

LLI Spring 2022 Catalog

Class: **22SP01** **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: Thu, Dec 9, 10:00-11:30 AM

Location: Braddock Hall

Class Size: Min. 2, Max. 15

Coordinator: Richard Robison

Instructor: **RICHARD ROBISON** is a retired Air Force officer, airlift pilot, squadron commander, and former director of intelligence support for a small business. He has a B.S. in electrical engineering from the University of Michigan and an M.B. from Georgia College. Dick is an LLI member and currently serves on the board of directors and as chair of the curriculum committee.

Class: **22SP02** **Genes, DNA, the Genetic Code, and the Genetics of SARS-CoV-2: the Virus That Causes Covid-19 (8 Sessions)**

NOTE: This class is being rescheduled to possibly be offered in the summer or fall semester.

Class: 22SP03 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: Thu, Jan 6, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Nan Peck

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

Class: 22SP04 Shepherds and Wise Men (2 Sessions)

The key events of Christianity were the primary focus of art in Europe for many centuries. Artists used a variety of different approaches in their many illustrations of the Christmas story. The birth of Christ, adoration of the shepherds, and the arrival of the wise men were standard subjects. We'll look at paintings from Gothic through Baroque eras to sample many different interpretations. Shepherds will make their appearance in the first class. The wise men will arrive for the second one followed by a look at contemporary Epiphany celebrations.

Dates/Time: Mon, Jan 10; Jan 17, 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: 22SP05 A Recipe a Month for the Year (1 Session)

New recipes will be chosen to match the time of year in which they will be served. **NOTE: There is a \$5.00 per person materials fee payable at the door.**

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

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

Class Size: Min. 10, Max. 25

Coordinator: Bonnie Hopley

Instructor: CALVIN KRAFT attended L'Academie de Cuisine and The Culinary Institute of America and has taught culinary classes. He worked in the corporate world of the travel and hospitality industry for 30 years. After retiring, he was the owner and executive chef of Dinner Is Served LLC, a personal chef/catering operation.

Class: 22SP06 Methane's Role in Climate Change (1 Session)

Methane is widely recognized as one of the worst greenhouse gases contributing to climate change. Methane independently functions as a powerful accelerant of greater atmospheric heating, faster ice melt, more severe weather disturbances, ocean acidification, and rising seas. This threat, and what is being done to mitigate it, will be the subject of this class.

Date/Time: Thu, Jan 13, 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: 22SP07 Art, Architecture, and Ambience in Ancient Rome (1 Session)

Ruins and museums create a picture of everyday life in ancient Rome. We will view photos of indoor spaces with painted walls and mosaics of incredible beauty. Renaissance Rome covered developing styles of architecture, sculpting, and painting from Early Renaissance to Baroque. We will discuss works of Michelangelo, Raphael, Bernini, and Caravaggio. The 2000 year old Jewish presence and a brief look at contemporary Rome will complete the presentation.

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

Location: Greenspring Village, Village Square, Accotink Room

Class Size: Min. 10, Max. 40

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: 22SP08 Glimpses of Six Nations' Life (1 Session)

For decades there has been an argument in academia about whether the oral record and traditions of Native Americans are accurate. With better technology and more open minds, it has been found that much in that record comports with historical or archaeological evidence. The early history of the Haudenosaunee (Six Nations or Iroquois) will be presented including their experiences in the Revolutionary War and their influence on the founding and national symbols of the United States. Ironically, the Haudenosaunee example will have disturbing ramifications in U.S. history about 60 years later.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Judy Robison

Instructor: **BARBARA STIFFLER** has had a life-long interest in Native Americans. She has read and studied a number of Native American nations and realized that most of the material was overwhelmingly written by Euro-American authors. There has recently been an explosion of writing - especially poetry, but also history, novels, and music - from indigenous people. Taking advantage of this, Barbara will present a picture of the Six Nations that comes as much as possible from Native American sources.

