



LLI Fall 2021 Catalog

Class: **21FA01** **Newcomer Orientation (1 Session)**

New to LLI/NOVA? Already a member but unsure about where to find information about programs and events or how to use the web site? Sign up for this class! Bring your laptop/iPad and follow along as we explore the ins and outs of LLI/NOVA resources. The class will meet at Braddock Hall in the Braddock Government Center on Burke Lake Road. Registration is not required. **Directions from I-495/Braddock Road West exit:** 9002 Burke Lake Road, Burke, VA 22015. Go west on Braddock Road about 1.6 miles. Turn left onto Burke Lake Road at Kings Park Shopping Center. The Government Center is located in the same building as the Kings Park Library just past Rolling Road on the right past the bank. Turn right into the parking lot.

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

Location: Braddock District Supervisors Office

Class Size: Min. 2, Max. 15

Coordinator: Richard Robison

Instructor: **DICK ROBISON** is the chair of the LLI/NOVA Curriculum Committee. He holds a B.S. In electrical engineering from the University of Michigan and an M.S. In business administration from Georgia College. Dick is a retired Air Force colonel and airlift pilot and was director of intelligence support for EOIR Technologies prior to his retirement.

Class: **21FA02** **Afternoon Tea Ideas for Fall (1 Session)**

What is almost as delicious and fun as an afternoon tea party? Planning one! Chef Cal will present suggestions and new recipes for tea sandwiches, sweets, and scones geared for fall. Recipes will be available on the website prior to class. **Note: there will be a \$5.00 per person fee payable at the door if the class is at St. Matthew's.**

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

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: 21FA03 Early Renaissance Art in Italy (ONLINE) (3 Sessions)

Small changes in art in the 13th century blossomed into the glorious Early Renaissance of 14th century Florence. Painters, sculptors, and architects were inspired by examples from ancient Greece and Rome. Brunelleschi and Alberti developed a new approach to architecture from their study of Roman buildings. Donatello led the pathway to increasingly realistic sculpture. Masaccio's frescoes demonstrated new ways to show depth on a flat surface with the development of perspective. This class will examine masterpieces of art in Florence and other locations in Italy to follow the invention of this new art, noting contributions of artists from Giotto to Michelangelo.

Dates/Time: Tue, Sep 14; Sep 21; Sep 28, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

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: 21FA04 Mosquito & Tick Management: Pesticide Reduction for Pollinator Protection (1 Session)

The first half of this class will focus on identifying the most common mosquitoes and includes a discussion on ways to reduce mosquito populations in your yards and communities without chemicals. We will also cover techniques to protect yourself against mosquito bites, and methods to protect pollinators and other beneficial critters while dealing with unwanted mosquitoes. In the second half we will identify the most common ticks in Virginia, learn how they spread disease, talk about the safest ways to avoid and repel them, and discuss handling tick bites on people and pets. Common tick-borne diseases and symptoms of Lyme Disease and Rocky Mountain Spotted Fever will be included.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 110

Coordinator: Philippa Centini

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, the Master Gardeners of Northern Virginia, and ARMN.

Class: 21FA05 Exploring the Denial of Science and the Science of Denial (ONLINE) (1 Session)

This class will address the nature and history of science denial. We will describe the most egregious occurrences and their impact on a climate changing, pandemic prone world. In parallel we will explore the psychological and cultural origins of science resistance and distrust.

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

Location: ONLINE

Class Size: Min. 10, 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.

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: 21FA06 Planet Names and the Search for Extraterrestrial Life (1 Session)

This class will look at how the planets got their names. The presentation will include everyone's burning question - who or what is out there and are we being watched?

Date/Time: Mon, Sep 20, 10:00-11:30 AM

Location: Greenspring Village, Village Square, Accotink Room

Class Size: Min. 10, Max. 45

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: 21FA07 Petra: Desert City "Half as Old as Time" (ONLINE) (1 Session)

Narrow canyon walls pull back just enough to glimpse the desert city lost for centuries: Petra, Jordan, appears at the end of a long defile called the Siq and was unknown to the Western world despite having been a center of caravan routes in ancient times. Learn about Lawrence of Arabia's Seven Pillars of Wisdom and how his exploits still influence current events in the Middle East. Feel the desert vastness of Wadi Rum, marvel at ancient mosaics featuring Jericho and Jerusalem, and sample the glamour of the modern resort of Aqaba. Observe camel riding in the desert and snorkeling in the Red Sea.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Philippa Centini

Instructor: **BONNIE BECKER**, a former high school social studies teacher, was with the Fairfax County Office of Human Relations for 27 years and seriously pursues her interests in geography, history, and archaeology. She was in Berlin the week the Wall fell, took a Polar Plunge in Antarctica waters, and has chased eclipses across land and sea.

