



LLI Spring 2020 Catalog

Class: **20SP01** **White Nationalism: The Rise of a Global Threat (1 Session)**

On March 15, 2019, a man in New Zealand killed fifty people in an attack at two mosques. On October 27, 2018, a man killed eleven people at the Tree of Life Synagogue in Pittsburgh. On August 12, 2017, a man killed a peaceful protester in Charlottesville, Virginia. On June 17, 2015, a man killed nine worshippers at the Emanuel African Methodist Episcopal Church in Charleston, South Carolina. On July 22, 2011, a man took 77 lives in Norway. On April 19, 1995, a man blew up a building in Oklahoma killing 168. What do all of these murderers have in common? They are all self-professed white nationalists. Even though the American and European narratives have often maintained that Islamic extremists are the biggest terrorist threat, there is a strong argument that white nationalists are far more dangerous. This lecture will trace the roots of this hateful ideology and place it in a global context. We will seek to familiarize ourselves with white nationalist beliefs, symbols, leaders, and history in order to understand one of the most pressing threats of the modern world.

Date/Time: Mon, Jan 6, 10:00-11:30

Location: NOVA CN Bldg, Room 117

Class Size: Min. 30, 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: **20SP02** **Enhancing the Sense of Well-Being (1 Session)**

The satisfaction and support of the three psychological needs (autonomy, relatedness, and competence) are essential for promoting fulfillment and psychological well-being in all aspects of life. This class will cover a theory of human development that reveals how our sense of well-being is enhanced by self-determined behavior and the social and cultural conditions that promote it. These include the need for personal autonomy (in an environment where choice is an option) and meaningful connections with peers, family, and friends.

Date/Time: Thu, Jan 16, 10:00-11:30

Location: NOVA CN Bldg, Room 225

Class Size: Min. 5, Max. 65

Coordinator: Nan Peck

Instructor: **CATALINA NOVAC** holds a Ph.D. in human development (developmental psychology) from the University of Rochester. In her 28 years in education she has worked as a faculty member, a counselor, an administrator, a scientist, and a policy analyst. Catalina is currently a Senior International Student Advisor in the Office of International Education and Sponsored Programs.

Class: 20SP03 My Mathematical-Linguistic Odyssey (1 Session)

Join Professor Goral as he shares mathematical and linguistic ideas which have propelled him around the world.

Date/Time: Fri, Jan 17, 1:30-3:00

Location: NOVA CN Bldg, Room 227

Class Size: Min. 5, Max. 50

Coordinator: Nan Peck

Instructor: **DON GORAL** earned his B.S. in mathematics from California Institute of Technology, an M.A. in mathematics from the University of Wisconsin, and an M.A. and Ph.D. in linguistics from the University of California, Berkeley. Don served in the U.S. Army in Vietnam, was an English professor in Thailand, and was a foreign expert and English teacher in the Peoples' Republic of China. He currently is a mathematics professor at NOVA.

Class: 20SP04 How to Change the World (But Not in One Day) (1 Session)

How can we do our part to empower families and help the imprisoned? Have you ever wondered what you can do to solve the problems of poverty, homelessness, and economic injustice? Social Action Linking Together (SALT), a non-partisan legislative network for social justice, can inform you about critical human needs, legislation, and help you respond within your time limits. SALT's alerts, workshops, and special events provide new and experienced advocates the tools to promote compassionate human needs programs. Learn about:

- A cause on behalf of others
- Habits of highly effective social justice advocacy
- How bills are passed
- Lessons learned
- How to make a difference

Date/Time: Tue, Jan 21, 10:00-11:30

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 15, Max. 45

Coordinator: Philippa Centini

Instructor: **JOHN HOREJSI** established Social Action Linking Together (SALT) in 1983 as a result of his advocacy for people who are poor, marginalized, and voiceless. Today, SALT is a grass roots community-based, faith-based network of 1,300-plus Northern Virginians who support the passage of legislation directed to affordable housing, hunger relief programs, humane treatment of the incarcerated, tax relief for the working poor, and more. Reporter Victoria Ross said, "legislators know John as the man who does the right thing for the 'least among us'."

Class: 20SP05 Soups & Stews (1 Session)

When the weather is cold everyone enjoys a hearty and nourishing homemade soup or stew. 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/Time: Wed, Jan 22, 10:00-11:30

Location: St. Matthew's United Methodist Church, Room 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: 20SP06 Leonardo da Vinci's "The Last Supper" (1 Session)

In 1495, Leonardo da Vinci began what would become one of history's most famous and influential works of art, "The Last Supper". It is his visual interpretation of an event chronicled in all four Gospels. Specifically, the painting depicts the moments after Christ dropped the bombshell that one of his twelve disciples would betray him before sunrise; all twelve reacted to the news with different degrees of rage, surprise, pain, and incredulity. Its deceptively simple composition, its history, and Leonardo's flawed genius are discussed in this class.

Date/Time: Wed, Jan 22, 1:30-3:00

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 45

Coordinator: Anna Dixon

Instructor: **JUANA LEVI** is a retired registered nurse who studied art history at the University of Maryland. She is a mother of two daughters (who are both teachers) and a grandmother of four. She has been a member of the LLI Chesterfield since 2013 and teaches art history classes there.

Class: 20SP07 Concordats: The Treaties of the Holy See (1 Session)

This class surveys the history, contents, and effects of concordats, the international treaties of the Holy See. Beginning with the Middle Ages we will learn about these treaties throughout history. We will investigate the Lateran Pacts of 1929 and the Reich Concordat of 1933 before turning to the great transformation of concordats into instruments promoting democracy in Europe, the Middle East, and elsewhere, beginning in the postwar era and continuing today.

Date/Time: Fri, Jan 24, 10:00-11:30

Location: NOVA CN Bldg, Room 227

Class Size: Min. 10, Max. 50

Coordinator: Nan Peck

Instructor: **MARK R. ROYCE, Ph.D.**, is assistant professor of international relations at NOVA-Annandale and author of *The Political Theology of European Integration: Comparing the Influence of Religious Histories on European Policies*.

