



LLI Spring 2021 Catalog

Class: **21SP01** **Online Shopping (ONLINE) (1 Session)**

As we all try to protect ourselves from COVID-19 many people are turning to online shopping. Join us as we discuss ways to protect ourselves and our bank accounts from fraud.

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

Location: ONLINE

Class Size: Min. 2, Max. 97

Coordinator: Philippa Centini

Instructor: **MELISSA PICKHAM** has a bachelors degree in organizational management with a minor in sociology from Ashford University. She has worked for 20 years in property management with 10 years in HUD's subsidized programs. She currently works as a consumer specialist with Fairfax County Government Consumer Affairs.

Class: **21SP02** **Six Pillars of Brain Health (ONLINE) (1 Session)**

It's never too late to take charge of your brain health! In this interactive session you will learn about the six pillars of a brain-healthy lifestyle, share brain-boosting activities, and be inspired by others. This session is a good overview for anyone interested in improving brain health and will provide steps you can take along with resources to learn more. (AARP sponsored)

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

Location: ONLINE

Class Size: Min. 15, Max. 97

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: **21SP03** **Origin of Nursery Rhymes/The Dark Side of Mother Goose (ONLINE) (1 Session)**

In this presentation we will go back to a time when the methods of communication we take for granted were nonexistent. A time when most of the world's population could not read or write. We'll explore the role that nursery rhymes played in filling those voids.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Doug Johnson

Instructor: **IRA DOLICH** had a career as an executive with a chemical company and actively volunteers for the U.S. Coast Guard and Coast Guard Auxiliary as an instructor. He has a wide variety of interests and enjoys presenting his research to LLI and to residents at the Greenspring community where he lives.

Class: 21SP04 Let Us Not Give Up Meeting Together (ONLINE) (1 Session)

This class presents a theological, historical, and contemporary study of the closing of churches. The closure of Christian churches due to the pandemic is a unique event in Western history. This class shall survey occasions in which the churches nearly closed, including the persecution during the late Roman Empire, the attack on Christianity by Nazi Germany, and the position of the Orthodox Church under Stalin. Exposition shall include the Biblical functions of the administration of the sacraments and the institutionalization of the concept of Evangelical love, together with a respectful but rigorous analysis of the decisions taken by the Episcopal Diocese of Virginia.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Nan Peck

Instructor: **MARK R. ROYCE**, Ph.D., is assistant professor of international relations at NOVA-Annandale. He is a frequent essayist and lecturer on the intersection of religion and politics and international relations and law.

Class: 21SP05 Islam in America (ONLINE) (2 Sessions)

In this class, the history of Muslims in America, their current status, issues, challenges, and accomplishments will be discussed. Also, the major Muslim organizations and demographic of Muslims in America will be presented.

Dates/Time: Mon, Jan 25; Feb 1, 1:30-3:00

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Nan Peck

Instructor: **DAOUD NASSIMI** is an associate adjunct professor of Islam at NOVA-Annandale with an MA and PhD in Islamic Studies.

Class: 21SP06 A Recipe a Month for the Year (ONLINE) (1 Session)

What a fun way to begin the cooking year! Chef Cal will present a recipe a month for the entire year along with preparation and cooking tips. Get the recipes from the website prior to class.

Date/Time: Wed, Jan 27, 10:00-11:30

Location: ONLINE

Class Size: Min. 15, Max. 97

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: 21SP07 Monthly Meet Up (ONLINE) (5 Sessions)

- #1 I've a Bridge to Sell You - Persuasion
- #2 Exploring the Gettysburg Address
- #3 Chronemics - Spending Time Together
- #4 "We Just Don't Communicate" - How Relationships Die
- #5 "We Need to Talk" How to Resurrect a Dying Relationship

Dates/Time: Wed, Jan 27; Feb 24; Mar 24; Apr 28; May 26, 1:30-3:00

Location: ONLINE

Class Size: Min. 10, 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 the curriculum committee.

Class: 21SP08 Humboldt: Much More Than a Current! (ONLINE) (1 Session)

Using recent publications and a recent Smithsonian exhibit, this talk will tell the forgotten story of Alexander Von Humboldt, a German polymath, geographer, naturalist, and explorer. He lived for 90 years, published more than 36 books, traveled across four continents, and wrote well over 25,000 letters, yet is practically unknown today except for an ocean current. In his time, Humboldt was as famous as Darwin or Goethe. His work laid the foundation for the fields of biogeography, which along with geomagnetic and meteorological monitoring led him to be the first Western observer of human-caused climate change. Humboldt is the forgotten father of environmentalism.