Class: 21FA08 Time for Monarchs! (1 Session)

The yearly migration of eastern monarch butterflies to Mexico, considered one of the most spectacular natural phenomena in the world, is observed in the Washington area in late September/early October. Mary Alexander, a naturalist working with the Fairfax County Park Authority, will discuss this fall event and the future of the monarch butterfly. In a separate class, the group also will go hunting for migrating monarchs and other late fall butterflies. **NOTE: This is part one of a two part class. The second class is a field trip on September 25.**

Please register for each session separately. Attendance at this class is not a prerequisite for the field trip.

Date/Time: Wed, Sep 22, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 124

Class Size: Min. 10, Max. 25

Coordinator: Philippa Centini

Instructor: **MARY ALEXANDER** was 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: 21FA09 Park Ranger Grab Bag, Part 1 (ONLINE) (1 Session)

National Park Service Rangers are offering four unrelated classes (in no particular order) about a monument, a memorial, and American historical figures. Choose a date that fits your schedule knowing that you will learn about one of these interesting topics: the Belmont-Paul Women's Equality National Monument (named for U.S. suffragists Alva Belmont and Alice Paul), the Dwight David Eisenhower Memorial, opera singer Marian Anderson, and founding father George Mason. **NOTE: Register for each class separately.**

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

Location: ONLINE

Class Size: Min. 10, Max. 97

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.

JENNIFER EPSTEIN graduated from Gettysburg College and is an education specialist for the National Mall and Memorial Parks in Washington, DC. She demonstrated her historical and educational background through work in education and at several National Park Service sites such as Gettysburg National Military Park, Adams National Historical Park, Mount Rushmore National Memorial, and Jamestown National Historic Site.

SUSAN PHILPOTT is a Park Ranger with the Belmont-Paul Women's Equality National Monument in Washington, D.C. For more than 90 years the site has been the headquarters of the National Woman's Party founded by Alice Paul. The 200 year old house on Capitol Hill is now a museum dedicated to the fight for woman suffrage and the ongoing struggle for women's equality. Susan has been an interpreter for the National Park Service for over 10 years. She earned her bachelor's and master's degrees in public history from the University of Maryland, Baltimore County (UMBC.) She loves to engage visitors with the history of freedom and justice in the United States and explore the stories of those who work for social change.

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

Class: 21FA10 Senior Medicare Patrol (SMP) (ONLINE) (1 Session)

Medicare funds about \$800 billion in services each year. Unfortunately, close to \$60 billion is wasted on errors, abuse, and fraud within the Medicare system. This presentation will show participants how to detect, prevent, and report fraud and abuse of the Medicare system.

Date/Time: Thu, Sep 23, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Paul Hopley

Instructor: MARTIN BAILEY is currently the AARP volunteer Fraud Watch Network representative for Virginia. He does presentations concerning Medicare, Social Security, and individual fraud. He is also a member of the Virginia's Senior Medicare Patrol doing educational presentations dealing with the detection, prevention, and reporting of fraud and abuse in the Medicare program. In addition to his involvement in public presentations, he is a volunteer counselor for the National Fraud Watch Network Helpline assisting victims of fraud. He has recently finished his research on the "Psychology of the Scam – Why We Become Victims." Prior to becoming an AARP volunteer Martin was a volunteer for the Crisis Text Line handling personal crises covering the spectrum from physical abuse, depression, rape, self harm, and suicide.

Class: 21FA11 Park Ranger Grab Bag, Part 2 (ONLINE) (1 Session)

See 21FA09, Park Ranger Grab Bag, Part 1, for class description. **NOTE: Register for each class separately.**

Date/Time: Fri, Sep 24, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debi Hunsberger

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

Class: 21FA12 Time for Monarchs! (FIELD TRIP) (1 Session)

NOTE: This field trip is associated with class 21FA08 of the same name held on Sep 22. Please register for each session separately. Attendance at the first session is not required to participate in this field trip. The dirt/gravel trails in Sky Meadows are rocky with some minor elevation change, so they are NOT suitable for those with accessibility issues. There is a day trip to a vineyard scheduled following this trip. See class 21FA13. Mary will lead a walk to look for migrating monarch and other late fall butterflies. Late September is the usual time of year to see the monarch moving through Virginia on its way to its wintering location in the oyamel forests of Mexico. This walk is associated with the class on monarch butterflies scheduled for September 22. Binoculars, water, and good walking shoes are recommended.

