



LLI Fall 2020 Catalog

Class: **20FA01** **Introduction to Nanotechnology (ONLINE) (1 Session)**

Nanotechnology is the manipulation of matter on an atomic and molecular scale and a cutting-edge advancement within science and engineering. This survey class introduces some of the fundamental principles behind nanotechnology and nanoscience, as well as applications of nanotechnology. The role of physics and chemistry in this field will be emphasized and tools such as the scanning probe and atomic force microscopes will be discussed.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Nan Peck

Instructor: **MANORI NADESALINGAM** earned an M.S. in physics and a Ph.D. in applied physics from the University of Texas, Arlington and has a background in research. She teaches physics at NOVA-Annandale.

Class: **20FA02** **An Introduction to Portrait Drawing (ONLINE) (1 Session)**

This class will cover the basic anatomy of facial features and how to create a portrait drawing. Each student needs to be able to take photos with a cell phone and text them during the class. The instructor will display their images for feedback during the zoom session.

Supplies needed: graphite drawing pencils (HB, 3B, 6B, 8B), a white charcoal pencil, a good pencil sharpener (AFMAT long point is great), and Strathmore 400 grey tone paper are recommended.

Date/Time: Mon, Sep 7, 10:00-12:00 (Note time)

Location: ONLINE

Class Size: Min. 6, Max. 20

Coordinator: Anna Dixon

Instructor: **PATTY RICE** is a member of the Portrait Society of America, the International Guild of Realism, and Oil Painters of America. Her paintings have won numerous awards including being a finalist in a Tri-State Portrait Competition and winning national recognition five different years in the Portrait Society's "Members Only" Competition for pastels and for portraits on copper and on linen. In 2014 she received recognition in international competition for painting on copper and in 2020 one of her works was selected as Best of Drawing by the Strokes of Genius Society. Her works can be viewed at <https://www.patriciamcmahonrice.com>

Class: 20FA03 Another Perfectly Good Hour Grab Bag 1: Social Capital (ONLINE) (1 Session)

Let's explore what social science tells us about various topics including satisfying relationships, consummate love, cursing, social intelligence, and building social capital. Each week will offer a new topic.

NOTE: Please sign up for each class separately.

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

Location: ONLINE

Class Size: Min. 15, Max. 97

Coordinator: Nan Peck

Instructor: **NAN PECK** is a professor emerita from NOVA-Annandale, having taught communication studies with a specialty in interpersonal persuasion. She is an LLI member and currently serves on the board of directors and curriculum committee.

Class: 20FA04 Look Closely: Explore the Elements of Art (ONLINE) (1 Session)

Looking at art requires close examination, discussion, and thought. Artists create with basic elements: line, shape, color, value, form, texture, and space. In this presentation we will first isolate the elements and then examine how they are unified to create effective compositions. Since this topic is broad, the focus will be on paintings. The analysis of the chosen works will enable us to isolate the artist's tools and subsequently learn new ways of looking at and responding to art.

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

Location: ONLINE

Class Size: Min. 10, Max. 25

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 works 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: 20FA05 Lessons From Positive Psychology (ONLINE) (1 Session)

This class will discuss theoretical and empirical findings from the field of positive psychology and make recommendations for finding happiness and well-being.

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

Location: ONLINE

Class Size: Min. 15, Max. 97

Coordinator: Nan Peck

Instructor: **KAREN LIVESEY** holds a Ph.D. in psychology from the University of Maryland and has been teaching introductory and upper level psychology courses at NOVA for five years. She taught as a graduate assistant at the University of Maryland and as an adjunct professor at Georgetown and Marymount Universities before coming to NOVA.

Class: 20FA06 Decluttering and Downsizing: You Can't Take it With You (ONLINE) (1 Session)

Having too much stuff can impede people from relocating or getting health care into their homes. This fun interactive presentation explores why stuff is so important for some people and teaches practical, easy-to-follow tips on downsizing and decluttering. Cleaning out your house is a gift you can give your children. Learn how to get started!