Class: 22SP09 The Laws of War and Peace (1 Session)

This class shall survey the contents of the Geneva (1906-07, 1949) and Vienna Conventions (1961-86) that provide the basis of the international laws of warfare and of peaceful relations among nation-states, respectively. Theoretical background from the influential thought of such authors as Hugo Grotius and Emir de Vatel will be considered, together with the international conflicts and transformations that gave rise to these treaties. Within the global context of purportedly increasing disorder, reiteration of the outlines of international law on these questions is needed and timely.

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

Location: NOVA CN Bldg, Room 126

Class Size: Min. 7, Max. 68

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: 22SP10 Power and Perseverance: The African American Perspective (1 Session)

This presentation will focus on works by African American artists in the Smithsonian American Art Museum collection. We will examine how artists engage with the issue of power and depict perseverance in the face of challenges in American history. African American artists have used their work to convey struggles for freedom, equality, and justice and have also sought to retain their cultural heritage. The chosen artworks will lead us into a discussion of ways that artists worked and created during various time periods.

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

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: 22SP11 More Glimpses of the Richness of Haudenosaunee Culture (1 Session)

Get a glimpse into the rich culture of the Haudenosaunee (Six Nations or Iroquois) with an emphasis on women. Barbara will describe their lives and how they influenced early suffragists as they articulated the philosophy and wrote the early documents in the fight to win the vote for women. Learn how what was left out of our founding documents caused a spark that ignited a conflagration in U.S. politics. Intriguing people, stories, a soupcon of art, ceremonies, and a video of Haudenosaunee music and dancing will be presented.

Date/Time: Wed, Jan 26, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Judy Robison

Instructor: **BARBARA STIFFLER** has had a life-long interest in Native Americans. She has read and studied a number of Native American nations and realized that most of the material was overwhelmingly written by Euro-American authors. There has recently been an explosion of writing - especially poetry, but also history, novels, and music - from indigenous people. Taking advantage of this, Barbara will present a picture of the Six Nations that comes as much as possible from Native American sources.

Class: 22SP12 Climate, Sustainability, Hope, and Action (1 Session)

We are on the cusp of a sustainability revolution, as governments, corporations, nonprofits, and individuals move toward a clean energy economy that promises a healthier and safer world for all. The climate crisis is unfolding faster than anyone expected, along with a worldwide critical loss of biodiversity. We will discuss what individuals can do in these times, from planting trees to electing politicians who respect science.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Philippa Centini

Instructor: **CINDY SPEAS** and **JOHN CLEWETT** are trained Climate Reality Project leaders who have given presentations on climate to church groups, school groups, and others. As members of the Earth Care Team (at Lewinsville Presbyterian Church) and the Faith Alliance for Climate Solutions, Cindy leads tree canopy topics and John leads statewide transportation issues. Cindy is a member of the Fairfax County Tree Commission and John heads a group of Climate Reality Project leaders focusing on food and climate matters.

Class: 22SP13 Those Nettlesome Aliens (1 Session)

On October 30, 1938, at 8 p.m. Orson Welles aired an adaptation of H.G. Wells' War of the Worlds. The presentation was on the CBS Radio Network in the form of a live radio newscast. The next morning newspapers across the country were filled with stories of large numbers of people panicking because they believed the story was an actual news event. We will explore the nature of the times leading up to this event, why people were anxious, and what happened the night of the broadcast and thereafter. Along the way, we will look at the tensions forming between established newspapers and young radio media about how the news was communicated then and how it would be communicated in the future. The URL link to the 1938 broadcast will be provided prior to the class.

Date/Time: Wed, Feb 9, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Thomas Plewes

Instructor: **DENNIS VAN DERLASKE** is a member of University of Mary Washington ElderStudy in Fredericksburg. He frequently lectures on topics of "vernacular history." Dennis is a past member of the Prince William County Historical Commission, currently serves on the board of the Prince William County Historical Society, and is on the curriculum committee for ElderStudy.

