



LLI Fall 2019 Catalog

Class: **19FA01** **Demystifying Dementia (4 Sessions)**

Currently ten percent of individuals over the age of 65 have been diagnosed with Alzheimer's disease. Learn what can be expected following the diagnosis. This includes the basics of Alzheimer's, other types of dementia, and their distinguishing characteristics, the typical path of progression, communication techniques, reasons for troubling behaviors, and ways to engage with the affected person. The information will help enable the caregiver to start planning for the future and provide ways to adjust to a new life after diagnosis. Services available for caregivers will also be discussed.

Dates/Time: Mon, Sep 9; Sep 16; Sep 23; Oct 7, 10:00-11:30

Location: Greenspring Village (Village Square Theater)

Class Size: Min. 15, Max. 45

Coordinator: Doug Johnson

Instructor: **LINDSEY VAJPEYI** is the Director of Education and Outreach at Insight Memory Care Center. She has many years of experience in the fields of long term and dementia care. Lindsey is passionate about quality care from professionals, support and education for families, and assisting those with dementia retain their sense of self and purpose through the stages of the disease. She currently holds certifications as an Activity Director with a specialization in Memory Care, an EssentiALZ Dementia Care Provider through Positive Approach to Care, and a Master Trainer with the Best Friends Approach to Dementia Care.

Class: **19FA02** **A Geologic History of Shenandoah National Park (1 Session)**

Shenandoah National Park offers natural beauty and recreational opportunities, but it also hosts rocks that collectively tell a billion-year-long tale about changes to Virginia's continental crust. Spanning tectonics, volcanism, sedimentary processes, and erosion, this saga is profound in its scope and astonishing in its details. Why is that rock green? What processes made those skinny "staircases" on Old Rag Mountain? Why does this rock have little tubes running through it like a handful of soda straws? Mysteries such as these will be answered in this presentation.

Date/Time: Mon, Sep 9, 1:30-3:00

Location: NOVA Student Services (CA) (Room 302)

Class Size: Min. 1, Max. 100

Coordinator: Nan Peck

Instructor: **CALLAN BENTLEY** is an award-winning assistant professor of geology at NOVA-Annandale. He specializes in Appalachian geology. Through talks like this one, field trips, and writing, including his blog, Mountain Beltway, he shares his expertise. He was a contributing editor for "EARTH" magazine and has several book projects underway.

Class: 19FA03 Touring Central and Eastern Europe, the Danube, and the Czech Republic (2 Sessions)

A tour of Central and Eastern Europe (CEE) must be treated differently than travel elsewhere. It cannot be regarded as mere sightseeing. There is beautiful natural scenery, gorgeous architecture, and old castles, but without some knowledge of twentieth century history such a trip would be an empty exercise. Photos of world capitals and charming small towns in Romania, Bulgaria, Serbia, Croatia, Slovakia, Hungary, and the Czech Republic must be accompanied by images of memorials to the millions of human beings who were massacred. The ugliness along with the beauty will be shown in order to provide a complete presentation.

Part I (Sept. 9): Romania, Bulgaria, travel on the Danube River

Part II (Sept. 16): Serbia, Croatia, Slovakia, Hungary, and the Czech Republic

Dates/Time: Mon, Sep 9; Sep 16, 1:30-3:00

Location: Greenspring Village (Village Square Theater)

Class Size: Min. 15, Max. 45

Coordinator: Doug Johnson

Instructor: **CONNIE RUBINSTEIN** taught English at Oxon Hill Science and Technology High School for twenty-five years. Since retiring she has been creating videos of the numerous trips she has taken.

Class: 19FA04 The Life of Prophet Muhammad (3 Sessions)

Prophet Muhammad, the final prophet of God (according to Muslims' beliefs), was one of the most influential men of history. He accomplished the most profound revolution. Within 23 years he made the scattered, illiterate, ignorant, plundering, and warring factions of the Arabian Peninsula change their beliefs, outlook, manners, morals, ethics, lifestyle, and their social, political, and economic systems. He united them under law and order and made them the leaders of the world and champions of goodness. Prophet Muhammad was alone when he received the first revelation of Qur'an. He now has over 1.7 billion followers. All of the details of his life and his sayings are available with no mysteries surrounding him. His life was full of sacrifices and hardships. Prophet Muhammad was a role model for all Muslims and many others.

Dates/Time: Tue, Sep 10; Sep 17; Sep 24, 2:00-3:30 (Note time)

Location: NOVA Nursing Bldg (CN) (Room 103)

Class Size: Min. 20, Max. 80

Coordinator: Nan Peck

Instructor: **DAOUD NASSIMI** has been teaching as an Adjunct Professor of Religion at NOVA for the last 8 years. He also teaches at Shenandoah University and Johns Hopkins University. Dr. Nassimi has a unique educational background in electrical engineering and religious studies. After finishing his M.S. in electrical engineering and working in telecom and satellite communications for over 10 years, he changed his career and studied for another 12 years, earning a Ph.D. in Islamic studies. Originally from Afghanistan, he has lived in the United States since 1983.

Class: 19FA05 Have Pots, Will Travel (1 Session)

By request, Chef Cal will provide us with some recipes and tips for serving between eight and twenty people. These dishes are perfect to take to a pot luck and they travel well.

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

Date/Time: Wed, Sep 11, 10:00-11:30

Location: St. Matthew's United Methodist Church (Rm 304)

Class Size: Min. 10, Max. 25

Coordinator: Bonnie Hopler

Instructor: **CALVIN KRAFT** attended *L'Academie 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: 19FA06 Women in Islam (3 Sessions)

Women in Islam is a significant topic for both Muslims and non-Muslims. The status of women in Islam is often misunderstood by non-Muslims. This class will start with some basic principles about gender and move into basic human, economic, political, social, and educational rights of women in Islam. Topics of dress code, polygamy, inheritance, and other contemporary issues will be addressed.

Dates/Time: Wed, Sep 11; Sep 18; Sep 25, 1:30-3:00

Location: John Marshall Library

Class Size: Min. 20, Max. 50

Coordinator: Nan Peck

Instructor: **DAOUD NASSIMI** has been teaching as an Adjunct Professor of Religion at NOVA for the last 8 years. He also teaches at Shenandoah University and Johns Hopkins University. Dr. Nassimi has a unique educational background in electrical engineering and religious studies. After finishing his M.S. in electrical engineering and working in telecom and satellite communications for over 10 years, he changed his career and studied for another 12 years, earning a Ph.D. in Islamic studies. Originally from Afghanistan, he has lived in the United States since 1983.

Class: 19FA07 A Wise Woman's Guide to Financial Planning in Retirement (1 Session)

This class discusses the reasons why women should plan for retirement differently than men. Women tend to live two to three years longer than men, spend triple the time in long term care, and have about half as much in retirement accounts. We will talk about how to address healthcare planning, asset management, social security, and estate planning for women. This information is not only pertinent to women, but also to anyone advising women on financial matters.

Date/Time: Thu, Sep 12, 10:00-11:30

Location: St. Matthew's United Methodist Church (Rm 304)

Class Size: Min. 10, Max. 40

Coordinator: Scott Pinckney

Instructor: **EVAN BEACH**, a wealth manager with Campbell Wealth Management in Alexandria, VA, is a Certified Financial Planner (CFP) and an Accredited Wealth Management Advisor (AWMA). He also holds an Executive Certificate in Financial Planning from Georgetown University. Evan is a regular LLI instructor.

Class: 19FA08 Reading the Old Testament from East of Eden (1 Session)

This course will explore several biblical texts. It will focus on peace and reconciliation and the road to redemption.

Date/Time: Fri, Sep 13, 10:00-11:30

Location: NOVA Nursing Bldg (CN) (Room 227)

Class Size: Min. 20, Max. 80

Coordinator: Nan Peck

Instructor: **HEMCHAND GOSSAI** is Associate Dean of Social Sciences and Humanities, NOVA-Annandale. He earned his Ph.D. in Hebrew Studies at the University of St. Andrews, Scotland.

Class: 19FA09 Art Nouveau (2 Sessions)

Art Nouveau, the decorative arts style of the late 19th and early 20th century, flourished in several major European cities. This style was quite different in each of these locations. In Brussels and Paris the style was fluid and curving with inspiration coming from plants. In Glasgow and Vienna designers emphasized straight lines. We'll examine furniture, jewelry, and posters in the first class. The second class will be devoted to key works of architecture.

Dates/Time: Tue, Sep 17; Sep 24, 10:00-11:30

Location: Parkwood Baptist Church

Class Size: Min. 15, Max. 40

Coordinator: Nan Peck

Instructor: **ROZ HOAGLAND** is a retired art historian with a B.A. from Marietta College and an M.A. from Penn State. She taught at NOVA for 40 years and also at the Corcoran College of Art + Design and gave lectures at the US State Department Training Center. In retirement she continues to take groups to Europe three times per year for study tours focusing on art, architecture, and historic and unusual sites. Since 1999, she has led 52 trips to over 20 countries.