Date/Time: Mon, Sep 14, 10:00-11:30

Location: ONLINE

Class Size: Min. 15, Max. 40

Coordinator: Cathy Becker

Instructor: **SUBA SATY** is a retired Air Force Lt. Col. and retired Department of Defense employee. He loves traveling, especially to the U.S. National Parks. Suba is an AARP Community Ambassador, a member of the AARP Capitol Hill Strike Force, and a member of the AARP Speakers Bureau providing presentations on fraud, brain health, and decluttering.

Class: 20FA07 Another Perfectly Good Hour Grab Bag 2: Social Intelligence (ONLINE) (1 Session)

Let's explore what social science tells us about various topics including satisfying relationships, consummate love, cursing, social intelligence, and building social capital. Each week will offer a new topic.

NOTE: Please sign up for each class separately.

Date/Time: Tue, Sep 15, 1:30-3:00

Location: ONLINE

Class Size: Min. 15, Max. 97

Coordinator: Nan Peck

Instructor: **NAN PECK** is a professor emerita from NOVA-Annandale, having taught communication studies with a specialty in interpersonal persuasion. She is an LLI member and currently serves on the board of directors and curriculum committee.

Class: 20FA08 Introduction to the Qur'an (ONLINE) (4 Sessions)

This class will provide a basic introduction to the Qur'an, the primary source of knowledge in Islam. It will include the history of the revelation and compilation of the Qur'an, its organizational structure and presentation style, its contents and main focus, its relevance to other divine books, and its scientific knowledge.

Dates/Time: Wed, Sep 16; Sep 23; Sep 30; Oct 7, 1:30-3:00

Location: ONLINE

Class Size: Min. 10, Max. 70

Coordinator: Nan Peck

Instructor: **DAOUD NASSIMI** has been teaching as an adjunct professor of religion at NOVA for the last eight 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 careers, earning a Ph.D. in Islamic studies. Originally from Afghanistan, he has lived in the United States since 1983.

Class: 20FA09 Another Perfectly Good Hour Grab Bag 3: Active listening (ONLINE) (1 Session)

Let's explore what social science tells us about various topics including satisfying relationships, consummate love, cursing, social intelligence, and building social capital. Each week will offer a new topic.

NOTE: Please sign up for each class separately.

Date/Time: Tue, Sep 22, 1:30-3:00

Location: ONLINE

Class Size: Min. 15, Max. 97

Coordinator: Nan Peck

Instructor: **NAN PECK** is a professor emerita from NOVA-Annandale, having taught communication studies with a specialty in interpersonal persuasion. She is an LLI member and currently serves on the board of directors and curriculum committee.

Class: 20FA10 How Science Works: The Processes, Nature, and Limits of Science (ONLINE) (1 Session)

Science permeates virtually every aspect of daily life. It is the basis for most breakthrough discoveries that change lives, society, and the planet for better or for worse. Despite the ever-present influence of science, few people really understand what science is (and what it isn't) and what it can do (and what it can't) to contribute to how people live and interact with other humans, the rest of the living world, and the planet and larger universe. This limited understanding about the processes, nature, and limits of science may result in insufficient political and financial support, lack of appropriate oversight and regulation of the scientific enterprise, and too little support for state and national level efforts to improve science education at both the K-12 and college levels.

Join this interactive session to explore the processes, nature, and limits of science. We will discuss how scientific ways of knowing differ from other ways of knowing (e.g., belief systems), what constitute scientific questions, and how scientific processes can allow scientists to gather evidence to support or refute questions and claims.

Date/Time: Thu, Sep 24, 10:00-11:30

Location: ONLINE

Class Size: Min. 15, Max. 35

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: 20FA11 Another Perfectly Good Hour Grab Bag 4: Identity Politics (ONLINE) (1 Session)

Let's explore what social science tells us about various topics including satisfying relationships, consummate love, cursing, social intelligence, and building social capital. Each week will offer a new topic.

NOTE: Please sign up for each class separately.