Class: 22SP14 The Five Mother Sauces and How to Use Them (1 Session)

Sauces are one of the fundamentals of cooking. Know the basics and you'll be able to prepare a multitude of recipes like a professional. Learn how to make the five basic sauces known as the "Mother Sauces" along with their most common derivatives and WOW your dinner guests. **NOTE: There is a \$5.00 per person materials fee payable at the door.**

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

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: 22SP15 Great Decisions 2022 (9 Sessions)

NOTE: Registration for this class will close on Jan 1, 2022. We will have in-depth discussions of nine major foreign policy issues facing the United States in 2022. Each will begin with a 30 minute video of a discussion by experts on each of these topics followed by a one hour discussion based on the Foreign Policy Association briefing book.

Feb. 10: Changing Demographics

Feb. 17: Outer Space

Feb. 24: Climate Change

March 3: Russia

March 10: Myanmar and ASEAN

March 17: The Quad Alliance

March 24: Industrial Policy

March 31: Drug Policy in Latin America

April 14: Biden's Agenda

Note: Cost is \$38 for the briefing book and your contribution to the cost of the video. Please pay the fee by credit card or a check payable to LLI/NOVA with your registration.

Dates/Time: Thu, Feb 10; Feb 17; Feb 24; Mar 3; Mar 10; Mar 17; Mar 24; Mar 31; Apr 14, 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: 22SP16 Who Is Watching Whom? Your Smart TV and Your Privacy (1 Session)

Smart TVs and other smart devices have entered our homes, offering unprecedented access to video programming and information at the touch of our fingers or the sound of our voices. However, unless you are diligent about following the news or reading the fine print in service documents, you may not be aware that the companies behind your smart devices are collecting, using, and sometimes selling your personal information. Join presenters from Fairfax County's Department of Cable and Consumer Services as they explain what personal information these devices collect, why and how they do it, and what you can do to limit or prevent unwanted intrusions into your privacy.

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

Location: ONLINE

Class Size: Min. 5, Max. 97

Coordinator: Philippa Centini

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

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

Class: 22SP17 Outbreaks: Past and Present (1 Session)

NOTE: This class will also be available online on Feb 23. Since the earliest recorded history, man has been plagued by disease. It was not until relatively recent times that we understood that most diseases came from microorganisms. We are continuing to learn of new microorganisms everyday and how humans may be adversely exposed to them via our connections with other humans, animals, and our shared environment. In this class we will travel through time to see how disease has shaped our lives today and our response to COVID-19.

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

Location: NOVA CN Bldg, Room 227

Class Size: Min. 10, Max. 78

Coordinator: Philippa Centini

Instructor: **TONYA NICHOLS** has more than 25 years of experience in microbiology and biodefense, She serves as a Senior Science Advisor in EPA's Center for Environmental Solutions and Emergency Response. In this role, Tonya focuses on building interagency collaborations and coordination with White House science policy workgroups related to biodefense. She also represents the EPA on the Biodefense Coordination Team supporting the implementation of the National Biodefense Strategy.

Class: 22SP18 CBD 101: The Health Effects of THC and CBD (1 Session)

NOTE: This class will also be available live on April 12. This class is designed to provide insightful information about the cannabis plant. Students will learn about the history and science of cannabis, current laws governing its use, and the various methods of consumption, with a focus on CBD (cannabidiol). The class will discuss the therapeutic effects and associated risks of CBD, how to identify the difference between safe and unsafe products, and how to administer CBD to minimize risks and maximize benefits. This knowledge will be helpful in making informed, personal decisions regarding the use of CBD to address specific ailments and diseases.

