



LLI Spring 2025 Catalog

Class: **25SP01** **Connecting to Family, Friends, and the World! (2 Sessions)**

Do you have a tablet or smart phone or want to learn more about using this technology? This class will teach you how to set up these devices, how to use apps (i.e., Next Door, Facebook, Siri, FaceTime), and how to email and chat. Keeping secure on the internet will also be covered. The instruction focuses on simple steps that anyone can follow.

Dates/Time: Fri, Jan. 10, 17, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 50

Coordinator: Bonnie Becker

Instructor: **MUN-WAI "MIKE" HON** is a professor at NOVA-Annandale and also taught at the University of Virginia and George Mason University. He has worked with law enforcement and intelligence agencies across security domains, with over 20 years' experience in internet technology. Professor Hon is a published author and focuses on making cybersecurity practical to students. He also leads a team at a non-profit science and technology company that concentrates on cloud security, data forensics, big data analytics, and FedRAMP (a compliance program that empowers U.S. government agencies to use modern cloud technology with an emphasis on security and protection of federal information).

Class: **25SP02** **The Present and Future of the Panama Canal (1 Session)**

We will discuss how the Panama Canal operates, its transfer of control to Panama, and the existential crisis it faces today.

Date/Time: Mon, Jan. 13, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 50

Coordinator: Arline Sachs

Instructor: **CHARLES McCLELLAND** has been a retired Georgetown University Adjunct Professor and cruise line presenter for more than 15 years. He weaves the experiences of his many travels into his diverse and far-ranging discussions. His appreciation of and enthusiasm for historical events and ancient cultures are contagious and provides special energy to his presentations.

Class: **25SP03**
(1 Session)

The Birth of American Terrorism: White Supremacy and Lynching in the United States

This class will confront our violent past and hopefully help carve a path toward a better future.

Date/Time: Tue, Jan. 14, 10:00-11:30 AM
Location: NOVA CN Bldg, Room 117
Class Size: Min. 10, Max. 50
Coordinator: June Chalou

Instructor: **Nathan Moore** has taught history for 9 years at NOVA-Annandale. He earned a Ph.D. in 2023 from American University, and is currently working to publish his dissertation, titled "You Have the Right to Revolt: Anti-capitalism and the Anglo-American Tradition."

Class: **25SP04** **Unlock the Power of Small Groups: Where Connections Come Alive! (1 Session) (Zoom)**

Dive into a dynamic exploration of how intimate group settings can enrich lives and sharpen minds. Through discussion and shared experiences, discover how the energy of small groups can spark memory, boost cognitive engagement, and create meaningful social bonds. You will hear stories of how group connections enhance mental clarity while building lasting friendships as well as sharing your own valuable insights. Whether you're a social butterfly or just starting to spread your wings, you'll walk away with practical insights into making every group interaction both stimulating and meaningful. Join us for this engaging conversation where we'll explore how simple gatherings become extraordinary opportunities for connection and mental vitality.

Date/Time: Thu, Jan. 16, 10:00-11:30 AM
Location: ONLINE
Class Size: Min. 10, Max. 97
Coordinator: Debbie Cohen

Instructor: **CAROL QUADE** is a communication educator with a Ph.D. from the University of Arizona. Her teaching experience spans the globe, including the U.S., Spain, Japan, and South Korea. For the past six years, she has been part of the NOVA Communication Studies & Theater (CST) faculty, specializing in communication studies and public speaking. Her career includes roles as a full-time professor at NOVA and Berry College, along with various teaching positions at international institutions. Carol enjoys sharing her knowledge beyond the classroom, often presenting on communication topics for LLI/NOVA.

Class: 25SP05 Diabetes: When Sugar's Not So Sweet (1 Session) (Zoom)

Do you know someone who must monitor their blood sugar? In this class we will explore the story of diabetes, one of our most common modern maladies. Topics include the history of the disorder and its subtypes, the function of the pancreas, how blood glucose imbalances affect the body, why this is more common as we age, and how this disease can be successfully managed.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debbie Cohen

Instructor: **JOE BEAN, M.D.**, is a Northern Virginia native who currently teaches anatomy and physiology at NOVA. He has been teaching for 17 years, 12 of them at a community college in Salem, Oregon.

Class: 25SP06 Local African American History in Northern Virginia (4 Sessions)

This class will highlight important sites and themes in African American history in Fairfax County, Virginia, from the Antebellum Period, through the Civil War, Reconstruction, Jim Crow laws, and the Civil Rights movement.

Dates/Time: Tue, Jan. 21, 28; Feb. 4, 11, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 50

Coordinator: June Chalou

Instructor: **EDWIN B. HENDERSON, II** is the founder of the Tinner Hill Heritage Foundation in Falls Church, Virginia, whose mission is to research, preserve, and present African American and Civil Rights history in Northern Virginia. He is also the director of Henderson House, Inc., and Black Legacy Associates, Inc. Henderson is a retired Fairfax County Public Schools teacher. In 2024 he published "The Grandfather of Black Basketball: The Life and Times of Dr. E. B. Henderson".