Class: 19FA10 Spanish American Wars of Independence (1 Session)

Learn more about the numerous wars against Spanish rule that took place in the New World during the early 19th century (1808 - 1829). These conflicts sought political independence from Spanish domination.

Date/Time: Tue, Sep 17, 10:00-11:30

Location: Greenspring Village (Village Square Theater)

Class Size: Min. 15, Max. 45

Coordinator: Doug Johnson

Instructor: **CHARLES McCLELLAND** grew up in the Panama Canal Zone. He 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: 19FA11 Advance Care Planning: Steps to Protect Your Wishes (1 Session)

This class will help you recognize what each Advance Care Directive does and does not do. We will examine policy issues and documents including the Advance Directive (AD)/Living Will, Durable Power of Attorney for Health Care (DPOAHC), Do Not Resuscitate (DNR), Do Not Attempt to Resuscitate (DNAR), and Physicians Orders for Life Sustaining Treatment (POLST).

Date/Time: Tue, Sep 17, 1:30-3:00

Location: St. Matthew's United Methodist Church (Rm 304)

Class Size: Min. 20, Max. 45

Coordinator: Nickie Myers

Instructor: **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: 19FA12 Living Artfully: A 360 degree Tour of the Life and Art Collection of Marjorie Merriweather Post (5 Sessions)

Marjorie Merriweather Post lived a long, complex, and fabulous life. Visit Hillwood Estate, Museum, and Gardens in Washington, D.C., the last home on the east coast of this ultimate hostess. We will discuss the life and times of Marjorie Post, a cereal heiress, philanthropist, business woman, and serious art collector.

Participants will explore the collection of the Hillwood home during the four sessions on campus that will provide an in-depth look at her times and collection of Russian and French decorative art. The class will be taught by a museum docent, who will then accompany the group on a mansion tour.

Session 1: The Life and Times of Marjorie Merriweather Post (1-1.5 hours)

Session 2. Hillwood Museum: What to Look For? (Part 1): Decorative art styles and techniques in French and Russian arts of the 18-20th centuries (1.5 hours)

Session 3. Hillwood Museum: What to Look For? (Part 2): Stories of Russian and French history of the 18-20th centuries as seen through the objects at the mansion. (1.5 hours)

Session 4: Hillwood Museum: What to Look For? (Part 3): Faberge eggs. (1.5 hours)

Session 5: A Mansion and Garden Tour of Hillwood Estate, Museum, and Gardens (3-4 hours on the estate plus travel time)

Note: this class consists of 4 class sessions on Thursdays plus a tour at Hillwood Estate, Museum, and Gardens on Saturday, Oct 12. Registration includes all five sessions. There is a \$12 admission fee for the tour. Further details will be provided on line and in class.

Dates/Time: Thu, Sep 19; Sep 26; Oct 3; Oct 10; Oct 12, 1:30-3:00

Location: NOVA Student Services (CA) (Room 302)

Class Size: Min. 8, Max. 28

Coordinator: Anna Dixon

Instructor: **ANTONINA RODGERS** is Assistant Professor of English as a Second Language (ESL) and Associate Dean for Languages at NOVA-Annandale. She grew up in St. Petersburg, Russia, and upon arriving in Washington, D.C., was delighted to discover a treasure of Russian arts here at the Hillwood Museum, where she is now a docent. Leading museum tours in the Hermitage and other art museums of St. Petersburg, Russia, was the genesis of her love for languages and the arts.

Class: 19FA13 Controversial Presidential Elections in American History (1 Session)

The twenty-first century has already witnessed two presidents inaugurated who received a minority of the popular votes. Name calling and partisan bickering often divide our country into opposing camps. This presentation will provide an historical perspective on the controversies that have plagued previous presidential elections. Angered that the opposition party opposed his presidency, Vice President Aaron Burr shot and killed the Federalist leader Alexander Hamilton. In 1912, Theodore Roosevelt's Bull Moose Party lost the election, but won more votes than the Republican presidential candidate. Years later Theodore Roosevelt's fifth cousin, Franklin, fearing that America was on the brink of war, broke the cherished two term tradition. Those are but a few of the examples that make presidential elections a fascinating spectator sport.

Date/Time: Fri, Sep 20, 1:30-3:00

Location: NOVA Nursing Bldg (CN) (Room 126)

Class Size: Min. 10, Max. 80

Coordinator: Nan Peck

Instructor: **CHARLES ERRICO** received his Ph.D. in American diplomatic history from the University of Maryland. He is the author of the two volume *Portrait of America* that is required reading at dozens of universities in the United States and Europe. Dr. Errico has won teaching awards from the Educational Foundation, the Alumni Foundation, and in 2007 received the Outstanding Faculty Award in Virginia.

Class: 19FA14 Understanding Opera: Part I (3 Sessions)

This class prepares students for the first two productions of Virginia Opera's 2019-2020 season at George Mason University: Puccini's thrilling tragedy *Tosca* and Daniel Catán's lushly melodic *Il Postino*, based on a popular film. Discussions include comprehensive musical and dramatic analysis illustrated with audio and video excerpts. Recommended for opera beginners and aficionados alike.

Dates/Time: Mon, Sep 23; Sep 30; Oct 7, 10:00-12:00 (Note time)

Location: St. Matthew's United Methodist Church (Rm 304)

Class Size: Min. 20, Max. 45

Coordinator: June Chalou

Instructor: **GLENN WINTERS** has a Ph.D. in music from Northwestern University and an M.A. and 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: 19FA15 Staging Your Home For Sale (1 Session)

Broaden the appeal of your home by creating an inviting space that encourages buyers to linger and focus on the positives of the home.

NOTE: Participants must print and bring materials available on the LLI website for class (7 pages).

Date/Time: Thu, Sep 26, 10:00-11:30

Location: St. Matthew's United Methodist Church (Rm 304)

Class Size: Min. 20, Max. 45

Coordinator: Nickie Myers

Instructor: **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 an LLI member.

Class: 19FA16 What Happened at Vatican II? (2 Sessions)

This talk continues the May, 2019, class that set the organizational background to Vatican II, the 21st Ecumenical Council of the Catholic Church (1962-65). The first session focuses on historical background and the preparatory phases (1959-1962). The second talk will focus on the Council itself. Did you know that John XXIII had wanted the Council to last 2-3 months starting in August 1960? There's a good reason why it lasted four years--it's tied to the organizational and historical backgrounds.

See the May 2019 presentation on the LLI website.

Dates/Time: Thu, Sep 26; Oct 3, 1:30-3:00

Location: NOVA Nursing Bldg (CN) (Room 126)

Class Size: Min. 1, Max. 80

Coordinator: Nan Peck

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

Class: 19FA17 A Broadway Bonanza: "From South Dakota to Bali Hai" (1 Session)

The OLLI Players of George Mason University will be performing an old-time radio show called "From South Dakota to Bali Hai." Presented onstage, this is a takeoff on many of the old musicals like "Oklahoma," "South Pacific," "My Fair Lady," and others. Everyone can enjoy this tongue-in-cheek show complete with costumes and singing.

Date/Time: Fri, Sep 27, 1:30-3:00

Location: Greenspring Village (Village Square Theater)

Class Size: Min. 10, Max. 55

Coordinator: Judy Robison

Instructor: The **OLLI PLAYERS** are made up of 22 thespians who love to perform and have fun. This is a part of Osher Life Long Learning Institute affiliated with George Mason University. Formed in 2005, the group has traveled to senior centers, retirement homes, and many other venues for the past four years. The OLLI Players have five shows under their belts and add a new one each year. Their director is Kathie West, a former theater teacher at both Thomas Jefferson High School for Science and Technology and Lee High School. She has been involved with theater for over 40 years. When she retired and joined OLLI, her theater experience came with her and this performance group was born.

Class: 19FA18 Life Blood: Conversations about Your Most Important Body Fluid (2 Sessions)

So you cut yourself yesterday, prompting a little bleeding. You didn't even think about it – just washed the blood off and slapped on a bandaid. What is this remarkable fluid? What is in it? Why is it so important for life? Yet we have no synthetic substitute for it. Where does it come from? How do we make more of it (or do we?). Let's journey inside our blood vessels to visit the cells and dissolved components of blood. We will learn about compatible blood types and blood donation, white blood cells, antibodies and immunity, and how your blood clots.