Date/Time: Tue, Sep 29, 1:30-3:00

Location: ONLINE

Class Size: Min. 15, Max. 97

Coordinator: Nan Peck

Instructor: NAN PECK is a professor emerita from NOVA-Annandale, having taught communication studies with a specialty in interpersonal persuasion. She is an LLI member and currently serves on the board of directors and curriculum committee.

Class: 20FA12 Cuba - Then and Now (CLASSROOM ONLY) (1 Session)

This class will include Arline's brief travelogue of a recent trip to Cuba and the reminiscences of her Cuban friend, Nat Arango, who hurriedly left the island as a young man just days before the Cuban Missile Crisis in 1962. Nat will discuss what his life was like at that time and the reasons for his decision to immigrate to the U.S. He will compare how "touristic" Cuba is portrayed today with what he has learned from family members still living there. Learn about the Cuba of then and now.

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

Location: Spring Hill Club House

Class Size: Min. 10, Max. 50

Coordinator: Arline Sachs

Instructor: ARLINE SACHS has done numerous programs of her travels and is an LLI member. NAT ARANGO, a native of Cuba, has lived in the United States since 1962.

Class: 20FA13 Richard Risk's Poetry and You (ONLINE) (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 2; Oct 9; Oct 16; Oct 30, 1:30-3:30 (Note time)

Location: ONLINE

Class Size: Min. 8, Max. 25

Coordinator: Marianne Moerman

Instructor: KATHRYN O'TOOLE 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: 20FA14 Another Perfectly Good Hour Grab Bag 5: Language and Cursing (ONLINE) (1 Session)

Let's explore what social science tells us about various topics including satisfying relationships, consummate love, cursing, social intelligence, and building social capital. Each week will offer a new topic.

NOTE: Please sign up for each class separately.

Date/Time: Tue, Oct 6, 1:30-3:00

Location: ONLINE

Class Size: Min. 15, Max. 97

Coordinator: Nan Peck

Instructor: **NAN PECK** is a professor emerita from NOVA-Annandale, having taught communication studies with a specialty in interpersonal persuasion. She is an LLI member and currently serves on the board of directors and curriculum committee.

Class: 20FA15 Supporting a Healthy Sense of Well-Being (ONLINE) (1 Session)

Self Determination Theory (SDT) proposes three universal psychological needs that must be satisfied for optimal psychological health, effective functioning, and an enhanced sense of well-being (Deci & Ryan, 2008). These three psychological needs (autonomy, relatedness, and competence) are the components for satisfaction and psychological well-being in all aspects of life.

Date/Time: Tue, Oct 13, 10:00-11:30

Location: ONLINE

Class Size: Min. 4, Max. 80

Coordinator: Thomas Plewes

Instructor: **CATALINA NOVAC** holds a Ph.D. in social psychology from the University of Rochester. She has worked in education for 30 years as faculty, counselor, administrator, scientist, and policy analyst and has publications in the U.S. and Romania. Since 2015 Dr. Novac has served as the advisor to senior international students at NOVA.

Class: 20FA16 Another Perfectly Good Hour Grab Bag 6: Nonverbal Communication (ONLINE) (1 Session)

Let's explore what social science tells us about various topics including satisfying relationships, consummate love, cursing, social intelligence, and building social capital. Each week will offer a new topic.

NOTE: Please sign up for each class separately.

Date/Time: Tue, Oct 13, 1:30-3:00

Location: ONLINE

Class Size: Min. 15, Max. 97

Coordinator: Nan Peck

Instructor: **NAN PECK** is a professor emerita from NOVA-Annandale, having taught communication studies with a specialty in interpersonal persuasion. She is an LLI member and currently serves on the board of directors and curriculum committee.

Class: 20FA17 Getting Ready for the Holidays: Let's Talk Turkey (CLASSROOM ONLY) (1 Session)

Even though it requires a lot of work in the kitchen, many people enjoy getting ready for the holidays. Chef Cal will present tips, suggestions, and recipes for preparing for the holidays. A turkey tutorial will be included.