Class: 20SP08 Understanding Opera Part 2 (3 Sessions)

This class introduces students to the final two productions of Virginia Opera's 2019-2020 season: Rossini's zany comedy "Cinderella", and Verdi's monumental tragedy "Aida". Discussions will provide comprehensive musical and dramatic analysis illustrated with audio and video excerpts. Recommended for opera beginners and aficionados alike.

Dates/Time: Mon, Jan 27; Feb 3; Feb 10, 10:00-12:00 (Note time)

Location: **St. Matthew's United Methodist Church, Room 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: 20SP09 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: Tue, Jan 28; Feb 25, 2:00 - 3:30 (Note time)

Location: NOVA CN Bldg, Room 114

Class Size: Min. 10, Max. 54

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: 20SP11 The Political Crisis of Slavery in American Capitalism, 1830-1860 (1 Session)

Most historians focus on the long-term intellectual struggle over the place of socialism in the American economy by highlighting the growth of socialistic and politically radical critiques of American capitalism during the turn of the twentieth century. There was an earlier and incredibly important moment when many Americans struggled to define the very behaviors, functions, and “objective” morality of their free market system—the decades before 1865 when a significant number of Americans not only had the fruits of their labor stolen from them, but they themselves were commodified as mere property. In this class we will locate and examine a hidden history of the nearly two century struggle to define American capitalism in the ideological and political fights over American slavery.

Date/Time: Fri, Jan 31, 1:30-3:00

Location: NOVA CN Bldg, Room 227

Class Size: Min. 10, Max. 70

Coordinator: Nan Peck

Instructor: **NOAH CINCINNATI** holds a Ph.D. in history and specializes in modern American history, especially how Americans have reacted to capitalism and modernity in the realm of environmental change. Dr. Cincinnati is an associate professor at NOVA-Annandale.

Class: 20SP12 Who Are You? (3 Sessions)

This class is designed for people who have not done genealogy research before and are interested in learning how to start. Discussions will include how to interview family members and use local resources, web searches, and networking.

Dates/Time: Tue, Feb 4; Feb 11; Feb 18, 10:00-11:30

Location: Spring Hill Club House

Class Size: Min. 8, Max. 25

Coordinator: Arline Sachs

Instructor: **ARLINE SACHS** has been doing genealogy for over 35 years. She served for six years on the board of the International Association of Jewish Genealogical Societies and was president of the local society. She is an LLI member.

Class: 20SP13 Preparing to Write Your Life Story (1 Session)

This course will take you through the first steps to writing your life story.

Date/Time: Thu, Feb 6, 10:00-11:30

Location: NOVA McDiarmid Bldg (CM), Room 242

Class Size: Min. 5, Max. 15

Coordinator: Nan Peck

Instructor: **MEMUNA SILLAH** is a professor of English at NOVA-Annandale. She has published several short stories, and her "Memoir Sense in a Clear Bottle" will be released in the summer of 2020. Her next book is a graphic novel, "Isata".

Class: 20SP14 The Saga of Sir Ernest Shackleton (1 Session)

Sir Ernest Shackleton was a British explorer whose ship was destroyed by ice in Antarctica. He saved every member of his crew by sailing a small boat 800 miles through 60 foot waves and hurricane force winds. Join Charles McClelland to learn about one of the most remarkable feats of courage and endurance in the annals of maritime history.

Date/Time: Thu, Feb 6, 10:00-11:30

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 30

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: 20SP10 Magic in Shakespeare's "The Tempest" (1 Session)

During this class we will read Shakespeare's play "The Tempest". We will analyze the play 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>**

Date/Time: Fri, Feb 7, 1:30-3:00

Location: NOVA CN Bldg, Room 203

Class Size: Min. 10, Max. 65

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: 20SP15 Landscaping with Chrysanthemums (1 Session)

The class will discuss the different classes of chrysanthemums and show the many ways they can be used to enhance home landscaping.

Date/Time: Wed, Feb 12, 10:00-11:30

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 45

Coordinator: Judy Robison

Instructor: **GALEN GOSS** and his wife Amy have been growers and exhibitors of chrysanthemums for over 40 years and have received numerous ribbons and citations for their cultivars. Galen has been an active member of the Old Dominion Chrysanthemum Society, the National Chrysanthemum Society, and the National Chrysanthemum Society, United Kingdom, and served in a variety of offices within them. He has received numerous awards for outstanding service to all three societies as well as an honorary life membership in the national chapter for his contributions.

Class: 20SP16 Park Ranger Grab Bag: Part 1 (1 Session)

The Park Rangers are again offering four classes. The specific topic for each class will be selected from the following based on Ranger availability. The four classes will include:

- A long requested class on First Ladies of the United States;
- Military history regarding King Philip's War, a story of the early American colonial frontier;
- The tragic story of the Tulsa riot of 1921, that brought civil rights to the forefront;
- The David Glasgow Farragut statue, one of our lesser known memorials in Washington.

Please sign up for each class separately.

Date/Time: Fri, Feb 14, 1:30-3:00

Location: Mason District Governmental Center, Community Room

Class Size: Min. 10, Max. 90

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.

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 from Louisville, Kentucky. He has a Bachelor of Arts in history and a Masters in library science from the University of Kentucky. Before the National Park Service, Matthew worked on the historic 1914 Western Rivers steamboat "Belle of Louisville" as a lead deckhand and relief mate for six seasons. He has worked for the National Park Service in Washington D.C. since 2007 at the National Mall, Ford's Theater, Old Post Tower, and the Belmont-Paul House. Matthew enjoys traveling across America and has visited forty nine states.

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

Class: 20SP17 The Joy of Cooking (1 Session)

Tired of cooking the same old thing every night? Chef Cal will show you how to spruce up those old standbys. Create new and exciting meals for yourself with just a few simple changes and enjoy your time in the kitchen. Before and after recipes provided.