Date/Time: Wed, Feb 23, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Philippa Centini

Instructor: **BETH COLLINGWOOD** has worked in the pharmaceutical industry for almost 20 years and is the owner of Your CBD Store in Gainesville and Fairfax, Virginia, as well as Green Wellness LLC. Her personal journey with CBD began in 2015 when she was diagnosed with blood cancer and began looking for more natural remedies to help with the pain, anxiety, and insomnia that were side effects of treatment. Beth found a natural remedy in CBD and was inspired to become a Certified Cannabis Consultant. Her boutique-style CBD shop is focused on providing a comfortable and safe space where each client can discuss the benefits, safety, and relevance of cannabis. Her philosophy is if people understand the “why behind the what” they can make informed decisions that best suit their personal needs and goals.

Class: 22SP19 Outbreaks: Past and Present (1 Session)

NOTE: This class is also available live on Feb 16. Since the earliest recorded history, man has been plagued by disease. It was not until relatively recent times that we understood that most diseases came from microorganisms. We are continuing to learn of new microorganisms everyday and how humans may be adversely exposed to them via our connections with other humans, animals, and our shared environment. In this class we will travel through time to see how disease has shaped our lives today and our response to COVID-19.

Date/Time: Wed, Feb 23, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Richard Robison

Instructor: **TONYA NICHOLS** has more than 25 years of experience in microbiology and biodefense, She serves as a Senior Science Advisor in EPA's Center for Environmental Solutions and Emergency Response. In this role, Tonya focuses on building interagency collaborations and coordination with White House science policy workgroups related to biodefense. She also represents the EPA on the Biodefense Coordination Team supporting the implementation of the National Biodefense Strategy.

Class: 22SP20 A Brief History of Music (1 Session)

The origins of music, like the origins of language, are widely debated. This timeline, from prehistoric to current era, is so vast that only brief pauses are permitted along the way. We will discuss why music exists, how it began, and the role it plays in our lives.

Date/Time: Mon, Feb 28, 10:00-11:30 AM

Location: Greenspring Village, Village Square, Accotink Room

Class Size: Min. 10, Max. 40

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. Ira is an LLI member.

Class: 22SP21 Muslims' Belief in a Next Life (2 Sessions)

This class will provide a systematic description of life in the hereafter according to Islam. Belief in the next life is a major part of Muslims' beliefs. The Qur'an provides very vivid and graphic descriptions of the next life, the Day of Judgment, the judgment process, and the nature of subsequent rewards and punishments for all human beings.

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

Location: NOVA CN Bldg, Room 227

Class Size: Min. 10, Max. 78

Coordinator: Nan Peck

Instructor: **DAOUD NASSIMI** is an associate adjunct professor of Islam at NOVA-Annandale with an M.A. and Ph.D. in Islamic Studies.

Class: 22SP22 Poetry Writing (4 Sessions)

Join us to discover or revisit the poet within! From the beatific to the bawdy, we will write, share, and cheer each other on.

Dates/Time: Fri, Mar 4; Mar 11; Mar 18; Mar 25, 1:30-3:30 PM (Note time)

Location: Little River United Church of Christ, Room 8

Class Size: Min. 10, Max. 15

Coordinator: Marianne Moerman

Instructor: **ED SADTLER** has been reading and writing poetry for many years. He is a long-time member of LLI/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: 22SP23 Ice Age Cave Art (1 Session)

Experience the thrill of discovery as a flickering flashlight brings to life lumbering mammoths, stalking cave lions, and running horses—all paintings on the walls of Ice Age caves! Marvel at the skill of artists from 12,000 years ago and the amazing realism of their paintings, carvings, and sculptures. We will look at the famous Lascaux cave and the more recently discovered but even older Chauvet cave and will try to understand why these paleolithic people were inspired to create such awesome art.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Philippa Centini

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: 22SP24 Rice Bowls (1 Session)

Dinner for one or two. There is something comforting about a bowl of rice topped with veggies, meat, or even fruit. Having your entire meal in one bowl saves on cleanup time! We will look at an assortment of rice bowl recipes that you might have to add to your arsenal of go to weeknight dinners. **NOTE: There is a \$5.00 per person materials fee payable at the door.**

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

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

Class Size: Min. 10, Max. 25

Coordinator: Bonnie Hopley

Instructor: **CALVIN KRAFT** attended L'Academie de Cuisine and The Culinary Institute of America and has taught culinary classes. He worked in the corporate world of the travel and hospitality industry for 30 years. After retiring, he was the owner and executive chef of Dinner Is Served LLC, a personal chef/catering operation.

