opportunities to work with so many groups and individuals.

Class 19SP07P America's 10 Best and 10 Worst Presidents (3 Sessions)

Our country has had a variety of presidents with various capabilities and achievements. Join us as Marvin Wagner shares with us his list of the 10 best and worst. Make your own list and compare it to Marvin's — present White House occupant excluded.

Dates and Time: Mondays, April 22, May 6, 20; 1:30 p.m. — 3:00 p.m.

Place: Greenspring Village, Village Square (Accotink Room), Springfield

Class Size: Min. 20, Max. 60

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

Leader:

MARVIN WAGNER earned an L.L.B. from Brooklyn Law School and an L.L.M. from Georgetown Law School. He is an instructor at various NOVA campuses and other institutions. His focus is on criminal, constitutional, business, and hospitality law.

Class 19SP08P Learn About Senior Centers of Fairfax County (1 Session)

Would you like to join a fitness center at a location near you, where you can pursue programs such as aerobics, zumba, tai chi, yoga, SAIL (Stay Active and Independent for Life), and dance classes such as ballroom, tango, and tap dancing for a nominal annual membership fee? Other activities include clubs such as history, current events, coins, and many more. At these centers you can pursue special interests and hobbies, get FREE computer help, enjoy entertainment at parties and holiday celebrations, socialize with other active 50+ people, and take local day trips. This class describes the 14 senior centers scattered throughout Fairfax County — join one and you have access to all. We will also discuss these centers and their activities. This class will be held at the Lincolnia Senior Center (near Landmark) where there is a billiard room with four pool tables, ping pong tables, craft room, computer lab, dining room, and free Wi-Fi! While at the center take a tour and learn more about the many enrichment possibilities.

Date and Time: Monday, May 13; 1:30 p.m. — 3:00 p.m.
Place: Lincolnia Senior Center, Alexandria
Class Size: Min. 15, Max. 80
LLI Coordinator: Cathy Becker (703) 354-6337 (H), (703) 505-9821 (C); cz.becker@verizon.net
Leader:

KAREN ALBERS received a B.A. in social work from Concordia College in Bronxville, New York, and an M.A. in social work from Rutgers University. She began her career in Fairfax County working summer jobs at therapeutic recreation camps that use activity-based interventions to address the needs of individuals with illnesses or disabling conditions as a means to psychological and physical health. Since 2005 Karen has been director of the Lincolnia Senior Center where she and her staff strive to provide a welcoming and enriching environment.

Tuesday Mornings

Class 19SP09A Decorating with Color (1 Session)

Every color is an opportunity to tell a story. This class will give you insight into how and what you can say about yourself in your home with the color choices you make.

Date: Tuesday, February 12; 10:00 a.m. — 11:30 a.m.
Place: St. Matthew's United Methodist Church (Room 304), Annandale
Class Size: Min. 20, Max. 45
LLI Coordinator: Nickie Myers (703) 532-3726 (H), (703) 507-6645 (C); Nickie@yoursbydesign.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 last 18 years Nickie has helped many clients downsize their homes. She is also an LLI member.

Class 19SP10A Great Decisions 2019 (8 Sessions)

Join us for an in-depth discussion of nine major foreign policy issues facing the United States in 2019. Each session addresses one of these issues and will commence with a 30-minute video followed by a one-hour discussion based on the Foreign Policy Association briefing book. The topics are:

- February 19** Refugees and Global Migration
- February 26** The Middle East: Regional Disorder
- March 5** Nuclear Negotiations: Back to the Future?
- March 12** The Rise of Populism in Europe
- March 19** Decoding U.S. — China Trade
- March 26** Cyber Conflicts and Geopolitics
- April 2** The United States and Mexico: Partnership Tested
- April 9** State of the State Department and Diplomacy: Partnership Tested

Note: Cost is \$33 for the briefing book and your contribution to the cost of the video. Please enclose a check payable to LLI/NOVA with your registration.

Dates and Time: Tuesdays, Feb. 19, 26, March 5, 12, 19, 26, April 2, 9; 10:00 a.m. — 11:30 a.m.
Place: St. Matthew's United Methodist Church (Room 304), Annandale
Class Size: Min. 20, Max. 45
LLI Coordinator: Chuck Hulick (703) 750-3180 (H); chulick@verizon.net
Leader:

CHUCK HULICK has been a frequent guest instructor/presenter in previous Great Decisions classes. He is currently serving as assistant treasurer for LLI. Chuck holds an M.B.A. from American University and has a B.S. in economics from the University of Pennsylvania.

Class 19SP11A Spring Walking Tour at Meadowlark Botanical Gardens (1 Session)

Enjoy a variety of spring blooms on a walk through the woodland Native Plant Collection and ornamental gardens of Meadowlark. Participants should wear walking shoes and bring a bottle of water on this free one-hour walk on moderate terrain.

Date and Time: Tuesday, April 30; 10:00 a.m. — 11:00 a.m. (Note class time.)
Place: Meadowlark Botanical Gardens, Vienna
Class Size: Min. 10, Max. 30
LLI Coordinator: Mary Lu Bednarsky (703) 455-3999 (H), (703) 328-6420 (C); mlbednarsky@gmail.com
Leader:

JULES MALONEY became the Meadowlark Botanical Gardens specialist in 2014. From 1988-2001, Jules served as a public relations specialist for the Northern Virginia Regional Park Authority, Meadowlark's parent organization, and promoted all regional parks and their programs and events. A former elementary school teacher Jules provides Meadowlark's educational programming for schools and community groups.

Tuesday Afternoons

Class 19SP12P The Creation of Human Beings and the Purpose of Life in Islam (NOVA Faculty) (4 Sessions)

This class will provide a description of the creation of human beings and the purpose of their lives from the Islamic point of view. It will address the different components of human life, e.g., physical, spiritual, and intellectual, and their integration and relationship with the purpose of life.

Dates and Time: Tuesdays, January 22, 29, February 5, 12; 1:30 p.m. — 3:00 p.m.
Place: NOVA Annandale Campus, CN (Nursing) Building, Room 126
Class Size: Min. 10, Max. 70
LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@outlook.com
Leader:

Dr. DAOU NASSIMI has an M.A. from Cordoba University in Ashburn, VA, and a Ph.D. in Islamic studies from the University of Birmingham in the United Kingdom. He has been teaching Islam and world religion classes at NOVA for the last seven years.

Class 19SP13P Underwater Wonders 3: An Odyssey
(1 Session)

Embark on a trip beneath the ocean's surface and behold the magnificent life that lives there. This will be an entertaining and instructive presentation by our favorite diver Steve Cohen. He'll be using high definition underwater videos to enhance our viewing.

Date and Time: Tuesday, March 12; 1:30 p.m. — 3:00 p.m.
Place: Greenspring Village (Village Square Theater), Springfield
Class Size: Min. 25, Max. 70
LLI Coordinator: Doug Johnson (703) 628-3115 (C);
llinovadoug@gmail.com
Leader:

Dr. STEVE COHEN graduated from New York State College of Veterinary Medicine. He became a certified scuba diver in 1988 and began doing underwater video and editing in 1996. Steve travels the world pursuing his passion. His videos have won awards and have been shown at the prestigious San Diego Underwater Film Exhibition.

Class 19SP14P Are You Prepared for an Emergency?
(1 Session)

Disasters strike without warning. They come in many shapes: winter storms, summer tornadoes, terrorist strikes. Are you ready? We will discuss methods of preparedness in case of immediate danger. These include the necessity of keeping a three-day supply of perishable items on hand, having a family emergency communication plan, having a plan for people with disabilities, preparing for pets, and having a ditch bag ready at home with items that should be included such as critical documents and valuables. This information will cover all members regardless of where they live: private home, condo, or senior living establishments.

