



LLI Summer 2026 Catalog

Class: 26SU01 Learning About the Holocaust in Today's World (6 Sessions) (Zoom)

"Half of the Nazi era happened before WWII even began." Understanding that every historical action has an historical reaction is essential to learning the how and why of the Holocaust.

Dates/Time: Mon, Jun 1, 8, 15, 22, 29; Jul 6, 7:00-8:30 PM (Note Time)

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Ellen Wallace (for 6/1, 8 & 15) and John Sullivan (for 6/22, 29 and 7/6)

Instructor: **RENA BERLIN** retired as International Baccalaureate Middle Years (IBMYP) teacher and program director (grades 7-10) at Fairfax Public Schools. She is a docent at the United States Holocaust Memorial Museum in Washington, D.C. and teaches Holocaust classes for a variety of adult programs in person and via Zoom.

Class: 26SU02 Natural Wonders of South America (1 Session)

Discover the remarkable natural wonders of a diverse continent ranging from rain forests to glaciers.

Date/Time: Tue, Jun 2, 10:00 am - 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: 26SU03 Defining Democracy (2 Sessions)

This class will define democracy and discuss the Old World and New World inspirations for American democratic ideals. The first class will discuss the origins and application of democratic ideals. The second will discuss how the American frontier shaped American ideals.

Dates/Time: Tue, Jun 2, 9, 1:30 pm – 3:00 pm

Location: NOVA CN 103

Class Size: Min. 10, Max. 50

Coordinator: Patricia Volz

Instructor: **DR. JIM McCLELLAN** joined the faculty of NOVA in 1975, served as a professor of history, was dean of liberal arts for 17 years, and is now Dean Emeritus. He has authored numerous magazine and journal articles, as well as the two-volume "Historical Moments: Changing Interpretations of America's Past".

Class: 26SU04 Red, White, and Blues: Why Blues Music Matters in American History and Culture (3 Sessions) (Zoom)

Explore the unique American genre of blues music from the 1930s through 1970s with its foundations in slavery and Negro spirituals, work songs, and ballads. Learn how it shaped music in America and globally, along with its political, social, and cultural impact on the African American community and on American society.

Dates/Time: Fri, Jun 5, 12, 19, 7:00-8:30 PM (Note Time)

Location: ONLINE

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

Class Size: Min. 10, Max. 97

Coordinator: Paul Hopley

Instructor: **CONNIE ROBINSON** is an academic advisor and adjunct professor at NOVA. In 2023, she won a grant used for a project entitled “Empower Students Through the Diversity of Music”, which focused on blues music and its connection to American history.

Class: 26SU05 Crossroads of Conflict: Civil War Culpeper and Culpeper National Cemetery (1 Session)

An overview of the Civil War in Culpeper County, including major battles like Cedar Mountain and Brandy Station, as well as the post-war establishment of Culpeper National Cemetery.

Date/Time: Tues, Jun 9, 10:00-11:30 AM

Location: NOVA CN 103

Class Size: Min. 10, Max. 50

Coordinator: Patricia Brennan

Instructor: **JEFF JOYCE** is an Air Force veteran and retired defense contractor. He is a volunteer at Culpeper National Cemetery for Wreaths Across America, a battlefield guide at Bristoe Station Battlefield in Prince William County, and a member of the Manassas National Battlefield living history team.

Class: 26SU06 Understanding Story Structure (1 Session)

Storytelling is how humans learn. A story can help you survive, understand the big questions of life, and entertain yourself. When you read a novel, or watch a movie, the storyteller aims to take you out of the ordinary, hack your brain, and put you into a new reality. How do they do that? This class is for story lovers, as well as those who might be thinking of taking a pen in hand and writing a story. Attendees will learn about three act structures, character arcs, and character archetypes.

Dates/Time: Wed, Jun 10, 1:30-3:00 PM

Location: NOVA CN 103

Class Size: Min. 10, Max.

Coordinator: Mary Alexander

Instructor: **ROBIN LANIER** is a USA TODAY bestselling author of women's fiction, written under the name Hope Ramsay. She has more than 20 novels and short stories in print. Learn more about her at www.hoperamsay.com.

Class: 26SP07 A Walk Through the Periodic Table (1 Session)

The periodic table of elements is probably the most concise collection of usable information that can fit on one page. It's the world's greatest cheat sheet, if you know how to read it. Learn about the stories behind the table, some of the stories about the elements themselves, and receive your very own periodic table.