Class: 25SP07 Le Cordon Bleu Quick Classics (1 Session)

The essence of Le Cordon Bleu quick classics is the combination of fresh and light produce with top quality ready-made foods to produce imaginative dishes in as little time as possible. All recipes are based on classic French culinary techniques that are taught at the famed Le Cordon Bleu, while at the same time using contemporary kitchen aids and shortcuts to ensure that preparation and cooking are kept to a minimum.

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

Date/Time: Thu, Jan. 23, 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. Cal has authored two memoir books: “The Ramblings of an Old Man” and “The Ramblings of an Old Man – Book 2.” He has co-authored two others memoir books and is the author of the cookbook, “Recipes from the Chef’s Corner.” Chef Cal is a popular LLI instructor and has a devoted following among our members.

Class: 25SP08 Ramadan in the Arab World (1 Session)

The presentation will discuss the Ramadan, what it is and what it means religiously, socially, culturally and linguistically. How do Arabs pass the time while fasting? We will discuss the past and present Muslim calendars used in the month of Ramadan.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 40

Coordinator: Patti Volz

Instructor: **SANA HILMI** has been an assistant professor of Arabic at NOVA-Annandale since 2010. She holds an M.A. in linguistics from George Mason University, and coordinated the Arabic program at GMU from 2004-09. During those years she led study abroad programs to Yemen.

Class: 25SP09 Write Your U.S. Military Story (1 Session) (Zoom)

If you served in the military don't let your stories and insights fade away. This class will help keep them alive. You will use a mobile phone tool developed by the instructor – (<https://www.wordsofveterans.com>) that helps you, the U.S. Veteran, write your story quickly and accurately. It uses resources from the Library of Congress, which have been in use since World War 1.

Date/Time: Mon, Jan 25, 7:00-8:30 PM (**Note Time**)

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: **TBD**

Instructor: **ALEX K. SEBBY** is a third-generation U.S. Veteran. He enlisted in the United States Marine Corps when he was seventeen before graduating from high school in Minot, North Dakota. During his enlistment, he held the Military Occupational Specialty (MOS) of 4611, Combat Illustrator. Combat Illustrators create 2D and 3D artistic and illustrative products for use in various applications.

Class: 25SP10 CHATS - Curiosity (1 Session)

Connection is at the heart of all our friendships and relationships. CHATS (Connecting Humans and Telling Stories) is a simple, hands-on, engaging, and fulfilling process. This class offers an opportunity to foster genuine connections and will center around a core principle of challenging assumptions. You will get to connect with others in a setting where the rules are clear, the playing field is level, and the risk is minimized.

Dates/Time: Mon, Feb 3, 10:00-11:30 AM

Location: NOVA CS Bldg, Room 129

Class Size: Min. 10, Max. 50

Coordinator: Anna Dixon

Instructors:

BRANDON BASTIAN is the executive director of Piedmont Peace Center, a nonprofit community mediation center that serves individuals, families, organizations, and communities through conflict management, mediation services, and learning programs.

CAROLYN LAMM is the coordinator of learning programs and restorative justice for Piedmont Peace Center. She has a rich background in education, systems change, and behavioral interventions. Carolyn has presented at many conferences and worked with many school systems across Virginia.

Class: 25SP11 Captain William Bligh: Villain or Victim? (1 Session)

Was Captain Bligh a hero, a villain, or both?

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

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 50

Coordinator: Arline Sachs

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: 25SP12 Emergency Alerts and Cable (1 Session)

This presentation will look at the Emergency Alert System (EAS) and how it operates through cable TV and other outlets to ensure our community remains informed and safe during emergencies. Discover how Fairfax County collaborates with federal and local agencies to deliver vital alerts via your cable TV provider and other distribution channels, keeping residents up to date with critical information. You will learn about the regulations, testing procedures, and ways to stay informed to protect yourself and your family during emergencies.

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

Location: NOVA CS Bldg, Room 129

Class Size: Min. 10, Max. 50

Friday, December 20, 2024

For directions to class locations, visit <https://www.llinova.org>.

Coordinator: **TBD**

Instructor: **MAYASA TELFAIR** is a Management Analyst with the Fairfax County Communications Policy and Regulation Department. With over 36 years of experience in telecommunications and communications law, she is a graduate of Howard and Columbia Universities.

Class: 25SP13 Knife Skills 101 (1 Session)

This class will discuss what knives are needed, how best to use them, how to keep them sharp, and how to clean them. Demonstrations on knife cutting skills and techniques will be included. There will be no food samples in this class.

Note: there is a \$2 fee for this class, payable at the door. This class will be offered again in August.

Date/Time: Wed, Feb 12, 1:30-3:00 PM

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

Class Size: Min. 10, Max. 25

Coordinator: Suzanne Pastura

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. Cal has authored two memoir books; "The Ramblings of an Old Man" and "The Ramblings of an Old Man – Book 2." He has co-authored two others memoir books and is the author of the cookbook, "Recipes from the Chef's Corner."