Date and Time: Tuesday, May 14; 1:30 p.m. — 3:00 p.m.
Place: Mason District Governmental Center (Main Community Room), Annandale
Class Size: Min. 10, Max. 70
LLI Coordinator: Pat Daniels (703) 354-3792 (H), (703) 517-9725 (C);
Patdaniels63@gmail.com
Leader:

GRELIA STEELE is the Community Outreach Manager for the Office of Emergency Management. She is responsible for managing and developing preparedness programming, increasing community resiliency and engagement, and establishing and maintaining internal and external partnerships. Grelia has over seven years of local and international emergency management experience including three jurisdictions in the National Capital Region as well as work in Turkey, Haiti, and southeastern Europe. She holds two bachelor's degrees from Virginia Commonwealth University in homeland security and emergency management, and in political science. She also holds numerous local, state, and federal certifications in public safety.

Wednesday Mornings

Class 19SP15A A Cook's Hints, Tips, Techniques, and Favorites (1 Session)

Chef Cal shares tips and techniques he has learned over the years that can simplify your cooking skills. He will discuss some of his favorite kitchen tools and

why and how he uses them. Chef Cal will talk about some of his favorite recipes and why he likes to prepare them. Recipes are included.

Date and Time: Wednesday, January 23; 10:00 a.m. — 11:30 a.m.
Place: St. Matthew's United Methodist Church (Room 304), Annandale
Class Size: Min. 10, Max. 30
LLI Coordinator: Bonnie D. Hopley (703) 978-9381 (H), (703) 508-6219 (C); *bdhopley@gmail.com*
Leader:

CALVIN KRAFT attended *L'Académie de Cuisine* and The Culinary Institute of America and has taught culinary classes. He worked in the corporate world of the travel and hospitality industry for 30 years. After retiring he was the owner and executive chef of Dinner Is Served LLC, a personal chef/catering operation.

Class 19SP16A Soups, Stews, and Casseroles
(1 Session)

When the weather gets colder everyone enjoys a hearty and nourishing homemade soup, stew, or casserole. Chef Cal will demonstrate techniques and provide delicious recipes. Perhaps a sample or two will be shared.

NOTE: A \$5.00 fee will be collected in class (exact change, please).

Date and Time: Wednesday, February 13, 10:00 a.m. — 11:30 a.m.
Place: St. Matthew's United Methodist Church (Room 304), Annandale
Class Size: Min. 10, Max. 30
LLI Coordinator: Bonnie D. Hopley (703) 978-9381 (H), (703) 508-6219 (C); *bdhopley@gmail.com*
Leader:

CALVIN KRAFT attended *L'Académie de Cuisine* and The Culinary Institute of America and has taught culinary classes. He worked in the corporate world of the travel and hospitality industry for 30 years. After retiring he was the owner and executive chef of Dinner Is Served LLC, a personal chef/catering operation.

Class 19SP17A From Italy with Love (1 Session)

Chef Cal will discuss the preparation of an entire five-course Italian meal of appetizer, soup, salad, entrée, and dessert plus some special hors d'oeuvres that you can prepare at home. Recipes are included.

NOTE: A \$5.00 fee will be collected in class (exact change, please).

Date and Time: Wednesday, March 13, 10:00 a.m. — 11:30 a.m.
Place: St. Matthew's United Methodist Church (Room 304), Annandale
Class Size: Min. 10, Max. 30
LLI Coordinator: Bonnie D. Hopley (703) 978-9381 (H), (703) 508-6219 (C); *bdhopley@gmail.com*
Leader:

CALVIN KRAFT attended *L'Académie de Cuisine* and The Culinary Institute of America and has taught culinary classes. He worked in the corporate world of the travel and hospitality industry for 30 years. After retiring he was the owner and executive chef of Dinner Is Served LLC, a personal chef/catering operation.

Class 19SP18A Downsizing Your Home (1 Session)

This informative presentation provides techniques for organizing, sorting, and disposing of the furnishings that accumulate throughout the years. Included will be lists of various ways to sell or donate items, lists of professionals, i.e., estate appraisers and movers, and

services that facilitate the disposal of valuables and household goods.

Date and Time: Wednesday, March 20; 10:00 a.m. — 11:30 a.m.
Place: St. Matthew's United Methodist Church (Room 304), Annandale
Class Size: Min. 20, Max. 45
LLI Coordinator: Nickie Myers (703) 532-3726 (H), (703) 507-6645 (C); Nickie@yoursbydesign.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 last 18 years Nickie has helped many clients downsize their homes. She is also an LLI member.

Class 19SP19A Made in Virginia (1 Session)

Chef Cal will present tasty recipes featuring ingredients native to Virginia. From Virginia ham to peanut soup and spoon bread pudding, these recipes will become some of your favorites. We will discuss appetizers, soups, entrees, and desserts.

NOTE: A \$5.00 fee will be collected in class (exact change, please).

Date and Time: Wednesday, April 17; 10:00 a.m. — 11:30 a.m.
Place: St. Matthew's United Methodist Church (Room 304), Annandale
Class Size: Min. 10, Max. 30
LLI Coordinator: Bonnie D. Hopley (703) 978-9381 (H), (703) 508-6219 (C); bdhopley@gmail.com
Leader:

CALVIN KRAFT attended *L'Académie de Cuisine* and The Culinary Institute of America and has taught culinary classes. He worked in the corporate world of the travel and hospitality industry for 30 years. After retiring he was the owner and executive chef of Dinner Is Served LLC, a personal chef/catering operation.

Class 19SP20A Avian Evolution and Extinction on Oceanic Islands (1 Session)

Oceanic islands are formed by volcanoes and have no connection to a continental land mass. These islands may host a great diversity of seabirds, which often began with a single species. In the case of the Galapagos and Hawaiian Islands, vagrant flocks of finches made landfall. The finches from South America occupied the Galapagos Islands, while Hawaiian birds likely originated in Asia. We will look at Darwin's finches of the Galapagos and the honeycreepers of Hawaii investigating how they became so successful and why many are now extinct or rapidly becoming so.

Date and Time: Wednesday, May 15; 10:00 a.m. — 11:30 a.m.
Place: Mason District Governmental Center (Main Community Room), Annandale
Class Size: Min. 10, Max. 80
LLI Coordinator: Barry Centini (703) 658-1545 (H), (703) 517-1628 (C); barry.centini@verizon.net
Leader:

LARRY CARTRIGHT has been a nature lover for most of his life and is fond of creatures that fly, especially birds and bats. Larry leads the Dyke Marsh Breeding Bird Survey for the National Park Service and 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. He is also a participant in nighttime marsh bird surveys at Huntley Meadows Park in Fairfax County and is involved in a five-year

project to update the Virginia Breeding Bird Atlas. Larry has received several awards including the Virginia Society of Ornithology's Jackson M. Abbott Conservation Award for 2013.

Wednesday Afternoons

Class 19SP21P Growing Old Successfully: Should I Stay Where I Am or Relocate? (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 and Time: Wednesday, February 6; 1:30 p.m. — 3:00 p.m.
Place: St. Matthew's United Methodist Church (Room 304), Annandale
Class Size: Min. 20, Max. 45
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 is a large part of Lynn's business and one she treasures with each relationship she and her clients build together.

Class 19SP22P What Are the Most Important Points to Consider in Selling or Buying Real Estate? (1 Session)

The flow chart for the real estate sales process can be confusing. Join Lynn Hoover to review the critical steps for maximizing profit and minimizing the expense of selling. Bring questions and concerns for a productive discussion in this open forum class. Lynn's 42 years as a real estate specialist will fill in the blanks! No question is off limits in helping to make the right decisions.

Date and Time: Wednesday, March 13; 1:30 p.m. — 3:00 p.m.
Place: St. Matthew's United Methodist Church (Room 304), Annandale
Class Size: Min. 20, Max. 45
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 is a large part of Lynn's business and one she treasures with each relationship she and her clients build together.

Class 19SP23P Celebrate Spring with Circle Dance (1 Session)

Spring into the season with Circle Dance! With its roots in traditional folk dance, we join hands and move to the rhythms of ancient melodies as well as modern tunes. This class will feature a variety of musical sources and styles. All steps are low-impact and easy to learn. No dance partner or experience is necessary.

Date and Time: Wednesday, March 13; 1:30 p.m. — 3:00 p.m.

