



# LLI Fall 2023 Catalog

## Class: **23FA01**      **The Occoquan Suffragists (1 Session)**

This class discusses the incarceration of 72 members of the National Women's Party at the Occoquan Workhouse in 1917. Who were these women, what had they done, and how were they treated? What led to their release and did their imprisonment impact the effort to get the 19th Amendment ratified?

Date/Time: Mon, Sep 11, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 126

Class Size: Min. 10, Max. 68

Coordinator: Judy Robison

Instructor: **ALICE REAGAN** taught history at NOVA-Woodbridge for over 30 years and was named Professor Emerita in History in 2022. She is a co-founder of the Lucy Burns Museum at the Workhouse Arts Center in Lorton where she serves as a docent and consultant.

## Class: **23FA02**      **Mystery of the Centreville Six (1 Session)**

One hundred and thirty-three years after one of the earliest confrontations in the Civil War, a local relic hunter came across the skeletal remains of a soldier in what is now a fast food restaurant's parking lot. Excavation and exhumation took place led by a team of archeologists and forensic anthropologists from Fairfax County and the Smithsonian Institution. What they found surprised everyone. Forensic analysis and a five year research effort brought a fitting closure to the story.

Date/Time: Wed, Sep 13, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 126

Class Size: Min. 10, Max. 68

Coordinator: Scott Campbell

Instructor: **JIM LEWIS** is a noted local historian, lecturer, and tour guide, focusing primarily on the Civil War, WWII, and the Cold War. His bi-annual Hunter Mill Road Corridor Historical Tour has been a favorite for years. Jim has also authored more than thirty historical markers and been a past "Lord Fairfax" designate.

## Class: **23FA03**      **What's Next For the U.S. Economy? (1 Session)**

John Min will discuss the present state of economics in the U.S. and his projections for the future.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 20, Max. 120

Coordinator: Richard Robison

Instructor: **JOHN MIN** is a professor of economics at NOVA-Alexandria. He received a Ph.D. in economics from George Mason University, and an M.B.A. in international business and a B.A. in political science from George Washington University.

**Class: 23FA04      Lorton Prisons (1 Session)**

The ninety-one year history of the Lorton Prison Complex will be discussed including why the Occoquan Workhouse was located in Fairfax County, how the carceral methods there changed from progressive reform to isolation, and why it was closed in 2001.

Date/Time: Mon, Sep 18, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 126

Class Size: Min. 10, Max. 68

Coordinator: Judy Robison

**Instructor:** ALICE REAGAN taught history at NOVA-Woodbridge for over 30 years and was named Professor Emerita in History in 2022. She is a co-founder of the Lucy Burns Museum at the Workhouse Arts Center in Lorton where she serves as a docent and consultant.

**Class: 23FA05      Super Special Sardinia (1 Session)**

Join us as we learn about the fascinating island of Sardinia. It is a storehouse of archaeological treasures and rugged scenery. Enjoy cultural celebrations with their fantastic costumes.

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

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 45

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: 23FA06      Easy Vegetarian Meals (1 Session)**

Chef Cal will skip the meat and concentrate on healthy and easy vegetable choices in this class. **Note: there is a \$5 fee for this class, payable at the door.**

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

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

Class Size: Min. 10, Max. 30

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: 23FA07      The 2nd Amendment (1 Session)**

This class will examine the roots of the 2nd Amendment from the colonial era to the present via court decisions.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 120

Coordinator: Paul Hopler

Instructor: **WES CLARK** is a former Justice Department prosecutor. He was also a federal attorney for over 38 years. The last 20 years Wes was with the Drug Enforcement Agency.