Dates/Time: Mon, Sep 30; Oct 28, 1:30-3:00

Location: NOVA Student Services (CA) (Room 302)

Class Size: Min. 10, Max. 100

Coordinator: Nan Peck

Instructor: **GILLIAN BACKUS** earned her B.A. magna cum laude from Mount Holyoke College and a Ph.D. in toxicology from the University of North Carolina (Chapel Hill). As professor of biology at NOVA-Loudoun, Dr. Backus teaches introductory biology and the anatomy and physiology sequence required of all pre-nursing students. She is passionate about increasing civic engagement of scientific issues and integrating art into STEM fields. She has been teaching full time at NOVA since 2009. Prior to her college teaching career Dr. Backus worked for the U.S. Environmental Protection Agency as a toxicologist and before that taught high school biology in Philadelphia, PA, Princeton, NJ, and Exeter, NH.

Class: 19FA19 World War I (4 Sessions)

Marvin Wagner presents a concise history of this great conflict that changed the map of the world and caused unprecedented human carnage and economic cost. This four session lecture discusses the causes, major engagements, American entry, and consequences of the "war to end all wars." **Note: The third session is on Tuesday. The rest are on Mondays.**

Dates/Time: Mon, Sep 30; Oct 14; Oct 29; Nov 4, 1:30-3:00

Location: Greenspring Village (Village Square, Accotink Rm)

Class Size: Min. 15, Max. 45

Coordinator: Doug Johnson

Instructor: **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: 19FA20 Fine Jewelry, Silver, and Coins: What Do We Do With Them? (1 Session)

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

Date/Time: Tue, Oct 1, 10:00-11:30

Location: St. Matthew's United Methodist Church (Rm 304)

Class Size: Min. 20, Max. 45

Coordinator: Nickie Myers

Instructor: **JAMIE GRASSO** is a Gemological Institute of America certified Accredited Jewelry Professional (AJP) and owner of JG Jewelry and Estates. She brings more than 25 years of sales, marketing, and business experience to the company. Jamie is a native Northern Virginian and attended Georgetown University.

Class: 19FA21 A Visit to the National Archives (1 Session)

Join us for a docent led tour of our "treasure chest" of historical material that defines the United States. The tour will focus on the Rotunda where the Declaration of Independence, Constitution, and Bill of Rights are kept. The Public Vaults showcases an extensive exhibit that facilitates understanding of what is here and how it may be used. There is a café.

Date/Time: Thu, Oct 3, 9:30-11:00 (Note time)

Location: National Archives

Class Size: Min. 10, Max. 20

Coordinator: Doug Johnson

Instructor: **DAVE HALL** is a retired engineer/project manager who has been a docent at the National Archives since 1998. He has also served at the Supreme Court and with the Capital Guide Service. His special interest is in the founding of our country.

Class: 19FA22 The "American System" of Economic Nationalism, 1790-1860 (1 Session)

Phenomena such as Trump's election and Brexit have called into question some of the prevailing assumptions of neoliberal economic theory. This class will survey the rich tradition of American economic nationalism known as the "American System" that prevailed until the Civil War, including Secretary Hamilton's mercantile-capitalism, Henry Clay's Senate speeches, and the economic ideas of Henry Carey, a key economic advisor to President Lincoln. Although often overlooked or misrepresented today, these theorists furnished a robust critique of "imperialist" economic policies implemented by Great Britain on such questions as trade, immigration, production, tariffs, and defense that hold valuable lessons for potential economic transformations today.

Date/Time: Fri, Oct 4, 10:00-11:30

Location: NOVA Nursing Bldg (CN) (Room 126)

Class Size: Min. 10, Max. 80

Coordinator: Nan Peck

Instructor: **MARK R. ROYCE**, Ph.D., is assistant professor of international relations at NOVA-Annandale, author of *The Political Theology of European Integration: Comparing the Influence of Religious Histories on European Policies*. A frequent contributor to *Providence: A Journal of Christianity and American Foreign Policy*, his interests extend to European and international relations, modern philosophy, and comparative law.

Class: 19FA23 Core Principles: From the Back to Beyond (2 Sessions)

Core strength is a term many of us have heard. While we might be able to identify muscles like the abdominals and gluteals, the term "core strength" is a bit harder to define. In this class we'll look at the biomechanics of the core and its implications to activities from walking to golfing to making your world-famous pumpkin pie. We'll also make the case that while your typical 'googlable' exercises like side planks and bridges are tremendously useful, they don't always address the neurophysiological causes of a "weak core." In this 2 part class learn the cause and effects of a weak core as well as practical "food for thought" as you head into your next exercise class.

Dates/Time: Fri, Oct 4; Oct 11, 1:30-3:00

Location: NOVA Nursing Bldg (CN) (Room 227)

Class Size: Min. 10, Max. 80

Coordinator: Nan Peck

Instructor: **PETER JO** earned a D.C. (chiropractic) and an M.S. (nutrition) and practiced for several years using a functional medicine paradigm. He earned a Ph.D. (rehabilitation science) from George Mason University where his research involved working with individuals recovering from strokes. Dr. Jo teaches human anatomy and physiology at NOVA-Annandale.

Class: 19FA24 Richard Risk's Poetry and You (4 Sessions)

Join us for one of LLI's long-time favorite classes 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/Time: Fri, Oct 4; Oct 11; Oct 18; Oct 25, 1:30-3:30 (Note time)

Location: Little River United Church of Christ (Room 8)

Class Size: Min. 8, Max. 25

Coordinator: Marianne Moerman

Instructor: **KATHRYN O'TOOLE** currently serves on the LLI Board of Directors, is Co-Chair of the Automation Committee, and serves as web editor for the LLI website. She received her B.A. from the University of California. Kathryn joined LLI in 2011 and of LLI's courses, she is especially fond of its poetry offerings. She is an avid reader and theater-goer, National Parks enthusiast, and loves many musical genres.

Class: 19FA25 The Day the Dinosaurs Died (1 Session)

Sixty-five million years ago a massive asteroid crashed into a shallow sea near Mexico. As a result more than three-fourths of the Earth's species perished in what is known as the Cretaceous-Paleogene extinction (aka: K-T extinction). The killer asteroid most famously claimed the dinosaurs, but freshwater and marine creatures were also victims as were plants and micro-organisms. In the early 1990s researchers found a crater in the Yucatan Peninsula, the scar left by the asteroid. Recent detailed evidence from a site in Kansas reinforces this theory about what caused the extinction and provides much more evidence about what actually happened. The K-T extinction is an existential reminder that we wouldn't be here if that meteorite hadn't fallen.

Date/Time: Mon, Oct 7, 10:00-11:30

Location: Mason District Governmental Center (Community Rm)

Class Size: Min. 15, Max. 100

Coordinator: Philippa Centini

Instructor: **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 an LLI member.

Class: 19FA26 LLI Goes Baltic (1 Session)

Join Conne Rubinstein as she presents her video of LLI's 2011 Baltic Sea cruise. Visit and learn about Helsinki, Finland; St. Petersburg, Russia; Tallinn, Estonia; Riga, Latvia; Visby in Gotland, Sweden; Gdansk, Poland; Bornholm, Denmark; and Berlin and Rostock in Germany. Expect to be educated and entertained!

Date/Time: Mon, Oct 7, 1:30-3:00

Location: Greenspring Village (Village Square Theater)

Class Size: Min. 15, Max. 45

Coordinator: Doug Johnson

Instructor: **CONNIE RUBINSTEIN** taught English at Oxon Hill Science and Technology High School for twenty-five years. Since retiring she has been creating videos of the numerous trips she has taken.

Class: 19FA27 The ACLU's First Hundred Years and Current Issues (1 Session)

This class is a discussion of major American Civil Liberties Union (ACLU) civil liberties cases and issues with emphasis on current topics.

Date/Time: Tue, Oct 8, 1:30-3:00

Location: Mason District Governmental Center (Large Room)

Class Size: Min. 20, Max. 100

Coordinator: David Drachsler

Instructor: **ARTHUR SPITZER** is the co-legal director of the American Civil Liberties Union of the Nation's Capital (ACLU-NC). He is a graduate of Cornell University and Yale Law School and has been Legal Director of the ACLU-NC for over 35 years.

Class: 19FA28 Natural Cuba (1 Session)

Thoughts of Cuba often take us to Fidel Castro, the Cuban Missile Crisis, classic cars, cigars, and salsa music. It is also an island of rich biological diversity and numerous endemic species. This talk will focus on the diversity of life on Cuba, its surrounding reefs, and how its natural diversity came to be.

Date/Time: Wed, Oct 9, 2:00-3:30 (Note time)

Location: NOVA Student Services (CA) (Room 302)

Class Size: Min. 20, Max. 100

Coordinator: Nan Peck

Instructor: **JILL CAPORALE** is a biologist at NOVA. She holds an M.S. in biology and an M.A. in communication. Her research has centered on the development of monoclonal antibodies and assays leading to the detection of low-level antibiotic contamination. Professor Caporale has traveled with students from NOVA and Johns Hopkins University to Brazil, Costa Rica, Honduras, Fiji, and Cuba to discover the wonders of the natural world.