Place: Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke

Directions: Exiting NOVA campus parking lot, turn left on Wakefield Chapel Road and turn right at the light onto Braddock Road. Turn left on Burke Lake Road and go about 3 miles. Just past the light at the Fairfax County Parkway, turn left onto Lakehaven Lane, then a slight right onto Lakehaven Court. The church will be on your right.

Class Size: Min. 10, Max. 25

LLI Coordinator: Carol Jeffords (703) 978-6503 (H), (703) 507-3676 (C); caroljef@aol.com

Leader:

JUDY ROBISON has been circle dancing for more than 15 years and currently co-leads a group that meets twice a month at the Unitarian Universalist Church of Arlington. She has trained at the source with renowned teachers at Findhorn, Scotland, and her dance experience has taken her to workshops around the US, Mexico, and Greece. In addition, she has led dance circles for health and wellness groups and for other senior learning programs. Judy is an LLI board member.

Class 19SP24P Writing Your Life History (3 Sessions)

Have you thought about writing your autobiography or memoir? Want to get started? Donna Chandler will describe her experience writing her story. She will walk you through the process, offer tips for getting organized, and suggest useful tools and resources. The sessions are largely based on the manual by Hilda K. Ross, Ph.D., *Writing Your Life History: A Journey of Self-Discovery*, a recommended resource for this class. Additional resources will also be discussed. Bring your notebooks and get started on your life history!

Dates and Time: Wednesdays, March 27, April 3, 10; 1:30 p.m. — 3:00 p.m.

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

Class Size: Min. 6, Max. 20

LLI Coordinator: Patricia Brennan (703) 425-6738 (H); patriciaabbrennan@cox.net

Leader:

DONNA CHANDLER has a Ph.D. in biochemistry and is retired from the U.S. Public Health Service/Food and Drug Administration. While still consulting part-time, she turned her attention to writing her life story and took classes with Dr. Hilda Ross. She helped Dr. Ross publish her life history manual and is now working on finalizing her own story.

Class 19SP25P Advance Care Planning: Steps to Take to Protect Your Wishes (1 Session)

This class will open your eyes to recognizing what each Advance Care Directive does and does not do, a topic vital to carrying out your end-of-life wishes. We will examine advance care planning policy issues and documents including the Advance Directive (AD)/Living Will, Durable Power of Attorney for Health Care (DPOAHC), Do Not Resuscitate (DNR) or Do Not Attempt to Resuscitate (DNAR), and Physician Orders for Life Sustaining Treatment (POLST).

Date and Time: Wednesday, April 10; 1:30 p.m. — 3:00 p.m.

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

Class Size: Min. 20, Max. 45

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 is a large part of Lynn's business and one she treasures with each relationship she and her clients build together.

Thursday Mornings

Class 19SP26A Taking Charge of Your Health Using Digital Technologies: How to Be a Smarter Healthcare Consumer (1 Session)

The more we feel in control of our health, the better the outcome. This class provides an overview of simple digital technologies (portals, Medicare Blue Button, disease management, and wellness apps) and offers guidance on how and why to leverage them for better health. We will review both the basics as well as sample some newer creative digital technologies. The goal is to provide students with a sense of confidence in their own abilities to become better connected with their health and to explore the benefits that digital healthcare technologies can provide.

Date and Time: Thursday, February 7; 10:00 a.m. — 12:00 p.m. (Note class time.)

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

Class Size: Min. 10, Max. 45

LLI Coordinator: Rick Daniels (703) 354-3792 (H), (703) 517-9725 (C); rickdaniels63@gmail.com

Leader:

CYNTHIA THOMAS HAZARD founded My Health Hero to empower older adults to take charge of their health using approachable digital healthcare technologies. Previously she worked for some of the country's best healthcare information technology companies. As a certified yoga teacher Cynthia knows how the smallest of changes can help people feel more connected to their health. As a certified senior adviser, she tailors her teaching to the needs of older adults.

Class 19SP27A Fine Jewelry, Silver, and Coins: What Do We Do with Them? (1 Session)

Each participant is urged to bring one item for evaluation when attending this interactive presentation on valuing jewelry, silver, and coins.

Date and Time: Thursday, March 21; 10:00 a.m. — 11:30 a.m.

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

Class Size: Min. 20, Max. 45

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

Leader:

JAMIE GRASSO, a Gemological Institute of America Certified Accredited Jewelry Professional (AJCP), is the owner of JG Jewelry and Estates. She brings 25+ years of sales, marketing, and business experience to the company. Jamie is a native Northern Virginian who grew up in McLean and attended Georgetown University. She is extremely enthusiastic about her work and provides her clients with education and options for their pieces, whether large or small.

Class 19SP28A Trotsky: A Revolutionary Life (NOVA Faculty) (1 Session)

Almost 80 years after his assassination in 1940, Leon Trotsky continues to be one of the most controversial figures of the Russian Revolution. He was the only major victim of Stalin who was never fully “rehabilitated” by the Soviet government, and it wasn’t until 2017 that Russia was ready to deal with Trotsky through a television series that has been criticized as “a degraded spectacle of historical falsification....” This is a good time to take another look at Leon Trotsky who lived a truly revolutionary life that stood at the center of the tumultuous 20th century. Trotsky not only directly participated in the Russian Revolutions of 1905 and 1917 but he also led the Red Army to victory in the Russian Civil War, and was seen as the successor to Lenin until Stalin took control of the Bolshevik party and sent his nemesis into a life of exile. Trotsky was a prolific writer who produced historical and autobiographical works in addition to political works analyzing Stalinism, Fascism, and the necessity of a permanent global revolution. There are still those who follow the writings and ideas of Trotsky today, but one need not be a Trotskyist to see that “the Old Man” still has something to say by looking at his revolutionary life, ideas, and legacy.

Date and Time: Thursday, April 4; 10:00 a.m. — 11:30 a.m.

Place: NOVA Annandale Campus, CN (Nursing) Building, Room 126

Class Size: Min. 10, Max. 70

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

Leader:

Professor NATHAN MOORE graduated from NOVA in 2012 with a liberal arts degree and used the “guaranteed admissions” agreement to attend George Mason University where he earned a bachelor’s degree in history and a master’s degree in European history. He currently teaches western civilization at NOVA-Annandale. At the same time, he is attending American University where he is pursuing a Ph.D. in European history, studying British communism and the Soviet Union in the Interwar Period.

Class 19SP29A American Lives: The Progressives (4 Sessions)

This four-session class will examine the Progressive Era (1890-1940) through the lives of some of the leading proponents of progressive reform in America. We will look at political figures, journalists, academics, and social workers that devoted themselves to improving the lives of their fellow Americans. Progressives came from both major political parties — both William Jennings Bryan and Theodore Roosevelt shared many progressive values. During the 1920s and 1930s, progressives sought to use government to help farmers and rural areas as well as the cities. They did not generally seek to combat racism or push for expanded rights for women, but their traditional veneration of “old American values” made them a mighty force for reform and an important counter to the disruptive forces of unbridled capitalism.

Dates and Time: Thursdays, April 11, 18, 25, May 2; 10:00 a.m. — 11:30 a.m.

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

Class Size: Min. 10, Max. 45

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

Leader:

Dr. MICHAEL ANDERSON holds a B.A. from the University of Illinois, and an M.A. and Ph.D. in history from the 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 classes, he teaches at ENCORE (Arlington County Adult Learning Program).

Thursday Afternoons

Class 19SP30P Art, Architecture, and Ambience in Ancient & Renaissance Rome (3 Sessions)

Experience the famous ruins and museum exhibits that create a picture of everyday life of the rich and famous Romans. See their indoor spaces with their painted walls and mosaics of incredible beauty. Renaissance Rome covers the developing styles in architecture, sculpting, and painting from Early Renaissance to the Baroque Period. Works of Michelangelo, Raphael, Bernini, and Caravaggio will be examined in detail. The 2000-year old Jewish presence and a brief look at contemporary Rome rounds out the presentation.

Dates and Time: Thursdays, February 7, 14, 21; 1:30 p.m. — 3:00 p.m.