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

Date/Time: Wed, Feb 19, 10:00-11:30

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 15, Max. 25

Coordinator: Bonnie Hopley

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: 20SP18 Park Ranger Grab Bag: Part 2 (1 Session)

The specific topic will be selected from those listed in the entry for Park Ranger Grab Bag: Part 1 based on Ranger availability. **Please sign up for each class separately.**

Date/Time: Wed, Feb 19, 1:30-3:00

Location: Mason District Governmental Center, Community Room

Class Size: Min. 20, Max. 90

Coordinator: Debi Hunsberger

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

Class: 20SP19 What Could Go Wrong? A Brief Tour of Misadventures in Science (1 Session)

What could go wrong if I ignore the warning label and mix these two household cleaning products? What could go wrong if I use (or overuse) this potent pesticide or weed killer? What could go wrong if I attempt to use gene editing tools such as CRISPR to prevent or treat disease? This class will examine a variety of misadventures in biology and chemistry, using examples from both history and recent headlines. We will consider several examples which have led, or may yet lead, to consequences ranging from humorous to potentially catastrophic.

Date/Time: Fri, Feb 21, 10:00-11:30

Location: NOVA Student Services Bldg (CA), Room 321

Class Size: Min. 10, Max. 48

Coordinator: Nan Peck

Instructor: **KAREN BUSHAW-NEWTON** earned 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. Karen was a Knauss Sea Grant Policy Fellow and did post-doctoral 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. Karen has taught undergraduate and graduate microbiology courses for over ten years. Her research has been published in several journals including *Nature*, *BioScience*, *The Journal of the Northern American Benthological Society*, and the *Journal of Environmental Pollution Research*.

KRISTEN SIMMONS earned a B.S. with honors in biology from the Virginia Polytechnic Institute and State University. She went on to earn an M.S. and Ph.D. in zoology from Miami University (Ohio). Kristen's research in small mammal conservation and ecology has taken her from the midwest to the Atlantic coast. She did post-doctoral work at the University of North Carolina-Greensboro and has taught undergraduate and graduate courses in biology for over ten years. Her research has been published in several journals including *Behavioral Ecology*, *Molecular Ecology*, *the Journal of Wildlife Management*, and the *Journal of Mammalogy*.

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 solid wastes. Beth has taught all levels of undergraduate chemistry on both coasts since 1992. Her passion is helping students of all ages discover and appreciate the chemical processes that impact their daily lives.

Class: 20SP20 A Visit to Corsica and Sardinia (1 Session)

Learn about two islands less than 7 miles apart off the coast of Italy: Corsica, a region of France and the birthplace of Napoleon, and Sardinia, a province of Italy. Along the coast of Corsica pink granite cliffs rise out of the blue Mediterranean Sea and megalithic dolmens and carved menhirs dot the southwestern hills. The medieval fortress town of Bonafacio dominates a limestone cliff top and Genoese watchtowers ring the island. Sardinia was once home to ancient civilizations that left megalithic nuraghes and bronze archers with horned helmets. More recent culture is celebrated at Carnivale Sardo, with Sardinian singing, dancing, and a parade of masked men dressed in animal skins bearing heavy bells on their backs.

Date/Time: Mon, Feb 24, 1:30-3:00

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 30

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: 20SP21 So You Always Wanted To Fly (1 Session)

Perhaps you once took flying lessons, or soloed, or just thought about it. Nowadays there are so many ways to get off the ground there is no reason you can't be flying, regardless of your age or budget. Come to this introduction to ultralights, gyroplanes, paramotors, and light sport aircraft. If you always wanted to fly, come see what's now possible. There's so much more than a Cessna at the local airport.

Date/Time: Thu, Feb 27, 1:30-3:00

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 45

Coordinator: Philippa Centini

Instructor: **STEVE BESTE** is the president of Flying Club 1 (www.FlyingClub1.org), the center for powered light sport flying in Northern Virginia. He earned his pilot's license at 18 but did nothing with it for 40 years. Now he flies a "trike", a type of powered hang glider, one of today's many options that wasn't around 40 years ago.

Class: 20SP22 The Curious Life & Career of Charles Rennie Mackintosh (1 Session)

Scottish architect and designer Charles Rennie Mackintosh had a short but spectacular career in late 19th century Glasgow. His elegant linear Art Nouveau approach was not highly regarded then but is celebrated now. We'll look at his rather sad life and examine his buildings and designs for applied art in detail. Comparisons will also be made with work of his contemporaries in Scotland, the rest of Europe, and the United States.

Date/Time: Fri, Feb 28, 1:30-3:00

Location: NOVA CN Bldg, Room 227

Class Size: Min. 15, Max. 80

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 a year for study tours focusing on art, architecture, and historic and unusual sites. Since 1999 she has led 55 trips to over 20 countries.

Class: 20SP23 Mindfulness and Techniques for Stress Reduction (2 Sessions)

Aging populations deal with energy challenges, pain management, and health issues. We will experience various approaches that have been successfully utilized to reduce stress as we move to a greater balance of health and wellness. Techniques to dramatically reduce daily stressors for seniors, veterans, and active military, many who are experiencing PTSD, will be discussed. Emotional freedom techniques, heart coherence, and mindfulness work exceptionally well together to balance the sympathetic and parasympathetic components of the autonomic nervous system.

Dates/Time: Mon, Mar 2; Mar 9, 1:30-3:00

Location: NOVA Student Services Bldg (CA), Room 320

Class Size: Min. 5, Max. 45

Coordinator: Philippa Centini

Instructor: **NEIL GOODMAN** has been conducting workshops for over 26 years in local hospitals, clinics, libraries, and educational institutions. Neil is a Vietnam Veteran and currently volunteers at the DC Veteran's Hospital, the Ft. Belvoir USO, Sunrise Senior Centers, and with substance abuse prisoners in our county Adult Detention Center. He is a licensed massage therapist, meditation instructor, Reiki practitioner, corporate trainer, and life coach.