Class: 22SP25 Bad Popes (1 Session)

We'll look at a rogue's gallery of unworthy men who became pope, e.g., Sergius III (history's most vile pope who even Satanists fear) and Benedict IX (the 3-time pope turned werewolf). For decorum's sake, we will briefly look at some contemporary worthy popes who were as disgusted of their predecessors as you'll be. However, keep in mind that there's more to a picture than meets the eye and that whenever humans are involved, the sacred and profane will co-exist.

Date/Time: Wed, Mar 23, 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: 22SP26 A Woman's Place Is . . . (1 Session)

The class will examine the fight for women's equality in the United States. It will focus on the three waves of the feminist movement, from fighting for the right to vote to fighting for equal rights.

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

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 Ph.D. dissertation, "A Small, but Well Chosen Library: Women and Rural Reading Communities in the Age of the Early Republic".

Class: 22SP27 Mosquito & Tick Management: Pesticide Reduction for Pollinator Protection (1 Session)

The mosquito/tick presentation is given in cooperation with the Virginia Cooperative Extension Service and provides the following information:

For mosquitoes:

- the most common mosquitoes in Virginia, their life cycle, and when and where they're most active
- the most effective way to reduce mosquito populations in yards and communities without chemicals
- the best ways to protect against mosquito bites wherever you are
- how to protect pollinators and other beneficial critters from harm while dealing with unwanted mosquitoes.

For ticks:

- key identification information for the most common ticks in VA and their life cycles
- how they spread disease
- the safest ways to avoid and repel them
- what to do if you find a tick on people or pets
- types of tick-borne diseases and symptoms of Lyme Disease and Rocky Mountain Fever

Date/Time: Mon, Mar 28, 1:30-3:00 PM

Location: NOVA CC Bldg, Room 217

Class Size: Min. 10, Max. 43

Coordinator: Nan Peck

Instructor: KASHA HELGET is a master naturalist and board member of the Arlington Regional Master Naturalists (ARMN). She researched and assisted in developing outreach materials involving mosquitoes and ticks with the Virginia Cooperative Extension Service, members of the Master Gardeners of Northern Virginia, and ARMN.

Class: 22SP28 The Rise and Fall of the Inca Civilization (1 Session)

Discover how a small tribe in the heart of the Andes created an empire that extended over 4,000 miles in length. Learn about their religions and social customs and why they rose and fell so quickly.

Date/Time: Tue, Mar 29, 10:00-11:30 AM

Location: Greenspring Village, Hunters Crossing Conf. Ctr.

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: 22SP29 Coping With Grief (1 Session)

Grief doesn't have to be about death. It can follow a marriage breaking up, friendship unraveling, declining health, and other losses. In our lifetime we all experience grief, no one gets a pass. In this class we will look at several facets of grief, discuss observations about the experience, and explore how to live through it and with it.

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

Location: NOVA Shuler Bldg (CS), Room 136

Class Size: Min. 10, Max. 60

Coordinator: Philippa Centini

Instructor: **LYNN HOOVER** is a certified senior advisor (CSA), a senior real estate specialist (SRES), and an associate real estate broker with McEneaney Associates. She has spent over 40 years helping folks buy and sell real property. Assisting and counseling her many over-55 clients and exploring their options is a large part of Lynn's business and one she treasures with each relationship she and her clients build together.

Class: 22SP30 Music of the Depression and World War II (1 Session)

This presentation will cover the music that flows through the Depression and WWII, two defining chapters in American history. As we travel through these unsettling periods, we will consider the words and music in the context of the people living through them. Some of these works may evoke personal connections in your own

Date/Time: Mon, Apr 4, 10:00-11:30 AM

Location: Greenspring Village, Village Square, Accotink Room

Class Size: Min. 10, Max. 40

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. Ira is an LLI member.