Place: Greenspring Village (Village Square Theater), Springfield

Class Size: Min. 20, Max. 75

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

Leader:

CONNIE RUBINSTEIN taught English at Oxon Hill Science & Technology High School for 25 years. Since retiring she has been creating entertaining and sophisticated videos of various subjects.

Class 19SP31P Varied Voices, Varied Perspectives (1 Session)

What roles do culture, race, and gender play in an artist’s work? In this provocative session we will analyze art created by and depicting Americans of varied cultural backgrounds, such as African American, Latino, American Indian, and Asian American heritage. Art by women will also be explored. How artists identify and represent themselves and how art reflects an artist’s background, experiences, and identity will be the focus of the presentation.

Date and Time: Thursday, May 9; 1:30 p.m. — 3:00 p.m.

Place: NOVA Annandale Campus, CN (Nursing) Building, Room 126

Class Size: Min. 15, Max. 70

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

Leader:

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. Sara currently enjoys her work as a docent at the Smithsonian American Art Museum and Renwick Gallery. She has presented a number of classes for LLI programs, loves sharing her passion for art, and is an LLI member.

Friday Mornings

Class 19SP32A Planning for Aging in Place/Long-Term Care (1 Session)

Medical advances, longer life spans, changing family dynamics, and rising health care costs all impact the need for long-term care planning. The chance of experiencing at least one long-term care incident for those aged 65 or older is over 70 percent and rising and is the biggest threat to a good retirement plan. Many families and communities are making concerted efforts to plan financially, logistically, and emotionally for such an event. In doing so, we need to know what resources are available. This class details typical risks, associated costs, resources, and options regarding long-term care planning and aging in place. People are living longer today and we need to understand our options.

Date and Time: Friday, January 25; 10:00 a.m. — 11:30 a.m.

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

Class Size: Min. 10, Max. 40

LLI Coordinator: Scott Pinckney (703) 323-9361 (H), (703) 300-6277 (C); Spinck3@aol.com

Leader:

ROBERT HARSCHIED has been coaching and developing financial professionals as well as serving clients in DC, Virginia and Maryland for over 13 years. In addition to advising individual clients in the areas of Medicare, long-term care, critical illness, life insurance, and investments Robert has conducted trainings, workshops, and seminars for retirement communities, churches, small businesses, and non-profit organizations. Robert currently trains and manages more than 60 insurance professionals and financial advisors. He is licensed in life, health and variable, e.g., universal life and annuity, lines of insurance and holds series 7 and series 66 securities licenses. Robert is also a lifetime Certified for Long-Term Care member.

Class 19SP33A Alexander Hamilton: American Mercantilist (NOVA Faculty) (1 Session)

This class will discuss the life and doctrine of Alexander Hamilton, the first Secretary of the Treasury and author of reports on public credit, a national bank, and manufactures. We will explore his unusual background, brilliant revolutionary career, contributions to the ratification of the Constitution, and neo-mercantilist beliefs that are juxtaposed against the rural republicanism of his nemesis, Secretary Thomas Jefferson. What emerges is a vision of modern capitalism with views on credit, trade, and finance that were perpetuated through Henry Clay's "national system," and which acquire renewed significance in light of the anti-globalist ideas of the current presidential administration.

Date and Time: Friday, February 15; 10:00 a.m. — 11:30 a.m.

Place: NOVA Annandale Campus, CN (Nursing) Building, Room 126

Class Size: Min. 10, Max. 70

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

Leader:

MARK R. ROYCE, Ph.D., is an assistant professor of political science at NOVA and author of *The Political Theology of European Integration: Comparing the Influence of Religious Histories on European Policies* (Palgrave Macmillan, 2017). A founder of the Alexander Hamilton Society, his essays frequently

appear in *Providence: A Journal of Christianity & American Foreign Policy* and the Acton Institute Transatlantic. In October 2017 Dr. Royce was awarded an associate provost citation for outstanding undergraduate teaching at George Mason University. His numerous class discussions of Hamiltonian thought have proven consistently popular with inquisitive students.

Class 19SP34A The Myers-Briggs Type Indicator: Bogus or Beneficial? (2 Sessions)

The Myers-Briggs Type Indicator (MBTI) is an introspective questionnaire designed to indicate psychological preferences and how people perceive the world and make decisions. Although it has been widely used for several years, the MBTI has been criticized for many different reasons. Join Bill Sechrist as he discusses the origins of the MBTI and how it has been useful to him.

Dates and Time: Fridays, March 1, 8; 10:00 a.m. — 11:30 a.m.

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

Class Size: Min. 10, Max. 20

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

Leader:

BILL SECHRIST began his teaching career at the University of Maryland and served on the faculty at the State University of New York until he retired. He offered a variety of classes concentrating on the psychological aspects of health-related behaviors. In order to develop expertise on the Myers-Briggs Type Indicator he completed a residential professional development program sponsored by the National Training Laboratories Institute.

Class 19SP35A Saints and Stories in Western Art (NOVA Faculty Emeritus) (2 Sessions)

Much of western art deals with religious themes. Have you wandered through the Renaissance section in an art museum and wondered who the people in the paintings might be? There seem to be so many saints, but how can one tell them apart? What are they doing? Artists over the years have developed formulas for depicting themes and individuals. Looking at examples from early Christian catacombs through the 17th century, we will decode the stories and discover the attributes of a roll call of saints.

Dates and Time: Fridays, March 29, April 5; 10:00 a.m. — 11:30 a.m.

Place: NOVA Annandale Campus, CN (Nursing) Building, Room 126

Class Size: Min. 15, Max. 70

LLI Coordinator: Nan Peck (703) 321-7352 (H); nanpeck4@gmail.com

Leader:

ROZ HOAGLAND is a retired art historian with a B.A. from Marietta College and an M.A. from Penn State University. She taught at NOVA for 40 years as well as at the Corcoran College of Art + Design and lectured at the U.S. State Department Training Center. In retirement she continues to take groups to Europe three times a year for study tours focusing on art, architecture, and historic and unusual sites. Since 1999 she has organized 52 trips to over 20 countries.

Class 19SP36A How to Be an Adult: Adult Development (NOVA Faculty) (1 Session)

Our stage of adult development directly affects how well we respond to conflict, health challenges, and complex issues. Join Dr. Karen Livesey in reviewing

the stages of adult development as proposed by developmental psychologists. We will look at Erik Erikson's *Stages of Psychosocial Development*, George Vaillant's *Adaptation to Life*, and Bernice Neugarten's *Social Clock Theory*.

Date and Time: Friday, April 12; 10:00 a.m. — 11:30 a.m.

Place: NOVA Annandale Campus, CN (Nursing) Building, Room 126

Class Size: Min. 10, Max. 70

LLI Coordinator: Nan Peck (703) 321-7352 (H);

nanpeck4@gmail.com

Leader:

Dr. KAREN LIVESEY holds a Ph.D. in developmental and child psychology. She has been teaching developmental psychology classes for more than 25 years at the University of Maryland, Georgetown University, Marymount University, and most recently at NOVA.

Class 19SP37A Can I Trust Their Science? Evaluating the Validity of Science Presented in Popular Media (NOVA Faculty) (1 Session)

Popular media is known for its catchy attention-grabbing headlines. Somewhere behind the flashy headlines is the truth. When it comes to science and reports on scientific findings (e.g., is this food good or bad for me?) the truth can be hard to find. During this class we will review some of the common media tactics for presenting flashy but very misleading stories and learn how to evaluate them.

Date and Time: Friday, April 19; 10:00 a.m. — 12:00 p.m. (Note class time.)

Place: NOVA Annandale Campus, CN (Nursing) Building, Room 126

Class Size: Min. 10, Max. 70

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119

(C); *lorin.goodrich@outlook.com*

Leaders:

Dr. KAREN BUSHAW-NEWTON received a B.S. with honors in microbiology and a 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 classes for over 10 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*.