**Class: 23FA08      What's So Great About a Tree? (1 Session)**

There are over 600 species of trees in North America. Since the last Ice Age most eastern forest trees have spread north out of a small North Carolina cove in the Smoky Mountains. Trees are important to life on Earth in many ways, including keeping life cool in the summer, providing food and shelter, acting as a major contributor to the clean air we breathe, and even making us feel better by boosting mental health. We will discuss the biodiversity of trees and how it is threatened by climate change, development, and disease. NOTE: This class will be followed by a separate walk and wine tasting excursion in Fauquier County on Sep. 27. See 23FA09 and 23FA10 for details.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Richard Robison

Instructor: **MARY ALEXANDER** has given a number of talks and walks on nature to LLI members. She is a roving interpreter for the Fairfax County Park Authority and has worked at a number of nature centers and parks in Northern Virginia. Mary holds a graduate Natural History Field Studies certificate and is a Virginia Master Naturalist. She has had a long-time special interest in butterflies, in teaching classes on Lepidoptera, and in guiding field trips to find butterflies. Mary is on the LLI board of directors.

**Class: 23FA09 Sky Meadows Hike (1 Session)**

This is a mid-week getaway excursion to enjoy the countryside in the fall, including a walk, picnic, and optional wine tasting (listed separately) with LLI member and naturalist Mary Alexander. We will meet at 10:00am at the parking lot in front of the Bleak House for a walk in Sky Meadows State Park. **Note: There is a \$10 entrance fee, payable at the park.** The park is 60 minutes out I-66 from the Beltway and Rt 17 at 11012 Edmunds Lane, Delaplane, VA 20144. It is near the Appalachian Trail; Paris, VA, and its Civil War history; and a number of excellent wineries. The hike is in conjunction with the “What’s So Important About a Tree?” LLI class on September 26. After our walk, at around 12 noon, those interested will gather as a group at the Delaplane Cellars, a winery and 30-acre estate. Members are responsible for determining their athletic ability to hike on uneven surfaces with some elevation. More information: <https://www.dcr.virginia.gov/state-parks/sky-meadows/>

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

Location: Sky Meadows State Park

Class Size: Min. 5, Max. 25

Coordinator: Carol Fagnani

Instructor: This event requires no instructor.

**Class: 23FA10 Delaplane Cellars Vineyard and Winery (1 Session)**

We will gather as a group at Delaplane Cellars, 2187 Winchester Rd, Delaplane, VA 20144. The winery and 30-acre estate are located a few miles from Sky meadows State Park between I-66 and US Route 50 on Rt 17 in Fauquier County, Virginia. The visit to the windery follows a hike a t Sky meadows State Park for those interested. The park sits on Lost mountain and overlooks the rural historic Crooked Run Valley. We will taste their celebrated wines (\$15 for 4 wines) and enjoy a picnic. Bring your own special food to share with others, or purchase a charcuterie board for \$35 - \$45 at the winery and enjoy a glass of wine as we enjoy the countryside. Delaplane Cellars is among the top 40 wineries in Virginia, and among the top 10 winners in Northern Virginia. It also is one of two minority-owned wineries in the state, with the Arlington-based owners being Hispanic and their partners African American. The winery is known for its red blend, containing Cabernet Sauvignon, Cabernet Franc, Petit Verdot, Merlot, and Tanat wines. More information: <https://www.delaplanecellars.com/>

Date/Time: Wed, Sep 27, 12:00-2:00 PM

Location: Delaplane Cellars Vineyard and Winery

Class Size: Min. 5, Max. 99

Coordinator: Mary Alexander

**Instructor:** **MARY ALEXANDER** has given a number of talks and walks on nature to LLI members. She is a roving interpreter for the Fairfax County Park Authority and has worked at a number of nature centers and parks in Northern Virginia. Mary holds a graduate Natural History Field Studies certificate and is a Virginia Master Naturalist. She has had a long-time special interest in butterflies, in teaching classes on Lepidoptera, and in guiding field trips to find butterflies. Mary is on the LLI board of directors.

**Class: 23FA11      Lincoln's Journey to Emancipation (1 Session)**

Abraham Lincoln was a complex and often brooding man. This presentation will explore his personality and his long journey to take a stand against slavery that resulted in the Emancipation Proclamation and the Thirteenth Amendment to the Constitution.

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

Location: NOVA CN Bldg, Room 126

Class Size: Min. 10, Max. 68

Coordinator: Richard Robison

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: 23FA12      Afternoon Tea (1 Session)**

Enjoy a classic afternoon tea that will include sandwiches, scones, sweets, and delicious tea selections. **Note: The cost is \$52.00 per person, which includes the \$40 fee for the afternoon tea plus 9% tax and 20% gratuity. Pay at the tea either by cash or a check made payable to Bonnie Hopler. Please put your payment in an envelope with your name on the envelope.** Café Renaissance is located at 163 Glyndon Street, Vienna, VA. Free parking is available at the restaurant.