Class: 22SP31 U.S. Economy: Where Are We Now? (1 Session)

This class will examine U.S. macroeconomic conditions.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 118

Coordinator: Nan Peck

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

Class: 22SP32 Before RBG became Notorious (1 Session)

While Ruth Bader Ginsburg was a fine jurist, her major impact on the law, and on this country, came from her path-breaking gender equality litigation in the 1970s. What got her interested in the status of women (and men)? What did she do that was so novel? Why did the rabbi who officiated at her memorial in the Supreme Court describe her as "the rare prophet who not only imagines a new world, but also makes that new world a reality in her lifetime"? This session we will examine RBG as an attorney who helped change the course of history.

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

Location: ONLINE

Class Size: Min. 20, Max. 97

Coordinator: Philippa Centini

Instructor: **PHILIPPA STRUM** taught American government and constitutional law at various universities for 35 years before becoming Director of U.S. Studies at the Wilson Center in D.C. Her numerous books include "When the Nazis Came to Skokie: Freedom for the Speech We Hate," "Louis D. Brandeis: Justice for the People," and "Women in the Barracks: the VMI Case and Women's Rights."

Class: 22SP33 Richard Risk's Poetry and You (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 8; Apr 15; Apr 22; Apr 29, 1:30-3:30 PM (Note time)

Location: Little River United Church of Christ, Room 8

Class Size: Min. 8, Max. 25

Coordinator: Marianne Moerman

Instructor: **KATHRYN O'TOOLE** joined LLI/NOVA in 2011 and recently served on the LLI/NOVA Board of Directors. She is especially fond of LLI/NOVA's poetry offerings and is active with the organization's Favorite Books Special Interest Group (SIG). She received her B.A. from the University of California.

Class: 22SP34 CBD 101: The Health Effects of THC and CBD (1 Session)

This class is designed to provide insightful information about the cannabis plant. Students will learn about the history and science of cannabis, current laws governing its use, and the various methods of consumption, with a focus on CBD (cannabidiol). The class will discuss the therapeutic effects and associated risks of CBD, how to identify the difference between safe and unsafe products, and how to administer CBD to minimize risks and maximize benefits. This knowledge will be helpful in making informed personal decisions regarding the use of CBD to address specific ailments and diseases.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 118

Coordinator: Philippa Centini

Instructor: **BETH COLLINGWOOD** has worked in the pharmaceutical industry for almost 20 years and is the owner of Your CBD Store in Gainesville and Fairfax, Virginia, as well as Green Wellness LLC. Her personal journey with CBD began in 2015 when she was diagnosed with blood cancer and began looking for more natural remedies to help with the pain, anxiety, and insomnia that were side effects of treatment. Beth found a natural remedy in CBD and was inspired to become a Certified Cannabis Consultant. Her boutique-style CBD shop is focused on providing a comfortable and safe space where each client can discuss the benefits, safety, and relevance of cannabis. Her philosophy is if people understand the “why behind the what” they can make informed decisions that best suit their personal needs and goals.

Class: 22SP35 100% Pleasure: Low Fat Recipes (1 Session)

From appetizers to desserts, each dish is low in fat and high in flavor. Some of the featured dishes are Herbed Broccoli Bisque, Roasted Winter Vegetables, Turkey Scallopini with Lemon and Parsley, and a warm Chocolate Bread Pudding. You'll never miss the fat! **NOTE There is a \$5.00 per person materials fee payable at the door.**

Date/Time: Wed, Apr 13, 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: 22SP36 Painting with Padma (1 Session)

This is a contemporary painting class where students will learn about painting from memory. Students will take a snapshot with their mind and transfer it to the canvas. The instructor will direct students in creating a free, loose drawing which will form the skeleton of the painting. After establishing the drawing, students will be guided on brush work and learn to listen to their own internal visual input.