Class: 25SP14 Breathing Exercises for Better Brain Function (1 Session)

Your brain is the biggest "oxygen hog" in the body. A few simple exercises can preserve and improve your cognitive function and focus.

Date/Time: Tue, Feb 18, 10:00-11:30 AM

Location: NOVA CS Bldg, Room 129

Class Size: Min. 10, Max. 50

Coordinator: Ellen Wallace

Instructor: **DR. CHARLES MASARSKY** with his wife and practice partner, Dr. Marion Todres-Masarsky, have had a chiropractic office in Vienna for forty years. Since 2003, Dr. Masarsky has been an adjunct assistant professor of biology at NOVA-Annandale. He is a veteran of the U.S. Army Reserves, having served as a medical specialist (MOS 91-B)

This class introduces Microsoft Excel, a widely used spreadsheet program. Excel allows users to organize, format, and calculate data using formulas, tables, charts, and various data visualization tools. Excel is commonly used for tasks involving data analysis, budgeting, forecasting, accounting, and more. It is part of the Microsoft Office suite and can handle large amounts of data, making it useful for both personal and professional purposes

Dates/Time: Mon, Feb 18, 7:00-8:30 PM (Note Time)

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: TBD

Instructor: **IHAB ABUZAYDA** is an associate professor of Information and Engineering Technologies (IET) at NOVA. He has been teaching IT for more than a decade.

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

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

Location: ONLINE

Class Size: Min. 10, Max. 97

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.

This class will look at the wit and personality of the Algonquin Round Table. We will explore the phenomenon of the luncheons held at the Algonquin Hotel in New York over the period of a decade starting in the 1920s and how these sessions influenced 20th century American humor. Particular attention will be paid to key members including Alexander Woollcott, Dorothy Parker, and Robert Benchley.

Date/Time: Mon, Feb 24, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: TBD

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: 25SP18 Park Ranger Grab Bag - Part 2 (1 Session) (Zoom)

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

Date/Time: Fri, Feb 28, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

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: 25SP19 The Man Behind Cinema Arts: Running an Independent Movie Theater in the Age of Megaplexes (1 Session)

Mark O'Meara is owner of Cinema Arts Theatres and University Mall Theatres. He will talk about his experiences getting into the movie business and his views on the future of cinema.

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

Location: NOVA CS Bldg, Room 129

Class Size: Min. 10, Max. 50

Coordinator: Mary Alexander

Instructor: MARK O'MEARA has owned businesses for 33 years in as many as four locations in the Northern Virginia area. He has held various board positions for such trade associations as the National Association of Theatre Owners, Independent Cinema Alliance, and the Arthouse Convergence. He attends film festivals each year, including the Toronto Film Festival.

Class: 25SP20 How Christianity Lost Its Jewish Roots (5 Sessions)

The "cult of Christ" initiated by the early followers of Jesus, began as a believing community within Judaism anticipating the imminent transformation of history, a Jewish apocalypticism, which Jesus had ushered in with his ministry. This group soon became a series of communities established by early apostles, to preach the teachings of Jesus. Within a relatively short period of time focus shifted from Jewish apocalypticism and personal discipline in anticipation of the coming reign of God to a "church" of hierarchy, doctrine, institutionalism, power, and authority. Even the understanding of who Jesus was and what he was trying to accomplish changed. Jesus' teachings were no longer the most important aspect of Christianity, but who Jesus was in relationship to the One he called Father. Orthodox belief was established and demanded; heterodox belief meant exclusion and even punishment. In this series we will trace the early development of this never-to-be-reversed trend from Jewish apocalyptic community to Christian doctrinaire institution.

Dates/Time: Tue, Mar 4, 11, 18, 25; Apr 1, 10:30-11:30 AM (**Note Start Time**)

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 50

Coordinator: Arline Sachs

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For directions to class locations, visit <https://www.llinova.org>.

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

Class: **25SP21 The Science of Learning (4 Sessions)**

Discover interesting and sometimes surprising facts from research about how we learn. Explore how to apply these discoveries to your own learning or teaching. Our sessions will address why we learn, how our brains process new information, the best ways to remember, and how to achieve mastery.

Dates/Time: Tue, Mar 4, 11, 18, 25, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 50

Coordinator: **TBD**

Instructor: **ROBERT LOSER** is Professor Emeritus at NOVA, where he was an instructional designer with Nova Online for almost 30 years. His mission was to help teaching faculty from all disciplines apply the science of learning and effective design strategies as they planned NOVA courses. He was recognized for designing innovative and effective courses and for pioneering online learning technologies.

VPA Presents: The Peking Acrobats at GMU

LLI/NOVA members have access to specially discounted seats for this event for just \$15.00 plus a \$4.00 service fee.

Reservations: Complete reservation by March 7 at Noon.