Date/Time: Thu, Sep 28, 12:00-2:00 PM

Location: Cafe Renaissance

Class Size: Min. 20, Max. 30

Coordinator: Bonnie Hopler

Instructor: This event requires no instructor.

**Class: 23FA13      Behind the Headstones: Amazing Stories of Heroes at Arlington National Cemetery (1 Session)**

There is a story behind each headstone at Arlington National Cemetery. Many of them are tales of heroism, dedication, creativity, and bravery. Unknown personalities to most people, this presentation will tell the stories, often pivotal to key events, of just a few of them.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 120

Coordinator: Richard Robison

Instructor: **BLANE AMPTHOR** is a retired federal government employee. A Philadelphia native, he has had a lifelong interest in history - particularly World War II, ocean liners, and the American Revolution. He enjoys visiting sites related to these subjects to learn about them in greater detail.

**Class: 23FA14      Rise and Fall of European Colonialization (1 Session)**

This class will focus on the three worldwide waves of European colonialism and how WWII contributed to their demise.

Date/Time: Tue, Oct 3, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 45

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: 23FA15      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, Oct 6; Oct 13; Oct 20; Oct 27, 1:30-3:30 PM

Location: ONLINE

Class Size: Min. 8, Max. 15

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: 23FA16      The American Revolution: More to the Story Than You Learned in School - Part Two (1 Session)**

Most Americans are familiar with key events and objects from the American Revolution such as the Boston Tea Party, the Continental Army's winter encampments, and the Liberty Bell. However, there are many fascinating details, personalities and misconceptions. This class will enhance one's view of events that were key to our country's founding.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Richard Robison

**Instructor:** **BLANE AMPTHOR** is a retired federal government employee. A Philadelphia native, he has had a lifelong interest in history - particularly World War II, ocean liners, and the American Revolution. He enjoys visiting sites related to these subjects to learn about them in greater detail.

**Class: 23FA17      Autumn Tour at Meadowlark Botanical Gardens (1 Session)**

Join a guided tour leading you to the best sights of the 95-acre Meadowlark Gardens. Enjoy fall flowers and discover how nature gets ready for winter. Be sure to wear good walking shoes and bring a bottle of water for this 75-minute walk over hilly terrain.

Date/Time: Wed, Oct 11, 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 Botanical Gardens specialist in 2014. From 1988-2001 he served as a public relations specialist for the Northern Virginia Regional Park Authority, Meadowlark's parent organization, and promoted all regional parks and their programs and events. A former elementary teacher, Jules provides Meadowlark's educational programming for schools and community groups.

**Class: 23FA18      The Six Pillars of Brain Health (1 Session)**

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

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

Location: NOVA CN Bldg, Room 126

Class Size: Min. 10, Max. 68

Coordinator: Suzanne Holland

**Instructor:** **SUBA SATY** immigrated to the U.S. from India in 1968. He is a retired Air Force Lieutenant Colonel and Department of Defense employee. Suba has been an AARP Community Ambassador for eight years and is a member of the AARP Speakers Bureau, giving presentations on fraud, brain health, and downsizing and decluttering. He is also a member of the AARP Capitol Hill Strike Force and volunteers with numerous community organizations.

**Class: 23FA19      19th Century Life at Ben Lomond Historic Site (1 Session)**

Ben Lomond was one of numerous plantations in colonial Virginia. When the owner Robert Carter died, it was left to his grandson, Benjamin Tasker Chinn, who within two years had built the main house, dairy, smokehouse, and slave quarters. Dave Born and the staff will explore the history of the property especially during the Civil War and the life of the enslaved in this area. Confederate forces used Ben Lomond as a hospital following the 1861 Battle of First Manassas. Signatures of Federal soldiers who occupied the property in 1862 are still visible inside the house. Participants will see one of the few remaining slave dwellings in the area that is open to the public, discover the tales of local slave families in the area, and, in one case, learn how their lives played out on the national stage prior to the Civil War.