Class: 20SP24 Park Ranger Grab Bag: Part 3 (1 Session)

The specific topic will be selected from those listed in the entry for Park Ranger Grab Bag: Part 1 based on Ranger availability. **Please sign up for each class separately.**

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

Location: Mason District Governmental Center, Community Room

Class Size: Min. 20, Max. 90

Coordinator: Debi Hunsberger

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

Class: 20SP25 Park Ranger Grab Bag: Part 4 (1 Session)

The specific topic will be selected from those listed in the entry for Park Ranger Grab Bag: Part 1 based on Ranger availability. **Please sign up for each class separately.**

Date/Time: Fri, Mar 6, 1:30-3:00

Location: Mason District Governmental Center, Community Room

Class Size: Min. 20, Max. 90

Coordinator: Debi Hunsberger

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

Class: 20SP26 Poetry Writing (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, Mar 6; Mar 13; Mar 20; Mar 27, 1:30-3:30 (Note time)

Location: Little River United Church of Christ, Room 8

Class Size: Min. 8, Max. 15

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: 20SP27 Play Ball On Film! (2 Sessions)

Baseball provides a rich backdrop for the American experience. We will look at clips from some of the best films about the sport, including "Field of Dreams", "A League of Their Own", and "The Sandlot". Some are about playing at the highest level; others just about the love of the game. We will discuss what we like and don't like, and how each film fits into our culture because the diamond is a canvas to illustrate the human condition.

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

Location: Spring Hill Club House

Class Size: Min. 18, Max. 50

Coordinator: Philippa Centini

Instructor: **JIM HICKEY** has been a baseball fan since 1957 and a movie fan even longer. He has worked on local short films and one local feature film.

Class: 20SP28 Circle Dance Meditations (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. In this class we'll relax with meditative dances to calm our nerves and welcome spring. All steps are low-impact and easy to learn. No dance partner or experience is necessary.

Date/Time: Wed, Mar 11, 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. Judy is an LLI member.

Class: 20SP29 Furniture Arrangement For You (1 Session)

In this class we will explore five easy, systematic steps to make any room in your home more comfortable, functional, and beautiful.

Students should bring photos of one room they would like to re-arrange.

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

Location: St. Matthew's United Methodist Church, Room 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: 20SP30 U.S. Recession in 2020? (1 Session)

This class will review economic data and trends to assess if a recession is in the cards for the U.S. iIn 2020

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

Location: NOVA CN Bldg, Room 227

Class Size: Min. 10, Max. 70

Coordinator: Nan Peck

Instructor: **JOHN MIN** is a professor of economics at NOVA-Alexandria.

Class: 20SP31 Senior Living: Staying Safe, Staying Active--Not Just for Seniors! (1 Session)

Interior design enhances the way people live. Many of us are making changes in our homes to enhance the senior living experience. This class explores issues for seniors wishing to "age in place" or relocate to a new environment. Topics will include: what to look for in a new housing type or how to adapt and remodel your current home for safety, lighting, and universal design.

Date/Time: Mon, Mar 16, 1:30-3:00

Location: NOVA McDiarmid Bldg (CM), Room 114

Class Size: Min. 7, Max. 30

Coordinator: Nan Peck

Instructor: **ANN NICHOLS** earned an M.A. in interior design and has been a professional interior designer (not decorator!) for 45 years. She is a member of the American Society of Interior Designers. Ann retired from teaching interior design at NOVA's Loudoun campus.

Class: 20SP32 Crock Pot Cooking (1 Session)

Learn to simplify your life with satisfying and delicious slow cooker meals. In this presentation Chef Cal discusses the hows and whys of slow cooking and the dos and don'ts of using a crock pot. He also provides an assortment of easy yet delicious recipes to use in your crock pot at home. Don't be surprised if he has one or two crock pots going with something to sample!

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

Date/Time: Wed, Mar 18, 10:00-11:30

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 15, 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: 20SP33 Job and the Issue of Innocent Suffering (1 Session)

This class will explore the main themes in the book of Job with particular emphasis on the role of God in human suffering.

Date/Time: Fri, Mar 20, 10:00-11:30

Location: NOVA CN Bldg, Room 227

Class Size: Min. 10, Max. 70

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: 20SP34 The Oregon Trail: Facts, Fiction, and Funny Stories (1 Session)

This presentation will provide details about the Oregon and California Trails traveled by more than 400,000 people between 1842 and 1862. Common and uncommon threats and new interpretations (debunked or popular fallacies) of life on the trail will be discussed. The time period within the greater context of what was happening in the U.S. will also be examined.

Date/Time: Wed, Mar 25, 10:00-11:30

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 45

Coordinator: Delsa Hildebrandt

Instructor: **MARY ALEXANDER** trained as a history teacher and has enjoyed sharing her knowledge of history and nature with others. Her knowledge of the Oregon Trail comes from spending five months in 2015 serving, along with her husband, as interpretive rangers at Massacre Rock State Park on the Snake River (and Oregon Trail) near American Falls, Idaho, focusing on life along the Oregon Trail.

Class: 20SP35 Partners in Care: Caregiving Considerations (1 Session)

As you begin the journey of caregiving, you will find yourself playing different roles, such as companion, planner, advocate, and assistant. As your responsibilities and roles continue to shift, new concerns about health, finances, and living environment may arise. Learn to identify the unintended risks and consequences of caregiving, strategies to cope with your new roles, and helpful information about county programs and services.

Date/Time: Fri, Mar 27, 10:00-11:30

Location: Mason District Governmental Center, Community Room

Class Size: Min. 15, Max. 90

Coordinator: Cathy Becker

Instructor: **GIULIANA L. VALENCIA** earned a Master of Social Work (MSW) from the University of North Dakota and has been trained and certified at New York University Caregiver Intervention (NYUCI). She is currently working as a caregiver support specialist with the Fairfax Area Agency on Aging. Her career has always focused on her love and passion for working with older adults, adults with disabilities, and family caregivers.