Class: 19FA29 International Students' Well-Being (1 Session)

Moving from one country and culture to another may be difficult. This class will cover models of adjustment, ways to experience a healthy sense of well-being, and programs needed to guide students to successfully complete their short and long-term goals, as well as to provide social capital to help them access resources needed to grow.

Date/Time: Thu, Oct 10, 1:30-3:00

Location: NOVA Nursing Bldg (CN) (Room 126)

Class Size: Min. 20, Max. 80

Coordinator: Nan Peck

Instructor: **CATALINA NOVAC** holds a Ph.D. in human development (developmental psychology) from the University of Rochester. She has worked in education for 28 years as faculty, counselor, administrator, scientist, and policy analyst. In 2015 she became the senior international student advisor at NOVA, providing advice to international students and leading the International Student Orientation.

Class: 19FA30 Romeo and Juliet and Shakespeare's Sonnets (4 Sessions)

Romeo and Juliet was written during the time when Shakespeare was presumably writing most of his sonnets. Romeo, in fact, first appears as the love-struck speaker of a sonnet. We will start with the sonnet connection and go on to explore how Shakespeare's language creates differences in character and develops theme. The outcome is intended to be a better understanding of how Shakespeare's language works, both in written form and on stage.

Dates/Time: Thu, Oct 10; Oct 17; Oct 24; Oct 31, 1:30-3:00

Location: Braddock District Supervisors Office

Class Size: Min. 8, Max. 20

Coordinator: Nan Peck

Instructor: **RICHARD WILAN** is professor emeritus from NOVA where he taught English and chaired the NOVA honors program. Dr. Wilan's degrees are from Amherst, Harvard, and the University of Maryland. He has taught for the University of Maryland at College Park and in the overseas program.

Class: 19FA31 Exploring Your Options: Renovate 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/Time: Tue, Oct 15, 10:00-11:30

Location: St. Matthew's United Methodist Church (Rm 304)

Class Size: Min. 20, Max. 45

Coordinator: Nickie Myers

Instructor: **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: 19FA32 Remodeling for Retirement (1 Session)

The kids are grown and out of the house. Now it's time to turn the family home into your retirement retreat! We'll cover practical changes you should consider as you age—installing grab bars, comfort height toilets, better lighting, and slip resistant flooring. We'll also focus on transforming your home into a much-deserved space for relaxation and enjoyment. Perhaps you're thinking about a suite on the main level. Perhaps you're ready to consider a spa-like master bathroom, or you've decided to redesign your kitchen to enjoy a better workspace. Join the designers from FA Design Build and get guidance on home renovations—from easy updates to full remodels.

After the seminar, please join us for a complimentary lunch. It's a great way to talk with the design team as well as fellow homeowners.

Date/Time: Wed, Oct 16, 10:00-11:30

Location: FA Design Build/Flooring America

Class Size: Min. 5, Max. 40

Coordinator: Carol Jeffords

Instructor: **STACEY PETERS** is continuing her family legacy of home design and construction. Stacey loves helping clients redesign their homes into more livable and enjoyable spaces. She especially enjoys working collaboratively through all phases of remodeling—from concept development and design to installation and completion.

MELISSA FIELDING loves to share her energy, knowledge of design, and tenacity to work through all design concerns on every project. Combining her bachelor's degree in interior design with her design eye, cabinetry expertise, space planning, and interior remodeling experience, she helps clients create beautiful and unique spaces.

KEVIN GOLDEN is a local and returned home to Northern Virginia after college to start a career in remodeling. He eventually launched Golden Traditions, the residential remodeling firm he ran for more than 17 years. Today, for FA Design Build, Kevin is the key link between design and installation. For each project, he develops the scope and evaluates its feasibility, ensuring the vision of the client and designer is feasible and realistic.

Directions to FA Design Build/Flooring America, Fairfax: From I-495, proceed west on Little River Turnpike to Orchard Street (3.0 miles west of the Little River Turnpike/Wakefield Chapel Road intersection at NOVA) and make a U-turn back onto Little River Turnpike headed eastbound (because of the divided roadway). After making the turn, go .2 miles and turn right into the FA Design Build/Flooring America showroom parking lot, where there is plenty of free parking.

Class: 19FA33 From Italy with Love (1 Session)

Chef Cal will share an entire five-course Italian meal of appetizer, soup, salad, entrée, and dessert, and some special hors d'oeuvres that you can prepare at home.

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

Date/Time: Wed, Oct 16, 10:00-11:30

Location: St. Matthew's United Methodist Church (Rm 304)

Class Size: Min. 10, Max. 25

Coordinator: Bonnie Hopler

Instructor: **CALVIN KRAFT** attended *L'Academie 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: 19FA34 Making Nutrition Sense Out of Vegetable Soup (1 Session)

This presentation will address a variety of nutrition debates: Are organic foods more nutritious? Is fresh fish more nutritious than frozen? Do nutritional supplements really work? What concerns face older adults? This class is interactive; bring your nutrition questions and concerns.

Date/Time: Thu, Oct 17, 1:30-3:00

Location: NOVA Nursing Bldg (CN) (Room 126)

Class Size: Min. 15, Max. 35

Coordinator: Nan Peck

Instructor: **JANET SASS** is a registered dietitian nutritionist (RDN) and certified hospitality educator (CHE). With over 30 years of teaching experience at NOVA-Annandale, she brings both current and fun nutrition facts to the classroom. Recently retired, her primary focus was food science and nutrition.

Class: 19FA35 Washington, Franklin, Pitt, and the French and Indian War (5 Sessions)

This five-session course deals with the French and Indian War of 1756-1763 and shows how the victory over France contributed to the eventual break between Great Britain and its American colonies. We will look at the actions of some of the main participants, including Washington, Franklin, William Pitt, and Lord Bute. Through their diaries, letters, public statements, and actions we can see how their grand dreams of empire degenerated into an acrimonious struggle and an eventual American Declaration of Independence.

Dates/Time: Fri, Oct 18; Oct 25; Nov 1; Nov 8; Nov 15, 10:00-11:30

Location: St. Matthew's United Methodist Church (Rm 304)

Class Size: Min. 10, Max. 45

Coordinator: Nan Peck

Instructor: **MICHAEL ANDERSON** holds a Ph.D. in history from the University of Chicago. A retired foreign service officer, he has taught at NOVA and George Mason University and now enjoys offering classes for ENCORE (Arlington County Adult Learning Program) and LLI.

Class: 19FA36 Magic and the Supernatural in Shakespeare's "Macbeth" and "The Tempest" (4 Sessions)

During this class we will read two of Shakespeare's plays: *Macbeth* and *The Tempest*. We will analyze the plays by exploring attitudes towards magic and the supernatural in the English Renaissance period.

You will need a copy of each of the plays. The Arden or Folger editions are recommended. Here are free online resources:

<http://shakespeare.mit.edu/macbeth/full.html> <http://shakespeare.mit.edu/tempest/full.html>

Dates/Time: Fri, Oct 18; Oct 25; Nov 1; Nov 8, 1:00-2:30 (Note time)

Location: NOVA Nursing Bldg (CN) (Room 126)

Class Size: Min. 10, Max. 80

Coordinator: Nan Peck

Instructor: **CYNTHIA SAENZ-WEINAND** is passionate about teaching English language and literature to students of all ages. She is an adjunct professor at NOVA. Cynthia received her doctorate from the University of Oxford with a focus on 16th and 17th century English literature, particularly Shakespeare and the metaphysical poets.

Class: 19FA37 Early Readings of Shakespeare's Sonnets (1 Session)

This class surveys the early history of Shakespeare's sonnets, showcasing some of their earliest editions and introducing several differing ways in which readers and scholars have approached them over the centuries. We will look at the first complete edition, the second and greatly revised edition, and the first critical edition, closing our survey with a close reading of two separate sonnets and some recommended strategies for interpreting Renaissance poetry.

Date/Time: Mon, Oct 21, 10:00-11:30

Location: NOVA Student Services (CA) (Room 302)

Class Size: Min. 5, Max. 100

Coordinator: Nan Peck

Instructor: **FAITH ACKER** received her doctorate in 2012 from the University of St. Andrews in Scotland, UK where she wrote her thesis on the second edition of Shakespeare's sonnets. She has previously taught English at the University of Sheffield, UK, Pellissippi State Community College, TN, Montgomery College, MD, NOVA, and two secondary schools in North America. In the fall of 2019, she will be researching Renaissance poetry at the Folger Shakespeare Library in Washington, D.C.