Directions to Sky Meadows State Park: 11012 Edmonds Lane, Delaplane, VA 20144-0710. The park is less than two miles south of Paris, Va., via U.S. Route 50 to Route 17 South; or seven miles north of I-66, Exit 23 on Route 17 North. The park's main entrance is on State Route 710. We will meet at the Visitor's Center. Drive time from NOVA-Annandale is approximately one hour.

Date/Time: Sat, Sep 25, 11:00 AM -12:30 PM (Note time)

Location: Sky Meadows State Park

Class Size: Min. 10, Max. 25

Coordinator: Richard Robison

Instructor: **MARY ALEXANDER** was 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: 21FA13 Winery and Beer Tasting (FIELD TRIP) (1 Session)

Enjoy local Virginia wines and beers at the Barrel Oak Winery and Farm Taphouse. You are welcome to bring a picnic lunch to eat at the winery or order from the food concessions. A wide variety of wood-fired pizzas will be available, along with raw or grilled oysters and steamed shrimp. Members are responsible for paying for their wine and beer tastings, as well as any food from the concessions. Estimated cost for four wine samples is \$15.

NOTE: Participants in this event may also want to sign up for Class 21FA12, "Time for Monarchs!" immediately prior to this event.

Directions to Barrel Oak Winery and Farm Taphouse, 3623 Grove Lane, Delaplane, VA 20144: From Washington, D.C. Take I-66 West to Exit 17, U.S. Route 17 Business South. Turn left onto Grove Lane and proceed about 3 miles to Barrel Oak Winery. Drive time from NOVA-Annandale is approximately 45 minutes. **From Sky Meadows State Park,** Head south on U.S. Route 17 about 6 miles. Turn left on State Route 713 followed by an immediate right turn onto Grove Lane. Proceed about 1 mile to the winery.

Date/Time: Sat, Sep 25, 1:00-2:00 PM (Note time)

Location: Barrel Oak Winery and Farm Taphouse

Class Size: Min. 5, Max. 25

Coordinator: Carol Fagnani

Instructor: The venue host will demonstrate and instruct participants in wine tasting.

Class: 21FA14 God, Sex, and Violence in the Hebrew Bible (1 Session)

An exploration of several texts that explore the manner in which God, sex, and violence intersect: Hagar and Sarah; Cain and Abel; David and Bathsheba; and Dinah and Tamar.

Date/Time: Mon, Sep 27, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 110

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: 21FA15 Getting Ready for the Holidays (1 Session)

Getting ready to celebrate special holidays often includes planning the menus. Preparation can be fun but stressful. Chef Cal will present suggestions and recipes to keep the fun and reduce the stress. **Note: there will be a \$5.00 per person fee payable at the door if the class is at St. Matthew's.**

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

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: 21FA16 Park Ranger Grab Bag, Part 3 (ONLINE) (1 Session)

See 21FA09, Park Ranger Grab Bag, Part 1, for class description. **NOTE: Register for each class separately.**

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debi Hunsberger

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

Class: 21FA17 The U.S. and the U.N. (ONLINE) (1 Session)

This class will provide a discussion of a number of United Nations Security Council and General Assembly resolutions concerning Palestine and Israel from 1947 to the present day.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Anna Dixon

Instructor: **SIHAM ALFRED** was born in Jaffa, Palestine, has a doctorate in math, and was the first woman math teacher at the University of Jordan. She has taught at the Royal Jordanian Scientific Society and a number of American colleges and universities. Her family was forced out of their home in 1948 when the Irgun and Stern gangs attacked Jaffa. **JOE ALFRED** is a Florida native, has a masters in math, and had a career at AT&T specializing in intellectual property.