NOTE: Students should bring watercolor paper (140 lb.), two brushes – one thin and the other thick, and some watercolor paints. The class coordinator will have suggested supplies to loan class participants as needed.

Date/Time: Mon, Apr 18, 10:00 AM -12:00 PM (Note time)

Location: Spring Hill Club House

Class Size: Min. 3, Max. 12

Coordinator: Anna Dixon

Instructor: PADMA SURAPUREDDI has been painting since she was a child. She is the daughter of Indian contemporary master oil painter, Dr. M. Reddeppa Naidu. Though her first love is writing, she focused more on her art when she left her native country and came to California in 1997. From her father, she learned to paint with a free mind. Her chief interest lies in capturing a mood or an emotion through figurative work. Now she experiments with concepts and abstractions. Her work can be viewed at <https://fineartamerica.com/profiles/padma-prasad>. Padma is part of the Fairfax Art League and she teaches at the Green Acres Senior Center.

Class: 22SP37 Pirates of the Caribbean (1 Session)

Find out about the exciting, lucrative, difficult, and short lives of the scoundrels who sailed the Caribbean in search of plunder, This presentation includes an examination of the myths associated with piracy - a few of which are true!

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

Location: Greenspring Village, Village Square, Accotink Room

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: 22SP38 Rhythm, Rebellion, and Resistance: StepAfrika! And Drumfolk (1 Session)

StepAfrika! is the only professional dance company dedicated to the African tradition of stepping: a complex, percussive, highly energetic art form that melds folk traditions with pop culture. Its newest production, Drumfolk, is inspired by the Stono Rebellion of 1739 that took place in the Deep South. "They took the drums away, but they could not stop the beat." Discover the historical roots of StepAfrika! and enjoy an opportunity to participate in a live demonstration of stepping with a member of the troupe. **Note: This class is offered in conjunction with an optional cultural excursion to a matinee performance of Drumfolk at Arena Stage on June 15, 2022. Sign up for each event separately. Attending the class is encouraged but not required for the cultural excursion.**

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

Location: Greenspring Village, Hunters Crossing Conference Center

Class Size: Min. 10, Max. 40

Coordinator: Philippa Centini

Instructor: ANN BELKOV is the retired superintendent of the Statue of Liberty Ellis Island Museum National Park and has served on the board of StepAfrika! for six years. Her co-instructor is a staff member from the Drumfolk troupe.

Class: 22SP39 Family Research at the National Archives (ONLINE) (1 Session)

The National Archives online research catalog provides tools to use in doing genealogical research beyond Ancestry.com, such as passenger ship lists, POW records, and naturalization applications. This class is designed to help those in their research at the National Archives both online and in person. Prior to the class download the handout from the LLI website under "Classes" - "Online Class Materials."

Date/Time: Tue, Apr 26, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Arlene Gribben

Instructor: **MARY LIPSEY** is a native of Fairfax County and a retired seventh grade American History teacher. After retirement, she began researching and writing books.

Class: 22SP40 Controversial Presidential Elections from Jefferson to Trump (CLASSROOM ONLY) (1 Session)

If you think politics is nasty today, wait until you hear the story of a vice-president killing his political opponent in a duel. In two presidential elections the House of Representatives determined the victor since no candidates received a majority from the electoral college. This presentation will discuss these events, the reasons why Franklin Roosevelt broke the two-term tradition, and the influence of the media in presidential elections.

Date/Time: Wed, Apr 27, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 227

Class Size: Min. 10, Max. 78

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: 22SP41 Spring Walking Tour (1 Session)

On this free, one hour guided tour we will look for signs of spring. Enjoy a variety of blooms in the woodland Native Plant Collection and ornamental gardens. Participants should wear walking shoes and bring a bottle of water for this outing on moderate terrain.