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

Date/Time: Wed, Oct 14, 10:00-11:30

Location: St. Matthew's United Methodist Church, Room 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: 20FA18 Socialism and Radical Politics (ONLINE) (1 Session)

Socialism is perhaps one of the most misunderstood words in American political discourse. For many Americans it signifies a loss of freedom and a government take-over of their lives. Others associate the term with the atrocities of Stalin and Mao. However, recent polls have shown that younger Americans have a different view of the word and actually prefer socialism over capitalism. With the current popularity of Socialist politicians like Bernie Sanders and Alexandra Ocasio-Cortez, the word Socialism is back in the news and now is a great time to go back and look at the history of Socialism and radical politics in the United States to see where it all began.

Date/Time: Mon, Oct 19, 10:00-11:30

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Nan Peck

Instructor: **NATHAN MOORE** teaches ancient and modern history at NOVA and attends American University where he is pursuing a Ph.D. in European history, studying British communism.

Class: 20FA19 Voice Overs...Now is Your Time (ONLINE) (1 Session)

In what could be the most enlightening online class you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day. This class will be presented via Zoom, you will receive a link the 24 hours prior to the class.

Date/Time: Tue, Oct 20, 10:00-11:30

Location: ONLINE

Class Size: Min. 4, Max. 25

Coordinator: Richard Robison

Instructor: **NICOLE PORCHE** is a native New Orleanian who has starred in series on the major networks Lifetime, The Food Network, and Spike TV. Her years of experience in the film industry have afforded her the opportunity to teach others. Nicole earned her credits as an acting coach, casting director, producer, and film director. She has been featured in Rolling Out and Celebrity Net Worth "The Richest". Nicole is living her dreams by helping others figure out how to live theirs. She built her career as a professional film, television, theater, and voice-over actor by demystifying the casting process and illuminating the business side of pursuing a creative career.

Class: 20FA20 A Chat with the Chef (ONLINE) (1 Session)

Are you missing the cooking classes offered by Chef Cal? Here is your chance to have a chat with the chef. He will answer your questions about various ingredients and aspects of cooking. Unfortunately he won't be able to give you tasty morsels!

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

Location: ONLINE

Class Size: Min. 10, 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: 20FA21 A Short History of Manners (ONLINE) (4 Sessions)

This four-session class looks at the development of manners in Europe and America from the Middle Ages to the present. We will consider the works of Erasmus, the Renaissance courtier Castiglione, the Enlightenment thinker Jean-Jacques Rousseau, the McGuffey Readers, Emily Post, and finally, “Miss Manners” (Judith Martin). The overarching theme is that manners and politeness used to be the preserve of the upper class, but have now become the expected mode of behavior. We conclude with a session on the contemporary issues of "political correctness" and how to be casual without being rude.

Dates/Time: Thu, Oct 22; Oct 29; Nov 5; Nov 12, 10:00-11:30

Location: ONLINE

Class Size: Min. 10, Max. 30

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: 20FA22 Poetry Writing (ONLINE) (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, Oct 23; Nov 6; Nov 13; Nov 20, 1:30-3:30 (Note time)

Location: ONLINE

Class Size: Min. 8, Max. 25

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: 20FA23 Costa Rica Tropical Paradise: A Video Experience (ONLINE) (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, Oct 26, 1:30-3:00

Location: ONLINE

Class Size: Min. 10, Max. 60

Coordinator: Doug Johnson

Instructor: **CONNE 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: 20FA24 Acknowledging the Role of Women in American Art (ONLINE) (1 Session)

The American Women's History Initiative is a Smithsonian-wide program which is creating, disseminating, and amplifying the historical record of the accomplishments of American women. With this in mind, we will revisit the topic of women artists whose works are in the collections of the Smithsonian American Art Museum and the Renwick Gallery. Going beyond the most recognized women artists, this program will highlight examples of other women who have been leaders in artistic movements and have impacted the art world.

Date/Time: Tue, Oct 27, 10:00-11:30

Location: ONLINE

Class Size: Min. 15, Max. 25

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 works 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: 20FA25 Another Perfectly Good Hour Grab Bag 7: Elements of Satisfying Relationships (ONLINE) (1 Session)

Let's explore what social science tells us about various topics including satisfying relationships, consummate love, cursing, social intelligence, and building social capital. Each week will offer a new topic.