Class: 20SP36 Unpacking the Science of Evolutionary Biology (2 Sessions)

Evolutionary biologist Theodosius Dobzhansky said “Nothing in biology makes sense except in the light of evolution.” Indeed, evolution has been and continues to be a foundational principle of modern biology. However, since the Scopes trial in 1925 teaching and learning about evolution in the nation’s public schools has resulted in political and legal challenges at the local, state, and national levels which continue today. In these sessions we will explore the “controversies” related to evolution science, examine what constitutes scientific evidence, how scientific hypotheses and evidence are developed, and discuss why the study of evolution is a bona fide branch of science. **This is a reprise of the same class taught in Summer 2019.**

NOTE: Please download (without cost) and read through "Science, Evolution, and Creationism" from the National Academy of Sciences and Institute of Medicine (<https://www.nap.edu/catalog/11876>) prior to the class.

Dates/Time: Mon, Mar 30; Apr 6, 10:00-11:30

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 45

Coordinator: Philippa Centini

Instructor: **JAY B. LABOV**, Ph.D., served as Senior Advisor for Education and Communication at the National Academies of Sciences, Engineering, and Medicine in Washington, D.C., before retiring in 2018. He has directed or contributed to some 30 National Academies reports on K-12 and undergraduate, teacher, and international education. He was Director of the National Academies’ Teacher Advisory Council, directed the committee that authored *Science, Evolution, and Creationism*, and oversaw efforts to confront challenges to teaching evolution in the nation’s public schools. He currently serves as a Woodrow Wilson Visiting Fellow. Dr. Labov has been named an Education Fellow by the American Association for the Advancement of Science (AAAS), is a Lifetime Honorary Member of the National Association of Biology Teachers, is an Education Fellow of the AAAS, and received the National Science Teacher Association’s Distinguished Service to Science Education award. He remains active on the AAAS Council’s Executive Committee.

Class: 20SP37 A Delicate Balance: Global Resources and Global Environment (1 Session)

This class examines the geopolitical balance of global mineral resources in the 21st century. We will discuss minerals critical to our electronic industries (rare-earths), energy sources (carbon in its many forms), and common materials like sand and water that will be the “gold” of the future. Escalating global concerns about climate change and the lack of a worldwide consensus on how to handle it will also be covered.

Date/Time: Thu, Apr 2, 10:00-11:30

Location: Mason District Governmental Center, Community Room

Class Size: Min. 10, Max. 90

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: 20SP38 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 founding members.

Dates/Time: Fri, Apr 3; Apr 10; Apr 17; Apr 24, 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 is especially fond of its poetry offerings.

Class: 20SP39 Underwater Wonders: Sea Creatures Great & Small (1 Session)

Dr. Steve Cohen returns with high definition videos of sea creatures smaller than a fingernail to those larger than a school bus.

Date/Time: Thu, Apr 9, 1:30-3:00

Location: NOVA CN Bldg, Room 114

Class Size: Min. 10, Max. 54

Coordinator: Philippa Centini

Instructor: **STEVE COHEN** is a retired veterinarian who has been passionate about scuba diving for 30 years. He has been producing award winning videos of ocean life since 1996 and has Youtube followers around the world.

Class: 20SP40 Autism 101: Awareness of and Safety for Individuals with Autism and Other Cognitive Disabilities (1 Session)

Most folks have heard of autism, but they have no idea of exactly what it is, how it is diagnosed, or how it affects individuals who have been diagnosed. Autism is a developmental, neurological condition affecting over 4,000 students in Fairfax County Public Schools today and grows at an average national rate of 10 to 15% per year. It is a spectrum disorder that affects everyone differently. If you meet one person with autism, you have met one per person with autism. It significantly affects the individual and their entire family with profound challenges for everyone involved, including various safety and life skills complications. This condition could adversely shape the future of millions of Americans for years to come and has already had a significant health and economic impact for our nation and the world.

Date/Time: Tue, Apr 14, 1:30-3:00

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 8, Max. 45

Coordinator: Judy Robison

Instructor: **SCOTT CAMPBELL** has been a leading area autism expert and national military autism advocate for years. He has an adult son with significant autism. He is currently the president of the Autism Society of Northern Virginia, vice-president of Parents of Autistic Children of Northern Virginia, and has been on both of these boards for 15 years. In addition, he is on a number of other autism and disability boards and advisory councils and has given over 400 autism awareness and safety training presentations since 2005.

Class: 20SP41 The World of Pollinators (1 Session)

There is a wide diversity of pollinators in the world. Most of us are aware of bees and hummingbirds as major pollinators, but there are many other insect and mammal species that distribute pollen from one plant to another to support fertilization. Some plants coevolved with specific pollinator species and rely solely on them to ensure reproduction. We will discuss how this process is accomplished and what threats face many pollinator species today.

Date/Time: Wed, Apr 15, 10:00-11:30

Location: Mason District Governmental Center, Community Room

Class Size: Min. 10, Max. 90

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: 20SP42 Afternoon Tea Ideas (1 Session)

What is more delicious and fun than an afternoon class to talk about an afternoon tea party? Chef Cal will present suggestions and recipes for tea sandwiches, sweets, and scones. A few samples will be offered.

NOTE: A \$10.00 fee will be collected in class (exact change, please).

Date/Time: Wed, Apr 15, 1:30-3:00

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 15, 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: 20SP43 Costa Rica Tropical Paradise: A Video Experience (1 Session)

Discover Costa Rica by bus, kayak, raft, boat, horseback, zip line, and on foot. Visit rain and cloud forests, mangrove swamps, and the forest canopy. See a coffee plantation and sample their coffee. Milk a cow and make your own cheese at a local dairy. Visit a school and be entertained by student dancers. Cook your own tortillas at a roadside restaurant. See huge crocodiles, a variety of monkeys, hummingbirds, and colorful birds including the most colorful of all, the quetzal, Costa Rica's national bird.

Date/Time: Mon, Apr 20, 1:30-3:00

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 30

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: 20SP44 Bon Appétit: Art and the Culinary Experience (1 Session)

Artists are inspired by experiences in their lives - so what better to depict than the food they eat? Let's explore how they share their culinary experiences from farm to table. The Smithsonian American Art Museum has a large collection of pieces that will make our mouths water! As always, you'll be encouraged to make connections with the art and share memories of foods you loved growing up and specialties that you continue to enjoy.