Dr. KRISTEN SIMMONS earned a B.S. with honors in biology from the Virginia Polytechnic Institute and State University and an M.S. and Ph.D. in zoology from Miami University, OH. Her research in small mammal conservation and ecology has taken her from the Midwest to the Atlantic coast. She did postdoctoral work at the University of North Carolina-Greensboro and has taught undergraduate and graduate classes in biology for over 10 years. Her research has been published in several journals including *Behavioral Ecology*, *Molecular Ecology*, *the Journal of Wildlife Management*, and *the Journal of Mammalogy*.

Dr. BETH SCHOMBER earned a B.S. in chemistry from Valparaiso University, IN, and a Ph.D. in inorganic chemistry from the University of Washington, Seattle. Her graduate and post-doctoral research focused on the synthesis of novel transition metal complexes, as well as the study of a proprietary

chemical process used to recover hazardous and commercially valuable metal products from toxic solid wastes. Since 1992 she has taught all levels of undergraduate chemistry on both coasts. Her passion is helping students of all ages discover and appreciate the chemical processes that impact their daily lives.

Friday Afternoons

Class 19SP38P Presidential Leadership: Those Who Met the Challenges of Their Times and Those Who Failed (NOVA Faculty) (1 Session)

America has been blessed with talented leaders — George Washington, Abraham Lincoln, and Franklin Roosevelt — who led the nation during difficult times. John Adams and James Buchanan failed to meet the challenges of their day. Popular presidents such as Andrew Jackson and John Kennedy had more failures than successes. What do the American people look for when they select their president and why do they often regret their decision soon after they leave the ballot box?

Date and Time: Friday, February 1; 1:30 p.m. — 3:00 p.m.

Place: NOVA Annandale Campus, CN (Nursing) Building, Room 126

Class Size: Min. 10, Max. 70

LLI Coordinator: Nan Peck (703) 321-7352 (H),

nanpeck4@gmail.com

Leader:

Dr. CHARLES ERRICO is a professor of history who teaches at NOVA-Woodbridge and also serves as a special assistant to NOVA's college president. He has won teaching awards from the college educational foundation, the alumni association, and in 2007 received the Outstanding Faculty Award in Virginia. His book, *Portrait of America*, is required reading in over 75 universities in the United States and Europe.

Class 19SP39P Dinosaur Plants (NOVA Faculty) (1 Session)

We all have our favorite dinosaurs, but what do you know about the plants and the environments they lived in? This presentation will focus on the plants that evolved during the Mesozoic Era when dinosaurs began to appear and later dominated the animal kingdom. Fossils as well as living modern day relatives of dinosaur plants will be available to see.

Date and Time: Friday, February 8; 1:30 p.m. — 3:00 p.m.

Place: NOVA Annandale Campus, CN (Nursing) Building, Room 126

Class Size: Min. 10, Max. 50

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119

(C); *lorin.goodrich@outlook.com*

Leader:

LISA D. WILLIAMS teaches botany, general biology, and human anatomy and physiology at NOVA-Annandale. She earned B.A. and M.S. (botany focus) degrees in biology from George Mason University and an M.S. degree in science education from the University of Montana-Bozeman. Lisa enjoys talking about plants and is incorporating her hobby of collecting plant fossils into an LLI presentation for the first time.

Class 19SP40P And That's the Way I See It: A Physiologist's View of Vision (NOVA Faculty) (2 Sessions)

Our eyes are "windows to the soul." We see the world without thinking about how these remarkable organs work. Let's climb into a miniature submarine and plunge through the pupil to go on a spectacular journey into the eye. This short class will focus on the anatomy and physiology of vision. Our first session will discuss how the eyes work to collect light and convert it into electrical signals; the second session will concentrate on how the brain interprets these signals. Come see vision through a new lens!

Dates and Time: Fridays, February 15, March 22; 1:30 p.m. — 3:00 p.m.

Place: NOVA Annandale Campus, CN (Nursing) Building, Room 126

Class Size: Min. 10, Max. 70

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

Leader:

GILLIAN BACKUS, Ph.D., is a professor of biology at NOVA-Loudoun where she teaches anatomy and physiology and biology. She graduated magna cum laude with a B.A. in biology from Mount Holyoke College, MA. She then taught high school biology in independent schools including Phillips Exeter Academy, NH, The Lawrenceville School, NJ, and The Shipley School, PA. Dr. Backus then attended the University of North Carolina-Chapel Hill where she graduated with a Ph.D. in toxicology in 2006. From there, she became a Science and Technology Policy Fellow at the National Academies of Sciences, DC, where she got a firsthand look at the role of science in policy and politics. She then earned a permanent position working for the U.S. Environmental Protection Agency doing chemical risk assessment. She was hired full-time at NOVA in 2009, where she was quickly promoted from assistant, to associate, to full professor. Currently, Gillian's pedagogical interests center on increasing cross-disciplinary class collaboration and improving scientific literacy through civic responsibility (see www.sencercer.net). She has recently redesigned her biology class to center on the theme of "Food and Cancer."

Class 19SP41P Poetry Writing — Let's Make It Happen (4 Sessions)

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

Dates and Time: Fridays, March 1, 8, 15, 22; 1:30 p.m. — 3:30 p.m. (Note class time.)

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 (OLLI). He also is the co-leader of the OLLI Writer's Workshop. **CAROLYN WYATT** is a retired federal information officer who has traveled widely. She has an M.A. in Spanish from Indiana University, writes haunting and often humorous poetry, and has co-taught classes at both LLI and OLLI with Ed Sadtler.

Class 19SP42P Facing Double-V: The Birth of "Segregationism" During World War II (NOVA Faculty) (1 Session)

Since the advent of Jim Crow racial segregation in the 1890s white Southerners felt confident in the security of their new racial status quo across the South. For Jim Crow's supporters the new system was a clear rejection of the mandates of Reconstruction and the ultimate triumph of the vanquished Confederacy's "lost cause." But as this class will explore this sense of security felt fleeting by the late 1930s and the outbreak of World War II. With the United States entering a war to defeat global fascism and authoritarianism, a new generation of civil rights activists embraced an approach to challenge Jim Crow: "Double-V." This approach — "victory against fascism abroad and against Jim Crowism at home" — placed white Southerners on the defensive. Compelled to defend their institution they invented a new ideological and cultural approach to defend white supremacy. Segregationists sought to recast Jim Crow as a system of rational racial order perfectly compatible with American democracy. As this class will explain, they envisioned their own "Double-V" during the war, one where segregation would emerge triumphant. World War II ultimately proved to be the turning point that would not only enable the civil rights victories of the 1950s and 1960s, but would reinvent the defense of white supremacy in the face of integration and civil equality — a defense that lingers to this day in the publications, online forums, and social media of the latest incarnation of white supremacists.

Date and Time: Friday, March 15; 1:30 p.m. — 3:00 p.m.

Place: NOVA Annandale Campus, CN (Nursing) Building, Room 126

Class Size: Min. 10, Max. 70

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

Leader:

Dr. NOAH CINCINNATI received a Ph.D. in history from Johns Hopkins University in 2012. He is a specialist in modern American history, environmental history, and the history of capitalism in 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. Dr. Cincinnati is currently transforming his dissertation into a book manuscript which unearths the hidden history of zoos, wildlife trafficking, and global conservation. In doing so he reveals the early 20th century struggles of concerned conservationists to save vulnerable wildlife populations, even while they attempted to rationalize and regulate environmental destruction wrought by global capitalism and imperialism. He was recently promoted to associate professor of history and has had the pleasure of teaching at NOVA since 2012.

Class 19SP43P Learn How to Paint on Wine Glasses (1 Session)

Join us at the Artisans United Craft Gallery for an instructor-led project using acrylic paint made for painting on surfaces such as glass and metal. The surfaces, which in this case will be wine glasses, will be heat-set in the oven. Glassware will be provided for your take-home project. **Note: A \$10 fee will be collected in class to cover all supplies and glassware (exact change, please).**

Date and Time: Friday, March 29; 1:30 p.m. — 3:00 p.m.