Date/Time: Fri, Jun 12, 10:00-11:30 AM

Location: NOVA CN 103

Class Size: Min. 10, Max. 50

Coordinator: Bonnie Becker

Instructor: **MICHAEL DAVIS** is currently a dean at NOVA/Loudoun Campus and has worked in community colleges for more than 20 years. His science career took off in 2006 when he created the world's largest periodic table to kick off Chicago's first ever city-wide science celebration. He won a Moth StorySLAM and a Moth GrandSLAM with his deep well of chemistry jokes and personal anecdotes.

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

Class: 26SU08 Is the Sky Really Blue? Color, Culture, and Perception (2 Sessions)

Do people everywhere experience color in the same way, or do language and culture shape what we notice and how we group it? This course draws on anthropological research on color perception as a window into long-standing debates about the relationship between nature and culture. Examine examples from different societies, such as why some languages have no single word for what English speakers call blue, while others have several, and what these reveal about how humans organize knowledge and form categories. The second class will extend these insights to other forms of classification, exploring how ideas about color can inform our understanding of how humans craft boundaries and belong in other areas of life.

Dates/Time: Mon, Jun 15, 22, 10:00-11:30 AM

Location: NOVA CN 103

Class Size: Min. 10, Max. 50

Coordinator: Patti Volz

Instructor: **MICHAEL KAPLAN** holds a Ph.D. in anthropology from The George Washington University and an M.A. in Islamic and Near Eastern studies from Washington University in St. Louis. He taught at The George Washington University and through Georgetown University's Prisons and Justice Initiative and currently serves as editor-in-chief and publications manager at NOVA.

Class: 26SU09 Three Catastrophic Events (1 Session)

Learn about the United States' influence, involvement, and interventions in the Caribbean region's long history.

Date/Time: Tues, Jun 16, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 50

Coordinator: Arline Sachs

Instructor: **JOHN JOHNSON** is a retired mechanical engineer who worked for 33 years in the nuclear power industry.

Ball-Sellers House

The Ball-Sellers House was built in 1750 by farmer John Ball, and it is the oldest structure in Arlington County. Three generations of the Carlin family owned the house. The last private owner was Marian Sellers who donated the house to the Arlington Historical Society. The house has been restored to its condition since the colonial era. The building is on the National Register of Historic Sites, and it is designated as a Virginia State Historical Landmark.

Date/Time: Wed, Jun 17, 11:00 AM

Location: 5620 Third Street, Arlington, VA 22204

Cost: Free - Contributions are welcome.

Registration: This event is open to members and guests.

Please register on the LLI website by June 10. If there are more than 15 participants, a second docent will be needed.

Transportation: This is a meet up at the Ball-Sellers House, 5620 Third Street, South, Arlington, VA. Because this is a residential area, parking is limited.

The best place to park is the **Glencarlyn Library**, 300 South Kensington Street, Arlington, VA. This is an easy walk of one block to the Ball-Sellers House. Carpooling is encouraged.

Accessibility: The Ball-Sellers House is not ADA compliant. There are three steps into the house and several steps to the loft and to the root cellar.

Additional Information: There are no bathroom facilities at the Ball-Sellers House. Use the facilities at the library before the tour.

Limit: There is no minimum or maximum.

Trip Leader: Regina Rogers

Class: 26SU10 "Murderous Blast!" An explosion on the Potomac! (1 Session)

"Murderous Blast!" An explosion on the Potomac in 1844 sent political shockwaves all the way to Texas. A disaster aboard America's greatest warship changed the course of Texas history. It also ignited a love affair. This talk explains how the impact of one of the worst days on American history resulted in Texas becoming the 28th state.

Date/Time: Tues, Jun 23, 10:00-11:30AM

Location: NOVA CN 103

Class Size: Min. 10, Max. 50

Coordinator: Patti Volz

Instructor: **DR. JIM McCLELLAN** joined the faculty of NOVA in 1975, served as a professor of history, was dean of liberal arts for 17 years, and is now Dean Emeritus. He has authored numerous magazine and journal articles, as well as the two-volume "Historical Moments: Changing Interpretations of America's Past".

Class: 26SU11 Longevity with Vitality (1 Session) (Zoom)

Discover the secrets of some of the world's longest-lived people. Learn the habits of centenarians who maintain high levels of vitality and low levels of chronic debilitating diseases. See how lifestyle choices can boost both the quantity and quality of life.