Class: 19FA38 German Concentration Camps Factual Survey: Documentary and Discussion (1 Session)

When Allied soldiers began liberating Hitler's concentration camps in 1945 they documented Nazi atrocities through film. Afterwards, the British government instructed a team that included Alfred Hitchcock to create a documentary on the Holocaust that would stand as irrefutable evidence of Nazi crimes. For a variety of reasons, including the complexity of telling such a story on film, the project was abandoned in 1945 and amazingly it was not seen again until 2014. Film scholars at the Imperial War Museum in London restored and completed editing the footage resulting in one of the most powerful films on the Holocaust in existence. Perhaps no film is more necessary at a time when knowledge of the Holocaust is waning and anti-Semitism is once again on the rise. This is a rare opportunity to see *German Concentration Camps Factual Survey*. This film, which at times is extremely hard to watch, never turns its eye away from the human horrors of the Holocaust. Ultimately it offers a hopeful message about the endurance of humanity through the darkest of nights.

Date/Time: Mon, Oct 21, 1:30-3:00

Location: NOVA Student Services (CA) (Room 302)

Class Size: Min. 10, Max. 100

Coordinator: Nan Peck

Instructor: **NATHAN MOORE** teaches Western civilization at NOVA and attends American University where he is pursuing a Ph.D. in European history, studying British communism and the Soviet Union in the interwar period.

Class: 19FA39 Fall Tour at Meadowlark Botanical Gardens (1 Session)

Enjoy a guided walk through the gardens and natural areas of Meadowlark Botanical Gardens to view fall colors and learn how nature prepares for colder weather. Participants should be able to walk along a hilly, wood mulch trail for the hour-long tour. Good walking shoes and a bottle of water are important.

Date/Time: Tue, Oct 22, 10:00-11:30

Location: Meadowlark Botanical Gardens

Class Size: Min. 10, Max. 35

Coordinator: Mary Lu Bednarsky

Instructor: **JULES MALONEY** started as the Meadowlark 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 teacher, Jules provides Meadowlark's educational programming for schools and community groups.

Class: 19FA40 The Complexity of Identity (1 Session)

This session will explore our multiple identities including race, class, ethnicity, religion/faith, gender, class/economic background, sexual orientation, documentation status, education background, and health status, using a tool called the Personal Identity Profile (PIP). We will discuss identities that we hold, how institutions like the family, religion, the school-system, health-care, and the judicial system shaped them, and how they may lessen or increase our life chances. In addition, some misinformation about aspects of our identities and those of our colleagues will be examined. This is not a lecture. It requires introspection and vulnerability. **Complete the PIP, found on the LLI website under class notes, prior to the class.**

Date/Time: Thu, Oct 24, 1:30-3:00

Location: NOVA Nursing Bldg (CN) (Room 126)

Class Size: Min. 10, Max. 25

Coordinator: Nan Peck

Instructor: **REBECCA A. WALTER** is an Associate Professor at NOVA-Annandale. Dr. Walter is a first generation college student having joined the teaching faculty at NOVA in Spring 2018. She has led diversity trainings and workshops for well over 16 years in high schools, colleges, universities, grass-roots community settings, and non-profits.

Class: 19FA41 Sculpture in America - 19th Century to the Present (1 Session)

The Smithsonian American Art Museum has a rich collection of sculptures dating from the 19th Century. In this session we will examine the definition of sculpture, learn different methods of construction, and focus on materials for making three dimensional forms – everything from traditional works in marble, wood and glass to works created by 3D printers. We will highlight works inside the museum as well as those surrounding the building and examine representational as well as abstract examples. This is an intriguing, ever-expanding art form.

Date/Time: Tue, Oct 29, 2:00-3:30 (Note time)

Location: NOVA Nursing Bldg (CN) (Room 103)

Class Size: Min. 15, Max. 70

Coordinator: Philippa Centini

Instructor: **SARA SHOOB** is a graduate of Boston University. She has a background in teaching and educational administration with an emphasis in history, social studies, and the arts. She currently enjoys her work as a docent at the Smithsonian American Art Museum and Renwick Gallery. Sara has presented a number of classes for the LLI Program and loves sharing her passion for art.

Class: 19FA42 What Is a Poem? (4 Sessions)

This course will be a discussion of the nature and purpose of poetry from the perspective of a college professor who teaches reading and writing poems. The instructor will present some of the approaches from his *Introduction to Literature* textbook, starting with Robert Frost's "Stopping by Woods on a Snowy Evening" followed by the critics' responses. He will talk about some of his favorite poems used for teaching. Discussion will be welcomed both in class and online.

Dates/Time: Tue, Oct 29; Nov 5; Nov 12; Nov 19, 1:30-3:00

Location: Braddock District Supervisors Office

Class Size: Min. 8, Max. 20

Coordinator: Nan Peck

Instructor: **RICHARD WILAN** is professor emeritus from NOVA where he taught English and chaired the NOVA honors program. Dr. Wilan's degrees are from Amherst, Harvard, and the University of Maryland. He has taught for the University of Maryland at College Park and in the overseas program.

Class: 19FA43 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/Time: Fri, Nov 1; Nov 8; Nov 15; Nov 22, 1:30-3:30 (Note time)

Location: Little River United Church of Christ (Room 8)

Class Size: Min. 8, Max. 20

Coordinator: Marianne Moerman

Instructor: **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: 19FA44 Park Ranger Grab Bag, Part 1 (1 Session)

The Park Rangers are offering four unrelated classes. The following are not necessarily in the order which they will be presented. Close to home, we have the story of the of the President's House or White House as it is more popularly known. Far from home there is the story of France losing its grip on its colonies in Southeast Asia in the First Indochina War. Another class will look at the tragic story of Emmett Till's murder. And the other class will be a second helping of the anthology of stories you should know. Please choose the dates that fit your schedule and know that you will be hearing one of these interesting topics. **Please register separately for each session.**

Date/Time: Fri, Nov 1, 1:30-3:00

Location: Mason District Governmental Center (Community Rm)

Class Size: Min. 20, Max. 100

Coordinator: Debi Hunsberger

Instructor: **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, D.C., where he helps coordinate operations for presidential inaugurations, annual national Independence Day celebrations, and National Cherry Blossom Festivals.

BETHANY BAGENT began her National Park Service career at the Jefferson National Expansions Memorial where she spent two summers as a seasonal. In March 1999, she joined the staff at the National Mall and Memorial Parks. Bethany is currently involved in various projects ranging from event planning to education programs.

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.

JERRY HAWN has a B.A. in history from Wake Forest University, and an M.A. in public administration from the University of North Carolina, Charlotte. Jerry began work as a park ranger with the National Park Service in 1992. He has worked at the Guilford Courthouse National Military Park (Greensboro, NC), Independence National Historical Park (Philadelphia, PA), The Carl Sandburg Home National Historic Site (Flat Rock, NC), and the Jefferson National Expansion Memorial (the Gateway Arch in St. Louis, MO). Since June 1998, Jerry has been working with the National Mall and Memorial Parks in the Division of Interpretation and Education, where he serves as the Mall's VIP tour coordinator.

PAUL O'BRIAN has been with the National Park Service for 23 years and a Park Ranger on the National Mall and Memorial Parks for the last 12. He has experience in seven national parks including Independence National Historical Park, Roosevelt-Vanderbilt National Historic Site, Manassas National Battlefield Park, and Colonial National Historical Park (at the Yorktown Battlefield in VA). Paul was also a Museum Technician (history) at Appomattox Court House National Park and was Visitor Use Assistant at Lake Mead National Recreation Area, AZ.

SHUNDA YATES was born and raised in the Federal City. Fate brought her into the National Park Service. She has been a ranger for 27 years to date. She now works in the very park she played in as a little girl.

Class: 19FA45 Prescription Drugs: From Discovering to Dispensing (1 Session)

Join Dr. Hanan Alkaysi, registered pharmacist, as she describes the process by which new drugs are discovered, identified, developed, tested, FDA approved, and finally brought to pharmacy shelves for dispensing.

Date/Time: Tue, Nov 5, 10:00-11:30

Location: Spring Hill Club House

Class Size: Min. 30, Max. 50

Coordinator: Arline Sachs

Instructor: **HANAN ALKAYSI** holds a Ph.D. in medicinal chemistry. She was a practicing registered pharmacist for twenty years with a background in research and pharmacy education. Dr. Alkaysi is an LLI member.

Class: 19FA46 Park Ranger Grab Bag, Part 2 (1 Session)

See description for Park Ranger Grab Bag, Part 1. **Please register separately for each session.**

Date/Time: Wed, Nov 6, 1:30-3:00

Location: Mason District Governmental Center (Community Rm)

Class Size: Min. 20, Max. 100

Coordinator: Debi Hunsberger

Instructor: One or more of the Park Rangers listed in Part 1 will present this class.