NOTE: Please sign up for each class separately.

Date/Time: Tue, Oct 27, 1:30-3:00

Location: ONLINE

Class Size: Min. 15, Max. 97

Coordinator: Nan Peck

Instructor: **NAN PECK** is a professor emerita from NOVA-Annandale, having taught communication studies with a specialty in interpersonal persuasion. She is an LLI member and currently serves on the board of directors and curriculum committee.

Class: 20FA26 Another Perfectly Good Hour Grab Bag 8: Consummate Love (ONLINE) (1 Session)

Let's explore what social science tells us about various topics including satisfying relationships, consummate love, cursing, social intelligence, and building social capital. Each week will offer a new topic.

NOTE: Please sign up for each class separately.

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

Location: ONLINE

Class Size: Min. 15, Max. 97

Coordinator: Nan Peck

Instructor: **NAN PECK** is a professor emerita from NOVA-Annandale, having taught communication studies with a specialty in interpersonal persuasion. She is an LLI member and currently serves on the board of directors and curriculum committee.

Class: 20FA27 Mindfulness and Techniques for Stress Reduction (ONLINE) (2 Sessions)

Aging populations deal with energy challenges, pain management, and health issues. We will experience various approaches that have been successful in reducing stress as we move to a greater balance of health and wellness. Techniques to dramatically reduce daily stressors for seniors, veterans, and active-duty military, many of whom are experiencing Post Traumatic Stress Disorder (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: Thu, Nov 5; Nov 12, 1:30-3:00

Location: ONLINE

Class Size: Min. 5, Max. 45

Coordinator: Joyce Pomeroy

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: 20FA28 Natural Wonders of South America (CLASSROOM ONLY) (1 Session)

Experience the spectacular scenery of our southern neighbor. Learn about wonderful waterfalls, majestic mountains, and the amazing Amazon.

Date/Time: Mon, Nov 9, 10:00-11:30

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 60

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: 20FA29 Burke Airport (CLASSROOM ONLY) (1 Session)

In 1948 the federal government tasked the Civil Aeronautics Administration with finding a suitable location for a new airport. By 1951 the small community of Burke was selected, 4,000 acres of land were to be condemned, and construction of the airport would start in 1952. Learn how the community fought back and stopped the building of "Burke International Airport."

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

Location: Mason District Governmental Center, Community Room

Class Size: Min. 10, Max. 85

Coordinator: Arlene Gribben

Instructor: **MARY LIPSEY**, a retired American history teacher, loves learning and sharing local history. The story of how the community of Burke fought the federal government and won has always intrigued her.

Class: 20FA30 Another Perfectly Good Hour Grab Bag 9: Conflict Management Skills (ONLINE) (1 Session)

Let's explore what social science tells us about various topics including satisfying relationships, consummate love, cursing, social intelligence, and building social capital. Each week will offer a new topic.

NOTE: Please sign up for each class separately.

Date/Time: Tue, Nov 10, 1:30-3:00

Location: ONLINE

Class Size: Min. 15, Max. 97

Coordinator: Nan Peck

Instructor: **NAN PECK** is a professor emerita from NOVA-Annandale, having taught communication studies with a specialty in interpersonal persuasion. She is an LLI member and currently serves on the board of directors and curriculum committee.

Class: 20FA31 Acknowledging the Role of Women in American Art (ONLINE) (1 Session)

The American Women's History Initiative is a Smithsonian-wide program which is creating, disseminating, and amplifying the historical record of the accomplishments of American women. With this in mind, we will revisit the topic of women artists whose works are in the collections of the Smithsonian American Art Museum and the Renwick Gallery. Going beyond the most recognized women artists, this program will highlight examples of other women who have been leaders in artistic movements and have impacted the art world.

NOTE: This is the same class as 20FA24. It is repeated to enhance participation.