Dates/Time: Tues, Jun 23, 7:00-8:30 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: John Sullivan

Instructor: **HARRIETA CUSH** is an assistant professor at NOVA's Medical Education Campus, with expertise in clinical microbiology. She has taught anatomy and physiology in both high school and college and is currently pursuing a degree in naturopathic medicine.

Class: Keeping History Alive: The Preservation of Cedar Hill (1 Session)

How does a house become a historic home? Join Ranger Sabrina Graham for a peek behind the curtain at how some of our nation's most significant places are preserved, protected, and made available to the public. Learn the story of Cedar Hill—the final residence of famed abolitionist Frederick Douglass—and the people who fought the march of time to keep it intact for future generations.

Dates/Time: Thurs, Jun 25, 1:30-3:00 PM

Location: NOVA CN 103

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

Instructor: **SABRINA GRAHAM** has been an NPS Ranger for six years. She currently works at National Capital Parks—East as part of the Historic Homes division, which oversees Frederick Douglass NHS, Mary McLeod Bethune Council House NHS, and Carter G. Woodson Home NHS in Washington, DC. Previous Park jobs include Yellowstone National Park and Catoclin Mountain Park.

Class: 26SU12 Servitude in Colonial America (1 Session)

Many came to America seeking freedom by selling themselves into a state of temporary slavery. Explore the types of servitude that were experienced by emigrants from Britain and Europe in colonial America, with a focus on the Scots and Scots Irish.

Date/Time: Tues, Jun 30, 10:00-11:30 AM

Location: NOVA CN 103

Class Size: Min. 10, Max. 50

Coordinator: Patti Volz

Instructor: **DR. JIM McCLELLAN** joined the faculty of NOVA in 1975, served as a professor of history, was dean of liberal arts for 17 years, and is now Dean Emeritus. He has authored numerous magazine and journal articles, as well as the two-volume “Historical Moments: Changing Interpretations of America’s Past”.

Class: 26SU13 The World's Religions (4 Sessions)

Four sessions in July:

July 9: Introduction: What is Religion? World Religious Demographics and Interfaith Relations

July 16: Judaism: Basic History, beliefs and practices

July 23: Christianity: Basic History, beliefs and practices

July 30: Islam: Basic History, beliefs and practices

Three more sessions in September:

NOTE: You will have to register for the September sessions once Fall registration is open

Sept 10: Hinduism: Basic beliefs, values and practices

Sept 17: Buddhism: Origins, Basic beliefs and practices

Sept 24: Sikhism: Historical origins and development, basic beliefs, values and practices

Dates/Time: Thurs, July 9, 16, 23, 30, 1:30-3:00 PM

Location: NOVA CN 103

Class Size: Min. 10, Max. 50

Coordinator: John Sullivan

Instructors: **LAURA SHULMAN** has worked with and participated in programs of the Interfaith Council of Metropolitan Washington and other community groups promoting interfaith relations, understanding, and dialogue. She has been a professor of religion at NOVA since 1996.

Class: 26SU14 English Red Carpet for French Bayeux Tapestry (1 Session) (Zoom)

Explore the Bayeux Tapestry, the 960-year-old pictorial account of how William of Normandy crossed the English Channel, won the Battle of Hastings, and changed the course of English history. A national treasure of France and designated by UNESCO as a Memory of the World, it will visit England in September 2026, the first time it has left France. The 70 colorful, hand-embroidered scenes are a work of art and perhaps the first documentary. Preparations for the transport and display of the Tapestry will make history.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Patti Volz

Instructor: **BONNIE BECKER** retired from Fairfax County Public Schools where she was with the Department of Personnel services and taught high school social studies. She has worked with foreign students at the Washington

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

English Center. Previous classes for LLI include “Ice Age Cave Art”, “Meeting Older Men (Neanderthals)”, “Antarctica”, “Petra”, and “Fossil Hunting on the Jurassic Coast of England”.

Class: 26SU15 Dark Skies: Essential for Wildlife & Humans (1 Session)

Light pollution is impacting not just our ability to see the stars, but also our circadian rhythms, and the survival of birds, bats, insects, and other wildlife.

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

Location: NOVA CN 103

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

Instructor: **TAMMY SCHWAB** holds an M.S. in zoology from Miami University, Oxford, OH. Tammy is currently the manager of the Interpretation and Engagement branch of the Fairfax County Park Authority (FCPA), in Fairfax, VA. Tammy oversees the interpretive programs at 14 sites including five nature centers, two historic sites, a working farm, public garden, and observatory. Tammy has been with FCPA for over 20 years and has been interpreting dark skies for 15 years.