Date/Time: Thu, Jan 28, 10:00-11:30

Location: ONLINE

Class Size: Min. 15, Max. 97

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: 21SP09 Plagued by Plagues: Notable Pandemics Through History (ONLINE) (1 Session)

This talk will discuss some of the most notable plagues ever recorded. The science, the current status of the infectious agents, and even the impacts upon every aspect of life will be discussed. So have your pockets filled with posies, this should be exciting.

Date/Time: Fri, Jan 29, 10:00-11:30

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Thomas Plewes

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 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*.

Class: 21SP10 Natural Wonders of South America (CLASSROOM ONLY) (1 Session)

Join Charles McClelland to view the spectacular scenery of our southern neighbor. Enjoy wonderful waterfalls, majestic mountains, the amazing Amazon, and many other sights.

Date/Time: Mon, Feb 1, 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 and has traveled extensively throughout Latin America and the Caribbean. He studied in Mexico, was a Peace Corps volunteer in Colombia, and is a professional instructor and adjunct professor at Georgetown University. In his spare time Charles is a guest lecturer on several cruise lines.

Class: 21SP11 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, Feb 4, 10:00-11:30

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Nan Peck

Instructor: **JACK LECHULT** 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: 21SP12 Great Decisions 2021 (ONLINE) (8 Sessions)

This class presents an in-depth discussion of eight major policy issues facing the United States in 2021. Topics include: The Role of International Organizations in a Global Pandemic, Global Supply Chains and National Security, China and Africa, The Korean Peninsula, Persian Gulf Security, Brexit and the European Union, The Fight Over the Melting Arctic, and The End of Globalization?

Classes will commence with a 30 minute video followed by a one hour discussion by class members based on the Foreign Policy Association briefing book. **NOTE: Total cost is \$33 which includes the briefing book and the video. Payment can be made using the LLI website or by enclosing a \$33 check payable to LLI/NOVA with your registration.**

Dates/Time: Mon, Feb 8; Feb 15; Feb 22; Mar 1; Mar 8; Mar 15; Mar 22; Mar 29, 10:00-11:30

Location: ONLINE

Class Size: Min. 20, Max. 35

Coordinator: Nan Peck

Instructor: **CHUCK HULICK** has been a frequent instructor/presenter in previous Great Decisions classes. He holds an M.B.A. from American University and a B.S. in economics from the University of Pennsylvania. Chuck is an LLI member.

Class: 21SP13 Glimpse of Antarctica (ONLINE) (1 Session)

In competition with penguins and icebergs the high point of a trip to Antarctica was an unexpected participation in citizen science. The heart of every eco-conscious cruise ship is the science center with lectures, science boat experiments, and just for fun--a Polar Plunge!

Date/Time: Wed, Feb 10, 1:30-3:00

Location: ONLINE

Class Size: Min. 3, Max. 97

Coordinator: Judy Robison

Instructor: **BONNIE BECKER**, a former high school history and geography teacher, was with the Fairfax County Public Schools Office of Human Relations for 27 years and has been an adjunct instructor for the University of Virginia. She currently teaches adult ESL with the Washington English Center.

Class: 21SP14 Contemporary Craft at the Renwick (ONLINE) (1 Session)

NOTE: This class will be repeated on Feb 16 at 1:30. Please do not register for both dates. The Renwick Gallery is home to one of the most significant and inclusive collections of American craft art in the world. The museum honors Studio Craft movement pioneers working in glass, metal, fiber, clay and wood. It has also expanded its collection as craft has undergone a transformation with a new generation of artists who have introduced innovative techniques and modes of expression. In this presentation we will examine works of well-established craft masters as well as objects by up-and-coming artists that will challenge your traditional definition of craft. The presenter will not forget to include the Ghost Clock and the Game Fish!

Date/Time: Thu, Feb 11, 1:30-3:00

Location: ONLINE

Class Size: Min. 10, 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 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: 21SP15 COVID-19 and Your Immune System (ONLINE) (2 Sessions)

True or False: COVID-19 is like the Influenza virus of 1918. Let's discuss the historical similarities of and differences between these two major pandemics and discuss how your immune system fights these diseases. Why do people complain of the symptoms as they do? Why do some people get a mild form and others fare much worse? We will briefly discuss the biology of viruses and how the immune system fights viruses in two sessions.