1. To obtain the discounted tickets, you must use the special LLI/NOVA discount coupon code, which can be obtained on the [Visual and Performing Arts SIG](#) page (click the link).
2. Next go to the GMU Center for the Arts website at <https://cfa.calendar.gmu.edu> . Follow the steps on the Visual and Performing Arts page to select the GMU event and seats. Enter the special coupon code to obtain the discounted ticket price.
3. Once you have obtained tickets, please also register on the LLI website so that we can know who is participating.

Date/Time: Sunday, March 9, 2025 - 1 p.m.

Location: Center for the Arts, Concert Hall, at GMU, 4373 Mason Pond Dr., Fairfax, VA 22030

Coordinator: Anna Dixon, Chair VPA

Class: 25SP22 CHATS (Connecting Humans and Telling Stories) Conflict and You (1 Session) CHATS

Conflict is normal, and cannot be fully avoided, but it does not have to be destructive. Navigating becomes more manageable with developed skills and understanding. This class will discuss the function of the brain in conflict situations, drama triangles that naturally form, advice and exercises for helping you, and practice applying conflict resolution principles in your life.

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

Location: NOVA CS Bldg, Room 129

Class Size: Min. 10, Max. 50

Coordinator: Anna Dixon

Instructors: **BRANDON BASTIAN** is the executive director of Piedmont Peace Center, a nonprofit community mediation center that serves individuals, families, organizations, and communities through conflict management, mediation services, and learning programs.

CAROLYN LAMM is the coordinator of learning programs and restorative justice for Piedmont Peace Center. She has a rich background in education, systems change, and behavioral interventions. Carolyn has presented at many conferences and worked with many school systems across Virginia.

Class: 25SP23 Great Decisions 2025 (8 Sessions) (Zoom)

This class will hold in-depth discussions about eight major foreign policy issues. The issues discussed will include:

March 12: American foreign policy at the crossroads

March 19: U.S. changing leadership of the world economy

March 26: U.S. China relations

April 2: International cooperation on climate change

April 9: The future of NATO and European security

April 16: AI and American national security

April 23: India: between China, the West, and the Global South

April 30: After Gaza: American policy in the Middle East

NOTE: Registration deadline for this class is Friday, February 7.

Cost is \$36 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: Wednesdays, March 12, 19, 26; April 2, 9, 16, 23 & 30, 10:00 am - 11:30 am

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Ray Bednarsky

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: 25SP24 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, Mar 12, 1:30-3:00 PM

Location: Mason District Governmental Center

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: 25SP25 Tragedy, Horror, and Morality (1 Session)

Philosophers throughout history have considered the aesthetic value of art. Some genres, such as tragedy and horror, pose ethical questions about the nature of our enjoyment and fascination with the events being depicted. This class will consider questions about how we should approach art that depicts morally questionable action. Are such depictions immoral in and of themselves? To what extent can the viewer be held blameworthy for enjoying such depictions?

Dates/Time: Fri, Mar 14, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 50

Coordinator: Patricia Brennan

Instructor: **MARK BRENNAN** earned a Ph.D. in philosophy at the SUNY Albany and teaches at NOVA-Loudoun. His research is primarily focused on ancient Greek philosophy, particularly Aristotle's ethics. He currently teaches courses on the history of philosophy, logic, ethical theory, and biomedical ethics. In the past he taught political philosophy, ancient Greek philosophy, and philosophical approaches to happiness.

Class: 24FA26 Slow Cooker Recipes That Serve Two (1 Session)

Slow cookers take the work and time out of preparing great tasting meals. Recipes in this class will produce delicious dishes but are pared down to serve two. It's like having a personal chef in your kitchen. Prep, fill the cooker, turn it on, and relax. Dinner will be ready in a couple of hours!

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

Date/Time: Thu, Mar 20, 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

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For directions to class locations, visit <https://www.llinova.org>.

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. Cal has authored two memoir books; “The Ramblings of an Old Man” and “The Ramblings of an Old Man – Book 2.” He has co-authored two others memoir books and is the author of the cookbook, “Recipes from the Chef’s Corner.”

Excursion: **David Taylor Model Basin**

Visit the David Taylor Model Basin in Carderock, MD, to see how the U.S. Navy tests models of its ships for seaworthiness. DTMB is one of the largest test facilities for the development of ship design in the world. It is a field activity of the Carderock Division of the Naval Surface Warfare Center.

Note: This meet-up is restricted to members unless a minimum of ten is not reached, in which case the excursion will be open to guests. Contact trip leader Patricia Brennan if you are interested in carpooling. Stamina is required to walk two miles, including stairs, without rest.

Date/Time: Thu, Mar 20, 10:00 AM

Location: Carderock, MD

Event Size Min. 10, Max. 10

Trip Leader: Patricia Brennan

Class: **25SP27 Let’s Share Poetry (4 Sessions)**

At each session members can share poem(s) they choose, their favorites, or ones they wrote in any style or type: haiku, free verse, sonnet, contemporary, historical, humorous, etc. We will share our impressions, views, and feelings about the poetry. If you choose not to bring a poem, but just listen, that's fine.