Class: 26SP16 ‘Unsex Me Here’: Macbeth and Specters of Feminine Empowerment (1 Session)

“Macbeth” or “The Scottish Play” as it is sometimes called, was a game-changer not only in terms of Shakespeare’s approach to questions of power and the supernatural, but also his portrayal of female characters. Broadly examine the entire play and spend ample time investigating the life and times of Lady Macbeth. Is she an avatar of sorts for the witches? What exactly do those witches represent? Who is the real tragic lead in this play?

Date/Time: Fri, Jul 17, 10:00-11:30 AM

Location: NOVA CN 103

Class Size: Min. 10, Max. 50

Coordinator: Patricia Brennan

Instructor: **ANNE VALENTINO** received a Ph.D. in literature from Temple University with specializations in theatre criticism, women writers, and British literature. She has taught at Temple, West Chester University, Eastman School of Music, SUNY Geneseo, and American University before coming to NOVA in 2025. Anne has spent over a decade as a freelance writer and ghostwriter. As a playwright, she has had plays produced and workshopped throughout the U.S., Australia, and Canada.

Class: 26SU17 Retirement Planning for Women 50+ (1 Session) (Zoom)

This class helps women 50+ gain confidence in their financial future and achieve the freedom to retire or work by choice. Learn how to make smart decisions about investing, income planning, Social Security, taxes, and estate planning—with a focus on the financial challenges women often face in retirement.

Date/Time: Tues, Jul 21, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Ellen Wallace

Instructor: **VINCENT GROSSO** is a certified financial planner and founded Grosso Wealth Management to help women plan their financial future with clarity and confidence.

Class: 26SU18 Oregon Trail - Fiction, Fallacies and Funny Stories (1 Session)

This presentation will provide new interpretations of life on the Oregon (and California) Trails, traveled by more than

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

400,000 people between 1842 and 1862. Debunk “popular fallacies” of common (and uncommon) threats along the trail and put that period within the greater context of what was happening in the U.S. at the time.

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

Location: NOVA CN 103

Class Size: Min. 10, Max. 50

Coordinator: Mary Alexander

Instructor: **MARY ALEXANDER** is Virginia Master Naturalist with a Natural History Field Studies certificate from the USDA Graduate School. She has worked for the Fairfax County Park Authority and at a variety of parks and nature centers throughout the U.S., including Grand Teton National Park, Massacre Rock State Park in Idaho, Sky Meadows State Park in Delaplane, VA and the Dora Kelley Nature Center in Alexandria. In the summer of 2015, Mary and her husband served as interpretative rangers at an Idaho state park on the Oregon Trail, and the following summer served as an interpretive ranger at Grand Teton National Park in Wyoming. She has a degree in history and social studies and a minor in education and has presented numerous classes to LLI in nature.

Class: 26SU19 Simple Changes to End Chronic Pain (1 Session)

Learn about treatment for myofascial pain. The condition involves myofascial trigger points that are typically found in tight muscles or the connective tissue (fascia). Treatment utilizes the Travell Protocol which focuses on identifying and treating trigger points with manual therapy techniques to alleviate pain and improve function.

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

Location: NOVA CN 103

Class Size: Min. 10, Max. 50

Coordinator: Ellen Wallace

Instructor: **NANCY SHAW**, CMTPT, (Certified Myofascial Trigger Point Therapist), has been the director of Myofascial Pain Treatment Center, Springfield, Virginia, for 39 years. She is the founder of the National Association of Trigger Point Therapists and a professional lecturer and teacher both nationally and internationally. Nancy spent 13 years studying with Dr. Janet Travell in the research and development of a new field of medicine: Muscle Medicine: Its Function and Dysfunction, and authored “Simple Changes to End Chronic Pain”. She received a Lifetime Achievement Award for her 40 + years of work in the field. Visit Nancy’s website at nancyshawclinicandinstitute.com; email her at myoconsult@verizon.net.

Class: 26SU20 Ernest Hemingway’s Secret Adventures (1 Session)

Based on the instructor's 2017 bestseller, “Writer, Sailor, Soldier, Spy”, the class will focus on Hemingway’s experiences during the Spanish Civil War that led to a secret relationship with Soviet intelligence with long-term consequences.