Class: 21FA18 Coming Out of the Pandemic - Let's Celebrate! (1 Session)

Note: this live class will also be presented online on Oct 26. It's time to celebrate with our LLI friends! The Smithsonian American Art Museum and Renwick Gallery recognize artists' birthdays, mount retrospectives to highlight long careers, celebrate personal moments in individual lives, observe holidays, honor the accomplishments of individuals, and much more. In this presentation we will examine how artists depict celebrations in their work. Beyond their personal celebrations we will look at ways artists celebrate the greatness of America.

Date/Time: Thu, Sep 30, 1:30-3:00 PM

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

Class Size: Min. 10, Max. 48

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. Sara 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: 21FA19 Park Ranger Grab Bag, Part 4 (ONLINE) (1 Session)

See 21FA09, Park Ranger Grab Bag, Part 1, for class description. **NOTE: Register for each class separately.**

Date/Time: Fri, Oct 1, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debi Hunsberger

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

Class: 21FA20 International Exchange Student Fireside Chat (ONLINE) (8 Sessions)

Join NOVA-Annandale students from 11 countries who are participating in the Community College Initiative (CCI) program. The CCI program, sponsored by the U.S. Department of State, provides opportunities for individuals from other countries to develop leadership capabilities, professional skills, and English language proficiency, while studying at a community college in the United States. During these fireside chats, you will have an opportunity to learn about the students' home countries and interact with them on a personal level. Specific countries will be announced prior to each session. Countries include Ghana, Bangladesh, Brazil, Colombia, Cote d'Ivoire, Kenya, India, Indonesia, South Africa, Egypt, and Turkey. **NOTE: These are Sunday evening sessions.**

Dates/Time: Sun, Oct 3; Oct 10; Oct 17; Oct 24; Oct 31; Nov 7; Nov 14; Nov 21, 7:00-8:30 PM (online only)

Location: ONLINE

Class Size: Min. 5, Max. 50

Coordinator: Anna Dixon

Instructor: An international student who is participating in the Community College Initiative (CCI) program will discuss his/her home country and answer questions from attendees.

Class: 21FA21 Popes of the Roman Missal (ONLINE) (3 Sessions)

The *Roman Missal* contains the General Roman Calendar that lists remembrances for many days of the year. Fifteen of these days recall canonized popes. This 3-part class sketches each, starting with Clement I (90-98) through Pius X (1903-14), the pope from Hollywood central casting. Although all fifteen were worthy men, there may be doubts about two. We will also learn why Gregory VII (1073-85), history's most important pope, was called "My Holy Satan" by St. Peter Damian.

Dates/Time: Mon, Oct 4; Oct 11; Oct 18, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

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: 21FA22 Autumn Garden and Nature Walk (FIELD TRIP) (1 Session)

Enjoy a free guided walk along woodland trails, lakes, and gardens to discover ways nature prepares for winter. Good shoes and water are recommended for this hour-long walk over moderate terrain.

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

Location: Meadowlark Botanical Gardens

Class Size: Min. 10, Max. 25

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, as Meadowlark's Program Manager, Jules enjoys leading garden tours, educational programs, and facilitating special events.

Class: 21FA24 The Power of Words (ONLINE) (1 Session)

This class will explore language and how we use it in society, politics, and everyday communication. Framing theory will be introduced as one way our language shapes the way people interpret political events. The impact of words in social justice movements will be discussed. **NOTE: This is an evening class.**

Date/Time: Wed, Oct 6, 7:00-8:30 PM (Note time)

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Nan Peck

Instructor: **CAROL QUADE** is an adjunct faculty member at NOVA-Annandale in the Communication Studies and Theater Department. Her doctorate is in communication and media studies. She has taught communication and English courses for 24 years in four different countries. Her family is in the Foreign Service and they have lived overseas, off and on, for the past 20 years, currently living in Tokyo, Japan.

Class: 21FA23 What is it Like to Climb Mt. Everest? The Physiology of Extreme Mountaineering (2 Sessions)

At 29,032 feet Mount Everest is considered the "roof of the world." Is climbing Mount Everest on your bucket list, as it is for an increasing number of climbers? It is now possible if you have a good Sherpa team and enough time and money. Let's find out what it's really like before you take this epic trip. The recently published book "The Third Pole" by Mark Synnott, a NH mountaineer and National Geographic explorer, will be discussed.