Date/Time: Tue, May 3, 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. For 13 years she 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. As Meadowlark's Program Manager, Jules enjoys leading garden tours, presenting educational programs, and facilitating special events.

Class: 22SP42 Park Ranger Grab Bag: Part 1 (1 Session)

In honor of the 100th anniversary of the dedication of the Lincoln Memorial, the Park Rangers will present a series of classes about this remarkable landmark.

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

Location: Mason District Governmental Center, Large Room

Class Size: Min. 10, Max. 50

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: 22SP43 Park Ranger Grab Bag: Part 2 (1 Session)

See "Park Ranger Grab Bag: Part 1" for details about the classes to be presented this term.

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

Location: Mason District Governmental Center, Large Room

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

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

Class: 22SP44 Antipope Benedict XIII: True Pope? (1 Session)

The reign of antipope Benedict XIII (1394-1423, Pedro de Luna) overlapped those of four legitimate popes of the Roman Obedience. After this talk, whenever you see the crescent moon in the night sky, you may wonder if he was indeed True Pope. As evidence, consider how Mighty Neptune answered him during a storm at sea.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Paul Hopler

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: 22SP45 Intergenerational Communication: Problems and Solutions (1 Session)

The U.S. has always been known as a diverse society with many ages and cultural groups represented. Recent data shows that the U.S. is becoming an older society with 1 in 5 Americans estimated to be over the age of 65 by 2030. In this presentation we will discuss the importance of understanding intergenerational communication, including the problems and solutions to this under-appreciated form of diversity. We will touch on why ageism has been called the third great -ism of our time, the debate over technology as “the great divide,” and how we can promote better communication through language and relationship behaviors.

Date/Time: Thu, May 12, 7:00-8:30 PM (Online Only)

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Nan Peck

Instructor: **CAROL QUADE** is a NOVA adjunct faculty member in the Communication Studies and Theater Department at NOVA-Annandale. She holds a Ph.D. in communication and has been teaching and living overseas as a foreign service family member for 20 years.

Class: 22SP46 LLI Goes Baltic (1 Session)

Conne Rubinstein will share her video of LLI's Baltic Sea cruise. Areas featured will include Helsinki, Finland; St. Petersburg, Russia; Tallinn, Estonia; Riga, Latvia; Visby, Gotland Island, Sweden; Gdansk, Poland; Bornholm, Denmark; Rostock, Germany; and Berlin, Germany.

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

Location: Greenspring Village, Village Square, Accotink Room

Class Size: Min. 10, Max. 40

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: 22SP47 Oposing Viewpoints (1 Session)

"Oposing 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, May 17, 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: 22SP48 Springtime Brunch (1 Session)

It's not breakfast and it's more than lunch. We call it brunch and there is no better time than spring to offer a delicious brunch for family and guests to enjoy. Fresh Apple Cake, Zucchini Frittata, and a delicious Roasted Salmon with Thyme and Honey-Mustard Glaze are just a few of the recipes we will be discussing. **NOTE: There is a \$5.00 per person materials fee payable at the door.**

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

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

Class Size: Min. 10, Max. 25

Coordinator: Bonnie Hopley

Instructor: **CALVIN KRAFT** attended L'Academie de Cuisine and The Culinary Institute of America and has taught culinary classes. He worked in the corporate world of the travel and hospitality industry for 30 years. After retiring, he was the owner and executive chef of Dinner Is Served LLC, a personal chef/catering operation.

Class: 22SP49 Park Ranger Grab Bag: Part 3 (1 Session)

See "Park Ranger Grab Bag: Part 1" for details about the classes to be presented this term.

Date/Time: Wed, May 18, 1:30-3:00 PM

Location: Mason District Governmental Center, Large Room

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

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

Class: 22SP50 Park Ranger Grab Bag: Part 4 (1 Session)

See "Park Ranger Grab Bag: Part 1" for details about the classes to be presented this term.

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

Location: Mason District Governmental Center, Large Room

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

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