Date/Time: Wed, Nov 11, 1:30-3:00

Location: ONLINE

Class Size: Min. 15, Max. 25

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 works 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: 20FA32 Another Perfectly Good Hour Grab Bag 10: Styles of Parenting and Leading (ONLINE) (1 Session)

Let's explore what social science tells us about various topics including satisfying relationships, consummate love, cursing, social intelligence, and building social capital. Each week will offer a new topic.

NOTE: Please sign up for each class separately.

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

Location: ONLINE

Class Size: Min. 15, Max. 97

Coordinator: Nan Peck

Instructor: **NAN PECK** is a professor emerita from NOVA-Annandale, having taught communication studies with a specialty in interpersonal persuasion. She is an LLI member and currently serves on the board of directors and curriculum committee.

Class: 20FA33 Franklin D. Roosevelt: Facing Crises at Home and Abroad (CLASSROOM ONLY) (1 Session)

This presentation will examine the appeal FDR had with the American people through his fireside chats and courageous struggle with polio. The New Deal did not solve the Great Depression, but it did restore the country's faith in government. The Axis powers represented the greatest threat to democracy and self-determination that the world had ever faced. Overcoming isolationist sentiment, Roosevelt belatedly entered the war. American participation was vital in determining victory for the Allies.

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

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

Class Size: Min. 10, Max. 70

Coordinator: Nan Peck

Instructor: **CHARLES ERRICO** is a professor at NOVA-Woodbridge. He has won teaching awards from the Educational Foundation, the Alumni Association, and in 2007 was named by the State Council for Higher Education as one of the outstanding faculty members in Virginia. His book, "Portrait of America," is required reading at numerous colleges in the United States and abroad.

Class: 20FA35 Underwater Wonders: Sea Creatures Great & Small (CLASSROOM ONLY) (1 Session)

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

Date/Time: Thu, Nov 19, 1:30-3:00

Location: NOVA CN Bldg, Room 117

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: 20FA36 Autism 101: Awareness of and Safety for Individuals with Autism and Other Cognitive Disabilities (CLASSROOM ONLY) (1 Session)

Many have heard of autism, but are unclear of exactly what it is, how it is diagnosed, or how it affects an individual. Autism is a developmental, neurological spectrum disorder that affects everyone differently. It significantly affects the individual and their entire family with profound challenges including safety and life skills. Over 4,000 students in Fairfax County Public Schools are on the autism spectrum. The number of cases identified nationally is increasing by 10 to 15% per year. 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: Fri, Nov 20, 10:00-11:30

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: 20FA37 Pope Joan and The Siri Thesis (ONLINE) (1 Session)

The papacy is a bottomless well of curiosities, and here we consider two that some accept but others do not. Decide for yourself if these theories are preposterous or have validity. Was there a Pope Joan? Some say yes. Others say, "How could she have reigned 2 years 7 months during the two months between Leo IV and Benedict III in summer 855?" Yet her bust appeared for a very long time in Siena Cathedral along with those of other popes. Our three-part class on Vatican II discussed this contention. Could one source of infighting be that the Siri Thesis was true? Did the 1958 conclave that elected John XXIII actually first elect Giuseppe Cardinal Siri (1906-1989) as Gregory XVII? "Certainly a crackpot theory!" you say. Tell that to Sedevacantist Catholics who say Pius XII (1939-1958) was the last true pope. And what about the Conclave of December 1124?

Date/Time: Mon, Nov 23, 1:30-3:00

Location: ONLINE

Class Size: Min. 1, Max. 35

Coordinator: Paul Hopley

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: 20FA38 Sightseeing in Oaxaca, Mexico (ONLINE) (1 Session)

Oaxaca is famous for many different crafts: woodworking, pottery, backstrap, and carpet weaving to name a few. Learn about an Ethnological Garden, a "frozen" waterfall, and archaeological sites such as Monte Alban and Mitia.

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

Location: ONLINE

Class Size: Min. 10, Max. 60

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: 20FA34 History of Medicine - From Witchcraft to Robots (ONLINE) (3 Sessions)

This class will discuss medicine from prehistoric to modern times. Traveling through time we will learn how medicine has evolved from the days of witchcraft and medicine men to the era of modern medicine, highlighting themes and milestones.