February

2019

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

January 2019 Wed., Jan. 9: LLI Forum & Open House Tues., Jan. 22: 19SP12P—Creation of Human Beings Wed., Jan. 23: 19SP15A—Cook's Hints/Tips Fri., Jan. 25: 19SP32A—Planning for Aging in Place Mon., Jan. 28: 19SP01A—When Worlds Collide Mon., Jan. 28: 19SP02A—Understanding Opera, II Tues., Jan. 29: 19SP12P—Creation of Human Beings						
3	4 19SP02A—Understanding Opera, Part II	5 19SP12P—Creation of Human Beings	6 LLI Forum & Open House 19SP21P—Growing Old Successfully	7 19SP26A—Taking Charge of Your Health 19SP30P—Art/Architecture/Ambience in Rome	8 19SP39P—Dinosaur Plants	9
10	11 19SP02A—Understanding Opera, Part II	12 19SP09A—Decorating w/Color 19SP12P—Creation of Human Beings	13 19SP16A—Soups, Stews, and Casseroles	14 19SP30P—Art/Architecture/Ambience in Rome	15 19SP33A—Alexander Hamilton 19SP40P—And That's the Way I See It	16
17	18	19 19SP10A—Great Decisions 2019	20 19SP48P—Park Ranger Grab Bag	21 19SP30P—Art/Architecture/Ambience in Rome	22 19SP48P—Park Ranger Grab Bag	23
24	25 19SP03A—Travelogue: Canadian Maritime Provinces	26 19SP10A—Great Decisions 2019	27 19SP48P—Park Ranger Grab Bag	28		

Remove this calendar to use as a handy reference.

March

2019

LLI Spring Program 2019

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

							1 19SP34A—Myers-Briggs Type Indicator 19SP41P—Poetry Writing 19SP48P—Park Ranger Grab Bag	2
3	4	5 19SP10A—Great Decisions 2019	6 LLI Forum & Open House	7	8 19SP34A—Myers-Briggs Type Indicator 19SP41P—Poetry Writing	9		
10	11	12 19SP10A—Great Decisions 2019 19SP13P—Underwater Won- ders 3: An Odyssey	13 19SP17A—From Italy with Love 19SP22P—Points in Selling/ Buying Real Estate 19SP23P—Celebrate Spring with Circle Dance	14	15 19SP41P—Poetry Writing 19SP42P—Facing Double-V: Birth of Segregationism	16		
17	18	19 19SP10A—Great Decisions 2019	20 19SP18A—Downsizing Your Home	21 19SP27A—What to Do with Jewelry/Silver/Coins	22 19SP40P—And That's the Way I See It 19SP41P—Poetry Writing	23		
24	25	26 19SP10A—Great Decisions 2019	27 19SP24P—Writing Your Life History	28	29 19SP35A—Saints & Stories in Western Art 19SP43P—Paint on Wine Glasses	30		
							31	

Remove this calendar to use as a handy reference.

April

2019

LLI Spring Program 2019

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

	1	2 19SP10A—Great Decisions 2019	3 LLI Forum & Open House 19SP24P—Writing Your Life History	4 19SP28A—Trotsky: Revolu- tionary Life	5 19SP35A—Saints & Stories in Western Art 19SP44P—Richard Risk's Poetry and You	6
7	8 19SP04A—Hands-Only CPR	9 19SP10A—Great Decisions 2019	10 19SP24P—Writing Your Life History 19SP25P—Advance Care Planning	11 19SP29A—American Lives: The Progressives	12 19SP36A—How to Be an Adult: Adult Development 19SP44P—Richard Risk's Poetry and You 19SP45P—Scottsboro Boys	13
14	15 19SP06P—Fairfax County Services for Seniors	16	17 19SP19A—Made in Virginia	18 19SP29A—American Lives: The Progressives	19 19SP37A—Can I Trust Their Science? 19SP44P—Richard Risk's Poetry and You 19SP46P—U.S. Economy	20
21	22 19SP07P—America's 10 Best/ 10 Worst Presidents	23	24	25 19SP29A—American Lives: The Progressives	26 LLI Poetry Celebration	27
28	29	30 19SP11A—Spring Walking Tour: Meadowlark Gdns				

Remove this calendar to use as a handy reference.

May

2019

LLI Spring Program 2019

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

June 2019							
Wednesday, June 1: LLI Forum & Open House							
5	6 19SP07P—America's 10 Best/ 10 Worst Presidents	7	8	1 LLI Forum & Open House	2 19SP29A—American Lives: The Progressives	3 19SP44P—Richard Risks Poetry and You	4
12	13 19SP08P—Senior Centers of Fairfax Co.	14 19SP14P—Are You Prepared for an Emergency?	15 19SP20A—Avian Evolution & Extinction on Oceanic Islands	16	9 19SP31P—Varied Voices/ Varied Perspectives	10 19SP47P—What Happened at Vatican II?	11
19	20 19SP05A—Volcanoes: The Fire Next Time 19SP07P—America's 10 Best/ 10 Worst Presidents	21	22	23	24	25	18
26	27	28	29	30	31		

Remove this calendar to use as a handy reference.

Place: Fred Packard Center, Artisans United Craft Gallery (located in Annandale Community Park).

Class Size: Min. 3, Max. 10

LLI Coordinator: Arlene Gribben (703) 569-0357 (H); arlenegribb@aol.com

Leader:

JEAN LEE has a Bachelor of Science degree from the University of Maryland. Her background is in design and construction of clothing, graphics, floral design, multi-media jewelry, and small sculptures including stained glass, up-cycling vintage and found objects, jewelry, beading, and painting. Jean has been an active member of The National Capital Art Glass Guild since the 1970s and the Artisans United Craft Gallery since 1989 where her work is exhibited and sold.

Class 19SP44P Richard Risk's Poetry and You
(4 Sessions)

Join us for one of LLI's long-time favorite class and learn how poetry can enrich your life. We share poems — contemporary or classic — illustrating a theme, occasion, form, or school/movement or we may read and discuss poems by the same poet, as selected the prior week by the class. This class is dedicated to the memory of Richard Risk who established Poetry and You and was one of LLI's original founding members.

Dates and Time: Fridays, April 5, 12, 19, May 3; 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. 25

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

Leader:

KATHRYN O'TOOLE currently serves on LLI's Board of Directors as the vice president and is the co-chair of the Automation Committee. She received a B.A. from the University of California. Kathryn joined LLI in 2011 and is especially fond of its poetry offerings. She is an avid reader and theatergoer and loves many musical genres.

Class 19SP45P Scottsboro Boys: The Legal Lynching that Became an International Cause
(NOVA Faculty) (1 Session)

In 1931 Alabama hobo riders riding the rails became more commonplace and with larger numbers came greater dangers and difficulties. Nine African American teens that banded together for protection were accused of raping two white women. The rest of the story includes a posse, corrupt police, a lynch mob, and an all white jury. With these odds the boys had no chance and all but the youngest were found guilty and sentenced to die. Their story made its way out of Scottsboro and was seized upon by the NAACP and the Communist Party who appealed the verdict all the way to the Supreme Court. With all of this support most of the verdicts held, but for the first time in Alabama history a guilty verdict of a black male raping a white woman did not end in death.

Date and Time: Friday, April 12; 1:30 p.m. — 3:00 p.m.

Place: NOVA Annandale Campus, CN (Nursing) Building, Room 126

Class Size: Min. 10, Max. 70

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

Leader:

MARGARET REED began her academic career at NOVA-Annandale after receiving a full scholarship from the State of Virginia for scoring in the top five percent of GED recipients. During her time at NOVA she has won multiple awards including the LLI Student Leadership Award in 2003. She was also named one of the top 20 community college students in the nation by USA Today and the top student in Virginia. Margaret graduated summa cum laude from NOVA in 2005 with an A.A. and an A.S. and went on to The George Washington University where she earned a B.A. in 2008 and an M.A. in 2011. Margaret immediately began teaching at NOVA-Annandale as an adjunct instructor of history which she continues to do today. She has taught U.S. history, western civilization, and African American history. She is currently in her fourth year at Howard University where she is pursuing a Ph.D. in African American history.

Class 19SP46P United States Economy: How is it Performing? (NOVA Faculty) (1 Session)

What are the strengths and weaknesses of the U. S. economy? Join economist Dr. John Min in one of his frequent discussions of America's economic condition including comparisons with other countries using creditable data. He may offer his views on where the economy is heading.