Dates/Time: Fri, Mar 21, 28; Apr 4, 11, 1:30-3:00 PM

Location: Braddock District Supervisor’s Meeting Room

Class Size: Min. 5, Max. 15

Coordinator: Arlene Gribben

Instructor: **ARLENE GRIBBEN**, the leader of this class, is a longtime lover of poetry and member of LLI.

Class: **25SP28 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: Wed, Mar 26, 1:30-3:00 PM

Location: Mason District Governmental Center

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

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For directions to class locations, visit <https://www.llinova.org>.

Class: 25SP29 Trailblazing Women Artists (1 Session) (Zoom)

This class will introduce a sampling of extraordinary women artists who are included in the collection of the Smithsonian American Art Museum and the Renwick Gallery. By examining a variety of trailblazing contemporary artists, many of whom are featured in the “Drawn to Art” digital series produced by the museum, we will learn about the struggles and triumphs of talented artists and give them the attention they deserve.

Date/Time: Thu, Mar 27, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debbie Cohen

Instructor: **SARA SHOOB** is a graduate of Boston University. Her entire career was spent in the Fairfax County Public Schools, in classroom teaching and administration. She worked primarily with elementary age students and then moved into the Instructional Services Office, focused on K-12 history, social studies, and the arts. Working as a volunteer docent at The Smithsonian American Art Museum and Renwick Gallery has been a dream retirement gig for her. Sara has presented many programs for LLI, both in-person and virtually. She loves sharing her passion for art.

Excursion: Chocolate Tasting and Tour

Sample five bites of chocolate made at River Sea Chocolates in Chantilly. Following the tasting, you will get to observe production and see the machinery for making small-batch and bean-to-bar chocolate. This tour is for adults only.

Purchase a tour ticket at your earliest convenience on the venue’s website <https://www.riverseachocolates.com/> to ensure availability. Select “Tasting Flight and Tour” for \$25 for March 29, 2025, at 2:00 p.m. This is a meet-up. If you’re interested in carpooling, let the trip leader know so she may connect you with others who are also interested. The venue is wheelchair accessible.

Date/Time: Sat, Mar 29, 2:00 PM

Location: 4520 Daly Dr Suite 100, Chantilly, VA 20151 located in Chantilly Square Shopping Center

Event Size Min. 10, Max. 16

Trip Leader: Ellen Soroka

Class: 25SP30 Building a Better Neck (1 Session)

This class introduces simple exercises to promote cervical range of motion, preserve the normal spinal curve, and protect neurological fitness.

Date/Time: Tue, Apr 1, 10:00-11:30 AM

Friday, December 20, 2024

For directions to class locations, visit <https://www.llinova.org>.

Location: NOVA CS Bldg, Room 129

Class Size: Min. 10, Max. 50

Coordinator: Ellen Wallace

Instructor: **DR CHARLES MASARKSY** has been in the private practice of chiropractic in Vienna, Virginia, with his wife and practice partner, Dr. Marion Todres-Masarsky, for forty years. Since 2003, Dr. Masarsky has been an adjunct assistant professor of biology at Northern Virginia Community College - Annandale. He is a veteran of the U.S. Army Reserves, having served as a medical specialist (MOS 91-B).

VPA Presents: Cirque Mechanics: Pedal Punk

LLI/NOVA members have access to specially discounted seats for this event for just \$15.00 plus a \$4.00 service fee.

Reservations: Complete reservation by April 3 at Noon.

1. To obtain the discounted tickets, you must use the special LLI/NOVA discount coupon code, which can be obtained on the [Visual and Performing Arts SIG](#) page (click the link).
2. Next go to the GMU Center for the Arts website at <https://cfa.calendar.gmu.edu>. Follow the steps on the Visual and Performing Arts page to select the GMU event and seats you desire. You must enter the special coupon code to obtain the discounted ticket price.
3. Once you have obtained tickets, please also register on the LLI website so that we can know who is participating.

Date/Time: Saturday, April 3, 2025 - 2 p.m.

Location: Center for the Arts, Concert Hall, at GMU, 4373 Mason Pond Dr., Fairfax, VA 22030

Coordinator: Anna Dixon, Chair VPA

Class: 25SP31 CHATS - Challenging Assumptions (1 Session)

Connection is at the heart of all our friendships and relationships. CHATS (Connecting Humans and Telling Stories) is a simple, hands-on, engaging, fulfilling, and fun process. This class offers an opportunity to foster genuine connections and will center around a core principle of challenging assumptions. You will get to connect with others in a setting where the rules are clear, the playing field is level, and the risk is minimized.

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

Location: NOVA CS Bldg, Room 129

Class Size: Min. 10, Max. 50

Coordinator: Anna Dixon

Instructors:

BRANDON BASTIAN is the executive director of Piedmont Peace Center, a nonprofit community mediation center that serves individuals, families, organizations, and communities through conflict management, mediation services, and learning programs.