Dates/Time: Wed, Oct 6; Oct 13, 1:30-3:00 PM

Location: NOVA Shuler Bldg (CS), Room 129

Class Size: Min. 10, Max. 107

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: 21FA25 Enhancing the Sense of Well-being (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 needs for personal autonomy (in an environment where choice is an option), meaningful connections with peers, family and friends, and competency.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 110

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: 21FA26 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, Oct 8; Oct 15; Oct 22; Oct 29, 1:30-3:30 PM (Note time)

Location: ONLINE

Class Size: Min. 10, Max. 25

Coordinator: Marianne Moerman

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

Class: 21FA27 Natural Wonders of South America (1 Session)

Join Charles McClelland to experience the spectacular scenery of our southern neighbor. Enjoy wonderful waterfalls, majestic mountains, the amazing Amazon, and more.

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

Location: Greenspring Village, Hunters Crossing

Class Size: Min. 10, Max. 40

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: 21FA28 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 class 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, Oct 20, 1:30-3:00 PM

Location: NOVA Shuler Bldg (CS), Room 129

Class Size: Min. 10, Max. 107

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: 21FA29 Drill Baby Drill: A Look at the Major Tool Used to Interpret What's Under the Earth (ONLINE) (1 Session)

Water well drilling is the main reason to drill into the earth. Another method, core drilling, is used to collect samples to interpret rock layers at considerable distances under our feet. This class will explain the whys, wheres, and methods of core drilling. We will also discuss ice core drilling and what it tells us about recent climate history and change. Finally, we look at other methods geologists use to interpret the composition and structure of the interior of the earth from surface to center.

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

Location: ONLINE

Class Size: Min. 10, 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: 21FA30 A Short History of Democracy (ONLINE) (6 Sessions)

Democracy dates from ancient Greek times and had a limited appeal even then to philosophers like Plato and Aristotle, who preferred a system of government run by a virtuous elite, and feared the disorder and instability of a government run by citizens. Our own Founding Fathers feared democratic excesses and consciously devised the Constitution to limit the role of the common people in the election and administration of the new government. It is only in the relatively recent past that Western countries have unreservedly embraced “democracy,” even while the concept itself has been perverted by communist dictatorships that insist on calling themselves “democratic republics.”

This course will examine the varieties and the theory and practice of democratic systems from ancient Greece through small democratic states in Europe to the modern democracies of today. Many of the original doubts about the wisdom of a democratic polity, as opposed to an oligarchy or an aristocracy, have been confirmed by democratic failures in Europe and elsewhere. For most Americans, however, democracy remains “the worst form of government except for all the others,” as Churchill said. Studying the pros and cons of democratic systems should give us a clearer understanding of the challenges facing democracies today and perhaps provide some guide to remedies for the future.

Dates/Time: Mon, Oct 25; Nov 1; Nov 8; Nov 15; Nov 22; Nov 29, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Nan Peck

Instructor: **MICHAEL ANDERSON** holds a B.A. from the University of Illinois, and an M.A. and Ph.D. in history from the University of Chicago. He is a retired foreign service officer (1973-2002). Following retirement he taught U.S. history and western civilization at NOVA and George Mason University (2002-2013). In addition to his long term association with LLI, he also teaches at ENCORE (Arlington County Adult Learning Program).

Class: 21FA31 Coming Out of the Pandemic - Let's Celebrate! (ONLINE) (1 Session)

NOTE: This is the online presentation of the live class presented on Sept 30. It's time to celebrate with our LLI friends! The Smithsonian American Art Museum and Renwick Gallery recognize artists' birthdays, mount retrospectives to highlight long careers, celebrate personal moments in individual lives, observe holidays, honor the accomplishments of individuals and much more. In this presentation we will examine how artists depict celebrations in their work. Beyond their personal celebrations, we will look at ways artists celebrate the greatness of America.

Date/Time: Tue, Oct 26, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Judy Robison

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. Sara 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: 21FA32 Death by A Thousand Cuts: Understanding the Impact of Micro-Aggressions (1 Session)

Women and minorities are frequently the victims of systemic racism and sexism, but it is often the more subtle and sustained "micro-aggressions" -- verbal and behavioral slights -- that cause the most lasting damage. This class will explore the challenges that women and minorities face in the form of micro-aggressions and offer some ways that participants can help to combat them.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 110

Coordinator: Nan Peck

Instructor: **JENNIFER RAINEY** is an Associate Dean at NOVA-Annandale. She received her Master of Arts in Communication Studies from Wake Forest University in 2005 and her Doctorate in Education from George Mason University in 2020. Her research interests include the experiences of women and minorities in higher education and critical, feminist, narrative methodologies.