Dates/Time: Wed, Dec 2; Dec 9; Dec 16, 1:30-3:00

Location: ONLINE

Class Size: Min. 10, Max. 45

Coordinator: Arline Sachs

Instructor: **RITA WAY** studied at Sacred Heart Hospital School of Nursing. She worked as a medical/surgical nurse for twelve years after which she joined a long-term care company that owned and managed both skilled nursing and assisted living homes. Nursing and medicine have always been her passion.

Class: 20FA39 2020 Election Results (ONLINE) (1 Session)

This class will examine the results of the 2020 election. We will analyze turnout in this critical national election; discuss the resulting balance of power between the Republican and Democratic parties; consider the potential impact of the election results on major issues confronting the United States, and discuss other implications of the Presidential election.

Date/Time: Thu, Dec 3, 10:00-11:30

Location: ONLINE

Class Size: Min. 10, Max. 97

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: 20FA40 The American Revolution: The War that Shocked the World and Inspired Other Colonial People (CLASSROOM ONLY) (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 the leadership of Benjamin Franklin, Thomas Jefferson, and George Washington used a home field advantage to shock the world and win independence.

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

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

Class Size: Min. 10, Max. 48

Coordinator: Nan Peck

Instructor: **CHARLES ERRICO** is a professor at NOVA-Woodbridge. He has won teaching awards from the Educational Foundation, the Alumni Association, and in 2007 was named by the State Council for Higher Education as one of the outstanding faculty members in Virginia. His book, "Portrait of America," is required reading at numerous colleges in the United States and abroad.

Class: 20FA41 Almost Forgotten Women--Yesterday's Headliners (CLASSROOM ONLY) (1 Session)

For years women have struggled for equal opportunities and rights. 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 available for purchase.

Date/Time: Tue, Dec 8, 10:00-11:30

Location: Mason District Governmental Center, Community Room

Class Size: Min. 10, Max. 90

Coordinator: Arlene Gribben

Instructor: **MARY LIPSEY**, a retired American history teacher, loves learning and sharing local history. The story of how the community of Burke fought the federal government and won has always intrigued her.

Class: 20FA42 JRR Tolkien: Hero (ONLINE) (1 Session)

"The Lord of the Rings" is one of the best loved books of our time. John Ronald Ruel Tolkien, scholar of words and literature, is its author. Most of us are familiar with the book or the movies, but this class will discuss the author as the hero of our story. Discover how the Icelandic sagas formed his character, how he survived many setbacks and sorrows, and how he went on to become one of the foremost storytellers in the world. We might subtitle this class "Sagas, Survival, Storytelling: A Life in Three Acts."

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Judy Robison

Instructor: **BARBARA STIFFLER** began her study of mythology in the 1960s with the Arthurian legends around the same time as the paperback edition of *The Lord of the Rings* was published. It sparked a cult-like following in high schools and colleges across the country, complete with buttons and bumper stickers. Barbara soaked up the "culture" of TLOTR which led her to research its author, JRR Tolkien. In her study of Icelandic culture for a recent LLI class, she came across a link between Tolkien and the old Icelandic sagas. She went back to further study Tolkien's life and found it so interesting she wanted to share with fellow LLI members.

Class: 20FA43 Bauhaus and Art Deco (CLASSROOM ONLY) (2 Sessions)

The Bauhaus, a German art school, opened in 1919 and advocated simple functional design. Closed by Hitler in 1933, its impact can still be felt today. The glitzy, jazzy Art Deco style flourished in the 1920s and 1930s and was much more popular than the Bauhaus style. This class will examine the history of each movement and the characteristics of both styles. We'll look at examples of applied art and graphic design to search for similarities and differences between these two competing approaches.

Dates/Time: Wed, Dec 9; Dec 16, 10:00-11:30

Location: NOVA CN Bldg, Room 227

Class Size: Min. 10, Max. 70

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

Class: 20FA44 Easily Create Your Home Inventory (CLASSROOM ONLY) (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.

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

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

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 to jump-start decluttering, paper organizing, digital organizing, and developing a plan they can implement.