CAROLYN LAMM is the coordinator of learning programs and restorative justice for Piedmont Peace Center. She has a rich background in education, systems change, and behavioral interventions. Carolyn has presented at many conferences and worked with many school systems across Virginia.

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For directions to class locations, visit <https://www.llinova.org>.

Class: 25SP32 A Consequential Presidency: Harry Truman and the 1948 election (2 Sessions)

This class will focus on Truman's presidency following the death of FDR and the election he improbably won in the 1948 election. Dr. Anderson will show how Truman faced down his many opponents, foreign and domestic, and eventually came to be rated by historians as one of this country's top ten chief executives.

Dates/Time: Tue, April 8, 15, 10:00-11:30 AM

Location: NOVA CS Bldg, Room 129

Class Size: Min. 10, Max. 50

Coordinator: Richard Sigman

Instructor: **MICHAEL ANDERSON** is a retired Foreign Service Officer with a Ph.D. in history from the University of Chicago. He has taught many courses at LLI on history and current events over the last twenty years.

Class: 25SP33 The Sinking of the Titanic (1 Session)

The mysteries of the Titanic have intrigued many for over a hundred years. On April 15, 1912, the Titanic, one of the largest ocean liners and the most luxurious, hit an iceberg and sank in less than three hours. Over 1,500 people died and 711 were saved. Could the disaster have been avoided? Why did the "unsinkable" sink? What happened to the survivors? Were there changes made after the tragedy? Was there really an Unsinkable Molly Brown? Learn about the disaster.

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

Location: Mason District Governmental Center

Class Size: Min. 10, Max. 45

Coordinator: Arlene Gribben

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: 25SP34 Recipes from Miss Mary Bobo's Boarding House (1 Session)

Shortly before noon about 60 guests gather on the front porch and lawn of Miss Mary Bobo's Boarding House in Lynchburg, Tennessee, for a midday dinner. Each table is served by a Lynchburg hostess, a lady from the town who sees to it that the bowls and platters are kept full, that everyone meets each other, that conversation is flowing, and that everyone has a grand time. The dinner bell is rung and as each name is called, diners follow their hostess to the table. Hot bowls of food are placed on the long tables. Two entrees, vegetables picked that morning, and freshly baked bread, rolls, or cornbread are served. Now you can give guests some of the same delicious Southern dishes offered at Miss Mary Bobo's. The recipes are original and not too difficult to prepare.

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

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

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

Class Size: Min. 10, Max. 25

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Coordinator: Suzanne Pastura

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. Cal has authored two memoir books; "The Ramblings of an Old Man" and "The Ramblings of an Old Man – Book 2." He has co-authored two others memoir books and is the author of the cookbook, "Recipes from the Chef's Corner."

Class: 25SP35 Reincarnation: East Meets West (1 Session)

The concept of reincarnation is often attributed to a vast number of eastern religious traditions; however careful reading of ancient Greek philosophy reveals similar notions of the reincarnation of the soul. In this collaborative session, two NOVA instructors from different disciplines will explore the similarities between notions of reincarnation as presented in several different works.

Date/Time: Thu, Apr 17, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 50

Coordinator: Patricia Brennan

Instructors:

MARK BRENNAN earned a Ph.D. in philosophy at SUNY-Albany and teaches at NOVA-Loudoun. His research is primarily focused on ancient Greek philosophy, particularly Aristotle's ethics. He currently teaches courses on the history of philosophy, logic, ethical theory, and biomedical ethics. In the past, he taught political philosophy, ancient Greek philosophy, and philosophical approaches to happiness.

TIFFANY M. BLACKMON is a professor of sociology and anthropology at NOVA-Loudoun. She holds a master's degree in sociology from the University of New Orleans, and a Ph.D. from Purdue University. Dr. Blackmon's dissertation focused on new religious movements and assimilation, accommodation, and acculturation practices among eastern Hindus in their migration to North America.

Class: 25SP36 Interpersonal Conflict: The Good, The Bad, and The Opportunity for Understanding (1 Session)

Conflict is often misunderstood, yet it's a crucial aspect of communication. From minor misunderstandings to more serious disputes between communities or loved ones, conflict can either foster growth or damage relationships. We will explore the nature of interpersonal conflict, its common causes, and effective strategies to manage it while providing thorough understanding of conflict in relationships. You will learn practical tools for resolution and how to turn potential conflicts into opportunities for deeper understanding and stronger connections.

Date/Time: Fri, Apr 18, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 50

Coordinator: Debbie Cohen

Instructor: **CAROL QUADE** is a communication educator with a Ph.D. from the University of Arizona. Her teaching experience spans the globe, including the US, Spain, Japan, and South Korea. For the past six years, she has

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For directions to class locations, visit <https://www.llinova.org>.

been part of the NOVA Communication Studies & Theater (CST) faculty, specializing in communication studies and public speaking. Her career includes roles as a full-time professor at NOVA and Berry College, along with various teaching positions at international institutions. Carol enjoys sharing her knowledge beyond the classroom, often presenting on communication topics for LLI/NOVA.