Class: 21FA51 Afternoon Tea (FIELD TRIP) (1 Session)

Enjoy the "Duchess of York" afternoon tea at The Tea Cart tearoom in Berryville, VA. You will receive an elegant assortment of tea sandwiches, warm scones with Devonshire cream and preserves, sweets and a tea of your choice. See www.theteacartva.com **NOTE: The cost is \$40 per person payable in advance**, which includes the tea, taxes, processing fee, and 18% gratuity. **Your registration is not complete until you have paid in full. Transportation is on your own.** Carpooling is encouraged.

Directions to The Tea Cart from Fairfax County Parkway/Route 7W: Take Virginia Route 7 west to intersection with Main Street in Berryville. Turn left onto E. Main Street. En route time approximately 1 hour.

Date/Time: Wed, Oct 27, 1:00-3:00 (Note time)

Location: The Tea Cart

Class Size: Min. 10, Max. 25

Coordinator: Bonnie Hopley

Instructor: This event requires no instructor.

Class: 21FA33 Sorting Fact from Fiction Online (ONLINE) (1 Session)

Do you believe everything you see online? There are plenty of sensationalized headlines, misleading stories, and even complete falsehoods circulating on the internet. It is hard for even the most discerning reader to sort fact from fiction. This class will equip you with valuable tools and resources.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Anna Dixon

Instructor: **LARRY LIPMAN** is a volunteer with AARP Virginia. He is a former executive editor for state news with the AARP Bulletin, contributing editor with AARP The Magazine, Washington correspondent with Cox Newspapers, adjunct professor of journalism at The George Washington University, president of the Regional Reporters Association, and president of The National Press Club. He was also president of the Washington chapters of the Society of American Magicians and the International Brotherhood of Magicians.

Class: 21FA34 Understanding DNA for Genealogy (ONLINE) (1 Session)

Sidney Sachs was confused when he received a bunch of numbers as the result of his Y DNA test. As a statistician and using data from other men's tests, he has been able to understand and become an expert on when mutations occur, how to trace back to when they occurred, and possibly to discern when the most recent common ancestor lived. This class will answer common questions about DNA test results.

Date/Time: Thu, Nov 4, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Arline Sachs

Instructor: **SIDNEY SACHS** is the administrator of several DNA projects, has given talks at international conferences, and has written articles on the subject. He is an LLI member.

Class: 21FA35 Sir Gawain and the Green Knight: an Ironic Romance (1 Session)

Sir Gawain and the Green Knight is a 14th century poetic masterpiece: a work of religious, spiritual, and mystical power. Together we will explore ironic and comic elements in this medieval romance. **Note: a free version of this work, translated by Jessie Weston, is available at https://www.yorku.ca/inpar/sggk_weston.pdf**

Date/Time: Fri, Nov 5, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 110

Coordinator: Nan Peck

Instructor: **CYNTHIA SAENZ-WEINAND** is an adjunct professor of English at NOVA-Annandale. She holds a **Ph.D.** from Oxford University. Her area of expertise is 17th century British literature.

Class: 21FA36 Travel to Spain and Portugal (1 Session)

In 2012 LLI had a marvelous adventure touring Spain and Portugal. Starting in Bilboa, the group traveled to Madrid where they visited the Prado museum. The next stops included Toledo, Seville, Granada, Alhambra, Morocco, and Lisbon. Come see the beautiful pictures from this spectacular trip.

Date/Time: Mon, Nov 8, 10:00-11:30 AM

Location: Greenspring Village, Village Square, Accotink Room

Class Size: Min. 10, Max. 40

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: 21FA37 Opposing Viewpoints (1 Session)

"Opposing Viewpoints" is a rich online resource that collects "reliable facts and targeted opinions." It is especially robust for learning about social issues and current events. In this class NOVA librarian Kevin Simons will assist us in gaining access to this database. See: <https://www.gale.com/c/in-context-opposing-viewpoints>

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 110

Coordinator: Nan Peck

Instructor: **KEVIN SIMONS** has been the instruction services librarian at NOVA-Annandale campus since 2006. A lifelong learner, Kevin has worked in academic libraries for 40 years. He holds a master's degree in library sciences from Wayne State University.