Date/Time: Tue, Apr 21, 2:00-3:30 (Note time)

Location: NOVA CN Bldg, Room 114

Class Size: Min. 20, Max. 50

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 LLI and loves sharing her passion for art.

Class: 20SP45 Spring Walking Tour at Meadowlark Botanical Gardens (1 Session)

Let's look for signs of spring at Meadowlark Botanical Gardens. 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/Time: Tue, Apr 28, 10:00-11:00

Location: Meadowlark Botanical Gardens

Class Size: Min. 10, Max. 30

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: 20SP46 Easily Create Your Home Inventory (1 Session)

Everyone should have a home inventory. Certified Professional Organizer Susan Kousek will share three ways to create one at low or no cost.

Students must bring print-outs from the instructor, found on the LLI website.

Date/Time: Wed, Apr 29, 10:00-11:30

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 45

Coordinator: Nickie Myers

Instructor: **SUSAN KOUSEK** is a Certified Professional Organizer and the owner of Balanced Spaces in Reston, Virginia, and has been helping clients since 1980. She works with clients to jump-start decluttering, paper organizing, and digital organizing, developing a plan they can implement themselves.

Class: 20SP47 The American Revolution: The War that Shocked the World and Inspired other Colonial People (1 Session)

In 1776, thirteen colonies with a ragtag army, no navy, and few munitions fought for their independence against the most powerful empire in the world. Most European nations felt that the war would be over by Christmas. This presentation will examine how Americans used a home field advantage and the leadership of Benjamin Franklin, Thomas Jefferson, and George Washington to shock the world and win their independence.

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

Location: NOVA Student Services Bldg (CA), Room 321

Class Size: Min. 10, Max. 48

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: 20SP48 Digital Literacy: Keeping up with your Smart Home (1 Session)

The "Internet of Things" has found a home – literally – in “Smart Home” technologies and services. Lights, thermostats, speakers, cameras, refrigerators, and garage door openers: these internet-connected devices are designed to help seniors remain in their homes longer with increased comfort, convenience, security, and energy savings. These devices connect with each other and with service providers. The Fairfax County Department of Cable and Consumer Services will help you stay smarter than your home by exploring "Smart Home" devices and services.

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

Location: Mason District Governmental Center, Community Room

Class Size: Min. 20, Max. 90

Coordinator: Cathy Becker

Instructor: **DOUGLAS POVICH** is a Management Analyst in the Communications Policy and Regulation Division of Fairfax County’s Department of Cable and Consumer Services where he works on cable TV, media, and technology issues. Before joining the County in 2017, Doug practiced telecommunications and technology law for over thirty years focusing on regulatory and transactional matters in the wireline, wireless, and public safety communications sectors. He holds a B.A. in English and philosophy from Union College and a J.D. from Georgetown University Law Center.

ALLAN HIDE has worked as a Management Analyst for Fairfax County Department of Cable and Consumer Services in the Communications Policy and Regulation Division since 2003. He reviews state and federal communications legislation and regulations as well as enforces the franchise agreement that the County has with the cable providers Comcast, Cox, and Verizon. Allan also assists Fairfax County residents by providing outreach and education on communications topics and cable complaint resolution. He has an M.S. in environmental biology from George Mason University and a B.S. in general biology from London University (Queen Mary College).

Class: 20SP49 Almost Forgotten Women- Yesterday's Headliners (1 Session)

Women have struggled for equal opportunities and rights for years. Learn the stories of women like Annie Peck, Nellie Cashman, and Alice Hamilton whose actions made a difference for women. Mary Lipsey's book relates stories of over 50 women and will be for available for purchase.

Date/Time: Tue, May 12, 10:00-11:30

Location: Mason District Governmental Center, Community Room

Class Size: Min. 10, Max. 90

Coordinator: Arlene Gribben

Instructor: **MARY LIPSEY** was raised in Fairfax County and taught seventh grade American history for almost 30 years, She is a docent at the Smithsonian American History Museum and the National Archives. In retirement she enjoys researching and writing about local history and is a member of the Fairfax County History Commission and Fairfax County Cemetery Preservation Association.

Class: 20SP50 Just Desserts (1 Session)

Need we say more? Chef Cal will present an entire class, with recipes included, of desserts. You may discover a new favorite for entertaining or gifting.

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

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

Location: St. Matthew's United Methodist Church, Room 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: 20SP51 Mosquitoes and Ticks: Identification, Lifecycles, and Controls (1 Session)

In the warmer months we must prepare for mosquitoes and ticks but there is no reason to stay inside or use heavy chemicals to control them. Join us and learn how to identify and control mosquitoes and ticks in an environmentally safe manner. This interactive presentation will provide information on mosquitoes including: the most common mosquitoes in Virginia, their lifecycle, and when and where they're most active; the most effective way to reduce mosquito populations without chemicals; the best ways to protect yourself against mosquito bites; and how to protect pollinators and other beneficial critters from harm while dealing with unwanted mosquitoes. We'll also learn about ticks: key identification information for the most common ticks in Virginia and their lifecycles, how they spread disease, the safest ways to avoid and repel them, and what to do if you find a tick on a person or a pet.

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

Location: NOVA CN Bldg, Room 227

Class Size: Min. 5, Max. 50

Coordinator: Nan Peck

Instructor: **KASHA HELGET** is a master naturalist and board member of the Arlington Regional Master Naturalists (ARMN). She researched and assisted in developing outreach materials involving mosquitoes and ticks with the Virginia Cooperative Extension Service, members of the Master Gardeners of Northern Virginia and ARMN. A retired attorney with the Federal Energy Regulatory Commission, Kasha is a strong environmental supporter with a focus on native plants for wildlife.

Class: 20SP52 Study/Travel - Romance of the Rhine & Mosel (2 Sessions)

In June participants in the Study/Travel Program will be taking a 15-day river cruise on the Rhine and Mosel rivers in Central Europe touring many cities as they travel from Antwerp to Basel. This overview class will provide a brief introduction to the Rhine and Mosel river valley's history, culture, geography, arts, architecture, food, and drink. We will barely scratch the surface of this fascinating area, but hopefully it will prepare us for the main course to come on the trip. Bob Huley will lead the presentation and guest lecturers who have lived and worked in the area will provide their personal perspectives. This class should be of special interest to LLI/NOVA members who will be participating in the June trip, but is open to all LLI members interested in all things Rhine/Mosel.