Date and Time: Friday, April 19; 1:30 p.m. — 3:00 p.m.

Place: NOVA Annandale Campus, CN (Nursing) Building, Room 126

Class Size: Min. 10, Max. 70

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

Leader:

Dr. JOHN MIN is an assistant professor at NOVA-Alexandria. He earned a B.A. and an M.A. from George Washington University and a Ph.D. from George Mason University.

Class 19SP47P What Happened at Vatican II?
(1 Session)

During this class papal historian Bruce Colletti will offer an overview of the big twists and turns of the Second Vatican Council, Catholicism's most important religious event since the 16th century. It was attended by over 2,600 observers of many faiths. Pope John XXIII (1958-63) announced the Council in January 1959 (it was met by skepticism) and held its contentious first session in fall 1962. Pope Paul VI (1963-78) bravely continued the Council during its 1963-65 fall sessions, fighting conservatives who sought to kill it and liberals from taking things too far. To end the post-conciliar drift that had set in, Pope John Paul II (1978-2005) launched a new evangelization of Catholics to their own faith. Mr. Colletti's principal resource for this class will be *What Happened at Vatican II* by Professor John O'Malley (Georgetown University), 2008.

Date and Time: Friday, May 10; 1:30 p.m. — 3:00 p.m.

Place: St. Matthews United Methodist Church (Room 304), Annandale

Class Size: Min. 10, Max. 40

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

Leader:

BRUCE COLLETTI is a retired Air Force officer, career operations researcher, and adjunct professor of mathematics at NOVA-Alexandria (2000-2015). He has been a student of papal history since 1978 (the "Year of Three Popes"), completing a

college English paper on Pope Gregory VII (r. 1073-85). At the instant he ended his paper with Gregory's dying words came news that Paul VI had died.

Various Days

Class 19SP48P Park Ranger Grab Bag (National Park Service) (4 Sessions)

National Park Service rangers will present four completely unrelated classes. The topics include (in no particular order): the First Indochina War, Women in Hollywood, American Expansion Overseas, and a selection of vignettes called Stories You Should Know.

Dates and Time: Wednesdays and Fridays, February 20, 22, 27, March 1; 1:30 p.m. — 3:00 p.m.

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

Class Size: Min. 25, Max. 90

LLI Coordinators: Rick and/or Pat Daniels (703) 354--3792 (H); patdaniels63@gmail.com

Leaders:

HEIDI DIETZE is a Minnesota native who spent much of her childhood traveling through several midwestern states visiting sites from the Santa Fe Trail to the Corn Palace. From this random trundling she developed an interest in history that led to

an undergraduate degree in holocaust studies and a graduate degree in film history. Ranger Dietze came to National Mall and Memorial Parks as a park ranger in 2002 following two years at the United States Holocaust Memorial Museum.

MATTHEW HORNBERGER is a graduate of the University of Kentucky where he earned a B.A. in history and a master's in library science. Ranger Hornberger had a varied career before the Park Service including six seasons as a deckhand on the historic Steamboat Belle of Louisville and two years as a travel counselor at AAA Kentucky. Matthew has worked for the National Mall and Memorial Parks for 11 years.

LAURA ABBOTT grew up in southern Minnesota and obtained her first job with the National Park Service as a military history intern in the Marin Headlands, a part of the Golden Gate National Recreation Area in San Francisco. Ranger Abbott holds a master's in American history from George Mason University and has been working on the National Mall since 2010.

BRAD BERGER has a B.A. in European history and an 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 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.

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

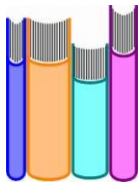
bring a brown bag lunch. Specific play dates are published in the Newsletter. Please contact the coordinators before you attend so that we can confirm the play date and ensure that we have sufficient card tables for attendees.

Dates & Time: Usually the second and fourth Wednesdays of each month. January 9 (Wednesday) and 24 (Thursday); February 13 (Wednesday) and February 28 (Thursday); March 13 (Wednesday) and 28 (Thursday); April 11 (Thursday) and 24 (Wednesday); May 8 (Wednesday), 16 (Thursday), and 29 (Wednesday); June 12 (Wednesday). All meeting times are 10:30 a.m.—2:30 p.m. 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.

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., January 17, February 21, March 21, April 18, May 16, June 20.

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., January 11, February 8, March 8, April 12, May 10, June 14.

Place: Braddock District Government Center (Kings 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. After having worked through the well-known language series *French in Action*, we are now reading French short stories and novels and discussing them in French during the class. **Note: At present, this SIG is full. Future members are asked to contact Patty or Richard Steelman to be placed on a waiting list.**

Dates & Time: First & third Tuesdays of each month; 10:00 a.m.—12:00 p.m., January 8 and 15 (normal 3rd Tuesday); February 5 and 19; March 5 and 19; April 2 and 16; May 7 and 21; June 4 and 18.

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

Coordinators: Patty and Richard Steelman, (703) 504-6866 or richardsteelman@hotmail.com; pattysteelman@gmail.com.

GOURMANDS GROUP



One of the great pleasures in life is sharing a meal with friends, both old and new. If this appeals to you, why not join the Gourmands Special Interest Group? The Gourmands meet monthly, usually for lunch. If you have been curious about us, please join us at one of our outings. The meals can be a

weekend brunch, an afternoon tea or sampling an ethnic cuisine. We might even hold a wine pairing event. The only restriction is your imagination! Each month a member volunteers to choose a site and then plans and manages the occasion. The Gourmands has been very active through the years and we think you'll enjoy our activities. We strive to be very welcoming to newcomers so if you are new to LLI, please consider us a way to make new friends. Please contact Patti Volz at (703) 892-6124 or pattivolz@verizon.net or Cynthia Gronvall at (734) 657-7503 or cdgronvall@yahoo.com for further information. Bon appétit!



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., January 18, February 15, March 15, April 19, May 17, June 21.

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

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

VISUAL AND PERFORMING ARTS



The District/Maryland/Virginia (DMV) region is unique in the vast number of educational and cultural institutions situated within reach. The Visual and Performing Arts SIG allows members to experience these opportunities in a way that would not be possible within

the confines of a classroom. Typical quarterly activities/events include a mix of meetings with films, speakers, and member research as well as field trips that take advantage of many museums, universities, galleries, and artist studios. Responsibility for meetings is split up among members who take turns suggesting, planning, announcing, and coordinating SIG meetings and events. Members may sign up by contacting Anna Dixon at njoi2day@aol.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) 987-7751 or by e-mail at merry.macke@gmail.com. Members may sign up to receive notifications by contacting the coordinator.

Please register as soon as possible, but not later than Friday, November 30, 2018.

Directions to Class Locations — Spring 2019

Artisans United Craft Gallery at the Fred Packard Center (Annandale Community Park).

Directions from NOVA

Go east on Little River Turnpike/Route 236 to the first light INSIDE the Beltway, which is Heritage Drive to the south and Hummer Road to the north. Turn left onto Hummer Road. Go about 2 blocks, passing a townhouse development on the left. When you see a wooded area on your left, watch for a driveway into the park. Turn left into the park at that driveway (there is a large brown sign that says Packard Center) and follow the road to the right, up a hill to a parking lot in front of the Packard Center, which is a red brick building that looks like a house.

Greenspring Village, 7410 Spring Village Drive, Springfield.

Directions from NOVA

Go east on Little River Turnpike about 2.5 miles. Turn right onto Backlick Road/VA-617. Go 4.3 miles to the Franconia/Springfield Parkway/Rt. 289 (old Rt. 7900). Merge onto Parkway and take the first right onto Spring Village Drive. Proceed straight to the Greenspring entrance. Stop at the guard house. You will receive a visitor's pass.

For the **Village Square Theater**, turn right at the second stop sign. As you proceed down the hill to Village Square, Parking Lot K will be on your left. **Ignore the "Residents Only" sign.** You may park in any space that does not have a red stripe. You may also park in any green space in Parking Lots I and J. The Theater and the Accotink Room are one level below the lobby.