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

Location: NOVA CN 103

Class Size: Min. 10, Max. 50

Coordinator: Patti Volz

Instructor: **NICHOLAS REYNOLDS** is a historian who has taught at the graduate level and served as an official historian for the Marine Corps and the CIA Museum. Visit nicholasreynoldsauthor.com.

Class: 26SU21 Phenomenology and the Crisis of the Second World War (1 Session)

What is phenomenology? Why did it matter to so many intellectuals during the years of the Second World War? What relevance does it have today? Consider these questions while studying the thought of some of the period's most

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

profound thinkers.

Date/Time: Tues, Aug 18, 1:30-3:00 PM

Location: NOVA CN 103

Class Size: Min. 10, Max. 50

Coordinator: Mary Alexander

Instructor: **DANIEL BLIER** has worked in public history for more than six years. He has researched and written several articles about the history of the Second World War. He studied philosophy at St. Mary's College of Maryland.

Class: 26SU22 Market Volatility and New Tax Legislation (1 Session)

This class will explore market volatility and new tax legislation.

Date/Time: Thurs, Aug 20, 1:30-3:00 PM

Location: NOVA CN 103

Class Size: Min. 10, Max. 50

Coordinator: Paul Hopler

Instructor: **KELLY CAMPBELL** has been in financial services for over 35 years and started Campbell Wealth Management (now CAPTRUST). With a focus on clients 55 and older in or near retirement, Kelly provides financial, retirement, income, tax, and estate planning, along with investment management. He enjoys presenting difficult concepts in a relatable way.

Class: 26SU23 War and Peace in an Age of Empire: What About China? (1 Session) (Zoom)

Richard Rubenstein will discuss his 2010 book, "Reasons to Kill: Why Americans Choose War" and the arguments and images that persuade Americans to consent to wars. It looks as though many of those same propaganda techniques are being used to prepare Americans to accept a war with China. What is causing this and what can be done to prevent a violent war between empires?

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Patti Volz

Instructor: **RICHARD E. RUBENSTEIN** is professor emeritus of conflict resolution and public affairs in the School for Conflict Analysis and Resolution at George Mason University. He received a B.A. from Harvard in history and literature, and an M.A. in jurisprudence from Oxford College, and a J.D. from Harvard Law School. He taught at Antioch School of Law, Washington, D.C., and Roosevelt University, Chicago, Illinois. Rubenstein has also authored "Rebels in Eden: Mass Political Violence in the United States", "Left Turn: Origins of the Next American Revolution", "Aristotle's Children: How Christians, Muslims, and Jews Rediscovered Ancient Wisdom and Illuminated the Middle Ages", and "Resolving Structural Conflicts: How Violent Systems Can Be Transformed".

Class: 26SU24 America's Policy Consensus Countering China's Challenges: Is It Softening? (1 Session)

The Trump and Biden administrations, with strong support from bipartisan majorities in Congress coalesced into what was called the "Washington Consensus" favoring an array of measures in an explicit "whole of government" effort to defend America and its interests from Beijing's negative actions. The second Trump administration hardened policies toward China but also has been solicitous of Chinese support and anxious to achieve trade and other agreements with Chinese leaders. In the process, they have made compromises with China that have been criticized by Democrats and others as undermining American security. Commentators see this argument as fracturing the Washington Consensus on ending engagement and countering adverse Chinese challenges, making U.S. policy weak.

Date/Time: Fri, Aug 28, 10:00-11:30 AM

Location: NOVA CN 104

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

Class Size: Min. 10, Max. 50

Coordinator: Patti Volz

Instructor: **ROBERT SUTTER**, Ph.D. Harvard University, Professor of Practice of International Affairs at the Elliott School of George Washington University since 2011. He taught full-time at Georgetown University for ten years and part-time for thirty years at George Washington, Georgetown University, Johns Hopkins SAIS, The University of Virginia, and the University of Maryland.

Class: **26SU25 Invasive Plants & How to Control Them (1 Session)**

Learn how to identify and remove common invasive plants that are disrupting the native habitat which supports Northern Virginia wildlife and healthy streams.

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

Location: NOVA CN 104

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

Instructor: **REKHA DOLAS** has an M.S. in environmental science and has worked for 15 years in environmental consulting. She is a certified Fairfax Master Naturalist, a Fairfax Tree Steward, and a Weed Warrior volunteer for the National Park Service. She is currently a Roving Naturalist in the Watch the Green Grow (WTGG) program of Fairfax County Parks Authority.