Dates/Time: Fri, Feb 12; Feb 26, 1:30-3:00

Location: ONLINE

Class Size: Min. 10, Max. 97

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: 21SP16 Contemporary Craft at the Renwick (ONLINE) (1 Session)

NOTE: This is a repeat of the class presented on Feb 11. Please do not register for both dates. The Renwick Gallery is home to one of the most significant and inclusive collections of American craft art in the world. The museum honors Studio Craft movement pioneers working in glass, metal, fiber, clay and wood. It has also expanded its collection as craft has undergone a transformation with a new generation of artists who have introduced innovative techniques and modes of expression. In this presentation we will examine works of well-established craft masters as well as objects by up-and-coming artists that will challenge your traditional definition of craft. The presenter will not forget to include the Ghost Clock and the Game Fish!

Date/Time: Tue, Feb 16, 1:30-3:00

Location: ONLINE

Class Size: Min. 10, 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 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: 21SP17 Enhancing the Sense of Well-Being (ONLINE) (1 Session)

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

Date/Time: Wed, Feb 17, 10:00-11:30

Location: ONLINE

Class Size: Min. 1, Max. 97

Coordinator: Nan Peck

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: 21SP18 Cuba - Then and Now (ONLINE) (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: Thu, Feb 18, 10:00-11:30

Location: ONLINE

Class Size: Min. 10, Max. 97

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: 21SP19 Travelogue of Corsica and Sardinia (ONLINE) (1 Session)

With Conne Rubinstein as your tour guide, take a virtual trip to Corsica and Sardinia. Experience cultural immersion on and around the French island of Corsica. View its absolutely striking natural beauty, visit numerous prehistoric archeological sites, (some dating back 5,000 years), and enjoy its port city docks lined with sleek, luxury yachts.

Sardinia is an Italian island of beautiful vistas. Climb into ancient neolithic burial caves. Attend Carnivale Sarde, a celebration of the island's shepherding roots. Enjoy the customs and dances of more recent centuries and Murali of Orgosolo, a town where nearly every flat surface is covered with political, cultural, or historical paintings.

Date/Time: Thu, Feb 18, 1:30-3:00

Location: ONLINE

Class Size: Min. 10, Max. 97

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: 21SP20 1619 Project and Colonial Slavery (ONLINE) (1 Session)

The 1619 Project has ignited a discussion about the foundations of American slavery and the racial ideologies that shaped and influenced American society, politics, and economy. We will explore roots of American slavery by examining the establishment and growth of colonial slavery in the British North American Colonies.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Nan Peck

Instructor: **ALICIA TUCKER** is an Associate Professor of History at NOVA-Manassas. She has taught American History in the Virginia Community College system for over 20 years with specialties in early American history and race and gender in southern history. She has a master's degree from the College of William and Mary and is currently working on her PhD dissertation, "A Small, but Well Chosen Library: Women and Rural Reading Communities in the Age of the Early Republic".

Class: 21SP21 9 x 13 x 2 (ONLINE) (1 Session)

Everyone has one! Chef Cal will present ideas and recipes to make in your 9 x 13 x 2 baking dish. This versatile dish can be used for everything from appetizers to desserts. Get the recipes from the website prior to class.

Date/Time: Wed, Feb 24, 10:00-11:30

Location: ONLINE

Class Size: Min. 15, Max. 97

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: 21SP22 Creepy Crawlers: To Like or Not to Like (ONLINE) (1 Session)

This presentation will focus on the interesting lives of invertebrates which cover 80% of all animals on this planet. This class is designed to convey an appreciation of and fascination for the unique and complicated existence of arthropods--insects and arachnids. It will include interesting stories, descriptions, and fun facts about this diverse group of animals, many of which have not been properly classified or even "discovered."•

Date/Time: Thu, Feb 25, 10:00-11:30

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Philippa Centini

Instructor: **MARY ALEXANDER** is a roving interpreter for the Fairfax County Park Authority. She has a Natural History Field Studies certificate from the United States Department of Agriculture/Audubon Naturalist Society Graduate School and is a Virginia Master Naturalist. Mary has worked or volunteered at a number of nature centers and parks including Sky Meadows State Park (Delaplane, VA), a state park along the Oregon Trail (Idaho), and Grand Teton National Park. Butterflies have been of special interest for more than twenty years and inspired Mary to teach classes on Lepidoptera (an order of insects that includes butterflies and moths) and guide field trips to find butterflies. Mary is an LLI member.