**Note: There is a \$3.00 fee for this class, payable at the door. Ben Lomond Historic Site is located at 10321 Sudley Manor Dr., Manassas, VA 20109. This is a meetup. Call Judy Robison at 703-440-8479 for carpool information. Plenty of parking is available on site.**

Date/Time: Thu, Oct 12, 1:30-3:00 PM

Location: Ben Lomond Historic Site

Class Size: Min. 10, Max. 30

Coordinator: Judy Robison

**Instructor: DAVID BORN** has had an extensive history career beginning in 1987 in the Summer Living History Program at Petersburg National Battlefield. In 1992, David began a 13-year career with Virginia State Parks working at Sky Meadows State Parks in Fauquier County, Twin Lakes State Park in Nottoway County, and Sailors Creek Battlefield in Prince Edward County. He came to Prince William County in 2005 and is currently Historic Programs Coordinator at Ben Lomond Historic Site. He presents programs on the Civil War and slavery in Virginia to area students using traveling trunks he has developed and hosts senior groups and school field trips.

**Class: 23FA20      The Art of the Automobile (2 Sessions)**

This class will compare the art in an automobile with the art we see when we visit a museum or gallery. We will make many comparisons - how it looks, how it is made, technological advances, and more.

Dates/Time: Mon, Oct 16; Oct 23, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Richard Robison

**Instructor: BETSY HENNIGAN** has been a docent at the Smithsonian American Art Museum for 12 years. She is an art collector and admirer. Betsy also loves beautiful, fast, classic cars. She recently discovered that these two interests go very well together.

**Class: 23FA21 Asking the Big Questions ... A Philosophy of God for Believers (4 Sessions)**

The philosophy of religion normally deals with issues that are more encompassing than parochial denominational theology. The philosophy of religion, as an example, begins its inquiry without a presumption of the existence of a god or gods. In this inquiry, for believers, we will begin with God but investigate whether our traditional views (Judaic and Christian) are at all rational and consistent. Do the generally accepted philosophical attributes of God: omnipotence, omniscience, omnipresence, immutability, and impassibility actually make sense in our traditions? Do we understand the meaning of these words? Hebrew and Christian scriptures can actually be used to argue against the philosopher's concept of God. What do we "know" about perfection, goodness, sin, evil, salvation, immortality and worship? Inquiries into the philosophy of religion can be the believing skeptic's delight.

Dates/Time: Tue, Oct 17; Oct 24; Oct 31; Nov 7, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 45

Coordinator: Arline Sachs

Instructor: **JOHN RYBICKI** lectures for many organizations including LLI. He is an expert at comparing religions and their philosophers and the resulting beliefs today.

**Class: 23FA22 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 fulfillment and psychological well-being in all aspects of life. This class will cover a theory of human development that explains how our sense of well-being is enhanced by self-determined behavior and the social and cultural conditions that promote it, including the need for personal autonomy (in an environment where choice is an option), meaningful connections with peers, family, and friends, and competency.

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

Location: NOVA CN Bldg, Room 123

Class Size: Min. 10, Max. 40

Coordinator: Carol Quade

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 advisor, coordinator, student coach, and associate professor at NOVA.

**Class: 23FA23 All About Appetizers (1 Session)**

Chef Cal will demonstrate how to make a variety of delicious appetizers to serve to your family and guests.

**Note: there is a \$5 fee for this class, payable at the door.**

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

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

Class Size: Min. 10, Max. 30

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: 23FA24      Border Search Authority (1 Session)**

This class will address what federal officials can search when crossing over U.S. borders.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 120

Coordinator: Bonnie Becker

Instructor: **WES CLARK** is a former Justice Department prosecutor. He was also a federal attorney for over 38 years. The last 20 years Wes was with the Drug Enforcement Agency.

**Class: 23FA25      From Hearing to Understanding: Enhancing Listening Skills for Effective Communication (1 Session)**

In today's society we have become obsessed with tweeting, posting, and sharing, to name a few social media buzz words. Listening, however, is often overlooked and taken for granted in the communication process; yet research shows we actually spend more time listening than any other communication activity in many contexts. Understanding and improving listening skills can help us to be better partners, professionals, and community members. In this class we will look at the listening process, barriers to effective listening, how to improve listening competence, and how to give better feedback once we understand why some messages are more "listenable" than others.