Class: 21FA38 Plating and Presentation Techniques with Food (1 Session)

It is said that presentation is everything. This idea can apply to food. In this class Chef Cal will give ideas for arranging and decorating food to enhance its presentation and wow guests. **Note: there will be a \$5.00 per person fee payable at the door if the class is at St. Matthew's.**

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

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: 21FA39 How Science Works: What's Involved in Large-Scale Science (ONLINE) (1 Session)

The fall, 2020, class "How Science Works" and the spring, 2021, class "What's Involved in Large-Scale Science" 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. This class 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: Everyone is invited to attend this session. However, if you did not participate in Dr. Labov's earlier classes, you are encouraged to explore the class materials on the LLI website in the fall, 2021 folder under (FA21___) prior to this class along with the website *Understanding Science* (https://undsci.berkeley.edu/article/intro_01) with particular focus on the section on Understanding Science 101 (available through the home page), hosted by the University of California, Berkeley.

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

Location: ONLINE

Class Size: Min. 10, 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, 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: 21FA40 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, Nov 12; Nov 19; Dec 3; Dec 10, 1:30-3:30 PM (NOTE TIME)

Location: ONLINE

Class Size: Min. 10, 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: 21FA41 Pathway to Women's Suffrage (1 Session)

The first women's conference was held in Seneca Falls, New York, in 1848. There a movement to obtain equal rights for women, including the right to vote, was begun. The path was not easy and not all women agreed about the right to vote. In August, 1920, the suffrage amendment finally became law, but still only some women could vote.

Date/Time: Tue, Nov 16, 10:00-11:30 AM

Location: Mason District Governmental Center, Community Room

Class Size: Min. 10, Max. 85

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: 21FA42 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 17, 1:30-3:00 PM

Location: NOVA Shuler Bldg (CS), Room 129

Class Size: Min. 10, Max. 107

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: 21FA43 Birds as Parents: Raising Young in the Avian World (1 Session)

Birds have many different strategies for raising young. Waterfowl care for young that are fully mobile except for flight and can feed themselves, while songbirds tend to featherless nestlings that are as helpless as human babies. In some cases only females give parental care while in others the male is the sole provider. Some birds make other species care for their young. We will discuss the various strategies birds use to successfully bring new avian life into the world.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 110

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, the Winter Waterfowl Survey for the Audubon Society of Northern Virginia, and compiles the Washington DC Christmas Bird Count sponsored by the Audubon Naturalist Society. Larry has received several awards from scientific and conservation-based organizations, including the Virginia Society of Ornithology and the Jackson M Abbott Conservation Award for 2013.

Class: 21FA44 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, Dec 7; Dec 14, 10:00-11:30 AM

Location: Spring Hill Club House

Class Size: Min. 10, Max. 45

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: 21FA45 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: Tue, Dec 7, 1:30-3:00 PM

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

Class Size: Min. 10, 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. Scott is an LLI member.

Class: 21FA46 Admiral Hyman G. Rickover and Me: a Young Naval Officer's Reminiscences (1 Session)

ADM Hyman G. Rickover is known as the "Father of the Nuclear Navy." In this class, Joe will give a brief history of the nuclear navy and Rickover's instrumental role in its development. We will also discuss how Rickover's leadership and insistence on professional excellence and integrity profoundly influenced the instructor's career and general outlook.

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

Location: Greenspring Village, Hunters Crossing

Class Size: Min. 10, Max. 40

Coordinator: Doug Johnson

Instructor: **JOE SLOMSKI** earned B.S. and M.S. degrees in aeronautics and astronautics at Purdue and received a Ph.D. in aerospace engineering from the University of Maryland. His interview with ADM H. G. Rickover was in February 1978. From 1979 through 1984, Joe was a naval officer and nuclear power engineer at Naval Reactors (NAVSEA 08). From 1984 he was a computational fluid dynamics practitioner at the Carderock Division of the Naval Surface Warfare Center, retiring there in 2016 as head of the Computational Analysis and Design Branch.