For the **Conference Center**, veer left at the second stop sign. Hunters Crossing is the building with the canopy. There is a large parking lot in front of the building. You may park in any green striped space. The Conference Center is one level below the lobby.

Lincolnia Senior Center, 4710 North Chambliss St., Alexandria.

Directions from Little River Turnpike

Driving east on Little River Turnpike, turn left at N. Beauregard Street followed by an immediate left onto N. Chambliss Street and another immediate left into the Lincolnia Center's parking lot (you will see a sign that reads "Lincolnia Senior Center." Walk into Entrance D4 on the right side of building.

Directions from Little River Turnpike

Driving east on Columbia Pike, turn right on Lincolnia Road. Then turn right on N. Chambliss Street followed by an immediate right into Center's parking lot. This is an easy way to approach this intersection — it has all RIGHT TURNS. Walk into Entrance D4 on right side of building.

Directions from I-395

From I-395, exit onto VA-236 West via Exit 3B toward Lincolnia/Little River Turnpike. Turn right at Beauregard Street followed by an immediate left onto N. Chambliss Street and another immediate

left into the Center's parking lot. Walk into Entrance D4 on right side of building.

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.

Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna.

Directions from the Beltway

Proceeding on the Beltway toward Baltimore (and the American Legion Bridge), exit onto Route 123 South (Dolley Madison Boulevard) and proceed through two traffic signals (past Tysons Corner Center on your left and Tysons II Galleria on your right) to the intersection with Gallows Road (the third traffic signal). Turn right onto Gallows Road, moving immediately into the left turn lane. The next intersection is with Old Courthouse Road (and another traffic signal). Turn left onto Old Courthouse Road and proceed until it intersects with Beulah Road on your left. Proceed straight through this intersection (you may notice that the road's name changed from Old Courthouse to Beulah even though you kept straight ... only in Virginia!). Proceed on Beulah Road until you reach Meadowlark Gardens (and Meadowlark Gardens Court) on your left. Turn into the Court and you will find parking on your left.

NOVA Campus Buildings

(Refer to campus map on p. 4.)

Parking for all Campus Classes and Activities:

For the Forums only* (at the **Ernst Community Cultural Center (CE)**, there is FREE parking in the designated B lot – Lanes 14 and 15. However, if you choose, you may still park in the garage for the Forums at a \$2.00 per hour charge.

*The Forum is the large open space (with fireplace) on the mezzanine level.

For LLI classes, park only in the parking garage next to the Cultural Center. There is a \$2.00 per hour charge to park in the garage.

There are two payment methods to use the parking garage:

- Pay in advance at the kiosk, including the new one on the third floor. Remember to note your parking space number when you exit your car. The Discover card is not accepted.
- Use the smart phone app, Passport. The Annandale campus zone # is 462.

For the following building, refer to the campus map on page 4 of the class catalog for orientation:

The **Nursing Building (CN)** can be reached after parking on level 2 of the parking garage.

- Enter the parking garage, turn left, walk up seven (7) steps or use the adjacent ramp to the building with the initials CN.
- Enter the building using the set of glass doors on the left.
- Take an immediate left turn, turn right at the next corridor and proceed to the second room on the left labeled CN-126.

Spring Hill Club House, 8946 Yellow Daisy Place, 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. 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.)

PLEASE NOTE THAT THE GATE TO THE CLUB HOUSE WILL NOT BE OPEN UNTIL 1/2

HOUR BEFORE THE BEGINNING OF CLASS AND WILL REMAIN OPEN FOR ONLY ONE HOUR. PLEASE PLAN ACCORDINGLY.

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.

LLI Class Registration Form – Spring 2019

*****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
	19SP01A	When Worlds Collide: Columbian Exchange		1/28	
	19SP02A	Understanding Opera: Part II		1/28, 2/4, 11	
	19SP03A	Travelogue: Canadian Maritime Provinces		2/25	
	19SP04A	Hands-Only CPR for Adults		4/8	
	19SP05A	Volcanoes: The Fire Next Time		5/20	
	19SP06P	Fairfax County Services for Seniors		4/15	
	19SP07P	America's 10 Best/10 Worst Presidents		4/22, 5/6, 20	
	19SP08P	Learn About Senior Centers of Fairfax Co.		5/13	
	19SP09A	Decorating with Color		2/12	
	19SP10A	Great Decisions 2019	\$33	2/19, 26, 3/5, 12, 19, 26, 4/2, 9	
	19SP11A	Spring Walking Tour: Meadowlark Gardens		4/30	
	19SP12P	Creation of Human Beings/Purpose of Life in Islam		1/22, 29, 2/5, 12	
	19SP13P	Underwater Wonders 3: An Odyssey		3/12	
	19SP14P	Are You Prepared for an Emergency?		5/14	
	19SP15A	Cook's Hints/Tips/Techniques/Favorites		1/23	
	19SP16A	Soups, Stews, and Casseroles	\$5	2/13	
	19SP17A	From Italy with Love	\$5	3/13	
	19SP18A	Downsizing Your Home		3/20	
	19SP19A	Made in Virginia	\$5	4/17	
	19SP20A	Avian Evolution/Extinction on Oceanic Islands		5/15	

continued on next page

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Reminders:

1. Have you listed all your class choices by your priority sequence?
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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
	19SP21P	Growing Old Successfully: Stay or Relocate?		2/6	
	19SP22P	Important Points in Selling/Buying Real Estate?		3/13	
	19SP23P	Celebrate Spring with Circle Dance		3/13	
	19SP24P	Writing Your Life History		3/27, 4/3, 10	
	19SP25P	Advance Care Planning		4/10	
	19SP26A	Taking Charge of Your Health/Digital Technologies		2/7	
	19SP27A	Jewelry/Silver/Coins: What Do We Do with Them?		3/21	
	19SP28A	Trotsky: A Revolutionary Life		4/4	
	19SP29A	American Lives: The Progressives		4/11, 18, 25, 5/2	
	19SP30P	Art/Architecture/Ambience in Ancient/ Renaissance Rome		2/7, 14, 21	
	19SP31P	Varied Voices, Varied Perspectives		5/9	
	19SP32A	Planning for Aging in Place/Long-Term Care		1/25	
	19SP33A	Alexander Hamilton: American Mercantilist		2/15	
	19SP34A	Myers-Briggs Type Indicator: Bogus or Beneficial?		3/1, 8	
	19SP35A	Saints and Stories in Western Art		3/29, 4/5	
	19SP36A	How to Be an Adult: Adult Development		4/12	
	19SP37A	Can I Trust Their Science?		4/19	
	19SP38P	Presidential Leadership		2/1	
	19SP39P	Dinosaur Plants		2/8	
	19SP40P	And That's the Way I See It		2/15, 3/22	
	19SP41P	Poetry Writing - Let's Make it Happen		3/1, 8, 15, 22	
	19SP42P	Facing Double-V: Birth of Segregationism		3/15	
	19SP43P	Learn How to Paint on Wine Glasses	\$10	3/29	
	19SP44P	Richard Risk's Poetry and You		4/5, 12, 19, 5/3	
	19SP45P	Scottsboro Boys		4/12	
	19SP46P	United States Economy		4/19	
	19SP47P	What Happened at Vatican II?		5/10	
	19SP48P	Park Ranger Grab Bag		2/20, 22, 27, 3/1	

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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? _____

LLI / NOVA Membership Form

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E-Mail: llinova.admn@gmail.com

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

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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
(703) 628-3115 (C) llinovadoug@gmail.com

Moe Moser — Space Coordinator

Barry Centini
Philippa Centini
Pat Daniels
Rick Daniels
Lorin Goodrich
Paul Hopley
Deb Hunsberger
Janet Liebenau

Nickie Myers
Nan Peck
Scott Pinckney
Kim Rendelson
Dick Robison
Judy Robison
Chris Suskiewicz
Gina Trapp

Anna Dixon — LLI President
(703) 503-5465 (H)
njoii2day@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
LLI Resource Network

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

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**Reminder:
Registration closes
November 30, 2018**