Class: 25SP37 Celebrating John Williams (1 Session) (Zoom)

Born in 1932, John Williams has written some of best-known film scores of all time, including *Jaws*, *Star Wars*, *E.T.*, and *Schindler's List*. This talk will place Williams in the history of film music, review his long career, and show many movie clips he has scored, along with interviews, and videos. Join us to celebrate the contributions of this great composer and enjoy some of his greatest scores.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debbie Cohen

Instructor: **DAN SHERMAN** has presented talks on theatre and films to many groups (including Osher Lifelong Learning) around Washington, D.C. and Virginia over the past 10 years. He holds a Ph.D. in economics from Cornell University and retired as managing director at the American Institutes for Research in Washington, D.C.

Class: 25SP38 The Science of Your Life Part II (1 Session)

Back by popular demand! - part II. You have lived your life in your body since you were formed. You know your body intimately – or do you? How often do you stop and appreciate just how wondrous you are? Billions of cells communicating, exchanging materials, building proteins, copying DNA, building bone, muscle, brain, interpreting light, sound, smells, and tastes, responding to heat, cold, pressure, carbon dioxide levels and infection. In this Spring 2025 session, Dr. Backus will curate YOUR questions about the Science of Your Life and answer them. Come curious!

Date/Time: Tue, Apr 22, 10:00-11:30 AM

Location: NOVA CS Bldg, Room 129

Class Size: Min. 10, Max. 50

Coordinator: Debbie Cohen

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). Since 2009 she has been a full-time professor at NOVA-Loudoun teaching biology and anatomy and physiology. Prior to her college teaching career Dr. Backus taught high school biology, was a Science and Technology Policy Fellow with the National Academies of Science in Washington, D.C., and worked for the U.S. Environmental Protection Agency as a toxicologist. Gillian has a passion for civic engagement, and as a SENCER Leadership Fellow, has worked diligently to promote cross-disciplinary STEAM initiatives at the community college level.

Class: 25SP39 Meadowlark Botanical Gardens Spring Tour (1 Session)

Enjoy the colors of spring with a guided tour of the best sights at the 95-acre Meadowlark Botanical Gardens. We will get some good exercise, take in the sights and sounds of the Gardens, and discuss plants and animals that make

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For directions to class locations, visit <https://www.llinova.org>.

Meadowlark their home.

NOTE: Be sure to wear good walking shoes and bring a bottle of water for this 75-minute walk over hilly terrain.

Date/Time: Tue, Apr 29, 10:00-11:15 AM

Location: Meadowlark Botanical Gardens

Class Size: Min. 8, 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: 25SP40 To See is To Think: Looking Closely at American Art (1 Session)

Looking at art requires close examination, discussion, and thinking. Artists create with basic elements: line, shape, color, value, form, texture, and space. In this presentation we will first focus on the individual elements and then examine how they are unified to create effective compositions. The analysis of chosen paintings will enable us to isolate the artist's tools, and subsequently learn new ways of looking and responding to art. We will revisit a topic that was shared many years ago – but with a fresh eye on newer works in the collection of the Smithsonian American Art Museum.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 50

Coordinator: Cathy Becker

Instructor: **SARA SHOOB** is a graduate of Boston University. Her entire career was spent in the Fairfax County Public Schools, in classroom teaching and administration. She worked primarily with elementary age students and then moved into the Instructional Services Office, focused on K-12 history, social studies, and the arts. Working as a volunteer docent at The Smithsonian American Art Museum and Renwick Gallery has been a dream retirement gig for her. Sara has presented many programs for LLI, both in-person and virtually. She loves sharing her passion for art.

VPA Presents: VA Opera: Loving vs Virginia at GMU

LLI/NOVA members have access to specially discounted orchestra (or whatever is available) seats for this event for just \$15.00 plus a \$4.00 service fee.

Reservations: Complete reservation by May 2 at Noon.

1. To obtain the discounted tickets, you must use the special LLI/NOVA discount coupon code, which can be obtained on the [Visual and Performing Arts SIG](#) page (click the link).
2. Next go to the GMU Center for the Arts website at <https://cfa.calendar.gmu.edu>. Follow the steps on the Visual and Performing Arts page to select the GMU event and seats you desire. You must enter the special coupon code to obtain the discounted ticket price.
3. Once you have obtained tickets, please also register on the LLI website so that we can know who is

participating.

Date/Time: Sunday, May 4, 2025 - 2 p.m.

Location: Center for the Arts, Concert Hall, at GMU, 4373 Mason Pond Dr., Fairfax, VA 22030

Coordinator: Anna Dixon, Chair VPA

Class: 25SP41 Jane Austen: Appreciating Pride and Prejudice (1 Session)

In this class we will cover themes found in one of Austen's most popular novels. Started in 1796 and published in 1813, *Pride and Prejudice* introduces the witty and well-read Elizabeth, a voice of reason in the Bennet family. The discussion will include an overview of the novel with an eye for how the narrative survives in culture through movie adaptations and key scene references in pop culture.