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

Location: ONLINE

Class Size: Min. 10, Max. 99

Coordinator: Richard Robison

Instructor: **CAROL QUADE** holds a doctorate in communication and media studies and is an adjunct faculty member in the Communication Studies and Theater Department on the NOVA-Annandale campus. She has taught communication and English courses for 26 years internationally and in the U.S.

**Class: 23FA26      Franklin and Eleanor, the War Years (1 Session)**

Both Franklin and Eleanor Roosevelt overcame obstacles in their private lives that made them more empathetic and effective leaders. This presentation will examine the challenges they faced and how their joint efforts were crucial in the defeat of the Axis powers in World War II.

Date/Time: Wed, Oct 25, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 126

Class Size: Min. 10, Max. 68

Coordinator: Richard Robison

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: 23FA27 Contemporary Art by Native Americans (2 Sessions)**

This zoom class and subsequent onsite visit to the National Gallery of Art will focus on an exhibition highlighting artworks by some 50 living Native artists that powerfully visualizes indigenous knowledge of land, land base, and landscape. The inter-generational group of artists from across the nation spans a range of practices including weaving, beadwork, sculpture, painting, printmaking, drawing, photography, performance, and video. **Note: The first class is online. Participants should carpool or take Metro to the second class which will be onsite at the National Gallery of Art.**

Dates/Time: Thu, Oct 26; Nov 2, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 50

Coordinator: Anna Dixon

Instructor: **ANNA DIXON** has taken many courses and workshops at NOVA and local art leagues and associations. She exhibits her work locally in the Northern Virginia area and has been a National Gallery of Art docent for almost 25 years. Anna is a Philadelphia native who received her undergraduate and graduate education in the Washington, D.C. region. She is a retired senior executive in both the federal and private sectors.

**Class: 23FA28 He Died As He Lived: The Death of George Washington (1 Session)**

Throughout his life George Washington demonstrated a capacity to face danger with determination and to suffer hardship with dignity. At no time were these qualities more evident than in his final struggle on the morning of December 14, 1799, when, at age 67, George Washington was mortally stricken with a frightening illness at his Mount Vernon home. Though he would perish before the day was out, Washington demonstrated great physical courage throughout what quickly became a brutal struggle. In this final battle he scored his most personal victory and enduring legacy. Join us as Dr. Peter R. Henriques takes us to Mount Vernon on December 14, 1799, to witness the last day of George Washington, a man who died as he lived, with dignity, compassion, courage, and love for the country he served.

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

Location: Brightview Fair Oaks

Class Size: Min. 10, Max. 75

Coordinator: Scott Campbell

Instructor: **PETER R. HENRIQUES** received his Ph.D. in history from the University of Virginia in 1971 and is professor of history, emeritus, at George Mason University. He taught American history and Virginia history with a special emphasis on the Virginia Founding Fathers, especially George Washington. He was recently awarded a George Washington Fellowship by Mount Vernon. Peter previously presented the Distinguished Lecture Series at Colonial Williamsburg. His books include: *First and Always: A New Portrait of George Washington*; *Realistic Visionary: A Portrait of George Washington*; and *The Death of George Washington*.

**Class: 23FA29      Birding Bhutan: The Wonder of Birding in the Himalayan Mountains (1 Session)**

Join me for a discussion of my trip to Bhutan and the fascinating and colorful birds that breed and migrate through this beautiful Himalayan kingdom. We'll view sunbirds that resemble our hummingbirds although they are not genetically related, pheasants dressed to impress, and hornbills that sport a big bulge or casque on the upper mandible, the purpose of which is still being debated. We will explore the western hemisphere counterparts of these Eurasian birds and investigate the differences and similarities between them.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 120

Coordinator: Paul Hopler

Instructor: **LARRY CARTWRIGHT** has enjoyed nature for most of his life, especially birds and bats. He has volunteered gathering data for various surveys, including as compiler for the District of Columbia Christmas Bird Count, the Dyke Marsh Breeding Bird Survey, and the Audubon Society of Northern Virginia Breeding Bird Survey. He has won several environmental awards, the most notable being the Jackson Miles Abbott Award presented by the Virginia Society of Ornithology.