Class: 21SP23 Funeral Planning (ONLINE) (1 Session)

This class will discuss what you need to know about planning for a funeral before it is needed.

Date/Time: Tue, Mar 2, 1:30-3:00

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Philippa Centini

Instructor: **WIL SLAUGHTER** has been with the Fairfax County government for over 30 years, the last 20 in Consumer Affairs. He plans to retire next year and start a new career in cyber security.

Class: 21SP24 Poetry Writing – Let’s Make It Happen! (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, Mar 5; Mar 12; Mar 19; Mar 26, 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/NOVA 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/NOVA and OLLI with Ed Sadtler.

Class: 21SP25 Knife Skills (ONLINE) (1 Session)

Join us for a short course on knife skills. Know and understand:

- * the best knives to have in your kitchen
- * why certain knives are best for particular culinary tasks
- * how to use and safely handle kitchen knives
- * how to sharpen, clean, and store kitchen knives
- * slicing and dicing.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

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: 21SP26 Water Can't Wait: Water Issues in the Middle East (ONLINE) (1 Session)

For many reasons there is a shortage of fresh water in the Middle East. This presentation will focus on environmental peacebuilding efforts to protect regional water sources, enlarge the amount of available potable water, and ensure the equitable distribution of water to the region. Water, often used as a political instrument, doesn't recognize borders and affects everyone in the Middle East.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Philippa Centini

Instructor: **MARY ALEXANDER** is a roving interpreter for the Fairfax County Park Authority. She has a Natural History Field Studies certificate from the United States Department of Agriculture/Audubon Naturalist Society Graduate School and is a Virginia Master Naturalist. Mary has worked or volunteered at a number of nature centers and parks including Sky Meadows State Park (Delaplane, VA), a state park along the Oregon Trail (Idaho), and Grand Teton National Park. Butterflies have been of special interest for more than twenty years and inspired Mary to teach classes on Lepidoptera (an order of insects that includes butterflies and moths) and guide field trips to find butterflies. Mary is an LLI member.

Class: 21SP27 Music Based on Historical Events (ONLINE) (1 Session)

Much of the historical background of familiar music is lost due to the familiarity of the words and music. The "back stories" of these pieces reveal little-known insights as to their origins.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Doug Johnson

Instructor: **IRA DOLICH** had a career as an executive with a chemical company and actively volunteers for the U.S. Coast Guard and Coast Guard Auxiliary as an instructor. He has a wide variety of interests and enjoys presenting his research to LLI and to residents at the Greenspring community where he lives.

Class: 21SP28 How Science Works, Part 2: What's Involved in Large-Scale Science (ONLINE) (1 Session)

Science permeates virtually every aspect of daily life. Along with engineering and technology, science contributes to more than 50% of the Gross Domestic Product (GDP) annually in the United States. It is the basis for most breakthrough discoveries that change lives, society, and the planet for better (and sometimes for worse). Despite the ever-present influence of science, too 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.

Part 1 of this series (Fall, 2020) explored the processes, nature, and limits of science and how limited understanding may result in insufficient political and financial support for science, 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. Part 2 will build on that discussion to explore how scientific research is funded and the protocols that need to be in place for experimentation to proceed in various scientific disciplines. Topics will include the appropriate use of controls (including the importance of blind and double blind controls), informed consent, peer review, and how ethical considerations are increasingly becoming part of the fabric of scientific work.

Note: All LLI members are invited to attend this session. However, if you did not participate in Part 1, you are encouraged to explore the website *Understanding Science* (https://undsci.berkeley.edu/article/intro_01), with particular focus on the section on *Understanding Science 101* (available through home page), hosted by the *University of California, Berkeley*.

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

Location: ONLINE

Class Size: Min. 15, Max. 97

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: 21SP29 Women at War - World War I (ONLINE) (1 Session)

When World War I was declared women joined the war effort. They became yeomen, telephone operators, nurses, journalists, factory workers, farmerettes, and more. Their war time contributions led to the gaining of skills, motivation, and confidence. The next step was women's suffrage.

Date/Time: Wed, Mar 24, 10:00-11:30

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Arlene Gribben

Instructor: **MARY LIPSEY** was raised in Fairfax County and retired from teaching seventh grade history after almost 30 years at Lake Braddock Secondary School. She loves to share local history.