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

Location: NOVA CS Bldg, Room 129

Class Size: Min. 10, Max. 50

Coordinator: TBD

Instructor: BRANDI McKENZIE holds an undergraduate degree in English and creative writing. She completed a master's degree in English with a thesis focused on feminine illness in three of Jane Austen's novels. Brandi has taught literature, writing, and history, and currently teaches writing at NOVA. Jane Austen remains her favorite author.

Class: 25SP42 Using Creativity as a Tool to Promote Healing (1 Session) (Zoom)

Many survivors of trauma and other life challenges say that their trauma made them more creative than before their "challenging event(s)". They became great artists, writers of cookbooks, drew from the right side of their brain, and played piano, etc. They used creativity to promote their healing. The panelists will share how tapping into their creativity changed their lives and perspective. They include Katie Caron (an artist and educator) and Joanne Cohen (consultant/trainer/board member of the Brain Injury Hope Foundation in Colorado). Katie will share her Neuron Forest Collaboration with the Center for Bioethics at the University of Colorado, Anschutz, as well as discussing her impressive and powerful work dealing with a traumatic event that led her to where she is today. Joanne will moderate this program and share her story that led to speaking at conferences, on Zoom programs, facilitating seminars, and writing her book, Getting Hit, Getting Up, Moving Beyond: My Journey Through Brain Injury.

Date/Time: Mon, May 12, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debbie Cohen

Instructor: JOANNE E. COHEN, M.A., is a Certified Brain Injury Specialist (CBIS) and vice president of BIHF. She has over 40 years experience in coaching, consulting, organizational development, facilitation, and training. Joanne is co-owner and managing partner of Coaching, training, and transformation (CTAT), LLC. She designs, facilitates, and project manages the "Survivor Series" training sessions for Traumatic Brain Injury (TBI) survivors, family members, professionals, and practitioners who serve the BI community and the military. As a brain injury survivor, Joanne has a passion for working with the BI community and for brain health.

Class: 25SP43 The Birds-of-Paradise: The Epitome of Sexual Selection (1 Session)

New Guinea is the center of the birds-of-paradise. Males have evolved a fantastic array of colorful plumages and dance routines to attract females in order to mate. The males do not participate in the rearing of young. Their job is to mate, and they have fantastic ways of attracting females.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 50

Coordinator: Richard Sigman

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: 25SP44 The Fabulous Katharine Hepburn (1 Session) (Zoom)

Born to a wealthy family, Katharine Hepburn shot to early fame, winning the first of her four Oscars (a record) when only 26, though she soon became “box office poison.” Hepburn quickly brought about her own comeback with *The Philadelphia Story* and became an icon of screen in both dramatic and comedic roles. This talk will include many performance excerpts (plus her single stage musical) and discuss her screen persona as an independent woman, her legacy, her life, and her relationship with Spencer Tracy.

Date/Time: Moi, May 19, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debbie Cohen

Instructor: **DAN SHERMAN** has presented talks on theatre and films to many groups (including Osher Lifelong Learning) around Washington, D.C. and Virginia over the past 10 years. He holds a Ph.D. in economics from Cornell University and retired as managing director at the American Institutes for Research in Washington, D.C.

Class: 25SP45 Some of My Favorite Recipes (1 Session)

For more than 20 years I have been teaching, catering, and cooking meals for others. As the years passed, I made notes about the recipes I liked best and the ones which were requested most by my customers. I will share some of those recipes, why I like them, and some of my favorite things to cook.

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

Date/Time: Thu, May 22, 1:30-3:00 PM

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

Class Size: Min. 10, Max. 25

Coordinator: Bonnie Hopler

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For directions to class locations, visit <https://www.llinova.org>.

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. Cal has authored two memoir books; "The Ramblings of an Old Man" and "The Ramblings of an Old Man – Book 2." He has co-authored two others memoir books and is the author of the cookbook, "Recipes from the Chef's Corner."

Class: **25SP46** **A Taste of Istanbul and More Turkey, Too! (1 Session) (Zoom)**

Explore Istanbul's Blue Mosque, the historic Hagia Sophia, the intriguing Topkapi Palace, and mysterious cisterns under the city. Cross the Bosphorus Bridge from Europe to Asia and cruise the strategic waterway itself. Drive through Gallipoli and along the Turquoise Coast to Ephesus. Snap a photo with the "Trojan horse" along the way! Spend the night in a Cappadocia cave and then greet the sunrise from a hot air balloon.

NOTE: This class is about travel, not food :)

Date/Time: Wed, May 28, 10:00 – 11:30 AM

Location: ONLINE

Class Size: Min. 4, Max. 97

Coordinator: **TBD**

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. She is an LLI member.