Class: 19FA47 Circle Dance around the World (1 Session)

In 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 from many countries. All steps are low-impact and easy to learn. No dance partner or experience is necessary.

Date/Time: Thu, Nov 7, 1:30-3:00

Location: Accotink Unitarian Universalist Church

Class Size: Min. 8, Max. 30

Coordinator: Judy Robison

Instructor: **JUDY ROBISON** has been circle dancing for more than 15 years and currently leads a group that meets twice a month at the Unitarian Universalist Church of Arlington. She has trained at the source with renowned teachers in Findhorn, Scotland, and her dance experience has taken her to workshops around the U.S., Mexico, and Greece. In addition, she has led dance circles for health and wellness groups and presently leads "adaptive" seated circle dance at a nursing home for residents with limited mobility.

Class: 19FA48 Park Ranger Grab Bag, Part 3 (1 Session)

See description for Park Ranger Grab Bag, Part 1. **Please register separately for each session.**

Date/Time: Fri, Nov 8, 1:30-3:00

Location: Mason District Governmental Center (Community Rm)

Class Size: Min. 20, Max. 100

Coordinator: Debi Hunsberger

Instructor: One or more of the Park Rangers listed in Part 1 will present this class.

Class: 19FA49 How To Make The Best Decisions About Living Well As You Age (1 Session)

Different features of over-55 rental and retirement communities offering independent, assisted, and nursing care living will be discussed. We will also talk about "new urbanism," naturally occurring retirement communities, and elder village options.

Date/Time: Tue, Nov 12, 1:30-3:00

Location: St. Matthew's United Methodist Church (Rm 304)

Class Size: Min. 20, Max. 45

Coordinator: Nickie Myers

Instructor: **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: 19FA50 Just Desserts (1 Session)

Need we say more? Just in time for the holidays, Chef Cal will present an entire class of desserts with recipes included. You may discover a new favorite for holiday entertaining.

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

Date/Time: Wed, Nov 13, 1:30-3:00

Location: St. Matthew's United Methodist Church (Rm 304)

Class Size: Min. 10, Max. 25

Coordinator: Bonnie Hople

Instructor: **CALVIN KRAFT** attended *L'Academie 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: 19FA51 Early Aviation in Fairfax County (1 Session)

Man has dreamed of flying for hundreds of years. The artist Leonardo da Vinci drew a flying machine in 1490; R.J. Spalding patented a bird suit in 1889 to help him fly; and in 1906, Traian Vuia built an “aeroplane automobile” that hopped. Dr. William Christmas built and flew a plane in Fairfax Station in 1908 making him the third American to fly. Learn about more early aviators and the thrill of flying from Mary Lipsey who will share stories from her latest book, “Aviation: From Curiosity To Reality”. She will have books to sell and autograph.

Date/Time: Fri, Nov 15, 10:00-11:30

Location: Mason District Governmental Center (Community Rm)

Class Size: Min. 10, Max. 100

Coordinator: Arlene Gribben

Instructor: **MARY BUCKINGHAM LIPSEY** earned a B.A. in history and sociology from Mary Washington College and a Masters in middle school education from Virginia Tech. She retired after teaching seventh grade American history for almost thirty years. She has been a volunteer docent for the Smithsonian National Museum of American History since 1980 and for the National Archives since 2004. Mary is a member of the Fairfax County History Commission. Her interest in history led to researching, writing, and speaking to community groups. Her research has resulted in three books.

Class: 19FA52 Park Ranger Grab Bag, Part 4 (1 Session)

See description for Park Ranger Grab Bag, Part 1. **Please register separately for each session.**

Date/Time: Fri, Nov 15, 1:30-3:00

Location: Mason District Governmental Center (Community Rm)

Class Size: Min. 20, Max. 100

Coordinator: Debi Hunsberger

Instructor: One or more of the Park Rangers listed in Part 1 will present this class.

Class: 19FA53 Downsizing and Decluttering (1 Session)

AARP developed a program to help people decide what to keep and what to discard. The goal is to make space to keep the things you want, as well as to make our homes more accommodating for aging in place.

Date/Time: Tue, Nov 19, 10:00-11:30

Location: Lincolnia Senior Center (Dining Room)

Class Size: Min. 20, Max. 70

Coordinator: Cathy Becker

Instructor: **DOLORES W. COLE** is a certified life coach in Alexandria, Virginia, and a member of the International Coach Federation. From 1991 to 2004 she served in human resources and EEO positions at various universities in California. In 2004, she moved to the Washington, D.C. area to accept a senior executive position at the Department of Housing and Urban Development. Dr. Cole earned M.B.A. And Ed.D. degrees from the University of Southern California, an M.A. from the University of Michigan, and a B.A. from Wayne State University. She retired from HUD in 2016 and has been a volunteer for AARP since 2018.

Class: 19FA54 The Ratites: A Look at the World's Large Flightless Birds (1 Session)

We have all heard of ostriches, emus, and kiwis, but how much do we really know about these ratites, the diverse group of flightless birds that reside in the Southern Hemisphere? Why are most of them so large? Unlike many flightless birds like penguins that evolved from flighted ancestors, ratites lack a keeled sternum for the attachment of flight muscles that is a prerequisite for flight. Did the ratite lineage ever have flight capable representatives? We will explore these questions and look at these fascinating birds in some detail. Some ratites are stunningly beautiful but be cautious! Some of these birds can be downright dangerous!

Date/Time: Wed, Nov 20, 10:00-11:30

Location: Mason District Governmental Center (Large Room)

Class Size: Min. 10, Max. 60

Coordinator: Barry Centini

Instructor: **LARRY CARTWRIGHT** 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 D.C. Christmas Bird Count sponsored by the Audubon Naturalist Society. He is also a participant in a five-year project to update the Virginia Breeding Bird Atlas. Larry has received several awards from scientific and conservation-based organizations, including the Virginia Society of Ornithology's Jackson M Abbott Conservation Award for 2013.

Class: 19FA55 Retirement - Live with Purpose & Passion (1 Session)

This class will look at unique perspectives of retirement. Creatively approach this life stage no matter what your age or ability. Identify resources on where and how to live that are customized to your unique needs. Aging in place, home sharing, walkable/maintenance free communities, and more traditional senior housing (CCRC, assisted living, etc.) will be discussed. Learn about resources, organizations, and professionals in the field. Come with questions.

Date/Time: Wed, Nov 20, 1:30-3:00

Location: Mason District Governmental Center (Community Rm)

Class Size: Min. 20, Max. 100

Coordinator: Cathy Becker

Instructor: **STEVE GURNEY** is the founder of Retirement Living Sourcebook and an Adjunct Professor at the UMBC School of Aging Studies. His thought-provoking and informative discussions focus on ideas, concepts, and resources to live with purpose, convenience, and safety.

Class: 19FA56 Life on the Road: Portrait of a 19th Century Methodist Circuit Rider (1 Session)

The circuit rider of the 19th century was key to the success of the early Methodist movement in the United States. Historical dramatist Jon Vrana brings alive the times, trials, and tribulations through the stories and music of those itinerant preachers as they traveled their circuits.

Date/Time: Thu, Nov 21, 1:30-3:00

Location: St. Matthew's United Methodist Church (Rm 304)

Class Size: Min. 10, Max. 45

Coordinator: Judy Robison

Instructor: **JON VRANA** is an historical dramatist and local amateur historian, with a focus on 19th century civilian life and times. He presents stories and experiences of local history through several historically accurate personas. Jon often supplements his presentations by performing 19th century music (mandolin, concertina, harmonica, and vocal). He is president of the Burke Historical Society; board member and Museum and History committee chair, Historic Vienna Inc.; and trustee, Virginia Conference of the United Methodist Church Historical Society.

Class: 19FA57 2019 Virginia General Assembly Election Results in Perspective (1 Session)

This class will analyze the results of the 2019 Virginia General Assembly election. We will examine turnout in this off-year, statewide election; discuss the resulting balance of power between the Republican and Democratic parties in Virginia; study the potential impact of the election results on major issues confronting Virginia including gerrymandering reform; and discuss implications for the presidential election in 2020.

Date/Time: Fri, Nov 22, 10:00-11:30

Location: NOVA Nursing Bldg (CN) (Room 103)

Class Size: Min. 10, Max. 70

Coordinator: Nan Peck

Instructor: **JACK LEHELDT** is professor of political science and history at NOVA-Alexandria. He holds a Ph.D. from the University of South Carolina.

JENNIFER SAYASITHSENA is a professor of political science at NOVA-Annandale. She holds a Ph.D. from George Washington University.