Class: 21SP30 Richard Risk's Poetry and You (ONLINE) (4 Sessions)

Join us for one of LLI/NOVA'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 by the class. This class is dedicated to the memory of Richard Risk who established Poetry and You and was one of LLI/NOVA's founding members.

Dates/Time: Fri, Apr 2; Apr 9; Apr 16; Apr 23, 1:30-3:30 (NOTE TIME)

Location: ONLINE

Class Size: Min. 8, Max. 25

Coordinator: Marianne Moerman

Instructor: **KATHRYN O'TOOLE** is a recent member/officer on the LLI/NOVA Board of Directors, currently serves as web editor, and is active with the Favorite Books Special Interest Group (SIG). She received her B.A. from the University of California.

Class: 21SP31 Egypt is for Tourists (ONLINE) (1 Session)

This travel excursion begins with a brief historical overview of Egypt's most famous pharaohs and sites. It continues with visits to the Pyramids of Giza, Abu Simbel and the Temples of Philae, the double temple Kom Ombo, the island of Philae, the Temple of Edfu, and Luxor - also known as the world's greatest open-air museum. We also visit the city of Alexandria which features a Roman theater and the fabled Library of Alexandria, a very modern research library for its time. The world lost one of its greatest treasures of manuscripts when this library burnt to the ground. If you missed the chance to visit Egypt or want to refresh previous memories, here is your chance!

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

Location: ONLINE

Class Size: Min. 10, Max. 97

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: 21SP32 Demystifying Dementia (ONLINE) (3 Sessions)

Session 1: Brain Health as You Age

Learn more about age-related changes in memory and learning, and what practices can help keep your brain sharp. Learn what to expect, what's "normal," and when it's time to seek a doctor's input.

Session 2: Dementia 101

Learn how to define dementia, distinguish the different types, and gain an understanding of the typical path of disease progression.

Session 3: Understanding & Caring for a Person with Dementia

Discuss common communication and behavior changes, reasons for behaviors, and corresponding strategies to help effective communication.

Dates/Time: Thu, Apr 8; Apr 15; Apr 22, 10:00-11:30

Location: ONLINE

Class Size: Min. 15, Max. 97

Coordinator: Doug Johnson

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

Class: 21SP33 Varied Voices, Varied Perspectives (ONLINE) (1 Session)

NOTE: This is the same class as the one presented on Apr 20. Please do not register for both dates. Back by popular demand! In this presentation we will examine art by Americans of varied cultural backgrounds, including African American, Latino, American Indian, and Asian American heritage. Women in each cultural group will be covered. We will look at roles that culture, race, and gender play in an artist's work, how they identify and represent themselves, and how their art reflects their background and experiences. In addition to some of the works included in the previous program, new acquisitions and timely artwork will be discussed.

Date/Time: Mon, Apr 12, 10:00-11:30

Location: ONLINE

Class Size: Min. 10, Max. 97

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: 21SP34 Head for Easter Island You End Up On Rapa Nui (ONLINE) (1 Session)

How did the most isolated island in the world come to have hundreds of huge stone statues? Did these giants "walk" across their tiny island? How were they made? Learn the amazing story of Rapa Nui centuries ago and the UNESCO World Heritage site that it is today.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Richard Robison

Instructor: **BONNIE BECKER**, a former high school history and geography teacher, was with the Fairfax County Public Schools Office of Human Relations for 27 years and has been an adjunct instructor for the University of Virginia. She currently teaches adult ESL with the Washington English Center.

Class: 21SP35 Birding in Central and South America: Part 1 (ONLINE) (1 Session)

As a birder, Larry Cartwright seen almost 800 avian species in the U.S. and Canada. Central and South America are famous for tropical rainforests, but there is a wide diversity of habitats, including extensive grasslands, deserts, waterways, and towering mountain ranges. Many Latin American countries, including Ecuador, host more bird species than the U.S. and Canada combined! There are hundreds of species of hummingbirds, an array of parrots, and a host of birds that follow marching ants in hopes to grab insects the ants flush out. There are adorable little manakins and colorful tanagers that are spectacular to behold. The trogons will leave you mesmerized. There is an abundance of resident bird species in Central and South America that we don't have in the U.S. There are migrants that we see only in the spring and summer that spend the North American winter in Latin countries. Join in the discovery of the avifauna of Central and South America and the habitats that support them, as well as the peoples and cultures that call this area home.