Dates/Time: Thu, May 21; May 28, 1:30-3:00

Location: Mason District Governmental Center, Community Room

Class Size: Min. 10, Max. 90

Coordinator: Merry Huley

Instructor: **BOB HULEY** has been an active member of LLI since 2004. He is currently Chair of the Study/Travel Committee, which organizes LLI's major travel activities, and has been involved with the Study/Travel Program since he joined LLI. Bob and his wife, Merry, enjoy traveling, especially with LLI. A graduate of Cornell University, Bob retired from the Office of Personnel Management as Deputy Chief Information Officer. Bob also served in the U.S. Army on active duty and in the reserves. They were stationed in Germany in the late 1960s and have traveled back to Europe frequently.



Index to Classes by Category

Spring 2020

Art/Music

20SP06	Leonardo da Vinci's "The Last Supper"	Wed, Jan 22
20SP08	Understanding Opera Part 2	Mon, Jan 27, Feb 3, Feb 10
20SP22	The Curious Life & Career of Charles Rennie Mackintosh	Fri, Feb 28
20SP28	Circle Dance Meditations	Wed, Mar 11
20SP44	Bon Appétit: Art and the Culinary Experience	Tue, Apr 21

Biology

20SP09	Life Blood: Conversations about Your Most Important Body Fluid	Tue, Jan 28, Feb 25
20SP36	Unpacking the Science of Evolutionary Biology	Mon, Mar 30, Apr 6
20SP39	Underwater Wonders: Sea Creatures Great & Small	Thu, Apr 9
20SP41	The World of Pollinators	Wed, Apr 15

Botany

20SP15	Landscaping with Chrysanthemums	Wed, Feb 12
20SP45	Spring Walking Tour at Meadowlark Botanical Gardens	Tue, Apr 28

Cooking

20SP05	Soups & Stews	Wed, Jan 22
20SP17	The Joy of Cooking	Wed, Feb 19
20SP32	Crock Pot Cooking	Wed, Mar 18
20SP42	Afternoon Tea Ideas	Wed, Apr 15
20SP50	Just Desserts	Wed, May 13

Economics

20SP30	U.S. Recession in 2020?	Fri, Mar 13
--------	-------------------------	-------------

Health

20SP02	Enhancing the Sense of Well-Being	Thu, Jan 16
20SP23	Mindfulness and Techniques for Stress Reduction	Mon, Mar 2, Mar 9
20SP40	Autism 101: Awareness of and Safety for Individuals with Autism and Other Cognitive Disabilities	Tue, Apr 14

History

20SP07	Concordats: The Treaties of the Holy See	Fri, Jan 24
20SP11	The Political Crisis of Slavery in American Capitalism, 1830-1860	Fri, Jan 31
20SP14	The Saga of Sir Ernest Shackleton	Thu, Feb 6
20SP16	Park Ranger Grab Bag: Part 1	Fri, Feb 14

20SP18	Park Ranger Grab Bag: Part 2	Wed, Feb 19
20SP24	Park Ranger Grab Bag: Part 3	Wed, Mar 4
20SP25	Park Ranger Grab Bag: Part 4	Fri, Mar 6
20SP34	The Oregon Trail: Facts, Fiction, and Funny Stories	Wed, Mar 25
20SP47	The American Revolution: The War that Shocked the World and Inspired other Colonial People	Fri, May 1
20SP49	Almost Forgotten Women- Yesterday's Headliners	Tue, May 12

Literature

20SP10	Magic in Shakespeare's "The Tempest"	Fri, Feb 7
20SP13	Preparing to Write Your Life Story	Thu, Feb 6
20SP26	Poetry Writing	Fri, Mar 6, Mar 13, Mar 20, Mar 27
20SP38	Richard Risk's Poetry and You	Fri, Apr 3, Apr 10, Apr 17, Apr 24

Religion

20SP33	Job and the Issue of Innocent Suffering	Fri, Mar 20
--------	---	-------------

Science/Technology

20SP19	What Could Go Wrong? A Brief Tour of Misadventures in Science	Fri, Feb 21
20SP21	So You Always Wanted To Fly	Thu, Feb 27
20SP37	A Delicate Balance: Global Resources and Global Environment	Thu, Apr 2
20SP51	Mosquitoes and Ticks: Identification, Lifecycles, and Controls	Fri, May 15

Senior Living

20SP29	Furniture Arrangement For You	Thu, Mar 12
20SP31	Senior Living: Staying Safe, Staying Active--Not Just for Seniors!	Mon, Mar 16
20SP35	Partners in Care: Caregiving Considerations	Fri, Mar 27
20SP46	Easily Create Your Home Inventory	Wed, Apr 29
20SP48	Digital Literacy: Keeping up with your Smart Home	Tue, May 5

Social Science

20SP01	White Nationalism: The Rise of a Global Threat	Mon, Jan 6
20SP04	How to Change the World (But Not in One Day)	Tue, Jan 21
20SP12	Who Are You?	Tue, Feb 4, Feb 11, Feb 18
20SP27	Play Ball On Film!	Tue, Mar 10, Mar 17

Travel

20SP03	My Mathematical-Linguistic Odyssey	Fri, Jan 17
20SP20	A Visit to Corsica and Sardinia	Mon, Feb 24
20SP43	Costa Rica Tropical Paradise: A Video Experience	Mon, Apr 20
20SP52	Study/Travel - Romance of the Rhine & Mosel	Thu, May 21, May 28