Class: 19FA58 Life on Other Worlds: The New Science of Astrobiology (1 Session)

Recent discoveries in astronomy and robotic space exploration have energized the search for life beyond Earth. Astronomical discoveries have shown that all of the essential requirements for life as we know it, such as liquid water, elemental carbon, and other raw materials, as well as useable energy, are all commonplace in our solar system and elsewhere in the galaxy. We have also found that there are at least six locations in our own solar system that are habitable for simple Earth-like life. These developments, along with the discovery of thousands of exoplanets (planets that orbit other stars), of which hundreds are Earth-like, have energized the search for life elsewhere - so much so that the study of exoplanets and the search for signatures of life on other worlds are now central goals of NASA's space exploration efforts. The instructor will show some of the most surprising recent results of the studies of other planets and discuss their implications for life elsewhere.

Date/Time: Wed, Dec 4, 1:30-3:00

Location: NOVA Student Services (CA) (Room 302)

Class Size: Min. 10, Max. 80

Coordinator: Judy Robison

Instructor: **MICHAEL SUMMERS** is a professor of Planetary Science and Astronomy at George Mason University. He studies planets and their atmospheres, teaches astrobiology and planetary science, and trains graduate students in astronomy. His research has covered many of the planets and moons in our solar system, including the Earth, as well as planets that orbit distant stars. Dr. Summers has participated in a variety of NASA rocket, space shuttle, satellite, and deep space robotic missions to other planets. He is also a Science Team Member and Mission Co-Investigator on the NASA/New Horizons Spacecraft Mission to Pluto and the Kuiper Belt.

Class: 19FA59 Light in Winter Darkness: Icelandic Christmas (1 Session)

Come and celebrate Christmas traditions, folklore, and history (and the Christmas Cat!) from the Land of Ice and Fire. Iceland has been, from its settlement in the 9th century, a nation of storytellers. Their ancient sagas influenced a certain Mr. Tolkien who wrote three books about some rings. Meet our special guest, LLI member Jona Wheeler, who will read a traditional and well-loved Christmas poem in Icelandic, her first language.

Date/Time: Thu, Dec 5, 1:30-3:00

Location: Spring Hill Club House

Class Size: Min. 10, Max. 50

Coordinator: Judy Robison

Instructor: **BARBARA STIFFLER** has been researching and presenting classes on a variety of subjects for the last twenty years, and has presented classes for LLI since 2016. Her interest in Iceland was piqued after a visit there in 2015. Barbara is a lifelong fan of Christmas traditions and stories.

JONA WHEELER was born and raised in Iceland and is an active LLI member. When the suggestion for the Icelandic Christmas class was accepted, it was a foregone conclusion that Jona would be the expert and would read in Icelandic.

Class: 19FA60 Finland: Yesterday, Today, and Tomorrow (1 Session)

How did Finland develop from one of the poorest countries in Europe to become the "Happiest Nation" in the world? What does that entail? How was their national identity maintained while being part of Sweden for over 600 years and part of the Russian Empire for a century? Learn fun facts such as Finland has more saunas than cars and almost 200,000 lakes. Why do Finns speak a very complicated language unrelated to other European languages? Come and learn about this part of Scandinavia.

Date/Time: Thu, Dec 12, 10:15-11:45 (Note time)

Location: Kings Park Community Library

Class Size: Min. 10, Max. 70

Coordinator: Judy Robison

Instructor: **BRUCE GRIFFIN** was born in San Francisco and traveled extensively as a child living in Japan and Germany as well as various parts of the United States. His mother's family is from Finland and he spent several years and many summers on the family cattle ranch in northern California where he spoke Finnish at home. He had a career in the military with assignments in Viet Nam, Okinawa, and Germany. Currently retired, he is active with the Finlandia Foundation and the Finnish Language School Association. His summers are spent in Finland at the University of Jyväskylä.

Class: 19FA61 Women of the Bible (1 Session)

Rabbi Weiner will discuss the influence of some of the lesser known women in the Bible.

Date/Time: Tue, Dec 17, 10:00-11:30

Location: Spring Hill Club House

Class Size: Min. 10, Max. 50

Coordinator: Arline Sachs

Instructor: **RABBI WEINER** is currently part-time Rabbi in Fredricksburg, Virginia, and Educational Director/Rabbi at a synagogue in Maryland.



Index to Classes by Category

Fall 2019

Art/Music

19FA09	Art Nouveau	Tue, Sep 17, Sep 24
19FA12	Living Artfully: A 360 degree Tour of the Life and Art Collection of Marjorie Merriweather Post	Thu, Sep 19, Sep 26, Oct 3, Oct 10, Oct 12
19FA14	Understanding Opera: Part I	Mon, Sep 23, Sep 30, Oct 7
19FA17	A Broadway Bonanza: "From South Dakota to Bali Hai"	Fri, Sep 27
19FA41	Sculpture in America - 19th Century to the Present	Tue, Oct 29
19FA47	Circle Dance around the World	Thu, Nov 7

Biology

19FA18	Life Blood: Conversations about Your Most Important Body Fluid	Mon, Sep 30, Oct 28
19FA28	Natural Cuba	Wed, Oct 9
19FA39	Fall Tour at Meadowlark Botanical Gardens	Tue, Oct 22
19FA54	The Ratites: A Look at the World's Large Flightless Birds	Wed, Nov 20

Cooking

19FA05	Have Pots, Will Travel	Wed, Sep 11
19FA33	From Italy with Love	Wed, Oct 16
19FA50	Just Desserts	Wed, Nov 13

Finance

19FA20	Fine Jewelry, Silver, and Coins: What Do We Do With Them?	Tue, Oct 1
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Health

19FA23	Core Principles: From the Back to Beyond	Fri, Oct 4, Oct 11
19FA45	Prescription Drugs: From Discovering to Dispensing	Tue, Nov 5

History

19FA10	Spanish American Wars of Independence	Tue, Sep 17
19FA19	World War I	Mon, Sep 30, Oct 14, Oct 29, Nov 4
19FA21	A Visit to the National Archives	Thu, Oct 3
19FA35	Washington, Franklin, Pitt, and the French and Indian War	Fri, Oct 18, Oct 25, Nov 1, Nov 8, Nov 15
19FA38	German Concentration Camps Factual Survey: Documentary and Discussion	Mon, Oct 21
19FA44	Park Ranger Grab Bag, Part 1	Fri, Nov 1
19FA46	Park Ranger Grab Bag, Part 2	Wed, Nov 6
19FA48	Park Ranger Grab Bag, Part 3	Fri, Nov 8
19FA51	Early Aviation in Fairfax County	Fri, Nov 15

19FA52	Park Ranger Grab Bag, Part 4	Fri, Nov 15
19FA56	Life on the Road: Portrait of a 19th Century Methodist Circuit Rider	Thu, Nov 21
19FA59	Light in Winter Darkness: Icelandic Christmas	Thu, Dec 5
19FA60	Finland: Yesterday, Today, and Tomorrow	Thu, Dec 12

Literature

19FA24	Richard Risk's Poetry and You	Fri, Oct 4, Oct 11, Oct 18, Oct 25
19FA30	Romeo and Juliet and Shakespeare's Sonnets	Thu, Oct 10, Oct 17, Oct 24, Oct 31
19FA36	Magic and the Supernatural in Shakespeare's "Macbeth" and "The Tempest"	Fri, Oct 18, Oct 25, Nov 1, Nov 8
19FA37	Early Readings of Shakespeare's Sonnets	Mon, Oct 21
19FA42	What Is a Poem?	Tue, Oct 29, Nov 5, Nov 12, Nov 19
19FA43	Poetry Writing – Let's Make It Happen!	Fri, Nov 1, Nov 8, Nov 15, Nov 22

Politics

19FA13	Controversial Presidential Elections in American History	Fri, Sep 20
19FA27	The ACLU's First Hundred Years and Current Issues	Tue, Oct 8
19FA57	2019 Virginia General Assembly Election Results in Perspective	Fri, Nov 22

Religion

19FA04	The Life of Prophet Muhammad	Tue, Sep 10, Sep 17, Sep 24
19FA06	Women in Islam	Wed, Sep 11, Sep 18, Sep 25
19FA08	Reading the Old Testament from East of Eden	Fri, Sep 13
19FA16	What Happened at Vatican II?	Thu, Sep 26, Oct 3
19FA61	Women of the Bible	Tue, Dec 17

Science/Technology

19FA02	A Geologic History of Shenandoah National Park	Mon, Sep 9
19FA25	The Day the Dinosaurs Died	Mon, Oct 7
19FA34	Making Nutrition Sense Out of Vegetable Soup	Thu, Oct 17
19FA58	Life on Other Worlds: The New Science of Astrobiology	Wed, Dec 4