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

Location: ONLINE

Class Size: Min. 15, Max. 97

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: 21SP36 The Life and Death of American Corporations (ONLINE) (6 Sessions)

What causes some corporations to flourish while others decline and disappear? Is failure caused by competition or changes in technology and consumer preferences? We will discuss companies that rose to prominence in the early and mid 20th century that have succeeded and others that have failed and disappeared. We will also debate whether the welfare of employees (health care and retirement) should be the province of their employer or of the government.

Dates/Time: Thu, Apr 15; Apr 22; Apr 29; May 6; May 13; May 20, 10:00-11:30

Location: ONLINE

Class Size: Min. 10, Max. 97

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: 21SP37 Varied Voices, Varied Perspectives (ONLINE) (1 Session)

NOTE: This is a repeat of the class presented on Apr 12. Please do not register for both dates. Back by popular demand! In this presentation we will examine art by Americans of varied cultural backgrounds, including African American, Latino, American Indian, and Asian American heritage. Women in each cultural group will be covered. We will look at roles that culture, race, and gender play in an artist's work, how they identify and represent themselves, and how their art reflects their background and experiences. In addition to some of the works included in the previous program, new acquisitions and timely artwork will be discussed.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

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: 21SP38 Afternoon Tea Ideas (ONLINE) (1 Session)

What is more delicious and fun than an afternoon tea party? A class to talk about an afternoon tea party! Chef Cal will present suggestions and recipes for tea sandwiches, sweets, and scones. Get the recipes from the website prior to class.

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

Location: ONLINE

Class Size: Min. 15, Max. 97

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: 21SP39 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, Apr 28, 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: 21SP40 Mindfulness and Stress Reduction (ONLINE) (2 Sessions)

This two-session class will examine various approaches that have been successfully utilized to reduce stress. Stress is alarmingly high and increasing in America as well as in our world! It has been reported that American corporations and businesses are spending upwards of 300 billion dollars every year on injuries, illnesses, and absenteeism due to stress. High levels of stress have been associated with combat veterans as post-traumatic stress disorder (PTSD), not so different from the levels of stress resulting from the pressures that elderly citizens, surviving spouses, and caregivers face from daily exposure to something we call "LIFE." In addition, the technological complexity, financial pressures of retirement, multitasking, and medical conditions of aging all come under the condition of simply being "present" in today's environment. We will examine the use of several powerful tools, some of which we have come to know as Mindfulness Meditation, Emotional Freedom Technique (EFT), and the Heart Coherence procedure from the HeartMath Institute. These are the keys to reducing components of debilitating stress that will lead us through a greater balance of health and wellness.

Dates/Time: Thu, May 6; May 13, 1:30-3:00

Location: ONLINE

Class Size: Min. 5, Max. 97

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: 21SP41 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: Wed, May 12, 1:30-3:00

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: 21SP42 Underwater Wonders: Ocean Alphabet Revisited (ONLINE) (1 Session)

Dr Steve Cohen uses high definition videos to illustrate the diversity that exists in the oceans: from A is for angelfish to Z is for zebra eels.

Date/Time: Mon, May 17, 1:30-3:00

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Philippa Centini

Instructor: **STEVE COHEN** is a retired veterinarian who has been scuba diving all over the world since 1988. He has produced underwater videos since 1996 that have been seen internationally and several have been featured at prestigious underwater film festivals. He works with the Coral Reef Alliance to help preserve and protect coral reefs.

Class: 21SP43 Play Ball On Film! (CLASSROOM ONLY) (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, May 18; May 25, 10:00-11:30

Location: Spring Hill Club House

Class Size: Min. 18, Max. 25

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: 21SP44 Seafood (ONLINE) (1 Session)

You have been requesting this class and here it is! Served warm or cold, seafood is a popular choice. Learn how to choose, prep, and prepare delicious seafood dishes. Get the recipes from the website prior to class.

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

Location: ONLINE

Class Size: Min. 15, Max. 97

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: 21SP45 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, May 21, 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: 21SP46 Civilian Conservation Corps (CCC) in Virginia (ONLINE) (1 Session)

The Civilian Conservation Corps (CCC) was established in March 1933. The first camp opened in Virginia in April. Young men aged 18-25 worked on conservation projects all over the United States. Many Virginia state parks and the Skyline Drive were CCC projects. Learn how the men and our state benefited from their work.

Date/Time: Wed, May 26, 10:00-11:30

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Arlene Gribben

Instructor: **MARY LIPSEY** was raised in Fairfax County and retired from teaching seventh grade history after almost 30 years at Lake Braddock Secondary School. She loves to share local history.