LLI/NOVA Class Planning Worksheet Spring 2020

Class Number	Class Title	Fees	Date(s)	Time	Status
20SP01	White Nationalism: The Rise of a Global Threat		Mon, 1/6/2020	10:00-11:30	
20SP02	Enhancing the Sense of Well-Being		Thu, 1/16/2020	10:00-11:30	
20SP03	My Mathematical-Linguistic Odyssey		Fri, 1/17/2020	1:30-3:00	
20SP04	How to Change the World (But Not in One Day)		Tue, 1/21/2020	10:00-11:30	
20SP05	Soups & Stews	\$5.00	Wed, 1/22/2020	10:00-11:30	
20SP06	Leonardo da Vinci's "The Last Supper"		Wed, 1/22/2020	1:30-3:00	
20SP07	Concordats: The Treaties of the Holy See		Fri, 1/24/2020	10:00-11:30	
20SP08	Understanding Opera Part 2		Mon, 1/27/2020 2/3/2020 2/10/2020	10:00-12:00 (Note time)	
20SP09	Life Blood: Conversations about Your Most Important Body Fluid		Tue, 1/28/2020 2/25/2020	2:00 - 3:30 (Note time)	
20SP10	Magic in Shakespeare's "The Tempest"		Fri, 2/7/2020	1:30-3:00	
20SP11	The Political Crisis of Slavery in American Capitalism, 1830-1860		Fri, 1/31/2020	1:30-3:00	
20SP12	Who Are You?		Tue, 2/4/2020 2/11/2020 2/18/2020	10:00-11:30	
20SP13	Preparing to Write Your Life Story		Thu, 2/6/2020	10:00-11:30	
20SP14	The Saga of Sir Ernest Shackleton		Thu, 2/6/2020	10:00-11:30	
20SP15	Landscaping with Chrysanthemums		Wed, 2/12/2020	10:00-11:30	
20SP16	Park Ranger Grab Bag: Part 1		Fri, 2/14/2020	1:30-3:00	
20SP17	The Joy of Cooking	\$5.00	Wed, 2/19/2020	10:00-11:30	

Class Number	Class Title	Fees	Date(s)	Time	Status
20SP18	Park Ranger Grab Bag: Part 2		Wed, 2/19/2020	1:30-3:00	
20SP19	What Could Go Wrong? A Brief Tour of Misadventures in Science		Fri, 2/21/2020	10:00-11:30	
20SP20	A Visit to Corsica and Sardinia		Mon, 2/24/2020	1:30-3:00	
20SP21	So You Always Wanted To Fly		Thu, 2/27/2020	1:30-3:00	
20SP22	The Curious Life & Career of Charles Rennie Mackintosh		Fri, 2/28/2020	1:30-3:00	
20SP23	Mindfulness and Techniques for Stress Reduction		Mon, 3/2/2020 3/9/2020	1:30-3:00	
20SP24	Park Ranger Grab Bag: Part 3		Wed, 3/4/2020	1:30-3:00	
20SP25	Park Ranger Grab Bag: Part 4		Fri, 3/6/2020	1:30-3:00	
20SP26	Poetry Writing		Fri, 3/6/2020 3/13/2020 3/20/2020 3/27/2020	1:30-3:30 (Note time)	
20SP27	Play Ball On Film!		Tue, 3/10/2020 3/17/2020	10:00-11:30	
20SP28	Circle Dance Meditations		Wed, 3/11/2020	1:30-3:00	
20SP29	Furniture Arrangement For You		Thu, 3/12/2020	10:00-11:30	
20SP30	U.S. Recession in 2020?		Fri, 3/13/2020	10:00-11:30	
20SP31	Senior Living: Staying Safe, Staying Active--Not Just for Seniors!		Mon, 3/16/2020	1:30-3:00	
20SP32	Crock Pot Cooking	\$5.00	Wed, 3/18/2020	10:00-11:30	
20SP33	Job and the Issue of Innocent Suffering		Fri, 3/20/2020	10:00-11:30	
20SP34	The Oregon Trail: Facts, Fiction, and Funny Stories		Wed, 3/25/2020	10:00-11:30	
20SP35	Partners in Care: Caregiving Considerations		Fri, 3/27/2020	10:00-11:30	

Class Number	Class Title	Fees	Date(s)	Time	Status
20SP36	Unpacking the Science of Evolutionary Biology		Mon, 3/30/2020 4/6/2020	10:00-11:30	
20SP37	A Delicate Balance: Global Resources and Global Environment		Thu, 4/2/2020	10:00-11:30	
20SP38	Richard Risk's Poetry and You		Fri, 4/3/2020 4/10/2020 4/17/2020 4/24/2020	1:30-3:30 (Note time)	
20SP39	Underwater Wonders: Sea Creatures Great & Small		Thu, 4/9/2020	1:30-3:00	
20SP40	Autism 101: Awareness of and Safety for Individuals with Autism and Other Cognitive Disabilities		Tue, 4/14/2020	1:30-3:00	
20SP41	The World of Pollinators		Wed, 4/15/2020	10:00-11:30	
20SP42	Afternoon Tea Ideas	\$10.00	Wed, 4/15/2020	1:30-3:00	
20SP43	Costa Rica Tropical Paradise: A Video Experience		Mon, 4/20/2020	1:30-3:00	
20SP44	Bon Appétit: Art and the Culinary Experience		Tue, 4/21/2020	2:00-3:30 (Note time)	
20SP45	Spring Walking Tour at Meadowlark Botanical Gardens		Tue, 4/28/2020	10:00-11:00	
20SP46	Easily Create Your Home Inventory		Wed, 4/29/2020	10:00-11:30	
20SP47	The American Revolution: The War that Shocked the World and Inspired other Colonial People		Fri, 5/1/2020	1:30-3:00	
20SP48	Digital Literacy: Keeping up with your Smart Home		Tue, 5/5/2020	10:00-11:30	
20SP49	Almost Forgotten Women- Yesterday's Headliners		Tue, 5/12/2020	10:00-11:30	
20SP50	Just Desserts	\$5.00	Wed, 5/13/2020	1:30-3:00	
20SP51	Mosquitoes and Ticks: Identification, Lifecycles, and Controls		Fri, 5/15/2020	1:30-3:00	
20SP52	Study/Travel - Romance of the Rhine & Mosel		Thu, 5/21/2020 5/28/2020	1:30-3:00	