Class: 21FA47 Glimpses of Life with the Six Nations (Iroquois) with Mabel Powers (1 Session)

Barbara Stiffler will bring to life Mabel Powers, an amazing woman who was famous in her own day, but unknown today. She was an international lecturer and performer, peace-worker, nature lover, author, suffragist, storyteller, and keeper of Six Nations' lore. In persona, Barbara will use many of Powers' own words. You will have glimpses of Six Nations' life, stories, and the answer to the question: What inspired our founders when they wrote our national guiding principles and forms? Then as herself, Barbara will give further insight into Six Nations' culture and the answer to the question: What influenced Susan B. Anthony, Elizabeth Cady Stanton, and Matilda Joslyn Gage as they articulated the philosophy and early documents of feminism? Come and find out the real story -- the one you thought you knew.

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

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

Class Size: Min. 10, Max. 45

Coordinator: Judy Robison

Instructor: **BARBARA STIFFLER** has had a life-long interest in Native Americans. She has read and studied a number of indigenous nations. One of the reasons for this class was the realization that what she's read was overwhelmingly written by Euro-American authors. There has developed an explosion of writing -- poetry, history, novels, and music -- coming from Indian country. Taking advantage of this, Barbara will present a picture of the Six Nations that comes as much as possible from Native American sources. She has also found rarely written-about stories (having to do with our Constitution, for instance) and people who were important to Six Nations' culture but have faded into obscurity.

Class: 21FA48 Perspectives on Local Government (1 Session)

This class will give an inside look at how resident engagement, public feedback, and grassroots advocacy help County officials improve the community. Supervisor Walkinshaw will also provide his perspective on current Braddock District topics of interest and offer his outlook for the County moving forward. Attendees are encouraged to familiarize themselves with current local projects. Local projects and initiatives can be found in Supervisor Walkinshaw's monthly newsletter.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 110

Coordinator: Richard Robison

Instructor: **JAMES WALKINSHAW** represents the Braddock District on the Fairfax County Board of Supervisors. Supervisor Walkinshaw serves as Chairman of the Board's Legislative Committee and as Vice-Chairman on both the Older Adults and Public Safety Committees. He also serves on the Northern Virginia Regional Commission, the Northern Virginia Transportation Commission, the National Capital Transportation Planning Board, the Virginia Association of Counties Board, and the Virginia Railway Express Executive Committee. Prior to being elected to the Board of Supervisors, he served more than a decade as Chief of Staff to Congressman Gerry Connolly. James and his wife, Yvette, live in the Ravensworth Farm neighborhood with their son Mateo."

Class: 21FA49 Protect Yourself from Fraud and Identity Theft (ONLINE) (1 Session)

Identity theft is the biggest and fastest growing crime in the world with billions of dollars stolen every year from people like you. It is so widespread that every two seconds someone's identity is compromised. The Federal Trade Commission (FTC) fielded nearly 1.4 million complaints about identity theft in 2020, more than double the 2019 total. This class will define the types of identity theft and the impact they have on an individual. We will address how to avoid becoming a victim, and, if it does happen, how to regain your identity.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Paul Hopley

Instructor: **MARTIN BAILEY** is currently the AARP volunteer Fraud Watch Network representative for Virginia. He does presentations concerning Medicare, Social Security, and individual fraud. He is also a member of the Virginia's Senior Medicare Patrol doing educational presentations dealing with the detection, prevention, and reporting of fraud and abuse in the Medicare program. In addition to his involvement in public presentations, he is a volunteer counselor for the National Fraud Watch Network Helpline assisting victims of fraud. He has recently finished his research on the "Psychology of the Scam – Why We Become Victims." Prior to becoming an AARP volunteer Martin was a volunteer for the Crisis Text Line handling personal crises covering the spectrum from physical abuse, depression, rape, self harm, and suicide.

Class: 21FA50 Camouflage: To Be or Not to Be (1 Session)

It's an eat or be eaten world. Dr. Steve Cohen uses high definition underwater devices to illustrate how camouflage techniques are used by undersea creatures, who are potential dinner to others, to avoid their fate. But wait --- predators have to eat too, and they have developed their own techniques to escape detection. Questions from the audience are encouraged.

Date/Time: Thu, Dec 16, 1:30-3:00 PM

Location: Greenspring Village, Village Square, Accotink Room

Class Size: Min. 10, Max. 40

Coordinator: Doug Johnson

Instructor: **STEVE COHEN** is a graduate of the New York College of Veterinary Medicine. He was in practice for 35 years before retiring in 2010. He became a certified scuba diver in 1988 and began doing underwater video and editing in 1996. Steve now travels the world pursuing his passion. His video presentations have won awards and been shown at the prestigious San Diego Underwater Film Exhibition.