**Class: 23FA30      20th Century Lives (4 Sessions)**

Contrasting the lives and experiences of his parents and grandparents who spent their adult years in America with those of his wife's parents who were born and spent their entire lives in Europe and Israel, Professor Anderson will show how individuals' lives were affected by the historic events and discoveries of the 20th century.

Dates/Time: Tue, Oct 31; Nov 7; Nov 14; Nov 21, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 123

Class Size: Min. 10, Max. 40

Coordinator: Paul Hopler

Instructor: **MICHAEL ANDERSON** holds a Ph.D. in history from the University of Chicago. A retired foreign service officer, he has taught at NOVA and George Mason University and now enjoys offering classes for ENCORE (Arlington County Adult Learning Program) and LLI.

**Class: 23FA31      Poetry Writing--Let's Make It Happen (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 3; Nov 10; Nov 17; Dec 1, 1:30-3:30 PM

Location: ONLINE

Class Size: Min. 8, Max. 15

Coordinator: Marianne Moerman

Instructor: **ED SADTLER** has been reading and writing poetry for many years. He is a long-time member of LLI/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: 23FA32      20th Century Works...Amusing, But Is It Art? (3 Sessions)**

In this class we will explore how artists abandoned traditional materials and subject matter while grappling with the modern world. Long-standing rules about painting and sculpture changed radically in the 20th century creating a departure from realistic representation. The role of the viewer is critical in making distinctions between painting and sculpture and building a comfort level with modern and contemporary art. Who determines if a new contemporary piece of art is good or bad and where and why it fits into the modern art story? **Note: This class will consist of two online sessions and an onsite visit to the National Gallery of Art. Participants are encouraged to carpool or take the Metro to the third session.**

Dates/Time: Wed, Nov 8; Nov 15; Nov 22, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 20, Max. 50

Coordinator: Anna Dixon

Instructor: **ANNA DIXON** has taken many courses and workshops at NOVA and local art leagues and associations. She exhibits her work locally in the Northern Virginia area and has been a National Gallery of Art docent for almost 25 years. Anna is a Philadelphia native who received her undergraduate and graduate education in the Washington, D.C. region. She is a retired senior executive in both the federal and private sectors.

**Class: 23FA33      Park Ranger Grab Bag: Part 1 (1 Session)**

Join Park Rangers from the National Mall and Memorial Parks as they present topics of their choice.

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

Location: Mason District Governmental Center, Large Room

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

Instructor: **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.

**Class: 23FA34      Park Ranger Grab Bag: Part 2 (1 Session)**

Join Park Rangers from the National Mall and Memorial Parks as they present topics of their choice.

Date/Time: Thu, Nov 9, 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: 23FA35      An Artsy Field Trip – Back to School! (1 Session)**

Remember the excitement of taking field trips in elementary and high school? Let's take an adult field trip back to school. Numerous artists whose work is in the collection at the Smithsonian American Art Museum have depicted schools and the importance of learning. As lifelong learners, we will explore artists' perspectives and relive some of our experiences. It will be fun to step back in time to the 18th century and then view more contemporary works.

Date/Time: Mon, Nov 13, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 98

Coordinator: Richard 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. She has presented a number of classes for LLI and loves sharing her passion for art.

**Class: 23FA36      Peoples of Polynesia (1 Session)**

Learn about Polynesia and become familiar with the indigenous peoples who populated the islands.

Date/Time: Tue, Nov 14, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 45

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: 23FA37      Holiday Delights--Recipes, Crafts, and Gifts (1 Session)**

Chef Cal will help you get ready for the holidays with recipes for delicious food and will also offer some craft and gift ideas. **Note: there is a \$5 fee for this class, payable at the door.**

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

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

Class Size: Min. 10, Max. 30

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: 23FA38      Genealogy (1 Session)**

This class focuses on how to research genealogy, with an emphasis on immigration from the United Kingdom to New England.