Senior Living

19FA07	A Wise Woman's Guide to Financial Planning in Retirement	Thu, Sep 12
19FA11	Advance Care Planning: Steps to Protect Your Wishes	Tue, Sep 17
19FA15	Staging Your Home For Sale	Thu, Sep 26
19FA31	Exploring Your Options: Renovate or Relocate?	Tue, Oct 15
19FA32	Remodeling for Retirement	Wed, Oct 16
19FA49	How To Make The Best Decisions About Living Well As You Age	Tue, Nov 12
19FA53	Downsizing and Decluttering	Tue, Nov 19

19FA55	Retirement - Live with Purpose & Passion	Wed, Nov 20
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Social Science

19FA01	Demystifying Dementia	Mon, Sep 9, Sep 16, Sep 23, Oct 7
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19FA22	The "American System" of Economic Nationalism, 1790-1860	Fri, Oct 4
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19FA29	International Students' Well-Being	Thu, Oct 10
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19FA40	The Complexity of Identity	Thu, Oct 24
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Travel

19FA03	Touring Central and Eastern Europe, the Danube, and the Czech Republic	Mon, Sep 9, Sep 16
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19FA26	LLI Goes Baltic	Mon, Oct 7
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LLI/NOVA Class Planning Worksheet Fall 2019

Class Number	Class Title	Fees	Date(s)	Time	Status
19FA01	Demystifying Dementia		Mon, 9/9/2019 9/16/2019 9/23/2019 10/7/2019	10:00-11:30	
19FA02	A Geologic History of Shenandoah National Park		Mon, 9/9/2019	1:30-3:00	
19FA03	Touring Central and Eastern Europe, the Danube, and the Czech Republic		Mon, 9/9/2019 9/16/2019	1:30-3:00	
19FA04	The Life of Prophet Muhammad		Tue, 9/10/2019 9/17/2019 9/24/2019	2:00-3:30 (Note time)	
19FA05	Have Pots, Will Travel	\$5.00	Wed, 9/11/2019	10:00-11:30	
19FA06	Women in Islam		Wed, 9/11/2019 9/18/2019 9/25/2019	1:30-3:00	
19FA07	A Wise Woman's Guide to Financial Planning in Retirement		Thu, 9/12/2019	10:00-11:30	
19FA08	Reading the Old Testament from East of Eden		Fri, 9/13/2019	10:00-11:30	
19FA09	Art Nouveau		Tue, 9/17/2019 9/24/2019	10:00-11:30	
19FA10	Spanish American Wars of Independence		Tue, 9/17/2019	10:00-11:30	
19FA11	Advance Care Planning: Steps to Protect Your Wishes		Tue, 9/17/2019	1:30-3:00	
19FA12	Living Artfully: A 360 degree Tour of the Life and Art Collection of Marjorie Merriweather Post	\$12.00	Thu, 9/19/2019 9/26/2019 10/3/2019 10/10/2019 10/12/2019	1:30-3:00	

Class Number	Class Title	Fees	Date(s)	Time	Status
19FA13	Controversial Presidential Elections in American History		Fri, 9/20/2019	1:30-3:00	
19FA14	Understanding Opera: Part I		Mon, 9/23/2019 9/30/2019 10/7/2019	10:00-12:00 (Note time)	
19FA15	Staging Your Home For Sale		Thu, 9/26/2019	10:00-11:30	
19FA16	What Happened at Vatican II?		Thu, 9/26/2019 10/3/2019	1:30-3:00	
19FA17	A Broadway Bonanza: "From South Dakota to Bali Hai"		Fri, 9/27/2019	1:30-3:00	
19FA18	Life Blood: Conversations about Your Most Important Body Fluid		Mon, 9/30/2019 10/28/2019	1:30-3:00	
19FA19	World War I		Mon, 9/30/2019 10/14/2019 10/29/2019 11/4/2019	1:30-3:00	
19FA20	Fine Jewelry, Silver, and Coins: What Do We Do With Them?		Tue, 10/1/2019	10:00-11:30	
19FA21	A Visit to the National Archives		Thu, 10/3/2019	9:30-11:00 (Note time)	
19FA22	The "American System" of Economic Nationalism, 1790-1860		Fri, 10/4/2019	10:00-11:30	
19FA23	Core Principles: From the Back to Beyond		Fri, 10/4/2019 10/11/2019	1:30-3:00	
19FA24	Richard Risk's Poetry and You		Fri, 10/4/2019 10/11/2019 10/18/2019 10/25/2019	1:30-3:30 (Note time)	
19FA25	The Day the Dinosaurs Died		Mon, 10/7/2019	10:00-11:30	

Class Number	Class Title	Fees	Date(s)	Time	Status
19FA26	LLI Goes Baltic		Mon, 10/7/2019	1:30-3:00	
19FA27	The ACLU's First Hundred Years and Current Issues		Tue, 10/8/2019	1:30-3:00	
19FA28	Natural Cuba		Wed, 10/9/2019	2:00-3:30 (Note time)	
19FA29	International Students' Well-Being		Thu, 10/10/2019	1:30-3:00	
19FA30	Romeo and Juliet and Shakespeare's Sonnets		Thu, 10/10/2019 10/17/2019 10/24/2019 10/31/2019	1:30-3:00	
19FA31	Exploring Your Options: Renovate or Relocate?		Tue, 10/15/2019	10:00-11:30	
19FA32	Remodeling for Retirement		Wed, 10/16/2019	10:00-11:30	
19FA33	From Italy with Love	\$5.00	Wed, 10/16/2019	10:00-11:30	
19FA34	Making Nutrition Sense Out of Vegetable Soup		Thu, 10/17/2019	1:30-3:00	
19FA35	Washington, Franklin, Pitt, and the French and Indian War		Fri, 10/18/2019 10/25/2019 11/1/2019 11/8/2019 11/15/2019	10:00-11:30	
19FA36	Magic and the Supernatural in Shakespeare's "Macbeth" and "The Tempest"		Fri, 10/18/2019 10/25/2019 11/1/2019 11/8/2019	1:00-2:30 (Note time)	
19FA37	Early Readings of Shakespeare's Sonnets		Mon, 10/21/2019	10:00-11:30	
19FA38	German Concentration Camps Factual Survey: Documentary and Discussion		Mon, 10/21/2019	1:30-3:00	
19FA39	Fall Tour at Meadowlark Botanical Gardens		Tue, 10/22/2019	10:00-11:30	

Class Number	Class Title	Fees	Date(s)	Time	Status
19FA40	The Complexity of Identity		Thu, 10/24/2019	1:30-3:00	
19FA41	Sculpture in America - 19th Century to the Present		Tue, 10/29/2019	2:00-3:30 (Note time)	
19FA42	What Is a Poem?		Tue, 10/29/2019 11/5/2019 11/12/2019 11/19/2019	1:30-3:00	
19FA43	Poetry Writing – Let’s Make It Happen!		Fri, 11/1/2019 11/8/2019 11/15/2019 11/22/2019	1:30-3:30 (Note time)	
19FA44	Park Ranger Grab Bag, Part 1		Fri, 11/1/2019	1:30-3:00	
19FA45	Prescription Drugs: From Discovering to Dispensing		Tue, 11/5/2019	10:00-11:30	
19FA46	Park Ranger Grab Bag, Part 2		Wed, 11/6/2019	1:30-3:00	
19FA47	Circle Dance around the World		Thu, 11/7/2019	1:30-3:00	
19FA48	Park Ranger Grab Bag, Part 3		Fri, 11/8/2019	1:30-3:00	
19FA49	How To Make The Best Decisions About Living Well As You Age		Tue, 11/12/2019	1:30-3:00	
19FA50	Just Desserts	\$5.00	Wed, 11/13/2019	1:30-3:00	
19FA51	Early Aviation in Fairfax County		Fri, 11/15/2019	10:00-11:30	
19FA52	Park Ranger Grab Bag, Part 4		Fri, 11/15/2019	1:30-3:00	
19FA53	Downsizing and Decluttering		Tue, 11/19/2019	10:00-11:30	
19FA54	The Ratites: A Look at the World's Large Flightless Birds		Wed, 11/20/2019	10:00-11:30	
19FA55	Retirement - Live with Purpose & Passion		Wed, 11/20/2019	1:30-3:00	

Class Number	Class Title	Fees	Date(s)	Time	Status
19FA56	Life on the Road: Portrait of a 19th Century Methodist Circuit Rider		Thu, 11/21/2019	1:30-3:00	
19FA57	2019 Virginia General Assembly Election Results in Perspective		Fri, 11/22/2019	10:00-11:30	
19FA58	Life on Other Worlds: The New Science of Astrobiology		Wed, 12/4/2019	1:30-3:00	
19FA59	Light in Winter Darkness: Icelandic Christmas		Thu, 12/5/2019	1:30-3:00	
19FA60	Finland: Yesterday, Today, and Tomorrow		Thu, 12/12/2019	10:15-11:45 (Note time)	
19FA61	Women of the Bible		Tue, 12/17/2019	10:00-11:30	