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

Location: NOVA CN Bldg, Room 126

Class Size: Min. 10, Max. 70

Coordinator: Arline Sachs

Instructor: **WES CLARK** is a former Justice Department prosecutor. He was also a federal attorney for over 38 years. The last 20 years Wes was with the Drug Enforcement Agency.

**Class: 23FA39      Analyzing the 2023 Virginia Election Results (1 Session)**

What does Virginia's election mean for the parties' prospects in 2024? NOVA political scientists Dr. Jack Lechelt and Dr. Jen Sayasithsena will discuss the outcome of the 2023 Virginia state legislative elections and offer analysis of the election results and their potential to predict party fortunes in 2024.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 120

Coordinator: Richard Robison

Instructor: **JACK LEHELDT** is professor of political science and history at NOVA-Alexandria. He holds a Ph.D. from the University of South Carolina.

**JENNIFER SAYASITHSENA** is a professor of political science at NOVA-Annandale. She holds a Ph.D. from George Washington University.

**Class: 23FA40      Electronic Surveillance (3 Sessions)**

This class will examine the federal management of electronic surveillance for criminal investigations.

Dates/Time: Mon, Nov 27; Dec 4; Dec 11, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 126

Class Size: Min. 10, Max. 68

Coordinator: Paul Hopley

Instructor: **WES CLARK** is a former Justice Department prosecutor. He was also a federal attorney for over 38 years. The last 20 years Wes was with the Drug Enforcement Agency.

**Class: 23FA41      Park Ranger Grab Bag: Part 3 (1 Session)**

Join Park Rangers from the National Mall and Memorial Parks as they present topics of their choice.

Date/Time: Wed, Nov 29, 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: 23FA42      Park Ranger Grab Bag: Part 4 (1 Session)**

Join Park Rangers from the National Mall and Memorial Parks as they present topics of their choice.

Date/Time: Thu, Nov 30, 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: 23FA43      Ancient Aegean Civilizations (2 Sessions)**

Three different civilizations flourished in the Aegean Sea prior to the rise of the Greeks. In the first session we will examine abstract marble statues from the Cycladic period and the palaces and frescoes of the Minoan culture on the island of Crete. In the second session we will continue our look at the Minoans and move on to the Mycenaeans and their beehive tombs and fortified citadels on the Greek mainland.

Dates/Time: Wed, Dec 6; Dec 13, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Richard Robison

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, and historic and unusual sites. Since 1999 she has led 55 trips to over 20 countries.

**Class: 23FA44      The Triangle Shirtwaist Factory Fire (1 Session)**

The Triangle Shirtwaist Factory fire in New York City on March 25, 1911, was the deadliest industrial disaster in the history of the city of New York. The fire caused the deaths of 146 garment workers of whom many were immigrants. New Yorkers watched in horror as trapped workers jumped from the windows trying to escape the fire. As a result, fire prevention laws were passed, unions strengthened, and laws were passed to protect the safety of workers.

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

Location: Mason District Governmental Center, Large Room

Class Size: Min. 10, Max. 75

Coordinator: Judy Robison

**Instructor:** **MARY BUCKINGHAM LIPSEY** was born in Atlanta and raised in Fairfax County, Virginia. She received a B.A. in history and sociology from Mary Washington College and a masters in middle school education from Virginia Tech. In June, 2003, Mary retired from teaching seventh grade American History after almost thirty years. She recently retired from being a volunteer docent at the Smithsonian National Museum of American History. Her interest in local history has found an outlet through researching, writing, and speaking to community groups.

**Class: 23FA45      Your Amazing Brain! (1 Session)**

Did you know you are hallucinating a little bit all the time? Have you heard about people who can hear colors or taste words? Have you ever wondered how we remember or why we forget? In this neuroanatomy lesson, you will learn about the different regions of the brain, how they work together to construct your reality, and the fascinating results when things go awry!

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 120

Coordinator: Richard Robison

**Instructor:** **JOE BEAN, M.D.**, is a Northern Virginia native who currently teaches anatomy and physiology at NOVA. He has been teaching for 16 years, 12 of them at a community college in Salem, Oregon.